

RESOURCES & SUPPORT



just for you



Turn the Canal TEAL

Survivorship

A survivor is defined by the National Coalition for Cancer Survivorship (NCCS) as anyone with a history of cancer, from the time of diagnosis and for the balance of life. This definition has become the norm for the cancer community and beyond. NCCS has now expanded its definition of survivor to include family, friends and caregivers. In its program descriptions, Ovar'coming Together adheres to the NCCS survivor definition.

Cancer Survivorship is a challenge faced by millions of Americans. Survivorship focuses on adapting to life with, through, and beyond cancer. Self-advocacy and taking responsibility for your cancer care through open communication, shared decision making, and active participation is imperative. Self-advocacy builds confidence and can improve quality of life.

Ovar'coming Together provides a variety of programs to support survivors (and caregivers). We invite you to participate in all that interest you. Many survivors also find volunteering to be an effective outlet, as well as a way to make connections with others who are dealing with ovarian cancer whether it be other survivors, family members, caregivers or advocates.

YOUNG SURVIVORS GROUP (YOLO)

This is a group of survivors, age 39 and younger, who are a source of support for one another. The group might get together for lunch or an activity, stay in touch via social media, and so on. Young survivors have special circumstances related to ovarian cancer and this group can be a big help. Contact us for more information.

Ovar'coming Together Support

HOPE PACKETS are packets of information provided FREE of charge to women diagnosed with ovarian cancer and to medical professionals who assist in the diagnosis of ovarian cancer. Packets include books, resource listings, general information, brochures, catalogs, awareness materials, and more. Call our office or visit our [website](#) to request a Packet.

EDUCATION MEETINGS - Medical professionals and other qualified experts speak on occasion, at our request, regarding a variety of topics such as survivorship, genetics, diet, treatments, complementary medicine and more. Meeting announcements are emailed to survivors and a schedule of upcoming events can always be found on the organization's calendar.

PEER CONNECTIONS - For many ovarian cancer survivors, sometimes the best support comes from connecting directly with another woman who has ovarian cancer and whose experiences with the disease are similar. A very young survivor may want to connect with another young survivor, and so on. Upon request, and with permission from both parties, Ovar'coming Together will work to connect peers. This arrangement can be extremely helpful and lead to long-lasting friendships or simply short-term connections to share experiences. Email or call us to request a peer connection.

ANNUAL SURVIVOR LUNCHEON - Each year (usually in late February), a special luncheon is hosted by Ovar'coming Together to honor and celebrate ovarian cancer survivors. It is a free event for survivors and includes delicious food, great company, time to network and share, entertainment, door prizes and more.

SURVIVOR SOCIAL GATHERINGS / WORKSHOPS

Fun classes and social outings are regularly scheduled for survivors. Examples of past classes include stencil and stamping, gift card-making and weaving. Community outings might include trips to restaurants, landmarks, events, etc.

SURVIVOR "LUNCH BUNCHES"

"Bunches" are coordinated by Ovar'coming Together, as well as independently, to help connect survivors to enjoy occasional small-group meals at various locations. Call us to see if there is a "Bunch" in your area. If not, we are happy to try to begin one.



INDIANA GYNECOLOGIC ONCOLOGIST LIST

What is a Gynecologic Oncologist?

A gynecologic oncologist is an obstetrician/gynecologist who specializes in the diagnosis and treatment of women with cancer of the reproductive organs. After completing a four-year residency in obstetrics and gynecology, gynecologic oncologists must complete an additional three-year fellowship specializing in precancerous and cancerous conditions of the GYN tract. Surgical skills required to properly stage and remove the majority of the tumor, as well as chemotherapy and radiation therapy techniques, are learned and practiced at the highest skill level. This training uniquely qualifies gynecologic oncologists to care for women with cancer of the reproductive tract. Research over the past two decades has shown that referral to a gynecologic oncologist is one of the top factors in increasing ovarian cancer survival rates, as well as decreasing rates of recurrence.

To locate a gynecologic oncologist in Indiana, see the list below. For a complete listing of Gynecologic Oncologists in the U.S., visit the [Society of Gynecologic Oncology \(SGO\)](https://specialist.sgo.org/) at <https://specialist.sgo.org/>.

Community Health Network Gynecologic Cancer Care

7979 Shadeland Avenue, Suite 310
Indianapolis, IN 46250
317-621-4333

William Lowery, M.D.
Judith Wolf, M.D.

<https://www.ecommunity.com/services/cancer-care/gynecologic-cancer>

Franciscan Health Cancer Center

8111 South Emerson Avenue
Cancer Center Suite 204
Indianapolis, IN 46237
317-528-1297

Tina Ayeni, M.D.

<http://www.franciscanhealth.org/>

Goshen Center for Cancer Care

200 High Park Avenue
Goshen, IN 46526
888-492-HOPE

Hubert Fornalik, M.D., FACOG

<http://goshenhealth.com/Cancer-Care>

Indiana University Simon Cancer Center

1030 W. Michigan Street
Indianapolis, IN 46202
317-948-7583

Jeanne Schilder, M.D.
Sharon E Robertson, M.D., MPH
Paul C. Mayor, M.D.

<http://iuhealth.org/find-medical-services/cervical-ovarian-cancer>

Ascension (formerly St. Vincent)

8402 Harcourt Road, Suite 420
Indianapolis, IN 46260
317-415-6740

Michael Callahan, M.D.
Sarah Goodrich, M.D.
Hilary Hinshaw, M.D.
Megan Buechel, M.D.

<http://www.stvincent.org/Services/Cancer-Care>

Additional Resources

Ovarian Cancer Research Alliance (OCRA)

Largest global organization dedicated to advancing ovarian cancer research while supporting women and their families. Holds an annual Ovarian Cancer National Conference. Survivors, caregivers and supporters are invited to choose from dozens of breakout sessions and meet hundreds of others whose lives have been touched by ovarian cancer.

<https://ocrahope.org/>

National Cancer Institute

The Federal Government's principal agency for cancer research and training.

<https://www.cancer.gov/about-cancer>

National Coalition for Cancer Survivorship (NCCS)

NCCS' mission is to advocate for quality cancer care for all people touched by cancer.

Offers an award-winning Cancer Survival Toolbox® which is a FREE self-advocacy audio program. It was created by leading cancer organizations to help people living with cancer develop skills to better meet and understand the challenges of their illness.

<https://www.canceradvocacy.org/>

Caring Bridge

A nonprofit organization which allows people facing various medical conditions and their family and friends to communicate. It is the first non-profit social network with global reach whose mission is to connect loved ones during a health journey through personal and private websites.

<https://www.caringbridge.org/>

World Ovarian Cancer Coalition (WOCC)

The World Ovarian Cancer Coalition is a not-for-profit organization, working across the globe to reduce the impact ovarian cancer has on the lives of women and their loved ones.

Sponsors World Ovarian Cancer Day.

<https://worldovariancancercoalition.org/>

American Cancer Society

A nationwide, community-based health organization dedicated to eliminating cancer as a major health problem.

<http://www.cancer.org/>

Cancer Care

A national nonprofit organization that provides free support services to individuals, families, caregivers and the bereaved to help them better cope with the emotional and practical challenges arising from cancer.

<https://www.cancercares.org/>

Cancer Support Community of Central Indiana

Indiana nonprofit organization that provides psychological and social support for people with cancer and their families. Services include weekly support groups, mind/body stress management programs, educational workshops, and networking/social activities.

<http://cancersupportindy.org/>

Foundation for Women's Cancers

A not-for-profit organization dedicated to funding research and training, and ensuring education and public awareness of gynecologic cancer prevention, early detection and optimal treatment.

<https://www.foundationforwomenscancer.org/>

Creating Hope

Creating Hope is a nonprofit organization providing art materials and art events at no cost to cancer patients.

<https://creatinghope.us/>