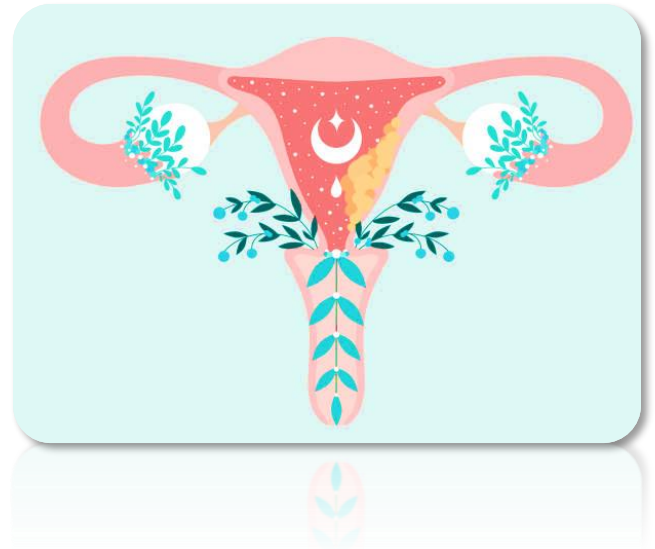




Cancer Comparison

According to ChatGPT, **endometrial cancer** has surpassed ovarian cancer as the deadliest of the gynecological cancers. The shift reflects changes both in incidence and in mortality, driven by risk factors, subtype changes, detection, and disparities. The number of cases of endometrial cancer diagnosed has been increasing going up more than 1% in white women and 2-3% per year in women in other racial/ethnic groups in recent years. The death rates are also increasing by about 1.5% per year. Aggressive subtypes (non-endometrioid) are rising in frequency and contribute disproportionately to the mortality increase. Ovarian cancer remains deadly but its incidence has declined slightly or remained more stable, and survival improvements and earlier interventions (though limited) have somewhat mitigated its impact.



Endometrial cancer is becoming more deadly due to a couple of factors. One is **obesity**, since fat tissue increases estrogen and higher lifetime estrogen exposure (unopposed) is a major risk factor. Also, obesity is associated with chronic inflammation and insulin resistance, which are believed to contribute. Rates of obesity have increased, which helps explain the rise in incidence and thus in absolute numbers of deaths.

Another reason is our **aging population** since endometrial cancer risk increases with age; more women living into higher-risk ages results in more cases.

Shift in Subtypes toward more aggressive forms is another cause of more mortality. While many endometrial cancers are of the endometrioid subtype and generally have a better prognosis, recent trends show a rise in non-endometrioid subtypes which are more aggressive, which are more difficult to treat and more likely to present at later stages. Early diagnosis occurs often with many endometrial cancers because abnormal uterine bleeding is a noticeable symptom. Unfortunately, in aggressive subtypes, symptoms may appear later, causing diagnosis to be delayed, especially among certain populations.

There is a **Relative Improvement in Treatment** for ovarian cancer and better awareness have helped detection (though still difficult) and have helped stabilize or reduce age-adjusted mortality in some settings. Disparities (race, access, socioeconomic status) remain a major factor. Black women have worse outcomes in ovarian cancer. This has not been the case with endometrial cancer, especially with the aggressive subtypes.

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

Retirement does not mean the same for everyone. As **Jan Marie Bishop** gets ready to retire in December from her full-time job with the Detroit Public Schools Community District, she is concurrently readying herself for her next profession. She aspires to become a professional comedian/actress and has already begun taking classes toward that end. Interviewing Jan for this article was as entertaining as watching a YouTube video of Dry Comedy! But I digress. Jan has been happily employed as an Attendance Agent for the Detroit Public Schools for the last five years. Prior to this position she thoroughly enjoyed her eight-year stint as a bus driver for special needs children. She especially liked the flexibility that driving the bus gave her. For instance, she was able to take the bus to pick up her daughter from Oakland University or pick up her nieces and nephews from school in the little yellow bus when they needed a ride. Her favorite use of the bus came when she needed to pick up some newly purchased furniture and she used the bus as a U-Haul and its lift came in very handy to get the furniture up and down into the bus. Let's hope her employers never read this article!



Jan and her husband, **Melvin**, have been married for almost forty years. Melvin is retired from the Detroit Public School System also, and he does a remarkable job of running the family home now that he is home during the day. Melvin was managing a Little Caesars Pizza when Jan and her cousin met him many years ago. She began flirting with him and the rest is history, as the saying goes. They have two daughters: **Karima** (38), who is the mother of their granddaughter, **Naima Marie Yvonne**, who is four years old. Their other daughter, **Karmen** (37), is married to **DeAndre Harris** and they are the parents of five-month-old **Kali Kai**. Melvin's duties extend to picking up his granddaughters from daycare at 3:30 and bringing them back to their house "where he quickly disappears" and Jan becomes the caregiver for the rest of the evening until their parents come to collect them.



Jan was born and raised in Detroit. She is the first-born daughter of **Purline Bryant**. Jan and some of her family members recently went to a family wedding in California and had a great time. The only glitch was that Jan broke the heel on her shoe at the wedding and had to wear an old pair of shoes. Now that does not seem like much of a tragedy to most people, but it caused Jan to lose her "diva status."

Jan was diagnosed with Stage 2 ovarian cancer in December, 2024. After undergoing surgery and chemotherapy she is now ready to get back to her life before cancer. They used to enjoy bike riding with the Slow Rolls, a non-profit bike club which brings thousands of people together to learn more about the city of Detroit on leisurely bike rides around the city. One of the Bishops' most difficult bike rides was across the Mackinac Bridge. Jan and Melvin also enjoy taking advantage of the many interesting things to see and do in the city of Detroit.

(Cont. 'd on next page)

When Jan was taking Zumba and water aerobics, she mentioned to her instructor that she wanted to tone up a little. Her instructor invited her to attend the hula lessons that she taught. Of course, Jan took her up on her invitation. That was two years ago and Jan, who is called “Brown Girl” by the other performers, performed in the 2024 Filipino Spring Ball.

Jan Bishop does not just talk the talk. If she wants something, she goes for it. She wants her next career to be a motivational comedian and actor and she has begun her quest by taking classes at Go Comedy, an improv and sketch training center. She also attends classes with Coco at the Grosse Pointe Library entitled, “So You Want to be a Comedian.” Part of her training at Go Comedy is to perform before a live audience and so far, Jan has participated in two showcases. Jan’s performance was a huge success – “They loved me!” Jan is just beginning to develop her performance and her storyline, which is “A submissive wife” - sounds like a very catchy theme! An agent has already sought Jan out after taking one year of acting classes at the Actors Loft in Royal Oak. She cannot wait to get going on her next career.

Jan is a very busy lady and retirement is not going to slow her down. She enjoys making people laugh and she also likes to be supportive and to be available for her granddaughters. If there is one thing we know, it’s that we need laughter for healing. Jan is someone we all want to keep close to. ❤️



we had us a **GETAWAY!**

By Marcia Gurche

Our **Girls Get-Away Weekend** was everything we hoped it would be and more! We only went a few miles away to find a peaceful, beautiful setting at the Capuchin Retreat Center and there we enjoyed a wonderful weekend of sharing, fun, laughter, and creativity with many new and dear old friends. The weather was outstanding and walking the grounds of the beautiful retreat center enhanced our experience even more. **Marilyn Brozovic** outdid herself as she attended to the many details required to pull together a flawless weekend. We are all very grateful to have her at the helm of our *One to One* group and have her so willing to take on the necessary minute details that make all our events such a success. Thank you, Marilyn!

Massages started as early as Friday afternoon for some of the women who wanted them and continued throughout the day on Saturday. Our massage therapists, **Sarah, Sharon, and Faye** are very caring and are attentive to everyone’s specific needs and requests. Every meal at the center was outstanding with the staff catering to specific dietary needs of our attendees. Delicious desserts were in abundance, thanks to **Kathy Dominczak**, who dropped off a van full of scrumptious confectionary desserts even though she could not attend this year. **Kay Huberty**, a certified nutritional consultant, kicked off our weekend by sharing some wonderful, heartfelt stories and treasured information that she had gained about the women in her family from her own mother, whose words she had captured on audio discs over the years. Kay is an engaging speaker and an amazing storyteller in her own right.

Marilyn’s two sisters-in-law, **Linda Brozovic** and **Mary Trussler**, outdid themselves with the craft session which kicked off our Saturday. Not only did they donate the materials, but each person had her own ready-to-assemble wreath kit and all she had to do was ...assemble! Each one of the Christmas wreaths turned out beautiful and totally unique. The morning was filled with fun, talking, and laughter as we worked diligently to complete our own distinct creation.

We enjoyed a wonderful *Mindfulness Walk Among the Trees* under the guidance of **Jan Miller**, Mindfulness Therapist. We pepped things up later in the afternoon when **Beverly Meyer**, aka “*The Music Lady*,” led us in a session of “*Good for Us All Music*.” While Beverly generally takes her guitar around to various preschools, she found us willing participants to join her in songs ranging from hits from the 80’s to a round of *Row, Row, Row Your Boat*.

Sister **Charlotte Huetteman**, who joined us for the weekend, led us in a very poignant session in the late afternoon where we constructed our own paper quilt made up from significant happenings in our lives. We then shared these memories, both happy and sad, within a small group. This session was very touching and all who attended felt very fulfilled from the experience.

We rounded out the evening with a game that Marilyn introduced called *Fishbowl*. A team game which challenged the memory and creativity of those playing, it was a hit by all who played and even those who just watched. If you are looking for a fun game to play with a group, ask Marilyn for the directions ----this was a winner!

Thank you to all who attended the retreat and to the Capuchin Retreat Center for being such a gracious host. We could not have had a more relaxing weekend.



Holiday Time!



We hope you can join us on **Thursday, December 11th** as we celebrate the upcoming holidays with a potluck dinner at **Gilda's Club** in Royal Oak. Our celebration will take place from **4:00 pm** until **7:00 pm** and we are asking each attendee to bring a dish to pass **EXCEPT** ladies who are currently in treatment. We request that anyone in treatment come without bringing a dish and just enjoy the festivities. Please **RSVP** to **Marcia Gurche** (mgurche@gmail.com) by Wednesday, **December 3rd** to let us know if you plan to attend and what you would like to contribute to the potluck (i.e., salad, veg, potato, casserole, dessert, etc.) If you would rather not bring a dish and would prefer, you can make a contribution toward the meat entrée.

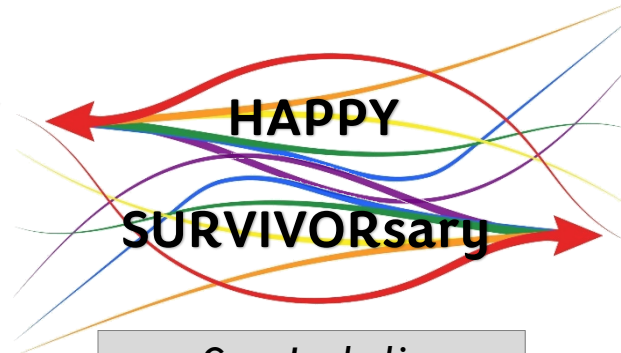
We look forward to having you join us for a few hours of laughter and fun, and maybe even some entertainment as we share a lovely meal and ring in the holidays!

November

Barbara Solms	34 years!
Anita Dukich	17
Krystal Donovan	10
Jen Murakami	8
Jo Kwasny	7
Tina Roberts	7
Desiree Swiney	7
Mimi Gass	6

December

Marilyn Brozovic	29 years!
Lorraine Marsin	26
Marcia Gurche	25
Rose Newman	13
Michelle Urbanczyk	11
Deb Claybaugh	10
Genevieve Riess	9
Eileen Shaughnessy	9
Jeanne Schaberg	7
Barb Clerebout	3
Lana Tapani	3



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.)

November 13

**Our holiday party takes the
place of the December meeting
January 8, 2026**

Group Leadership

Marilyn Brozovic
248-561-2027

brozovicm87@gmail.com

Newsletter Editor

Marcia Gurche
586-323-0838

mgurche@gmail.com

Chaplain

Rev. Renee Machiniak, M. Div

Patient Advocate

Patty Kurpinski
586-850-0152

pattykurpinski@gmail.com

Asst. Editor/Layout

Jeanine Dunaj

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.*

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).