



January 2022

Dear Diane,

Happy New Year! We're kicking off the year in high gear! Join us for our upcoming OCAOSW support and educational sessions:

- January 13, 2022, 4-5PM: [Virtual Support Group Moderated by Susan Hedlund](#)
- January 27, 5-6:15PM: [Personalized Medicine, Clinical Trials, and New Anticancer Treatments](#)
- February 17, 4-5PM: [Virtual Support Group Moderated by Susan Hedlund](#)
- March 9, 5-6:15PM: [Coping with Chemotherapy](#)
- March 18, 4-5PM: [Virtual Support Group Moderated by Susan Hedlund](#)

Warmest regards,

Zoya Kumar
Executive Director

In Her Own Words:

Ashley Hows

In September of 2020, at the age of 27...read more [here](#)



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The PATHFINDER 2 Study Open for Enrollment

Too often, cancer goes undetected until it is at an advanced stage. Thinking about the possibility of having cancer can feel overwhelming, but taking steps to find cancer early can help you feel more in control of your health. The earlier that cancer is found, the higher the chance of survival.

The PATHFINDER 2 Study will evaluate the performance of a multi-cancer early detection test, called Galleri, that can detect many types of cancer through a simple blood draw. This test is being studied and is not approved or cleared by the Food and Drug Administration (FDA). It is not meant to replace the cancer screening tests your healthcare provider may recommend, such as colonoscopy or mammography.

The PATHFINDER 2 Study is currently open to men and women aged 50 years or older who meet eligibility criteria and receive care at participating health systems. Participants in previous or ongoing GRAIL sponsored studies are not eligible to participate in the PATHFINDER 2 Study.

To see if you are eligible to enroll, please contact the PATHFINDER 2 Study Team [here](#).

Cancer Connections Podcast Series: Sex, Drugs, Rock & Roll

The Cancer Connections podcast is for anyone who has been impacted by a cancer diagnosis. In each episode, host Hillary Theakston and her guests have the conversations about cancer that don't always happen but maybe should, including the new multi-part "Sex, Drugs, Rock & Roll" series:

- New! Dr. Nimesh Nagarsheth - The Role of Music in Cancer Care
- Dr. Saketh Guntupalli - Intimacy and Love After Cancer
- Leslie Heron, NP - How To Talk About Sex After Cancer
- Dr. Carey Clark, RN, PhD - The Role of Cannabis in Cancer Care
- Dr. Mark Geyer - The Role of Psilocybin in Cancer Care

For more information and to listen to the podcasts, click [here](#).

Expert Presentations from OCRA's 2021 Virtual National Conference

This past fall's Uniting for Hope Ovarian Cancer National Conference included a wide range of session topics, including demystifying genetic testing and precision medicine; providing resources for financial support; explaining clinical trials; and so much more.

Watch the presentations [here](#).

No Out of Pocket Genetic Re-Testing

Have you previously tested for BRCA1/BRCA2 full testing or for Lynch Syndrome prior to 2013? If so, you may qualify for update testing at no out of pocket expense. Check with your geneticist or provider for more information.

Story Time: Seeking IHOW Authors

In Her Own Words is one of the most read and appreciated articles in our newsletter and on our website. If you're interested in sharing your journey with our community, please contact [Diane O'Connor](#).

Camp Mak-a-Dream in Gold Creek, MT Retreats

Please visit this [page](#) for details on event and programming changes based on current recommendations and restrictions surrounding the COVID-19 (Novel Coronavirus) situation.

For more camp information, click [here](#).



Easy Ways to Make a BIG Difference



Set up a Facebook Fundraiser to benefit the Ovarian Cancer Alliance of Oregon and Southwest Washington.

Follow these [easy instructions](#).

You'll make a big difference in the lives of survivors by helping fund our emotional and financial support programs.



Make a difference when you shop! Please consider linking your online Amazon shopping account to the Ovarian Cancer Alliance of Oregon and SW Washington. For every dollar spent, **OCAOSW** receives a [donation from AmazonSmile](#) and that is surely something to smile about!



You can help the Ovarian Cancer Alliance of Oregon and SW Washington earn donations just by shopping with your Fred Meyer rewards card! To learn more, login to your [Fred Meyer account](#).

Ovarian Cancer Alliance of Oregon & SW Washington
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