

Understanding Recurrence in your Journey with Ovarian Cancer



A woman's journey with ovarian cancer is not often a straight path

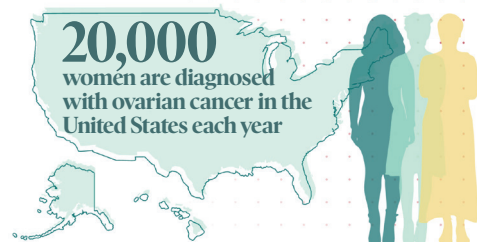
Women continue to be diagnosed at a later stage and although new scientific research offers new treatment advancements, the term "recurrence" remains a frustratingly familiar part of the journey.

Helpful Terminology



- **Recurrence:** Ovarian cancer has returned during or after treatment.
- **Chemotherapy Resistance:** Ovarian cancer that no longer responds to a specific treatment.
- **Platinum-Resistant Ovarian Cancer:** Ovarian cancer is no longer responding to platinum-based chemotherapy agents.

240,000 women are living with ovarian cancer in the United States



85% of women will experience recurrence

Understanding Recurrence

Over time, chemotherapy agents may not work as well as your doctor expected, and your ovarian cancer may get worse (progress) or come back (recur). When your chemotherapy agent doesn't work as well as intended, this is called chemotherapy resistance. When it is no longer responding to platinum-based chemotherapy agents, it is platinum-resistant ovarian cancer.

Platinum-resistance is a common challenge for women with ovarian cancer.

Living With Platinum-Resistant Ovarian Cancer

Facing this new chapter in your journey with ovarian cancer takes strength and perseverance



- Fortunately, your oncologists and care team are intimately familiar, highly skilled and a trusted resource for understanding and managing the challenges of platinum-resistant ovarian cancer.
- Following your recurrence, your oncologist may decide to change to a different therapy, use a combination of chemotherapy agents or try a biomarker-directed therapy.
- Although staying positive at this stage may be challenging, building a strong care team and personal support system can make a big difference.

Consider these healthy lifestyle techniques to help make your journey with platinum resistant cancer more manageable

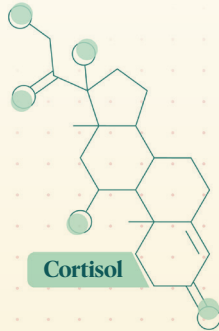
- Remain physically active to keep a healthy body weight and combat fatigue.
- Ensure you are getting enough sleep and trying to keep a consistent schedule.
- Consider mindfulness and relaxation activities, such as meditation or massage therapy.



The Role of Cortisol in Ovarian Cancer

Scientists now believe that cortisol may play a role in how tumors respond to specific chemotherapy agents in ovarian cancer

- Cortisol, often referred to as the “stress hormone” is a natural hormone in the body and is responsible for a range of bodily processes. Cortisol has been found to interact with ovarian cancer cells and may impact how well certain chemotherapy agents work.
- Cortisol binds to a protein called the **glucocorticoid receptor (GR)** and can turn on a series of signals, which may cause chemotherapy treatments, such as taxanes, to become less effective. This can happen even with normal levels of cortisol in your body.
- Understanding how cortisol and the glucocorticoid receptor interact may help oncologists understand why some chemotherapy agents stop working in women with platinum-resistant ovarian cancer.



“Getting a better understanding of the mechanisms that underlie chemotherapy resistance would really impact the setting of platinum-resistant ovarian cancer.”

— Joyce N. Barlin, MD

Find Support and Educational Resources

Visit [IlluminateRecurrence.com](https://www.IlluminateRecurrence.com) to learn more about how cortisol activity may impact your chemotherapy treatment and consider sharing your experience with ovarian cancer to help others, like you, who are seeking support



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Patient Advocacy Organizations

If you haven't already done so, consider connecting with the ovarian cancer community. Many active groups of women experienced with ovarian cancer exist to help you navigate your own journey with ovarian cancer. Below are a few options to get you started:

- American Cancer Society
- Foundation for Women's Cancer
- NCCN Foundation®
- National Ovarian Cancer Coalition (NOCC)
- OVARCOME
- Ovarian Cancer Research Alliance (OCRA)
- Ovations for the Cure of Ovarian Cancer
- Sandy Rollman Ovarian Cancer Foundation
- SHARE Cancer Support

Concept Therapeutics is not affiliated with any of the organizations listed but may have provided funding for some of their educational programs.