



# Prevention

Ovarian Cancer Awareness Month September 2024

## OVARIAN CANCER AWARENESS MONTH

### Note to Readers

**Innovation** is essential to cancer prevention. Using genomic data and new analytic techniques to create precision medicine may also enable precision prevention. Innovation may also increase the reach and effectiveness of cancer prevention approaches. Strang will continue to highlight innovation in cancer prevention.

### INNOVATION IN OVARIAN CANCER PREVENTION

**Building on blood tests alone to detect ovarian cancer early.** The **CA-125 blood test alone** is an **ineffective** screen for ovarian cancer. Newer approaches add to blood testing.

In the **Normal Risk Ovarian Screening Study (NROSS)** women with **significant rises in CA-125** get **retesting and transvaginal ultrasound**. In a **study of 7,856** healthy postmenopausal women, **34 were referred to surgery**, which found **15 ovarian cancers and 7 endometrial cancers**, almost all in **early stages**. Late-stage cancers were a third lower than in other studies. This stepped approach may lead to effective ovarian screening.<sup>1</sup>

In the Refining Ovarian Cancer Test accuracy Scores (ROCKeTS) UK study, women with **symptoms suspicious for ovarian cancer** were sent for **CA-125 and ultrasound testing** within 2 weeks (“fast tracked”). Of 1741 fast-track patients, 215 (12.4%) were diagnosed with ovarian cancer, including **119 high-grade serous cancers**, a cancer type often thought too fast-growing to catch early. However, **nearly all** of these cancers were completely or nearly completely **removed surgically**. **Quick testing and referral of women with symptoms** suggesting ovarian cancer may allow **earlier, more effective treatment** of ovarian cancer.<sup>2</sup>

### PRIMARY PREVENTION

**Do intimate care products increase the risk of ovarian cancer? Women’s intimate care, including talc use and douching**, have been **suspected of increasing cancer risk**, especially ovarian cancer. While most douching solutions appear benign, some appear to disrupt estrogen hormones. Talc and asbestos naturally occur together. However, cancer patients tend to over-report “bad things,” which can lead to **falsely high estimates** of suspected risk factors. The **Sister Study** enrolled 50,884 35-74-year-old women with a **sister with breast cancer** who filled out a questionnaire before 2009 about intimate care use. In follow-up in 2017-19, the study found that **women who reported talc use and douching when young** had a **higher risk of ovarian** but **not uterine and breast cancer**. The findings held up even when analyzed assuming significant bias. **Caution about talc and douching may be warranted.**<sup>3</sup>

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### REFERENCES:

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- 2.Kwong FLA, Kristunas C, Davenport C, Deeks J, Mallett S, Agarwal R, et al. Symptom-triggered testing detects early stage and low volume resectable advanced stage ovarian cancer. Int J Gynecol Cancer 2024.
- 3.O'Brien KM, Wentzensen N, Ogunsina K, Weinberg CR, D'Aloisio AA, Edwards JK, et al. Intimate care products and incidence of hormone-related cancers: A quantitative bias analysis. J Clin Oncol 2024;42:2645-59.

# The Strang Cancer Prevention Cookbook

## Peach and Blueberry Crisp

Reduce your Risk for Cancer by Eating a Healthy Diet!

Peach and Blueberry Crisp \* 6 Servings



6 medium peaches, peeled, pitted, and cut into large chunk's, 2 cups blueberries, 1/4 cup plus 1 tablespoon all- purpose flour, 1/3 cup granulated sugar, juice 1/2 lemon, 1/2 cup quick cooking cereal, 1/4 cup packed brown sugar, 1/2 teaspoon ground cinnamon, 2 tablespoons melted unsalted butter. Vanilla frozen yogurt, optional.

Preheat oven to 375 F. Spray a baking/casserole dish, at least 6 cup capacity, with canola oil/cooking spray or lightly rub w canola oil.

In a medium bowl, combine peaches, blueberries, 1 tablespoon of flour, sugar and lemon juice. Toss with your hands to combine thoroughly. Spread the fruit out in the baking pan. In a separate bowl, prepare the topping. Mix together the oat-meal, remaining 1/4 cup of flour, brown sugar and cinnamon. Drizzle with the melted butter, and then rub the topping together with you hands until it resembles a coarse meal. Entirely spread the topping over the fruit and bake for 35 minutes or until the fruit is bubbling and the topping is browned lightly. Remove and let cool slightly. Serve warm or room temperature. Top with vanilla frozen yogurt.

Calories 261, Protein 3 g, Carbohydrates 49 g, Fat 6 g, Cholesterol 5 mg, Dietary fiber 4 g Saturated fat 3 g

Major sources of Potential Cancer fighters: Phytochemicals: plant polyphenols (flavonoids, phenolic acids), terpenes (carotenoids) Source: cookbook page 307.

Recipe by Laura Pensiero, R.D., **Strang** Nutrition Consultant  
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**THIS NEWSLETTER IS DEDICATED TO DIANNE TASHMAN ZOLA**

The Dianne Zola Ovarian Cancer Research Fund was established in 2014



September is Ovarian Cancer Awareness Month

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