UPCOMING GOLD GATHERING
Managing Side Effects after Treatment
Thursday, May 4
5:30–7:30 p.m.
CSC room 3.330
Don't miss our very first GOLD Gathering! Providers from the Masonic Cancer Clinic will be on hand to discuss side effects of treatment and what to do to alleviate symptoms.
Light refreshments will be served and parking validated.
Please RSVP to goldMN@umn.edu by Friday, April 28.

GOLD website
You can also visit our website for updates and GOLD Gathering details at z.umn.edu/goldMN.

Welcome to glow
Happy Spring! I wish you health and happiness as we move into warmer weather.

This is the first edition of the GOLD newsletter, called glow. We hope you find the news, research updates and resources we share here useful. You will receive the glow newsletter every 2–3 months.

Recently, I attended the annual meeting of the Society of Gynecologic Oncology (SGO) in Washington D.C. The mission of SGO is to promote the highest quality of comprehensive clinical care through education and research in the prevention and treatment of gynecologic cancers.
I heard numerous researchers talk about results of the latest clinical trials including how we can hopefully better diagnose and treat gynecologic cancers.

Of special interest to me were studies related to survivorship. SGO has developed a number of resources for cancer survivors. One of particular interest for you is a Self-Care Plan. This document include recommendations that can help you maintain a healthy lifestyle. You can view this plan on their website: https://www.sgo.org/wp-content/uploads/2016/08/Gynecologic-Cancer-Self-Care-Plan-FINAL.pdf

GOLD GATHERING IN MAY
I hope you will consider joining us for our first GOLD Gathering event on Thursday May 4th called, “Managing side effects after treatment.” During this event we plan to have a few providers talk with you about strategies and solutions for your well-being after treatment.

—Rachel Vogel, Ph.D., Principal Investigator
**Importance of Resilience**

The journey from the diagnosis of a gynecologic cancer, through treatment, and to survivorship is not an easy one. Cancer treatment may have a profound effect not only on your body but on your mind as well. Some survivors may naturally develop a positive perspective on life throughout treatment, while others may find it more difficult to find positive meaning from their cancer experience.

Resiliency is the process of adapting well to significant sources of stress. Fostering resilience is an individual process and people often use varying strategies. Research has shown that recognizing stressors, developing healthy coping strategies to manage stress, and deriving strength from your cancer experience will improve resilience. The key is to establish ways that work well for you to develop your own personal resilience.

—Cara Miller, MSN, CNP

You can read more about resilience at http://www.apa.org/helpcenter/road-resilience.aspx

**Aromatherapy and U**

Aromatherapy is complementary and alternative approach to healing and relaxation. While there are few peer-reviewed studies establishing aromatherapy as a treatment for cancer specifically, there have been several studies examining the use of essential oils to lessen the effects of chemotherapy and cancer-related symptoms.

**Therapeutic Massage**

Lavender oil used in massage significantly improved sleep for patients with advanced cancer.

Lavender and chamomile essential oils in massage were also cited in two studies as reducing anxiety.


**Nausea Reduction**

In one study, inhaling a saturated cotton square of a blend of essential oils of ginger, spearmint, peppermint, and cardamom significantly helped reduce post-operative nausea.


**How Do I Learn More?**

There are many approaches to aromatherapy and we recommend you do your research to find a certified massage therapist or an experienced aromatherapist to help you.

The University of Minnesota has a website about aromatherapy and how to search for an aromatherapist, as well as a page on how to find a certified massage therapist. You can always ask your provider for recommendations, or talk with your chemotherapy coordinator as well.

**Questions?** Email the study coordinator, Heewon Lee, at goldMN@umn.edu or contact Dr. Rachel Vogel at 612-624-6928 or email her at isak0023@umn.edu.