

Research News



Study Finds Frequent Aspirin Use is Associated with Reduction in Ovarian Cancer Risk

A recent study partly funded by the **Ovarian Cancer Research Alliance (OCRA)**, and published in the **Journal of Clinical Oncology**, has shown that frequent aspirin use (defined as more than six times per week for more than six months) is associated with a reduction in ovarian cancer risk. Three members of OCRA's Scientific Advisory Committee – Dr. Andrew Berchuck (also a grantee), Dr. Celeste Leigh Pearce, and Dr. Shelley S. Tworoger – were among the authors of this study.

Chemoprevention is the use of certain drugs or other substances to prevent cancer. Preventative aspirin use has pointed to cardiovascular benefits, and those same studies noted a decrease of gynecologic cancers. But there were too few ovarian cancer diagnoses within those trial populations to draw inferences.

It had been thought that chronic inflammation may have played a role in ovarian cancer, and so anti-inflammatory medications, like aspirin, may lower the risk of development of the disease by inhibiting the cyclooxygenase enzymes. But how that played out amongst populations with a greater risk for ovarian cancer, as well as those with factors that have shown to decrease risk, was not clear.



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.

The authors looked at individual-level data from 17 studies – nine from the Ovarian Cancer Cohort Consortium (with a total of 2,600 cases of ovarian cancer among 491,651 women at risk) and eight from the Ovarian Cancer Association Consortium (including 5,726 cases) – and put them against ovarian cancer risk factors, including endometriosis, obesity, family history, nulliparity (not having given birth), oral contraceptive use and tubal ligation.

The authors meta-analyzed the data to determine specific risk reduction levels against each risk factor, which showed some variation in levels, but determined that frequent aspirin use was associated with a 13% overall risk reduction of ovarian cancer. This study, the largest-to-date on frequent aspirin use and ovarian cancer, shows an association, regardless of the presence of risk factors.

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(Editor's note: This article is for informational purposes only. There are risks associated with aspirin use and an individual should never initiate an aspirin regimen without first discussing it with their doctor.)

PROFILE IN *Courage*

By Marcia Gurche

Lisa Garnes was floored to receive a second cancer diagnosis nine and a half years after first being diagnosed with ovarian cancer. Equally shocking to Lisa was finding out that her new diagnosis of Myelodysplastic Syndrome, commonly referred to as MDS, was caused by the chemotherapy which she was getting to combat the cancer. Lisa's ovarian cancer, which has recurred twice, is presently in remission, but she is, unfortunately, currently in treatment for the MDS.

Lisa was born in Flint and moved to Westland when she was nine years old. She graduated from Livonia Stevenson High School. Her mom, **Mina**, lives nearby in an independent living apartment, but her dad, **Albert**, passed away in 2019. Her brother, **Grant**, is a nurse and he lives in Durand, Michigan.



Lisa retired in September from an extensive career working in administration at the University of Michigan Emergency Department. Following gastric bypass surgery in 2013 and the loss of 200 pounds, Lisa began to experience pain which was not being addressed by her primary care doctor. It was her connections at the Emergency Department that helped her get the right tests run and her ovarian cancer diagnosis confirmed. Her initial surgery resulted in her needing to go home with a PICC line due to an abdominal infection, and she remained in remission for a little over two years. She has since had two more rounds of chemotherapy and another surgery, plus initiation of a PARP inhibitor.

Lisa is a “glass half full” person and she isn't letting her health situation stop her from enjoying life to the fullest. She and her husband, **Allan**, met online and he proposed to her at the Gandy Dancer in Ann Arbor, where they had their first date. They got married in 2003 in Ann Arbor. Allan, who spent most of his career in sales, retired a few years ago.



Allan has a son, **Ryan**, from a previous marriage, and Lisa and Allan have one daughter, **Emma**, who is now seventeen. They adopted Emma from Russia. Lisa and Allan met her for the first time when she was ten months old and then were able to bring her home three months later. Emma is Lisa's reason to “keep on keeping on.” The day Lisa came home from the hospital following her initial surgery, was Emma's birthday. PICC line and all, Lisa organized a pizza party for her adorable daughter. Through the years



Emma has kept her parents busy with the activities she enjoys. She participated in gymnastics and rode horses for many years, competing in Dressage. According to Lisa, Emma is beautiful, smart, funny, and she is the light of their lives.

One of the things that Lisa has enjoyed doing the most over the last ten years is singing with her Sweet Adeline's group "Voices in Harmony Chorus." The group, which rehearses every Tuesday night, performs at senior centers and various private and community events such as the Greenfield Village Holiday Show. Each year the group competes in a regional competition which is usually held in Cleveland. The winner goes on to the international competition in Kentucky. Last year, Lisa's group placed first in the small chorus category and will be competing in the international competition in 2023. Lisa is not able to commit to competing with the group, but she is still involved with them and helps any way that she can. She is currently working on the scenery for the Holiday Show.

Crafting is a particular love of Lisa's. She bought herself a Cricut machine and has been going great guns ever since. She made many beautiful Survivor sashes for the MIOCA Mother's Day Run, and she loves to check out Pinterest for ideas for other creative things to make.



Allan and Lisa enjoy traveling and have been on several cruises. They went to Hawaii and plan on trying to go back to Maui this year with Emma. They also took a three-week trip out west with a goal of making as many memories as possible.

Lisa volunteers for the Survivors Teaching Students Program and shares her story willingly with the students every chance she gets. She does a wonderful job as she lets the future health care providers know how important it is to listen to what their patients are telling them. She knows the value of belonging to a group of fellow ovarian cancer survivors and she belongs to two online groups, one for ladies who take PARP Inhibitors and the other is the Sisterhood of Ovarian Cancer Survivors.

As long as I've known her, I have been impressed with how positive and giving Lisa is. Her love for her daughter, Emma, shows through when she talks about her and it's evident that her mother's love is a powerful motivator. Lisa has said from the get-go that her motto is "I'm not going to let any grass grow under or over my feet anytime soon!" She is certainly a wonderful inspiration to me to keep my feet moving!



Our 2022 Holiday Luncheon will be held on

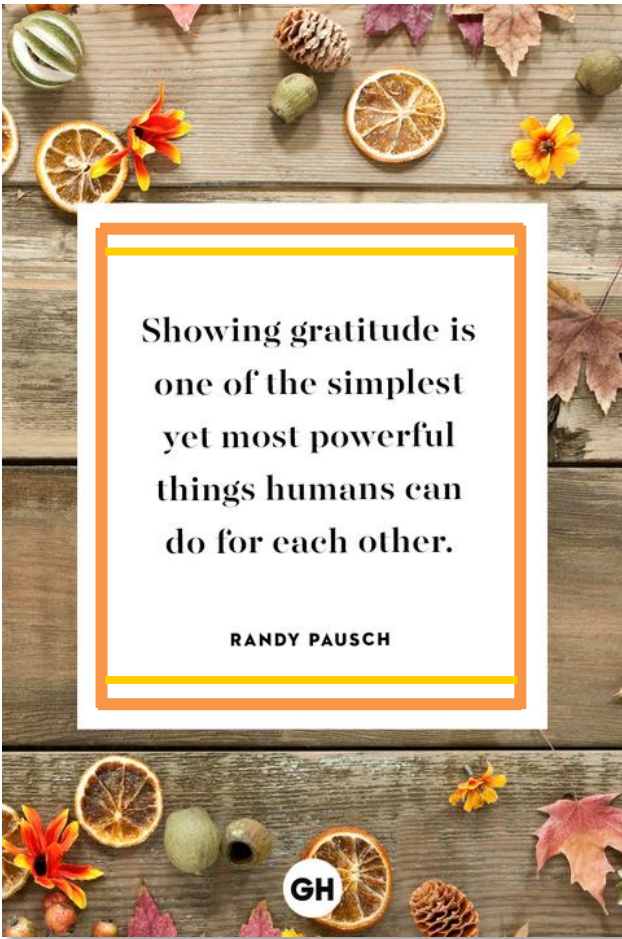
Saturday, December 3rd at 11:30 am
at The Masters Restaurant
775 E. Thirteen Mile Road
Madison Heights

We hope you will consider joining us as we get together for a nice afternoon with new friends and old in a comfortable and relaxing setting. The luncheon will cost each guest \$20.00 and will include a choice of three entrees:

- ❖ Vegetarian Pasta: Asparagus, portabella mushrooms, red bell peppers, sundried tomatoes sauteed w/basil, garlic & olive oil tossed with fettuccini
- ❖ Atlantic Salmon served with rice
- ❖ Beef Tenderloin Tips: Asian style beef tips served over rice and topped with scallions

* Ice cream and a beverage will be included *

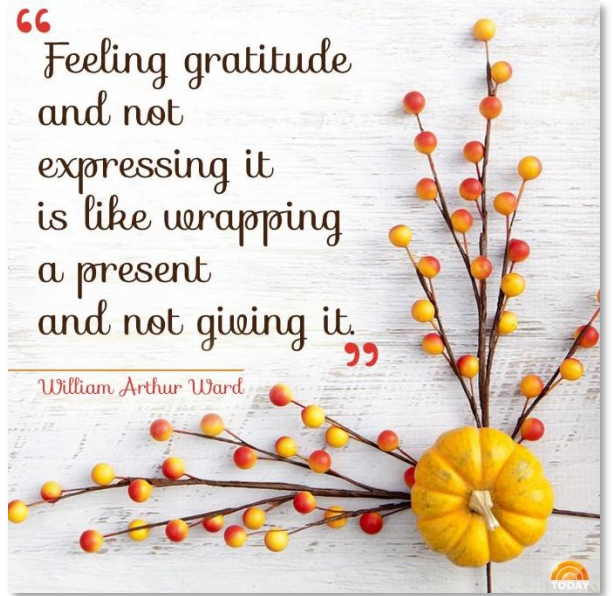
Please email Marilyn at brozovicm87@gmail.com by Friday, November 25th to reserve your spot.



Showing gratitude is one of the simplest yet most powerful things humans can do for each other.

RANDY PAUSCH

GH



“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

William Arthur Ward



HAPPY SURVIVORsary!

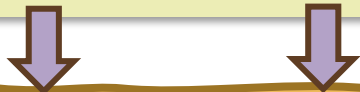
Barbara Solms	31 years!
Georgia Roed	17
Anita Dukich	14
Krystal Donovan	7
Jen Murakami	5
Jo Kwasny	4
Tina Roberts	4
Desiree Swiney	4
Mimi Gass	3



meeting

Group meetings are held on the **2nd Thursday** of the month at **4 pm**. Meetings are in-person at the **Berkley Public Library** and are also held via Zoom.

You are welcome to join us for dinner following the meeting at *The Avenue Restaurant*, located on Woodward just north of 13 Mile.



November 10
December 8

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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.*