



OCRA Statement on Shortage of Chemotherapy Drugs

Article taken from the Ovarian Cancer Research Alliance's website:
ocrahope.org

As many are aware, the United States is currently experiencing a matter of great concern: an ongoing shortage of chemotherapy drugs that are essential in the treatment of ovarian cancer. The availability of these medications is of critical importance to patients and their families, and we understand the anxiety and uncertainty this shortage may cause.

This shortage of chemotherapy drugs, including cisplatin and carboplatin, has reached a serious level, impacting the treatment options available to some ovarian cancer patients. We want to assure you that OCRA is working diligently to advocate for patients and collaborate with key stakeholders, including elected representatives. Still, experts tell us to expect the shortage to last several months.

If you are currently undergoing treatment or if you have been recently diagnosed with ovarian cancer and have questions or concerns, the first and most important step is to contact your healthcare provider or oncologist. They are your best resource for guidance and can provide you with the most up-to-date information regarding whether you personally may be impacted by the drug shortage, and what alternative drugs or treatment options they recommend.

There are some very good sources of information, including **The Society of Gynecologic Oncology (SGO)**, which has compiled information and resources related to the drug shortage. Additionally, the SGO is recommending strategies to medical providers to optimize the use of cisplatin, carboplatin, and others and acceptable treatment alternatives that may be considered during this shortage. In cases where these drugs must be substituted, other effective treatment options are often available.



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.

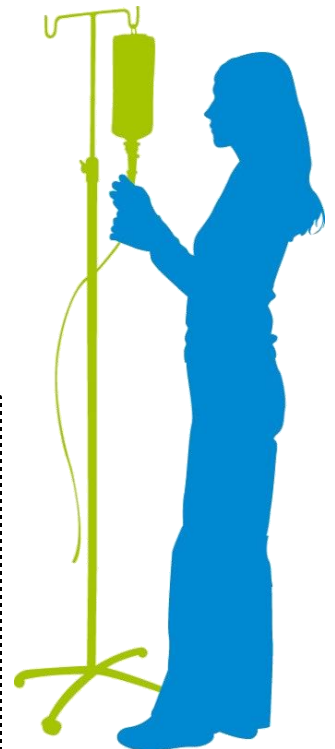
*Donations are gratefully accepted and can be made by check payable to **One to One Ovarian Cancer Support Group** c/o Marilyn Brozovic 4793 Alton Dr. Troy, MI 48085*

A receipt will be provided for tax purposes.

We at OCRA firmly believe that no patient should face barriers to the life-saving treatments they need. Our commitment to advocacy and research remains steadfast, and we are dedicated to finding solutions to ensure that all ovarian cancer patients have access to the medications necessary for their care.

We understand the concerns and challenges that this shortage may pose to the ovarian cancer community. We will continue to provide updates and resources as they become available.

As of early June 2023, the National Comprehensive Cancer Network's (NCCN) Clinical Practice Guidelines have been updated to approve oxaliplatin-based regimens like docetaxel/oxaliplatin/bevacizumab for clinical use in special circumstances, including the national carboplatin shortage. Learn more in a press release from NCCN, ("*Statement on Mitigating the Impacts of Anti-cancer Drug Shortages*," available at www.nccn.org) and speak with your healthcare provider for more details about the most recent updates to clinical guidelines for ovarian cancer patients.



Barb Blakemore has graciously brought these **delicious bars** to a few One to One meetings and everyone who had the pleasure of eating them requested the recipe, so here it is.

Mix thoroughly:

{ 1 cup sugar
1/2 cup melted butter
1 egg

Combine and stir into previous ingredients:

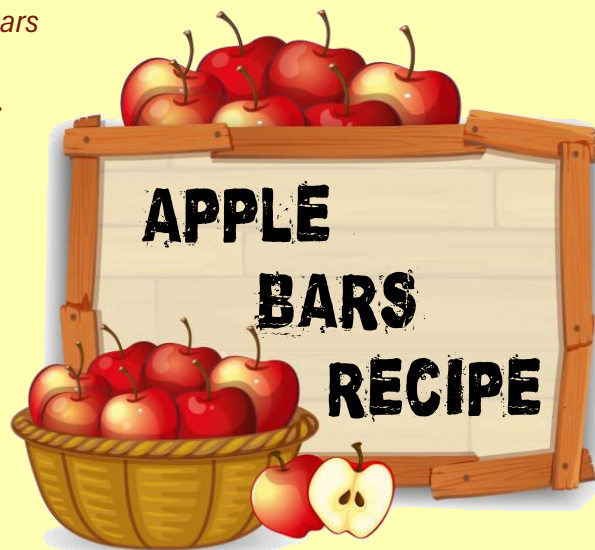
{ 1 cup flour
1 tsp. cinnamon
1/2 tsp. baking power
1/2 tsp baking soda

Stir in: 1 cup diced, peeled apple

(Note: I simmered the apple chunks in 1/4 cup lemon juice prior to adding to the batter. That may be why some of you commented on the moistness of the bars.)

Pour batter into buttered 8"X8" pan. Bake at 350° for 40 minutes, or until a toothpick comes out clean.

Optional: Stir in 1 cup chopped walnuts.



Our annual **Holiday Luncheon** is fast approaching. We will once again be holding our luncheon at the **Master's Restaurant** in Madison Heights. This year's event will be held on

Saturday, December 2nd
11:30 am

Please mark your calendars now for this enjoyable afternoon with old friends and new.

More information will follow in our next newsletter.



THE MUGS ARE IN!

Coffee mugs are on sale now for \$10 each, cash only please.

Contact Marilyn Brozovic at Brozovicm87@gmail.com to place your order for this beautiful, two-sided mug!



ME, MYSELF & I WEEKEND

We will be heading back to the beautiful **Capuchin Retreat Center** in Washington Twp. for this year's **Get Away Weekend**. Plan on joining us October 20 -22 as we relax, refresh and reconnect in this peaceful setting. Come alone or invite a friend or relative to accompany you for this weekend filled with sharing, fun, laughter and making some lasting friends and memories.

Contact Marilyn Brozovic for more information at Brozovicm87@gmail.com

PROFILE IN *Courage*

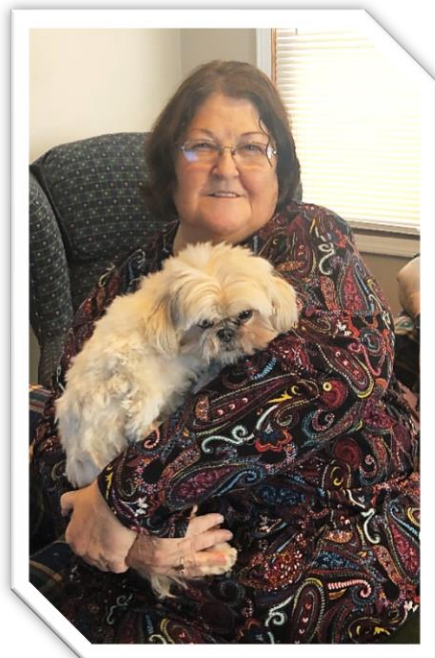
By Marcia Gurche

Barbara Clerebout has had her share of adversity in life, but you would never know it when you talk to her because she always exudes positivity and faith. A good example of this was when she experienced yet another side effect from the radiation she received for her endometrial cancer. Between the side effects of the chemotherapy for the ovarian cancer and the newest radiation side effect, Barb proclaimed, “Just think about how much I can help people when this is all over.”

It has been a rocky road for Barb since her diagnosis of endometrial and ovarian cancer in December 2022, but now she has almost completed all her treatment, and she is looking forward to getting back to normal and enjoying her previous busy life. Her diagnosis was a difficult one, as it is for all who hear the words, “You have cancer,” however, she was surrounded by love and kindness by so many people in her life, that her journey was made a little easier.

Barb grew up in Detroit, the fourth out of eight children born to **Joseph and Gladys Clerebout**. After graduating from Cody High School, she worked in retail for a few years, simultaneously enjoying her new-found title of “aunt” to her sister’s son, Steven.

She enrolled in William Tynsdale Christian College part time, with the goal of becoming a teacher. After the first year, she decided to go west to visit her aunt and uncle in Denver, Colorado, where she stayed for a while. Her desire to work with children never left her, however, and a very persistent friend encouraged her to re-enroll in school, which she eventually did. Tynsdale College had added a new program by then, which was of interest to her – Counseling Psychology. Barb worked part time and went to school full time until she attained her degree in Social Work.




Barb worked at Methodist Children’s Home while she was in college. During her time there she won a speaking contest, which she entered to help herself overcome her shyness. She based her speech on the kids she worked with and how their relationship with God correlated with their parental upbringing. It was a great place to wet her feet and to reinforce her decision to get involved with foster care once she graduated. After working as a social worker for five years or so, she was made aware of two little girls who needed a foster home. Barb decided to apply to become a foster parent and she became Mom to **BreeAnna**, age 4 ½, and **Rachel**, 2 ½. The girls understandably had trust issues so when the five-year foster period was up, there was no question that Barb was going to adopt them. Life as a single mom wasn’t always easy, but Barb enrolled the girls in parochial schools until they were in middle school so that the atmosphere would be more family-like.

One of Barb’s greatest blessings is her beautiful 14-year-old granddaughter, **Madison**. Barb and Maddi spend a lot of time together. Since Maddi’s mom works, Barb has helped with babysitting over the years and now with transportation to and from school, as needed.

(Cont. 'd on next page)

Her faith has always been a very important part of Barb's life. She states that, "From a young age there was a hole in me that needed to be filled and I needed God to fill it." She is an active member of Faith Baptist Church of Clinton Twp. where she has met many wonderful and supportive people. Before she got sick, she liked to help with providing meals and transportation for people in need. Since she started treatment, she has been on the receiving end and people have been wonderfully generous and kind to her. What goes around comes around!

Since she retired about six years ago, Barb has enjoyed being able to spend more time doing the things she loves, such as gardening, solving crossword puzzles, doing crafts, reading, watching old movies, socializing with friends and going out to lunch. One special joy for Barb is visiting with her niece, **Erica**, and her baby boy, **Rylan**. There's nothing like a baby to help put a smile on your face! Barb also has a special place in her heart for her dog, **Mazey**, rescued three years ago. Mazey is a faithful companion to Barb, always waiting anxiously for her to return home.

Barb is amazed at God's goodness in her life. She doesn't feel sorry for herself, but she is thankful for how He seems to have walked ahead of her to smooth her path so far. Barb is clearly a "glass half full" type of person. 

HAPPY SURVIVORSary

September

Nannette Gearhart	24 yrs!
Terrie Karebian	20
Julie Fisk	18
Deanna Cosens	12
Jordan Tolmie	12
Sharon Witkowski	12
Cheryl DiChiera	11
Chrissy Ziguli	9
Laura Marmorstein	6
Diane Barretta	4

HOPE

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... because during these times, hope will be the very thing that carries you through.

~ Nikki Banas

HAPPY SURVIVORSary

October

Linh Cundiff	38 years!
Shirley O'Brien	31
Jill Price-Winters	28
Norma Sullivan	26
Carol Holder	22
Carol Kay	22
Toni Tarczy	20
Carol Lingeman	18
Adele Megdall	7

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.

October 12
November 16

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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.*