ONE TO ONE
Ovarian Cancer Support Group

June 2022

Cold Cap Therapy

By Marcia Gurche

Chemotherapy can be a life-saving intervention for cancer patients but certain agents are notorious for causing the dreaded side effect of hair loss. Why does this happen? Chemo drugs are designed to kill rapidly dividing cells within the body -- specifically, cancer cells. Unfortunately, chemo agents cannot distinguish between cancer cells and other normal body cells that divide quickly, such as hair follicles. When hair follicles are attacked by chemo drugs, the follicle cells die, and the hair falls out. About 80% of women undergoing chemotherapy report that the possibility of hair loss is the most distressing aspect of their treatment. For these women, and especially those who have undergone multiple recurrences, the thought of losing their hair yet again is understandably devastating. This is where Cold Cap Therapy (CCT) may be of benefit. This scalp cooling therapy was developed to help patients preserve their hair following chemo treatments.

CCT involves the use of a special cap worn on the head to cool the scalp before, during and after chemotherapy. The cold temperature of the cap constricts the blood vessels beneath the skin of the scalp, reducing the amount of chemotherapy medicine that reaches the hair follicles. Additionally, the cold temperature slows down the hair follicle metabolism, making the hair cells less active, and therefore less susceptible to the effects of chemotherapeutic drugs. According to Mayo Clinic oncologist Dr. Saranya Chumsri, studies have shown that as many as two-thirds of patients who tried cold cap therapy were able to retain at least 50 percent of their hair.*

Different companies have different protocols for their cold caps, but the general idea is that the caps are kept in a freezer until the day of chemotherapy. They are then removed and placed in a cooler of dry ice the day of treatment. The first cold cap is placed on the patient's head to cool the scalp one hour prior to beginning treatment. The caps must be changed every 30 minutes during treatment and for three hours after treatment. It's important to have a support person to help with the packing and unpacking of the cold cap and applying the cap to the patient's head. Ears and other exposed skin must be protected during the entire process. Proper technique and making sure that the temperature of the cold caps is optimal are very important.

For a related story, see the news article on scalp cooling by Earle Kimel (5/23/22) at www.heraldtribune.com.

During treatment and while using cold caps, there are a few things to be noted: No hair dryers, curling irons or straighteners should be used, and relaxers, perms, haircuts and colors aren't allowed. You should avoid hats, ponytails, headbands and anything tight fitting to the scalp. It is important to limit hair washing to two times a week and only use hair products that are sulfate and paraben free.

This is a very personal and important issue. Cost might be prohibitive for many. The cost at one company was $375 per month to rent with a $200 deposit. Purchase price at the same company was $1,295 to buy outright. Results are not guaranteed, and many patients find the CCT process to be cumbersome and uncomfortable. As always, a patient should check with her physician before making the decision to try CCT.

*newsnetwork.mayoclinic.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.

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 receipt will be provided for tax purposes.

Profile in *Courage*

By Marcia Gurche

Things were certainly different for women diagnosed with ovarian cancer 30 years ago. The actual chemotherapy treatment hasn't changed in the last 30 years, unfortunately, but the protocol and administration of the drugs has. **Carolyn Hampton** was 34 years old when she found out that she had ovarian cancer. She was in the throes of a very busy life as she balanced working and being a wife and mother of a five-year-old little girl. While the diagnosis was scary and life changing for Carolyn, her biggest concern was who was going to take care of her daughter and how was she going to work? It was a long road, but with the help of some amazing family members and very supportive coworkers, Carolyn got through her treatments and has been blessed with no recurrences.

Carolyn says she dreaded returning to the hospital for her first chemotherapy treatment just a few weeks after being hospitalized for a hysterectomy. Back in 1991, the side effects of the chemo drugs were best managed with the patient in the hospital, so a five-day stay was required. Treatments were given over the entire five days and then Carolyn would return home until time for the next treatment three weeks later. Her room was like a suite with regular bedroom furniture. Her nurses and doctor were amazing, always finding time to talk to help allay her fears and encourage her, especially when she had a bad reaction to the initial treatment. Carolyn was also fortunate to have very caring family members who came to Florida and stayed in shifts to keep her household running. She even had co-workers who picked up her daughter, **Karissa**, and took her to and from school, just as Carolyn had always done.

Carolyn was hired by IBM right out of high school. Since she was raised in upstate New York, not far from the IBM headquarters in Endicott, it was a logical decision to apply there. She eventually transferred from New York to Charlotte, North Carolina and then to Florida after meeting her husband. She worked for IBM in different capacities for 41 years, enjoying the responsibilities of her positions, including the traveling that was required at times. Her retirement from a global strategic position in 2014 came at a good time, as her mother was in need of help and her daughter was about to get married. Carolyn is now living in Marietta, Georgia, where she enjoys her part time job working for her county's election board. She enjoys the flexibility it allows and the opportunity to be out working with people, but also the ability to decide when and if she wants to work. Sounds like an ideal job!

Traveling to Michigan is a joy now as Carolyn comes often to visit Karissa and her husband, **Henderson**, who live in Ypsilanti. Karissa began figure skating at age nine and has been in love with it from the get-go. She graduated from the University of Michigan and is now a professional figure skating coach. She still competes professionally and in 2018, skating to "The Lion King," she won the US Adult Championship Masters Intermediate Novice Ladies Program. Carolyn never imagined she would have an ice skater on her hands, considering the fact that they

were living in Florida, but dance, ballet and gymnastics didn't hold the appeal for Karissa that figure skating did. Today, she trains and coaches budding ice skating stars at the Arctic FSC, where she is inspired to see celebrities such as Olympians Meryl Davis and Charlie White, and Maia and Alex Shibutani.

Carolyn comes from a large family and she has been blessed to stay in contact with those who live all over the country. There were fourteen siblings in her mom's family and sixteen in her dad's, so that makes for a lot of cousins, and many of them live nearby in Georgia. She also has two brothers, **Glenn** and **Phillip**, who both still live in Binghamton, New York, where she was born and raised.

It is never a problem for Carolyn to find something to do to keep busy. She loves walking and lives close to many trails where she can walk along the river. She has also participated in a number of 5K walks. She enjoys music and dancing, as well as attending plays and concerts, especially at small venues. Traveling has held special appeal for Carolyn, and she loves to drive, even to places like Texas and the Grand Canyon. She especially enjoys hop-on, hop-off city tours so she can explore and find places she wouldn't normally see.

Carolyn also has a great appreciation for all sports, thanks in large part to the influence of her dad. This works out well when visiting her daughter and son-in-law. While in Ypsilanti, she has free rein to attend various sporting events, thanks to the fact that Henderson, a chemist, also works Events at the University of Michigan.

We are grateful that Carolyn found the Survivors Teaching Students Program® a few years ago and has become an active participant. She enjoys telling the story of her diagnosis and cancer journey to future health care providers, in the hopes that ovarian cancer will become recognized earlier.

Carolyn has learned from her diagnosis that it is important to take good care of herself by eating healthy, exercising and managing stress. She says it also taught her "to appreciate life and living and not to take my health for granted, regardless of my age." It's clear that she has already mastered the art of living a balanced and happy life!

Give Yourself a Gift!

Are you ready to clarify your hopes and dreams in a creative sort of way? Turn the page to learn how you can go about constructing a one-of-a-kind vision board!

This example was created by Rev. Renee Machiniak

Feeling Inspired?

Creating a vision board can help spark feelings of joy and success as it serves as a source of inspiration and motivation for one's dreams and desires. Following her very informative presentation to our *One to One* group in February, Gail Patricolo has offered to help us create our very own vision boards. After sharing a light lunch on Thursday, June 23rd, we can begin our own quest for positive outcomes in our lives as Gail directs us in making our unique vision boards.

Registration is required for this free event, and supplies will be provided. An RSVP is necessary since lunch is being provided too. Begin to gather **pictures** and **thoughts** to bring with you to the lunch:

- ✓ *Hunt for photos*
- ✓ *Cut out pictures from magazines*
- ✓ Find favorite poems or cards you've received

Thursday, June 23 – 11:30 am
Good Shepherd Lutheran Church Hall
814 N. Campbell, Royal Oak

* RSVP Marilyn Brozovic by June 16 *
@ **brozovicm87@gmail.com**

We look forward to seeing you there!

Boards will be 16 x 20

Reflect on what **inspires** you!

… and include…

Words :

- ♥ Words you might want on your board
- ♥ Words to live by
- ♥ Three positive words

If you would like them printed, you may email your words to Gail:
gail@healthguided.com

HAPPY SURVIVORsary!

Peggy Moroney	19 years!
Marcie Paul	13
Leana Lee	12
Lori Doggett	11
Stephanie Brown	5
Elise Kapelanski	5

meeting

Please note :
MEETING CHANGES!

We expect to return to monthly meetings in June with a 4 pm time. We will be meeting IN PERSON at the Berkley Public Library, 3155 Coolidge Hwy., Berkley. We will send a Zoom meeting link to those who cannot attend in person.

*** June 9, 4:00 pm ***
In person at Berkley Library

SPECIAL NOTE:
The in-person meeting scheduled for June 9 ***may*** *be cancelled due to increased cases of the virus. Updated information will be sent via email.*

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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.

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.*