

**Minutes**  
**Pacific Ovarian Cancer Research Consortium (POCRC) Advocate Meeting**  
**January 31, 2003**  
**Sze Conf. Room, Fred Hutchinson Day Campus**

**Kathy C. O'Briant, M.S:** *Biology of Ovarian Cancer.*

Kathy did an outstanding job of explaining and simplifying the biology of ovarian cancer through her presentation and handouts. A lively question and answer period followed. Call the advocacy office (206-667-5717) if you would like to receive a copy of Kathy's handouts.

**Note from Advocacy Program Coordinator, Sheryl Eisenbarth:**

Sheryl was unable to attend the meeting due to a recent chemotherapy treatment. The good news is that this is her last BIG chemotherapy treatment! The advocates wish her the best and look forward to seeing her at the next meeting on February 28.

**Program for the Advocates' Spring Welcome on March 1, 2003:**

The advocates reviewed the draft program for the Spring Welcome and gave their input. Their suggestions included:

- Advocates wear name badges of unique color, which readily identify them.
- During introduction identify advocates and investigators by having them stand.
- A 30-minute break near mid program to allow mingling and one-on-one interactions.
- Encourage those in attendance to seek out advocates and investigators at break.
- Have icebreakers (one suggestion – ask who is here from the various invited groups).
- Arrange chairs in a "V" format to allow attendees to see one another.
- Make arrangements to have extra monitors and chairs removed from Sze conf. room.
- Have a resource table supplied with information advocates have found helpful (nutrition, alternative care, support, etc).
- At end of program invite speakers to participate in a panel question & answer session (include any questions that came up during the break) (possibly provide a table for this).
- If group is too large for Sze Conference Room – have a contingency plan.

**Invitation for the Advocates' Spring Welcome on March 1, 2003:**

The advocates reviewed the draft invitation card for the Spring Welcome. With very minor edits, the advocates felt the invitation looked very good. In addition to inviting the advocacy group, those in attendance would like to invite the Women's University Club, UW Women's Center, American Cancer Society, local cancer support groups and cancer centers in the area.

**POCRC Advocate's Newsletter "Advocacy Action:"**

Copies of the newsletter were made available to those at the meeting (to obtain a copy of the newsletter call Sheryl at 206-667-5717). The newsletter includes a "save the date" reminder for the March 1, 2003, Spring Welcome, the March 22, 2003, annual advocate workshop as well as a calendar of upcoming advocacy meetings and activities.

**Ultrasound Study Needs Volunteers:**

Volunteers are needed to make follow-up reminder calls to study participants. The current need is to have volunteers come in once a week and make the scripted calls. After the initial calls are made this need will drop to only occasional calls. This is a great opportunity to get involved in research; anyone interested please call Sheryl at 206-667-5717.

**Advocates were invited to attend an Ovarian Cancer Lecture by Dr. Barbara Goff on February 5, 2003, at Gilda's Club:**

At her lecture on 2/5/03, Gynecological oncologist and Associate Professor at the UW, Barbara Goff, pointed out that as early as 1985 a study by Smith and Anderson indicated that "Education would improve early detection of ovarian cancer." An ovarian cancer symptom study by Dr. Goff in 2000 and a study by Olson, et al in 2001 showed symptoms occurred in 95% of ovarian cancer patients. Per Dr. Goff, the symptoms of ovarian cancer can be similar to the monthly symptoms of menstruation, however the symptoms associated with ovarian cancer are more severe, occur more frequently and have a more recent onset. To identify symptoms Dr. Goff recommends (1st) pelvic exam, (2nd) transvaginal sonogram, (3rd) CA125, (4th) CT scan, (5th) laparoscopy. For recurrent disease Dr. Goff suggests using the addition of PET Scan (looks at metabolism of cells), however this scan is expensive and a challenge to get insurance coverage for.

**Next Meetings:**

**Friday, February 28, 2003, 11:00-1:00 PM. (Please RSVP to Sheryl, 206-667-5717)**

11:00-12:00 Tour of Fred Hutchinson Cancer Research Center

12:00-1:00 Lunch and advocate meeting

**Saturday, March 1, 2003, 1:00-4:00 PM. (Please RSVP to Sheryl)**

POCRC Advocates' Spring Welcome

Invite friends and family to learn more about ovarian cancer research and the advocacy program

**Saturday, March 22, 2003, 9:00-4:00 PM. (Please RSVP to Sheryl)**

Advocate yearly workshop. Define advocacy program goals for 2003.

Cancer Information Service will present the "how to's" of clinical trials and the Fred Hutchinson Institutional Review Board (IRB) will discuss patient protection.

**Friday, April 25, 2003, 11:00-1:00 PM. (Please RSVP to Sheryl)**

11:00-12:00 Science lesson

12:00-1:00 Lunch and advocate meeting

Minutes by Joan McAree for Sheryl Eisenbarth, Advocacy Program Coordinator,  
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