



Ovarian Cancer Support Group

SHARED DECISION-MAKING

by Sue Wiers and ChatGPT



Recently, I noticed a couple of teal sisters discussing healthcare providers making decisions for patients. Preferably, patients should be allowed to engage in decision-making. Ideally, healthcare providers and patients should engage in shared decision-making (SDM). SDM is a collaborative process where patients and healthcare providers work together to make healthcare decisions that reflect the patient’s values, preferences, and medical needs. It typically follows these steps (ChatGPT; February 2025):

1. **Establishing Partnership** – The provider encourages the decision-making process in a partnership, ensuring the patient feels involved and respected (ChatGPT, February 2025). Historically, healthcare providers told patients what they should do without considering important issues such as poor access to care, and individual preferences and values. For example, if a patient cannot afford a recommended drug, has no transportation, or the recommended treatment violates their religious beliefs.
2. **Exchange** – In SDM, the healthcare provider shares medical information, including diagnosis, treatment options, risks, benefits, and uncertainties (ChatGPT, February 2025). Healthcare providers must share sufficient information for a patient to make an informed decision without overwhelming the patient. The patient shares goals, values, concerns, and lifestyle factors that may influence the decision.
3. **Exploring Options** – The patient and provider discuss available choices, considering the pros and cons of each, as well as how they align with the patient’s preferences and quality of life (ChatGPT, February 2025). While honoring the patient’s preferences, the healthcare provider also shares his or her limitations. For example, providers need to adhere to their scope of practice and safe, evidence-based practice.
4. **Deliberation** – The patient and provider weigh the information together, often using decision aids like pamphlets, videos, or risk calculators to clarify potential outcomes (ChatGPT, February 2025).
5. **Making a Decision** – The final decision is made based on mutual agreement, ensuring it aligns with the patient’s informed preferences while also considering medical best practices (ChatGPT, February 2025).
6. **Follow-up and Support** – After the decision, ongoing support and follow-ups help the patient feel confident in their choice and allow for adjustments if needed. (ChatGPT, February 2025). *(Cont. 'd on next page)*



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.

My Journey with Shared Decision-Making

In May 2023 I found out I have the BRCA2 genetic mutation putting me at risk primarily for breast and ovarian cancers. The genetic counselor assured me about the culture of SDM. The genetic counselor referred me to a breast surgeon. The surgeon immediately sat me down and said, "This is what we are going to do." Options were discouraged and I sobbed when I got home.

Two months later, I was diagnosed with ovarian cancer, delaying my potential plans for prophylactic mastectomies. After the ovarian cancer treatment was completed, the gynecological oncologist (gyn-onc), without explanation, told me to wait for two years before mastectomies. Over four months, despite my questions, I did not get an evidence-based answer. I was also told I could not have my port removed for two years.

I have a different gyn-oncologist and breast surgeon. Both are great at providing accurate and evidence-based information and supporting me in making a decision that I am most comfortable with. The port was removed nearly a year ago and I am scheduled for the mastectomies in late March. I believe that the first gyn-onc and breast cancer surgeon did what they thought was best for me. However, I lost a lot of sleep over what I was uncomfortable with.

If you need help with SDM, please reach out to **Patty Kurpinski**, who is a 16-year ovarian cancer survivor, and serves as the *One to One* Ovarian Cancer Support Group patient advocate. Patty keeps current with new drugs and clinical trials. She also knows the local gynecological oncologists. Patty can be reached at: patkurp@yahoo.com or **586-850-0152**.

Save the Dates

September 26 - 28

Big things are in the planning stages and we do not want you to miss out on either of them!



Please save the date for our annual **GIRLS' GETAWAY WEEKEND**. This year we will once again be holding our weekend at the beautiful Capuchin Retreat Center in Washington Twp. You will not want to miss this opportunity to spend time with other women in a beautiful setting, laughing, learning, sharing, relaxing, crafting, and just having "ME" time. Each participant will have her own room with private bath, and the food is delicious and plentiful. The registration form with the weekend program will be coming out shortly.

It has been a long time since our *One to One* group has held a "Funraiser" but one is in the planning stages. We are excited to announce that we are going to have a **Bunco Night on Saturday, November 1st**, at the Maple Lane Golf Club in Sterling Heights. Our last Bunco Night was a huge success and everyone who attended had a great time. The good thing about bunco is that you do not need to know how to play the game to attend. We will need a lot of help to make the "funraiser" a success and hope we can count on YOU! In addition to attending, we will be looking for people willing to help solicit raffle prizes, people to volunteer to make themed gift baskets, and people to help on the evening of the event. More information will be coming but start thinking of what you would like to do to help make this event a huge success and as much fun as it was the first time.

November 1





PROFILE in

Courage



By Marcia Gurche

It is hard to know where to begin writing this article on **Rosemarie Bautista**. Rosie, as she is called by all her family and friends, has endured a life filled with pain going back to a couple of years after she began her menstrual cycle at the early age of nine years old. The gut-splitting pain she experienced when she least expected it, became a way of life for her, as did multiple trips to many different doctors, a plethora of medications which never seemed to make a difference, and too many trips to the Emergency Room to count. With her mom as her very passionate advocate, at her last trip to the ER before the diagnosis, Rosie finally got the attention of a very knowledgeable nurse who knew of a special 3D ultrasound machine, which they could use to see if they could pick up something. It certainly did pick up something! It was determined that she had Meckel's Diverticulum and that she needed to have a bowel resection surgery. Rosie always attributes the blessings in her life to God and this was no exception.



During the surgery the doctors found that she had endometriosis and polycystic ovarian syndrome (PCOS). While the outcome was not necessarily the best, Rosie was relieved because they finally knew what was wrong with her and now people would believe that her pain was real and not her imagination.



Rosie had a very happy childhood growing up in a loving family surrounded by her grandparents, many aunts, uncles, and cousins in Houston, Texas. Her parents, **Julio**, and **Melinda**, as well as one grandma, and her brother, **Julio**, sister, **Elizabeth**, and their families still reside there. Rosie graduated from high school at age sixteen and began attending the University of Houston. With recurring bouts of endometriosis always a constant companion, nevertheless, Rosie powered through college.

One fateful night her roommate talked her into going with her to her boyfriend's apartment to buy a cheesecake, which he baked and sold from his kitchen. Rosie suspected a set-up and maybe it kind of was, but Rosie met her Prince Charming that night in the form of **Pedro Bautista**. Eight months later they were married.

Rosie went back to school and graduated with a master's degree in Early Childhood Development in four years. During this time, Rosie's greatest dream was fulfilled when she was able to give birth to their three children, despite the endometriosis and suffering a couple of miscarriages. Their son, **Pedro** (20) "**Junior**," is the father of their beautiful 2-year-old grandson, **Caspen**. **Madeline** (19) is studying to be a nurse and currently works at Henry Ford Health as a nurse assistant. **Izzel** (16) is a sophomore at Chippewa High School, where she is enrolled in the Early College Program taking dual credits for introductory courses.


After Rosie graduated from college, she began working as a teacher in an Early Childhood Development Program and then became the Associate Director of the program. She later taught special education for early childhood and she taught a sixth-grade bilingual education program. As I previously said, Rosie always likes to attribute the blessings in her life to God, so in 2019 God helped bring her and her family to Michigan, where Pedro had a friend with a job connection. He is now operating his own company called "Remodeling Solutions," which does renovating work of all kinds. Unfortunately, Rosie discovered that there was no reciprocity from state to state with education licensing, so Rosie started teaching in a three-family cooperative, where she taught all subjects including Spanish, to children from ages 2-8 years old.


Endometriosis was not Rosie's only challenge during the years she was raising her family and establishing her career. In 2014 she was diagnosed with and had surgery for endometrial cancer. When it recurred two years later, she was treated for it with oral chemotherapy. In 2019 she had breast cancer and had a lumpectomy. Four years later, in 2023, Rosie was given the news that her breast cancer had returned and she had another lumpectomy. She was treated with chemotherapy and was given the news that she was NED (No Evidence of Disease) in June of 2023. It was not long, however, before cancer reared its ugly head again and due to bleeding issues, during a laparoscopy in December, 2023, Rosie was diagnosed with Stage IV Endometrial Ovarian Cancer.

(Cont. 'd on next page)

Unfortunately, Rosie's kidneys and liver have taken a hit from the previous chemotherapies she has undergone, so this time it was necessary to treat her cancer with immunotherapy and phlebotomy to help with her liver, and IV detox for her kidneys. Rosie's physicians discouraged her from having the traditional debulking surgery which most ovarian cancer patients undergo; however, Rosie chose to be her own advocate and when she sought another physician's opinion, he suggested that she have the surgery which she chose to do. Her biggest complaint following the surgery is that she cannot stand to be sitting around at home recuperating.

Prior to her breast cancer diagnosis, Rosie worked as the Program Director for the Early Child Facility and Community Outreach at the nondomination Christian church to which she belongs. Because of her cancer journey, she has recently begun working elsewhere, which has quickly morphed from a receptionist job to a job of much more responsibility. She is employed by a pediatric physical, occupational and speech therapy company. Currently she is serving as an operation manager which requires her to travel to new locations and help the office managers set up and acquire their licensing.

All work and no play would make Rosie a dull girl, however, so she rounded out her life by becoming an ordained minister since she enjoys serving others. She loves cooking because "people enjoy what you cook." She says that Pedro is responsible for making her the cook she is today. Her cooking was put to good use when she was unemployed and began catering at family cookouts, family celebrations, etc. Rosie is a voracious reader and has been journaling since she was twelve years old. She has authored one book so far, Breaking the Silence: My Endometriosis Story, and is working on her second. She is a remarkable poetess and has a beautiful singing voice, which some of us were fortunate to have witnessed at the *Me, Myself and I* weekend last November. She finds both writing and singing to be therapeutic. 

When Rosie was asked how she handles so much pain and terrifying diagnoses, one right after another, Rosie responded that it "gets to a point that you're numb and you just leave it in God's hands." In January, 2023 she was given six months to live and she remains strong and resilient and continuing to believe with all her heart the bible teaching that she shares with those that she ministers to: "Hold onto God. He will sustain you. I know struggle. Have Faith." 



May

Genny Beaudrie	30 yrs!
Letha Williams	25
Gail Bidinger	12
Barbara Blakemore	8
Paula Smith	5
Shani Lewins	3

**HAPPY
SURVIVORsary**

June

Peggy Moroney	22 yrs!
Marcie Paul	16
Lori Doggett	14
Stephanie Brown	8
Elise Kapelanski	8
Nina Hamilton	3

Group Leadership

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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.*

Group Meeting

Group meetings will be held at
4 pm on the 2nd Thursday
of the month at

Gilda's Club

3517 Rochester Rd.
Royal Oak, MI 48073
(located north of 13 Mile Rd.)

**May 8
June 12
July 10**

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.

This educational newsletter is supported through philanthropic donations to the *One to One* ovarian cancer support group through Corewell Health Foundation Southeast Michigan (formerly the Beaumont Health Foundation).

