

About Ovarian Cancer Research Fund

Recognizing a significant need for greater support for women with gynecologic cancers and their families, Ovarian Cancer Research Fund (OCRF) has launched a national expansion of the Woman to Woman Program. OCRF was an early funder of the first Woman to Woman Program at Mount Sinai Hospital's Gynecologic Oncology Division in New York City. By fostering a sense of community and hope, OCRF is committed to empowering women facing gynecologic cancers nationwide.

Founded in 1994 in New York City, OCRF is the oldest and largest charity in the United States funding ovarian cancer research. Its mission is to fund scientific research that leads to more effective identification, treatment, and ultimately a cure for ovarian cancer, as well as related educational and support initiatives.

For more information about OCRF, please visit: www.ocrf.org.



OVARIAN CANCER
RESEARCH FUND

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About The Woman to Woman Program and Ovarian Cancer Research Fund

To know the road ahead,
ask those coming back.

woman
to
woman
A program of OVARIAN CANCER RESEARCH FUND

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About The Woman to Woman Program

Woman to Woman is a program that pairs gynecologic cancer patients with trained volunteer survivors who provide one-on-one emotional support and mentoring. Woman to Woman also promotes education and self-advocacy for women in treatment, as well as their partners, families, and other caregivers, at participating facilities. From the moment of diagnosis through the end of treatment, Woman to Woman survivor volunteers have helped hundreds of women and their families cope with gynecologic cancer.

Survivor volunteers meet one-on-one with the patients with whom they are matched to listen, discuss concerns, provide advice and support, and sometimes, just hold a hand. Volunteers are carefully matched to new patients based on cancer type, age, language and culture, patient preferences, as well as other relevant factors. They are professionally trained by a coordinator who also oversees the program (typically a hospital social worker or nurse practitioner). During their intensive training session, volunteers learn active listening, communication skills, and how to address cultural differences. In addition, they receive an overview of gynecologic cancers and the issues associated with them, and gain an understanding of their own relationship to their illness as they prepare to volunteer. These survivor volunteers give hope, along with the special insights that can only come from someone with their own personal gynecologic cancer experience.

Your Woman to Woman volunteer will be with you through the duration of your diagnosis, treatment and recovery. Most women initially meet at the hospital, but how, when, and where you connect after that is up to you. It can be at a local coffee shop or even your home — whatever is most convenient and comfortable for you. Some women in the program ask their Woman to Woman volunteer to accompany them to chemotherapy sessions. While face-to-face interaction is recommended, if you prefer, you can talk on the phone or exchange emails. The program is flexible and based on your needs, desires and preferences.

The Woman to Woman program materials and services are offered free of charge to all participants enrolled at OCRF's partner facilities.

The Woman to Woman Program Includes Helpful, Informative Materials

The *Gynecologic Cancer Information Guide* is a comprehensive booklet with the information and resources needed to help you navigate through your diagnosis, treatment and recovery. Topics include knowing what to expect with different types of treatment, anticipating common side effects, addressing financial and legal challenges, and enlisting the help of family members and other caregivers.

The Important Contact Information section provides a convenient place for all your important contacts. This overview brochure, an inspirational bookmark and a promotional postcard complete the program materials.

Partners, Family Members, Friends and Other Caregivers

Partners and other caregivers of women diagnosed with gynecologic cancers are often overlooked by health care workers, family, and friends. To help address the needs of this unique group, the *Gynecologic Cancer Information Guide* includes a special section just for caregivers, called “By Her Side,” with information and quotes from partners and patients.

Woman to Woman also offers resources and support for caregivers, including the opportunity to speak with a volunteer or the program coordinator, as well as other partners and caregivers of patients enrolled in the program who share similar experiences.