



January 2023

## FDA Approves New Targeted Therapy for Platinum-Resistant Ovarian Cancer

In exciting treatment news, the Food and Drug Administration has granted accelerated approval to mirvetuximab soravtansine-gynx (trade name ELAHERE, made by Immunogen, Inc.).

ELAHERE is approved for use for adults with folate receptor alpha (FRA) positive, platinum-resistant epithelial ovarian, fallopian tube, or primary peritoneal cancer, who have undergone one to three earlier systemic treatment regimens.



ELAHERE is given by infusion (IV or a port) every 3 weeks



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.

Approximately 35% of ovarian cancer patients express high levels of FRA. The FDA also approved a companion diagnostic test for FRA indication, to determine which patients are eligible for this treatment.

"The approval of ELAHERE is significant for patients with FRA-positive platinum-resistant ovarian cancer, which is characterized by limited treatment options and poor outcomes," said Ursula Matulonis, MD, Chief of the Division of Gynecologic Oncology at the Dana-Farber Cancer Institute, Professor of Medicine at the Harvard Medical School, SORAYA Co-Principal Investigator, and Grants Oversight Chair of OCRA's Scientific Advisory Committee.

"ELAHERE's impressive anti-tumor activity, durability of response, and overall tolerability observed in [the clinical trial] SORAYA demonstrate the benefit of this new therapeutic option, and I look forward to treating patients with ELAHERE."

Read more about the FDA's approval of mirvetuximab soravtansine-gynx.

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# Got a Minute?

**“We want it, crave it, dream about it. But when life hands us a few empty hours, we squirm, wiggle, dodge, and feel unaccountably lazy.”**

Feel a connection? Most of us, if we’re being honest about it, do. Martha Beck cleverly writes about this aspect of ourselves in *Fear of Free Time*, as published in the April ’04 issue of “O” magazine.

She says, “...people in general, ...desperately want to take a break from our hectic, over scheduled lives –but not right now. Empty time is a powerful medicine that can make us more joyful and resilient, but it’s strangely hard to swallow. We yearn for a powerful source of liberation that is right under our noses, and we’ll do almost anything to avoid it. Generally speaking, a packed schedule is seen as the sign of a happenin’ life; empty time is for losers. We don’t say things like “That day won’t work for me, I’ve got a lot of empty time scheduled” or “Listen Bob, I need to cancel. Some empty time just came up.”



Martha states that some of the reason is cultural – filling every moment is a “sign of virtue and significance.” And then some of it is because we can actually be overcrowded with our own little demons. Demons such as grief, rage, anxiety, guilt, or regret. We keep ourselves busy to distract ourselves from them.

tick,  
tock,  
tick,  
tock.

So, what *can* we do when we get a minute – when we’re not prepared for “empty time”?

Here’s Martha Beck’s pointers:

- **If you have one minute...**Go limp, let your whole body relax.
- **If you have five minutes...**Forget everything
- **If you have an hour...**Find a reason to laugh. Read a funny book.
- **If you have a free afternoon...**Disappear.
- **If you have a whole day...**Live it on purpose. Remind yourself what you want your life to mean.

Go ahead...try it!

“Time you enjoy wasting is not wasted time.”  
—Marthe Trolly-Curtin

“Time is a game played beautifully by children.”

—Heraclitus

“Time is an equal opportunity employer. Each human being has exactly the same number of hours and minutes every day. Rich people can’t buy more hours. Scientists can’t invent new minutes. And you can’t save time to spend it on another day. Even so, time is amazingly fair and forgiving. No matter how much time you’ve wasted in the past, you still have an entire tomorrow.”

—Denis Waitley

## Holiday Memories!



The Masters Restaurant was the perfect venue for our *One to One* Holiday Luncheon for the second year in a row. Once again, the weather was blustery, but clear, so our members were able to travel from as far away as Ann Arbor and Lapeer, to enjoy a delicious lunch and spend an afternoon enveloped in friendship, laughter, and love. We each shared a holiday memory or a holiday song which held a special place in our heart. It was especially nice to catch up with some old friends and even make some new ones. Many of us were thrilled to see Sister Charlotte, who was our previous support group chaplain. What a wonderful way to start off the holiday season!

*"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."*

MELODY BEATTIE



Be thankful you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something,  
For it gives you the opportunity to learn.

Be thankful for the difficult times.  
During those times you grow.

Be thankful for your limitations,  
Because they give you opportunities for improvement.

Be thankful for your mistakes.  
They will teach valuable lessons.

Be thankful when you are tired and weary,  
Because it means you have made a difference.

It is easy to be thankful for the good things.  
A life of rich fulfillment comes to those who are also thankful for the setbacks.

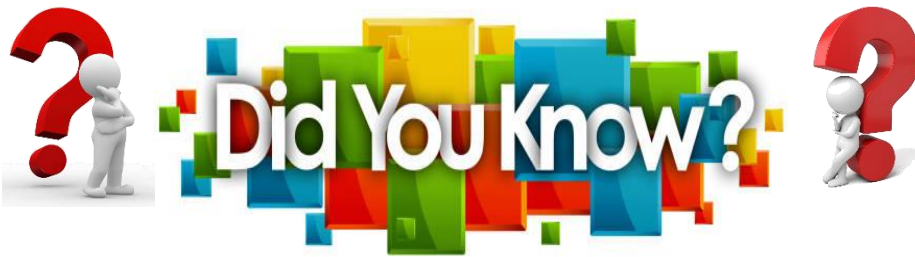
Find a way to be thankful for your troubles,  
And they can become your blessings.

~ Anonymous



Now, every time I witness  
a strong person,  
I want to know:  
What dark did you conquer  
in your story?  
Mountains do not rise  
without earthquakes.





- Half of all Americans live within 50 miles of their birthplace.
- The first couple to be shown in bed together on prime-time TV was Fred and Wilma Flintstone.
- The state with the highest percentage of people who walk to work is Alaska.
- The lifetime costs of raising a medium sized dog is about \$16,000.
- If you were to spell out all the numbers beginning with 'one,' you would not need to use the letter 'a' until you reach 'one thousand.'
- In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes, the mattress tightened, making the bed firmer to sleep on. Hence the phrase, 'Good night, sleep tight.'



## 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.

January 12  
February 9  
March 9

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## HAPPY SURVIVORsary!

Molly Goodman	27 yrs!
Jen Poore	27
Elaine Greenberg	23
Patty Kurpinski	15
Nancy Evanson	11
Janice Murphy	8
Nancy Nordlie	8
Barb Wenninger	8
Alyson Denyer	7
Kathleen Gleissner	6
Nancy Minckler	1

### *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.*