8:00 am – Registration

8:30 am – Welcome Address

Representatives of the Ovarian Cancer Task Force (Colorado Ovarian Cancer Alliance, HERA Women’s Cancer Foundation, Cheryl Shackelford Foundation and the Sue DiNapoli Foundation) will welcome Summit participants.

9:00 am – Dr. Laura Shawver

**Genetic Profiling and Targeted Chemotherapy**

Dr. Shawver is an ovarian cancer survivor who has been instrumental in developing a method for targeting chemotherapy based on a woman’s genetic profile. There are over 20,000 ovarian cancer patients diagnosed in the US each year. This is just 1/10th the number of breast cancer patients. Because of our limited numbers, it is harder to access the resources for new treatments. Although our tumors may look similar under the microscope, they have different molecular profiles or “blueprints.” Understanding the blueprint is crucial to finding the appropriate treatments for women in the future. Dr. Shawver is the founder of the Clarity Foundation (www.clarityfoundation.org).

10:30 am – Choice of one session:

- **BRCA Gene Mutation**

  **Genetic predisposition to ovarian cancer – what every woman should know!**

  This panel discussion features Dr. Monique Spillman of the University of Colorado Health Sciences Center along with genetic counselors and cancer survivors. The panel will explore the role genetics plays in a woman’s risk of developing ovarian and related cancers such as breast cancer. About 10 to 15 percent of women diagnosed with ovarian cancer have a hereditary tendency to develop the disease. The most significant risk factor for ovarian cancer is an inherited genetic mutation in one of two genes: breast cancer gene 1 (BRCA1) or breast cancer gene 2 (BRCA2). These genes are responsible for about 5 to 10 percent of all ovarian cancers. Eastern European women and women of Ashkenazi Jewish descent are at a higher risk of carrying BRCA1 and BRCA2 mutations. Research has also proven that women from Colorado’s San Luis Valley have a higher risk of carrying the mutation.

- **Clinical Trials**

  **Enrolling, participating, and what to expect**

  This will be a round table discussion of the what, where, why, and how of clinical trials. Ovarian cancer survivors will be joined by Mark Morrow, clinical research coordinator at the University of Colorado Health Sciences Center, Anschutz Campus, in a roundtable discussion of all aspects of enrolling and participating in a clinical trial.
12:00 pm – Lunch presentation by Dr. Rachel Ware Miller of the University of Kentucky and Presentation of the Lucy Trujillo Leadership Award

“The Promise of Early Detection”

Dr. Miller will discuss the groundbreaking work being done at the University of Kentucky in detection of early first-time ovarian cancer through transvaginal ultrasound screening.

The first annual Lucy Trujillo Leadership Award will be presented by COCA to Representative Diana DeGette who has been a steadfast friend of the ovarian cancer community through her support of historic health reform legislation and in her work to investigate and resolve cancer drug shortages that impact all cancer survivors.

1:30 pm – Choice of one session:

- **Nasha Winters, ND – Integrative and complementary approaches to healing**
  Western medicine often focuses solely on treating the tumor and cancer cells through strategies such as surgery, chemotherapy, radiation and hormone suppressive medications. Beyond these methods, integrative oncology places emphasis on treating the whole patient. The instruments utilized in Nasha Winters’ practice focus on supporting healthy cells, striving to increase the effectiveness of treatments, preventing chemo-resistance, helping women stay on schedule with treatments, and treating side effects that patients may endure. The job of those who practice integratively continues long after the debulking process is complete by helping the body heal from the treatments, and implementing a diet and lifestyle that aims to prevent recurrence.

- **Nutrition and Cancer – Sharon Day from Cancer Treatment Centers of America**
  “Functional Medicine: The role of Nutrition and Diet”
  The objective will be for the audience to improve their understanding of the food choices that contribute to modifying estrogen levels, support the detoxification process and aide in healthy gut function.

- **Exercise and Cancer featuring CancerFit**

2:45 pm – Choice of one session:

- **Nasha Winters, ND – Integrative and complementary approaches to healing**
- **Nutrition and Cancer - Colleen Gill**
  “Does Sugar Feed the Tumor?”
  The objective of this session is to investigate the role that sugar may play in “feeding” cancer tumors.

- **Exercise and Cancer featuring CancerFit**
- **Exploring the Mind / Body Connection with Luci Berardi**
4:00 pm – Dr. Nimesh Nagarsheth, MD – Music and Cancer

Dr. Nagarsheth completed his residency training in Obstetrics and Gynecology at the Duke University Medical Center, and completed his fellowship in Gynecologic Oncology at Mount Sinai during which time he won numerous teaching, research, and clinical awards. During his training, Dr. Nagarsheth also conducted cutting-edge research at New York University Medical Center and Memorial Sloan-Kettering Cancer Center in New York.

In 2008, Dr. Nagarsheth joined 5 other Gynecologic Oncologists from around the country with the support of the Gynecologic Cancer Foundation, and began an international campaign to raise awareness for gynecologic cancers through music and the arts. Dr. Nagarsheth and his talented colleagues formed the rock band N.E.D. (which stands for No Evidence of Disease) and landed a record deal with Motema Music, NYC.

Dr. Nagarsheth will be discussing his book entitled *Music and Cancer, A Prescription for Healing* that has been described as a 'must have' handbook for cancer patients and their caregivers. Proceeds from both the N.E.D. album and book are being used to improve the quality of life of patients with gynecologic cancers.

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**Important Information:**

The 2012 Ovarian Cancer Summit strives to provide information and resources to individuals whose lives have been affected by ovarian cancer.

The topics presented during the course of the Summit are for informational purposes only. Inclusion of topics in the program should not be construed as an endorsement or recommendation by the Colorado Ovarian Cancer Alliance, the Ovarian Cancer Task Force nor any of its partner members, of any treatment modality or diagnostic tool.

For answers to specific health care questions or concerns, please always consult your health care provider as treatment for each patient varies with individual circumstances.

Always include your health care providers in any decisions you make regarding changes in nutrition, exercise routine, and before you include alternative or integrative care into your treatment regimen.

The information presented during the course of the Summit is not intended in any way to be a substitute for medical advice or professional counseling.