



CT WOMEN OF HOPE

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Newly Diagnosed



You have faced many challenges in life and your strength will carry you through. No matter how frightening your news sounds, and is, we believe in you and we believe you can do this. Each and every morning when you wake, it's another step toward recovery and healing. Each and every night when you go to sleep, its another step toward strength and support as you rest and every nerve, every cell is working hard to recover, to heal, to repair. We believe in you and your ability to heal and go through your treatments and recover. We know you have courage. We know you are probably feeling overwhelmed, but we are here for you, we have faith in you, we are women of HOPE.

Community Support

If you need someone to talk to, reach out to your pastor, priest, or counselor. Talk to family members, your doctor, nurse or friends about how you feel.

You can reach out to our group member and licensed pastor Trisha Fowler at revtrishafowler@yahoo.com or 860-317-1732

You can reach out to our partner OCRA Ovarian Cancer Research Alliance at 866-399-6262 OCRA has an online support community through Inspire with over 46,000 survivors, caregivers and friends. The community offers conversations in a trusted safe environment. You can become a member by going to this website <https://www.inspire.com/groups/ovarian-cancer/> or emailing team@inspire.com

I haven't been well. After many tests, my doctor confirmed that I have been diagnosed with Ovarian Cancer.

What do I do now?

It is best to stay organized. Here is a checklist to start with:

- ___ Obtain a gynecologic oncologist for treatment
- ___ Get a second opinion
- ___ Talk to your doctor about clinical trials
- ___ Establish a good support system in your family, community and online

A Non-profit Organization supporting woman diagnosed with Ovarian Cancer

A Partner of OCRA

Information and research citing: OCRAhope.org www.cdc.gov/cancer/ovarian

Research has shown that an ovarian cancer patient increases survival significantly when she uses a gynecologic oncologist. In fact, some studies show that the survival rate increased to as much as 50% more than women who had surgeries done by surgeons with less experience and technique used to treat ovarian cancer.

I don't have a gynecologist. What do I do?

If you do not have a gynecologic oncologist, you can ask your primary care doctor for a referral. You can also visit <https://specialist.foundationforwomenscancer.org/> to search for a gynecologic oncologist near you.

You can visit our partner website for additional research, outreach and helpful information at <https://ocrahope.org/>

What should I ask my gynecologic oncologist about my treatment plan?

- What stage is my disease? Is the disease spreading from my ovaries? If it is, where is it spreading to?
- Would I be a good candidate for a clinical trial?
- What is the best treatment for me? What choices do I have? Why or Why not?
- Do I need more than one kind of treatment?
- What are the risks and side effects of each treatment? How can we control the side effects? Will I still have these side effects when my treatment is over?
- What should I do to prepare for my treatments?
- How long do I have to stay in the hospital for treatment? Can I get chemotherapy at my local hospital?
- Will my insurance cover my treatment?
- Will I be able to get pregnant and have children after treatment?
- How often should I follow up after treatment to see if the disease has returned?
- When would I start chemotherapy and when would it end?
- Which drugs will I have and how do they work?
- Is intravenous and intraperitoneal chemotherapy right for me? Why?
- What are the benefits of doing this kind of treatment?
- How can I prevent the side effects or reduce them?

- If I opt for surgery, what kind of surgery is best for me? Will lymph nodes and other tissues be removed and why?
- How soon will I know what the pathology report says? Will you explain them to me?
- How will I feel after surgery? How long is recovery?
- How long do I have to stay in the hospital? If I have pain, how do I control it?
- What are some of the effects of the surgery? Will they be long term?
- How will the surgery impact my sex life? Will things be the same?
- Will my insurance cover my surgery?