



St. Louis Ovarian Cancer Awareness

TEALTALK

2022

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Denise Nagel Memorial Golf Tournament: An Un-"fore"-gettable Experience

The Inaugural Denise Nagel Memorial Golf Tournament was an overwhelming success! It was held on July 17, 2021 at the Forest Park Golf Course. Participants enjoyed a beautiful day of 18 holes of golf and lunch at the course. There were also prizes for those closest to the pin along with a putting contest and various raffles. The Golf Tournament sold out quickly and even had a waiting list to join. Over \$8,500 was raised, and all of the proceeds benefit SLOCA.

"This tournament means the world to me. My stepmother, Denise, was an extraordinary woman. To be able to honor her memory in this way while also raising funds to help other women across the St. Louis area is very special to my family and me. We hope to continue this tournament for many years to come," said her stepson, Jack.



Follow Us On Social Media!



Don't miss out on the fun at the **2022 Golf Tournament**, which is scheduled to take place on **July 16th**. Act fast and register early to ensure your spot. If you are unable to attend, you can still get in on the action by sponsoring a hole or donating a raffle item. Be on the lookout for information on the SLOCA website. Let's show a "hole" lot of love and make the 2022 Golf Tournament a success.

Families Run for Ovarian Cancer

The 15th Annual FamiliesROC presented by GSK took place at Soldier's Memorial in downtown St. Louis on Sunday, October 10th. The family-friendly event featured a Bubble Bus, delicious drinks from the Coffee Culture truck, tasty treats from the Cool Times Ice Cream truck, and much more. Participants had several options, including a 5k or 1 Mile Run/Walk and even a ROC from Home for virtual participants. Over 1,300 participants enjoyed a delightful day!

The morning started with a beautiful ceremony to honor survivors. The Survivor Ceremony celebrates individuals who have fought ovarian cancer and are truly an inspiration to us all. Local musician Katarra Parson performed a riveting rendition of the National Anthem, and then the runners were off! SLOCA would like to thank all of the participants and volunteers who helped to make this event a success.

The 16th annual FamiliesROC 2022 is scheduled for Sunday, October 9, 2022. Register early and don't miss out on the fun. All participants will receive a SLOCA t-shirt along with snacks and drinks on the day of the run.



It takes countless volunteers, so please consider donating your time to help with race registration, setup, course support, parking, or clean up. Let's "Roc" and Roll in 2022!

Toasting in Teal Survivor Celebration Brunch

SLOCA hosted its 2nd annual Toasting in Teal Survivor's Celebration Brunch after a yearlong hiatus due to COVID-19. On November 14th, 125 ovarian cancer survivors and their guests gathered at Palladium Saint Louis to celebrate and raise a glass to the inspiring women in attendance. A delicious brunch buffet was served along with Bloody Marys and Mimosas. The event featured a moving performance by local singer-songwriter Katarra Parson. Those in attendance could strike a pose in the photo booth and have photos to remember this lovely day celebrating survivorship for years to come. We are looking forward to next year's event to be held on Saturday, November 20th, 2022.



2021 Living Out Loud Gala & Auction

SLOCA's annual Living Out Loud Gala & Auction presented by Myriad Genetics took place virtually on World Ovarian Cancer Day on Saturday, May 8th. Although the event looked different than past years, the goal remained the same: to raise money to support SLOCA's mission. This mission involves raising awareness of the symptoms of ovarian cancer, funding research, and supporting survivors.

This exciting event was broadcasted live from Sophie's Artist Lounge in St. Louis and hosted by Rene Knott. Ovarian cancer survivors Deb Hill-Jablonski and Randalynn Vasel co-chaired the event. Virtual attendees were able to purchase a Teal for Two package, which included a delicious meal from Time for Dinner and a teal paper lantern to "light up the night." There was an online auction featuring impressive items, such as a signed Binnington jersey, Cardinals tickets, and a luxurious getaway at Hawks Cay Resort. There were lots of raffle items as well, including a Louis Vuitton handbag, Raking in the Cash lottery tickets, and a wine raffle.

In Rene Knott's words, this event helps "raise funds to support the continuing work to impact ovarian cancer survivors right here in our community." One such recipient of SLOCA's support was Karen Nevins. She courageously fought ovarian cancer with fierce determination for many years. Pete Nevins

and his two daughters bravely shared their personal journey and her inspiring story. Comedian and Kirkwood native Greg Warren provided much-needed laughter. At the end of his set, he talked about losing his mother to ovarian cancer and the importance of SLOCA to his family.

A huge shout out to Rene Knott, Deb Hill-Jablonski, and Randalynn Vasel who brought life and energy to the Virtual Gala. Hundreds of households tuned in and helped raise over \$133,000. We also want to thank all of the sponsors and everyone who supported the 2021 Virtual Living Out Loud Gala & Auction. We couldn't have done it without you!

We need your support for the 2022 SLOCA Living Out Loud Gala & Auction. This is SLOCA's largest fundraising event of the year. It will take place on Saturday, April 9th at Meadowbrook Country Club and feature the return of Rene Knott as emcee and auctioneer and a celebratory performance to kick off our 20th anniversary. The Teal Spirit award will be presented to Jon and Alene Becker for their many years of service to SLOCA. Survivor and SLOCA, Volunteer Jen Majzun, will share an inspiring talk about her journey with ovarian cancer. Myriad Genetics will be our presenting sponsor for the sixth consecutive year. They are a leader in genetic and tumor testing and help to determine specific medical management for ovarian cancer patients. SLOCA is grateful for their continued support.

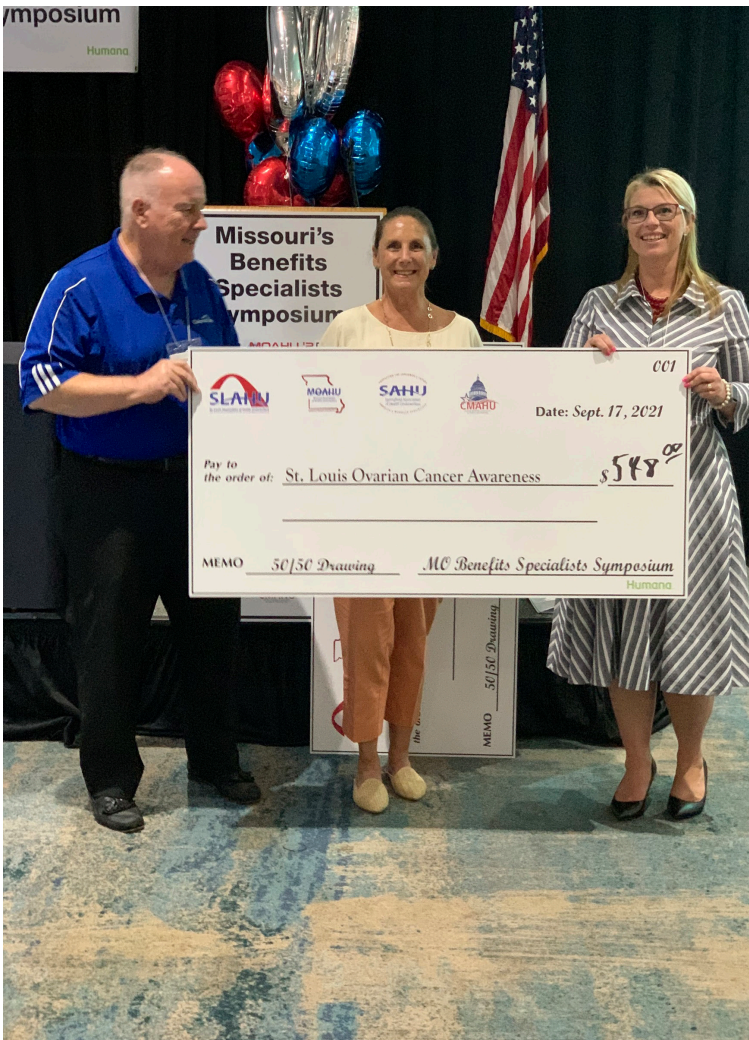
*You can get involved and support this event in many ways. You can join the committee to help plan the event, buy a ticket or table to attend the event, and support the live and silent auctions. Please consider volunteering, sponsoring the event, or donating an item. To make donating items even easier, SLOCA has registered with Amazon and Target. You can find our registries at sloca.org/gala. To learn more, visit the SLOCA website or contact Susan Robben. We look forward to seeing everyone live and in-person this year. **Get your tickets today at sloca.org/gala!***

St. Louis Gives Back

Each year organizations and businesses throughout our community step up to support SLOCA. If you know of a business interested in hosting a third-party event, please reach out to us.

St. Louis Association of Health Underwriters

The **St. Louis Association of Health Underwriters (SLAHU)** held its annual symposium on September 17th at the DoubleTree hotel in Chesterfield. The continuing education meeting brings in speakers from around the country. Our friend and office neighbor Rick Schooley, District General Agent at Colonial Life, provided the opportunity to do a short presentation about SLOCA's mission. Members in attendance were asked to donate to a 50/50 drawing that raised \$548 for SLOCA. We are incredibly grateful for the generosity of the SLAHU members.



Lexicon

Lexicon, a legal services and technology provider based in St. Louis, Missouri, held a fundraiser this past May. The company employs more than 100 team members who use their creative skillsets to continuously evaluate and improve the way law firms take charge of their practice. Erica Jones, Content Marketing Director at Lexicon, said her company chose to support SLOCA during their LexiGiving campaign because of SLOCA's unique mission and the outstanding impact they made in the local area to spread awareness and support patients and survivors. Jones said, "We were very impressed with their initiatives to fund ovarian cancer research and efforts to make a difference in St. Louis." Lexicon's fundraiser in May raised \$1,295.



Sign of Arrow's Grant

Sign of the Arrow is a nonprofit gift and needle-point boutique located on Clayton Road in Ladue, MO, staffed by community volunteers. The shop was established in 1966 by the St. Louis Alumnae Club of Pi Beta Phi, a national fraternity for women that continue the Pi Beta Phi tradition of providing philanthropic support to the community. Sign of the Arrow presented SLOCA with a generous grant that will help us continue our mission of supporting ovarian cancer survivors. Shout out to Sign of the Arrow for their philanthropic spirit.



Kendra Scott

September is Ovarian Cancer Awareness Month. To help bring awareness, Kendra Scott hosted a **Kendra Gives Back** event on September 25th & 26th! 20% of all proceeds from purchases made directly benefited SLOCA. The two-day event brought in a grand total of \$703. Lauren Dickherber, Assistant Store Manager of Kendra Scott, said, "This is such a great giveback! I'm so grateful for our partnership and creating such successful events!" Thank you, Kendra Scott, for your continued support!

No-Shave November

Back by popular demand...No-Shave November! This year, all money raised was donated to St. Louis Ovarian Cancer Awareness in memory of former O'Fallon Police Dispatcher, Mickey Hardin. Mickey recently passed away after a lengthy battle with ovarian cancer and will forever be remembered by her family at the O'Fallon Police Department. A "hair raising" \$3,500 was collected to support SLOCA's mission!



Researcher Spotlight

Shaolin Ma, MD, PhD

The 2019-2020 Foundation for Women’s Cancer (FWC) Research Grants and Awards Program presented Shaolin Ma, MD, PhD, with a research grant funded by St. Louis Ovarian Cancer Awareness (SLOCA) for \$50,000 on his research “Cloaking VEGF in EVs as a cause of adaptive resistance to anti-VEGF therapy.” Dr. Ma is a fellow in residency at Sun Yat-sen Memorial Hospital in Guangzhou, China, and received the grant while in his post-doctoral program at the University of Texas MD Anderson Cancer Center.

In this Q&A, Dr. Ma will share insight into his ongoing gynecologic (GYN) cancer research, how the FWC grant and generous funders impact her work, hopes for the future, and more.



How would you describe your current research?

Ovarian cancer is one of the most lethal malignancies worldwide. Anti-VEGF therapies (e.g., Bevacizumab) have been widely used in patients with ovarian cancer. However, most patients will develop resistance during the treatment and eventually relapse. Here, we focused on illustrating the underlying mechanisms of anti-VEGF resistance. By carrying out a series of in vivo and in vitro experiments, we demonstrate that the small extracellular vesicles can deliver VEGF isoforms to endothelial cells. Consequently, the small EV-delivered VEGF promotes endothelial cell proliferation and leads to angiogenesis. Our findings have clinical implications for biomarkers and therapeutic strategies for ovarian cancer.

How does receiving a grant from the FWC impact your work?

First of all, I am very grateful to have been awarded the FWC grant and I appreciate it very much. With the financial support from the FWC grant, we were able to move our research work forward effectively. Most importantly, the grant has motivated me to contribute my enthusiasm to ovarian cancer research, including early detection, novel therapeutics, as well as overcoming drug resistance.

What kind of treatment progress or discoveries do you envision happening in GYN cancer research?

Gynecological cancers, especially ovarian cancer, remain to be the most lethal disease. Most patients were diagnosed at an advanced stage due to the lack of effective early detection strategies. As we look to the future, it will be very exciting to have a highly sensitive and specific early detection method developed. Currently, immunotherapy is one of the most powerful weapons in the treatment of cancers. However, the immunotherapy response in patients with ovarian cancer is limited. A broader understanding of the underlying mechanisms is warranted in the future, and I hope we can find reliable immunotherapeutic strategies for ovarian cancer.

What made you decide to go into the medical field and the gynecology sub-specialty?

This is a tough question. Honestly, I don’t remember the specific reason to study medicine or gynecology, but I pursued this field because I found it both inspiring and challenging. I enjoy making a difference that can benefit the population’s health.

Lastly, could you share a brief personal bio to help readers get to know you?

I graduated from Sun Yat-sen University, with a Doctoral degree in Medicine in 2019. After graduation, I went to the MD Anderson Cancer Center at the University of Texas for a two-year post-doctoral program, where I got an FWC Award. After that, I went back to China to pursue my career of becoming a doctor. Now, I am a residential fellow at Sun Yat-sen Memorial Hospital, where I am training to be a gynecologic surgeon.

Since cancer research has become increasingly globalized, scientists from all over the world can share updated data and communicate with each other instantly. This will dramatically speed up the development of new therapeutic strategies that will eventually benefit patients. The international meetings, such as AACR, SGO, and ASCO, provide an effective platform for scientists to share their most recent findings and make guidelines for patient care. Combining the efforts from the whole world, I believe we can increase cancer patients’ survival significantly and maybe someday combat cancer.

After work, I like doing excersises to relax my mind. Swimming is one of my favorite sports, which can alleviate stress and improve my physical and mental health. Hiking and tennis are both on my workout list which I can meet new friends. Besides that, I like watching movies, reading sci-fi novels, and history books to enrich my spiritual life.

Volunteer Spotlight

Michele Lawrence

Supermom, team player, and survivor Michele Lawrence was first diagnosed when she went to her doctor complaining of acid reflux, only to find out she had stage 4A ovarian cancer. Currently, her treatment plan includes annual scans and regular doctor visits, and she takes a PARP inhibitor.

Michele volunteers on SLOCA’s Living Out Loud Gala & Auction and Families Run for Ovarian Cancer planning committees. Michele also assembled a team of runners for Families-ROC called “Murphy’s Mafia” (Murphy is Michele’s maiden name). She is a mentor in SLOCA’s Woman to Woman program and a speaker for the Survivors Teaching Students® program, all while raising her two young children.

Michele connected with SLOCA when she received her Sister Box chemo care package at her first treatment. When Michele received her Sister Box, she thought, “Really? A gift for having cancer?” To this day, she still uses the teal nail polish from her Sister Box to paint one of her toes teal.

SLOCA thanks you, Michele, for all that you do!



Mark Your Calendars!

2022



SLOCA Night at Busch Stadium | September 2nd, 2022

Help us turn Busch Stadium teal over Labor Day weekend at our 21st annual Ovarian Cancer Awareness Night. Cardinals vs Cubs is one of the oldest rivalries in the MLB. Grab your tickets and come help us cheer on the home team. Tickets will be available soon, as always, survivors of ovarian cancer receive a free ticket.



Teal Toes | September 20th, 2022

Pamper yourself for a good cause at the 10th annual Teal Toes for SLOCA at Nail Pro in Des Peres. Attendees are encouraged to paint their toes teal (not required). Raffles and treats will be provided throughout the day. Teal Toes is organized by friends and family of the late Shawn Blaes, and all funds raised will benefit ovarian cancer research.



"Living Out Loud" Gala & Auction | April 9th, 2022

SLOCA's annual **Living Out Loud Gala & Auction** will take place on Saturday, **April 9, 2022** in person at Meadowbrook Country Club. Please make plans to join us and stay tuned for more details! Tickets are on sale now at sloca.org.



16th Annual Families Run for Ovarian Cancer | October 9th, 2022

Participants can register for a 5K run/walk or a 1-mile fun run held in Downtown St. Louis. The streets will be filled with over 1,500 participants! This is the largest gathering devoted to ovarian cancer awareness in our community. The event is family-friendly and includes live music, visits from Fredbird and Louie, the Bubble Bus, fabulous food trucks, and much more. All funds raised support crucial ovarian cancer research and ongoing awareness programs locally.



Toasting in Teal Survivors Lunch | November 20th, 2022

Join us for our 3rd annual Toasting in Teal Survivors Celebration Brunch at Palladium St. Louis on Sunday, November 20, 2022. Mingle with fellow survivors and caregivers and celebrate by raising a glass to toast the inspiring women in attendance. A complimentary brunch buffet will be served along with Bloody Mary and Mimosa bars.



Denise Nagel Memorial Golf Tournament | July 16th, 2022

Join us for the 2nd annual **Denise Nagel Memorial Golf Tournament on Saturday July 16th**. This scramble style event will be held at the picturesque Forest Park Golf Course. Registration includes 18 holes of golf, a golf cart, and catered BBQ lunch buffet. All proceeds will benefit SLOCA. Register now! This event will sell out fast.

SLOCA Celebrates 20 Years of Serving Our Community

With the 20th anniversary of the founding of SLOCA, we thought it would be the opportune time to share the humble beginnings of our organization. We reached out to Kat Schudel, the daughter of founder Christina Carr. Kat graciously shared her personal story of her mom's battle and vision of supporting women with ovarian cancer.

In 1998, Christina R. Carr, newly diagnosed with Stage 3C Ovarian Cancer, went on the quest of a lifetime. Her main mission in life was educating as many women as she could about the silent symptoms of ovarian cancer and supporting ovarian cancer survivors. She spent the remainder of her life reaching as many women as humanly possible.

Known as Chris to family and friends, she was the most friendly, outgoing, and inspiring woman. It was impossible to leave her company without feeling better. Chris was adored and completely supported by her loving husband, Chuck Carr, her daughter Kat and son Jared and their spouses, and her bonus kids Heather and Bryan Carr. She was the best Nana in the entire world to Drew and Alexis Helfer and Brooke Reinwald. Her family was her life, her grandkids were her heart, and her mission was spreading awareness of the signs and symptoms of ovarian cancer.

Because Christina was misdiagnosed and refused diagnostic measures by five different gynecologists, she wanted all women to be aware of changes in their bodies and to encourage them to be bold health care advocates for themselves. She discovered OCNA, the Ovarian Cancer National Alliance, and it became clear that they would be the ones to help her create her own organization in her community. Chris, along with six other courageous and determined women, embarked on the journey of forming St. Louis Ovarian Cancer Awareness (SLOCA).

Not only did Carr spearhead the nonprofit organization, but she also lobbied state and federal legislators for more research in the areas of ovarian cancer research, treatments, and getting clinical trials covered by medical insurance. Carr began networking to find any resources available to raise funds for SLOCA's website and educational awareness materials. Along with her daughter, sister, and lots of friends, Chris learned how to make beaded earrings and bracelets. They began attending health fairs, women's expos, and craft fairs to sell jewelry and raise awareness of ovarian cancer. Carr and her daughter Kat would spend hours sitting in her living room making bracelets and earrings while they talked, laughed, and even competed to see who could complete more pieces of jewelry. They did this to make sure there was always enough funds to purchase the next booth and keep a steady supply of educational materials.

To spread SLOCA's message, Chris would tell her story in interviews with newspapers and local news channels, as well as articles in any newspaper that would tell her story. SLOCA held many different fundraising events including a fashion show that featured survivors of all ages and sizes, galas, and ovarian cancer walks. To help raise awareness, Carr worked on the bill for September to be National Ovarian Cancer Awareness Month in Missouri and eventually the nation. Chris was a prominent speaker in Washington D.C. regarding ovarian cancer research and clinical trials. She did many clinical trials and her family believes to this day that those clinical trial treatments are what helped her live an additional eight and a half years after her diagnosis. Carr also had the BRCA 1 genetic mutation, which lit a fire under her to lobby for genetic testing to be covered by medical insurance.

As her daughter, I would accompany my mom to many of the conferences where she would be on the speaker panel as the survivor advocate. She was a celebrity to the entire ovarian cancer community," Kat

shares. "We would be walking out of a conference room and ten people would line up to meet mom. She would take the time to speak to every single person and made them each feel as if they were the most important person in the world. Her heart was unbelievable, and she was the most heroic and courageous person I've ever had the honor to witness. She is why I am who I am today."

A major accomplishment for Carr and SLOCA was when the St. Louis Cardinals deemed September 7th, 2003, as the 1st annual National Ovarian Cancer Awareness Day at the ballpark. This wonderful event continues today, with survivors given a free ticket to the ballgame. Before Chris lost her battle on November 9, 2003, she was awarded the first annual Cindy Melancon Spirit of Survivorship Award from OCNA. Carr was too ill at that time to accept the award, but her loving friends and SLOCA board members accepted it on her behalf.

The story doesn't end there. Even though Chris only got to see the beginnings of what SLOCA is today, she is looking down at SLOCA proudly! Throughout the years, SLOCA has been cultivated and cared for by the most incredible people that have the same heart and mission Christina had. "SLOCA has become exactly what my mom dreamed it would. In fact, I believe it's probably bigger than she could have imagined!" Kat shares.

Pictures from the Past!



SLOCA Founders

Top Row: Nancy Larson-Vomund, Judy Parham, Grace Katzenberger (deceased), Joanne Guerrero

Bottom Row: Christine Carr (deceased), Diane Harrison (deceased), JoAnn Carter (deceased)



Saint Louis Cardinals Baseball



SLOCA Health Fair

Partnering to Create MO Awareness



SLOCA works to impact ovarian cancer awareness and survivorship in the St. Louis metropolitan area. The Organization has recently joined a partnership to raise awareness across the state of Missouri, focusing specifically on rural areas that may not have access to specialists and support resources located in St. Louis.

SLOCA is pleased to be among the founding members of the Missouri Ovarian Cancer Coalition (MOCC), comprised of organizations and partners from all corners of the state. The partnership was spearheaded by Rudy Bess, a longtime friend of SLOCA and Founding Director of The Hope Light Foundation. "The MOCC partnership organizations are critical to saving women's lives in rural communities where they have little to no knowledge of ovarian cancer signs and symptoms and a lack of gynecological specialists resulting in late-stage diagnosis and lower survival rates," says Bess.

"MOCC will be launching a comprehensive ovarian cancer awareness program in the rural areas. This includes educating both women and their healthcare providers on what to look for to detect the cancer in its early stages when it is easier to treat and survive."

The group, while continually seeking to expand partnerships, has several current representatives from GYN Cancer Alliance located in Springfield, the Sarah Cannon Cancer Center in Kansas City, the American Cancer Society, the Overrun Ovarian Cancer Foundation, Washington University, The Hope Light Foundation, Pink Ribbon Girls St. Louis, and SLOCA.

Meeting monthly via Zoom, the group is working on a pilot program with Federally Qualified Health Centers, located in the southwest portion of the state. This is to perform a needs assessment and identify resource materials and educational and outreach opportunities. Their staff and population can raise awareness of ovarian cancer signs and symptoms, leading to early detection and better treatment outcomes. Stay tuned for updates on this important work. If you or your organization are interested in involvement, please contact Tabitha at ttomko@sloca.org to learn more.



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Mission Statement

St. Louis Ovarian Cancer Awareness is committed to impacting ovarian cancer survivorship by promoting awareness of early warning signs and standards of care, funding ovarian cancer research, and supporting survivors.



Send Donations

SLOCA is a 501(c)3 tax-exempt organization. Donations may be made at www.sloca.org/donate or by mailing a check to 12015 Manchester Road, Suite 130, Des Peres, MO 63131. Please note if the donation is in memory or in honor of someone.



Stay in Touch

We publish Teal Talk once a year and send e-mail blasts intermittently. We hope you'll share your e-mail address at www.sloca.org/newsletters so that we can stay in touch.

To be removed from the mailing list, e-mail newsletter@sloca.org

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