



Genetic testing can help identify individuals who are at increased risk of developing ovarian cancer. People who have a harmful gene mutation identified by genetic testing can then take steps to prevent cancer. Unfortunately, having the genetic testing done can be problematic. The **Magenta Study** is being conducted by a nationwide coalition of scientists and advocacy groups with the aim of making genetic testing more accessible to at-risk individuals. A saliva sample that is collected and mailed in by the participant is used as the basis for DNA analysis, so a trip to a healthcare provider is not necessary. The Magenta Study will gauge the effectiveness of online education and counseling in both educating women and reducing the stress involved in cancer-risk screening. Study participation will last about two years. Among other things, eligible participants must:

- Be English-speaking women 30 years of age or older
- Have a personal or family history of breast cancer OR family history of ovarian cancer (no *personal* history of ovarian cancer allowed)
- Be willing to undergo genetic testing (at no cost) and share their genetic test results with a local healthcare provider



Participation in the study will require that the subject provide saliva samples for genetic testing through Color Genomics, watch an online genetic education video, engage in telephone genetic counseling and complete quality-of-life questionnaires. For more information visit magenta.mdanderson.org or call 713-745-7877 or email magenta@mdanderson.org.

One to One is devoted to the on-going support of those newly diagnosed, those in remission and those in recurrence.

100% of contributions directly benefit our group by providing activities and paying for expenses. *One to One* partners with MIOCA but we are financially independent.

Donations are gratefully accepted and can be made by check payable to **One to One Ovarian Cancer Support Group** c/o Marilyn Brozovic 4793 Alton Dr. Troy, MI 48085

A word about... **Radical Remission:**

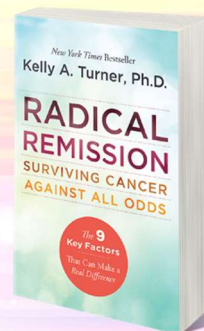
↳ a cancer remission that is “spontaneous” or statistically unexpected ↳

Dr. Kelly A. Turner, Ph.D., author of the New York Times bestseller, *Radical Remission: Surviving Cancer Against All Odds*, shares in her book the nine factors which she says can lead to a spontaneous remission from cancer after conventional medicine has failed.

Dr. Turner, a researcher, lecturer, and counselor in integrative oncology was getting her Ph.D. at the University of California, Berkeley, when she began a ten-month trip around the world to study people who experienced a radical or unexpected remission without the help of conventional medicine. Her research led her to interview holistic healers and radical remission cancer survivors about their healing practices and techniques. She found nine common themes that she believes may help even terminal patients turn their lives around. Dr. Kelly Turner is also

the founder of the **Radical Remission Project**, whose goal is to build a database of medical cases that will help us to understand why some people beat cancer against all odds.

Dr. Turner will be interviewed at the upcoming, free, online **Anti-Cancer Revolution** summit taking place from June 17-23rd. For more information, go to www.anticancerrevolution.com



Group Meeting:

Thursday, June 13

4:00 pm – 5:30 pm

Beaumont, Royal Oak

Neuroscience Center,

Allison Conference Room,
2nd floor

Group Conversation

Join us for dinner following the meeting at

The Avenue – located on Woodward,
just north of 13 Mile on the west side.

The restaurant offers a nice menu
with separate checks.

Please note that our *One to One* group endorses neither the project nor the summit.

You are a



By Marcia Gurche

There are many examples of survivors throughout history. In our lifetime, there has been a lot of publicity for the very well know and popular television show *Survivor*, which is based on the premise that contestants are stranded at a remote location with little more than the clothes on their backs, each of them hoping to be the lone survivor who takes home one million dollars. Millions of TV viewers tune in weekly to watch how these men and women face their struggles to overcome obstacles to survive and come out on top.

Likewise, we have all heard of the horrific plight of the Holocaust survivors who overcame unspeakable atrocities during World War II. Every day, people are faced with natural disasters which they must survive, such as fires, floods, hurricanes and vehicle crashes. People are constantly surviving losses in their everyday lives when they suffer a relationship breakup or the death of someone near and dear to them.

There are many definitions of survivor, such as **“a person who copes with a bad situation or affliction and who gets through, or a person who manages to live through a situation that often causes death.”** No one wants to be placed in the position of having to be a survivor, but there is no question that being a survivor makes you a much stronger person.

In my volunteer position working with the **Survivor Support Tote Project** for the **Michigan Ovarian Cancer Alliance**, I have the opportunity to speak to many newly diagnosed women. Recently a woman wrote to request one of our totes and she said, “I’m not a survivor yet, but I hope to be one.” It was with great pleasure that I was able to tell her that she is *already* a survivor. It made her very happy to hear that.

I remember vividly attending my first **American Cancer Society Relay for Life** event 19 years ago, shortly after my own diagnosis. When I heard them announce at the Survivor Ceremony that a person was considered a survivor from the *moment of diagnosis*, I was immediately uplifted to realize that I was already a six-month survivor! Somehow, I felt that if I could survive six months, then I could surely survive six years. It was extremely empowering to walk around the track at that first Relay for Life with hundreds of people cheering me on, and I continued to be inspired every year after that as I participated in each Survivor Walk at Relay for Life.

Celebrating with other survivors is somehow more meaningful than simply giving a prayer of thanks each year as your “cancerversary” rolls around. With this in mind, our *One to One* support group hopes that each one of you will come and celebrate with us this September as we recognize our shared survivorship. None of us asked to get ovarian cancer, but we all have worked hard to stay strong and fight to make lemonade out of lemons. Unlike the contestants on *Survivor*, we will not be going home with a million dollars, but we will be richer by far because of the strength and wisdom shared along the way with all the remarkable women we have met on this journey.



SISTERS

(The following is a reprint of an article that originally appeared in our April, 2010 newsletter.)

A reflection on the importance of other women in our lives, as shared by Ginny D.

One hot humid day, a daughter was drinking iced tea and visiting with her Mother. As they talked about life, about marriage, about the responsibilities of life and the obligations of adulthood, the mother clinked the ice cubes in her glass thoughtfully and turned a clear, sober gaze upon her daughter.

“Don't forget your Sisters,” she advised, swirling the tea leaves to the bottom of her glass. “They'll be more important as you get older. No matter how much you love your husband, no matter how much you love the children you may have, you are still going to need Sisters. Remember to go places with them now and then; do things with them. Remember that 'Sisters' means ALL the women . . . your girlfriends, your daughters, and all your other women relatives too. You'll need other women. Women always do.”

“What a funny piece of advice!” the young woman thought. “Haven't I just gotten married? Haven't I just joined the couple-world? I'm now a married woman, for goodness sake! A grownup! Surely my husband and the family we may start will be all I need to make my life worthwhile!”

But she listened to her Mother. She kept contact with her Sisters and made more women friends each year. As the years tumbled by, one after another, she gradually came to understand that her Mom really knew what she was talking about.

As time and nature work their changes and their mysteries upon a woman, Sisters are the mainstay of her life.

After more than 50 years of living in this world, here is what I've learned:

Time passes.

Life happens.

Distance separates.

Children grow up.

Jobs come and go.

Love waxes and wanes.

Men don't do what they're supposed to do.

Hearts break.

Parents die.

Colleagues forget favors.

Careers end.



Sisters are there, no matter how much time and how many miles are between you.

A girl friend is never farther away than needing her can reach.

When you have to walk that lonesome valley and you have to walk it by yourself, the women in your life will be on the valley's rim, cheering you on, praying for you, pulling for you, intervening on your behalf, and waiting with open arms at the valley's end. Sometimes, they will even break the rules and walk beside you . . . or come in and carry you out.

Girlfriends, daughters, granddaughters, daughters-in-law, sisters, sisters-in-law, mothers, grandmothers, aunts, nieces, cousins, and extended family, all bless our lives! The world wouldn't be the same without women, and neither would I. When we began this adventure called womanhood, we had no idea of the incredible joys or sorrows that lay ahead. Nor did we know how much we would need each other. Every day, we need each other still.



SAVE THE DATES!



Annual "Me, Myself & I" Weekend
Friday Aug. 30 – Sunday Sept. 1
(Labor Day weekend)

Great plans are in the works for yet another fun and relaxing weekend. Registration form will be included with the July newsletter.

Be sure to visit the support page at mioca.org to learn of upcoming meetings and *One to One* events!

Meeting dates

- **June 13**
Group Conversation
- **July 11**
Topic: *Thinking Beyond Tomorrow - FMLA, Elder Law and Other Legalities*
NOTE: July meeting is at 6 pm – Beaumont Royal Oak Auditorium.
- **August 8**
Topic: *Behavioral Approaches to Pain Management*
Speaker: Laura Krasean, Ph.D., L. P. – Beaumont Clinical Psychologist for Women's Urology & Pelvic Health Center

Support group meetings are held at the Beaumont, Royal Oak **Neuroscience Center**, 4:00 p.m. – 5:30 p.m., in the 2nd floor conference room.

Parking is available in either the Neuroscience Center parking lot or in the Cancer Center parking lot. (The buildings are not connected.)



Nannette G.	July 1
Carol K.	July 10
Karen H.	July 11
Judy N.	July 12
Roena S.	July 18
Leana L.	July 19
Christine S.	July 19
Stella C.	July 22

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Newsletter information is presented in summary form, is general in nature and provided for informational purposes only. It is not intended in any way to be a substitute for professional medical advice, diagnosis or treatment.

Happy Survivorsary!

MaryLou V.	23 yrs !
Vikki G.	13
Marcie P.	10
Christine S.	10
Leana L.	9
Lori D.	8
Katherine G.	8
Patty K.	8
Elaine R.	7
Margaret H.	6
Kathy M.	5
Karen H.	4
Sharinese J.	4
Renee K.	4
Laura A.	2
Elise K.	2

Objectives of support group:

- ✦ *Provide a forum for ovarian cancer patients to address concerns;*
- ✦ *Support each other through initial treatment phase, during potential recurrence, and with issues related to long term survival;*
- ✦ *Establish core group of survivors willing to visit newly diagnosed patients;*
- ✦ *Increase awareness of ovarian cancer, including its symptoms and risk factors, in the hope of achieving earlier detection and treatment.*