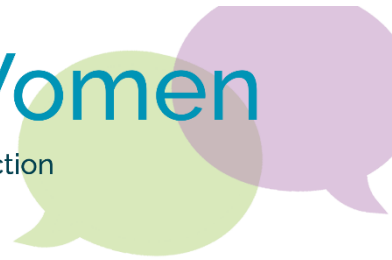


Time for Women

Embracing Health, Aging & Connection



Thank you very much for attending my presentation at the inaugural *Time for Women* event! It was great to see so many friends and meet new ones. I have never given a presentation like that of my overall experience, and I appreciate everyone staying through the whole session. I gained some insights about what information some of you connected with, which will help me continue to improve my story.

Here is some of the information and tips that I shared in my presentation, should you be interested in following up on anything. And please note, I receive no compensation for any of these recommendations, it's what I like and use regularly.

If anyone would like to reach out to me directly, please do at tkgosson@comcast.net, you can also follow me on Instagram at @Azure1Sure.

Ovarian Cancer

- The 5th deadliest cancer for women, know the signs of ovarian cancer:
 - Bloating.
 - Feeling full quicker when eating.
 - Pelvic or abdominal pain.
 - Urinary frequency.
 - Fatigue.
 - Pain during sex.
 - Additions for me:
 - Subtle but consistent change in GI functions
 - Acne breakout on face (that I had never had before)
- Excellent overall resource <https://ocrahope.org/get-the-facts>
- Hypothermic Intraperitoneal Chemotherapy (HIPEC) is the surgery I had at Mercy Hospital. This lifesaving treatment can be used of many other types of cancer:
 - Appendix, peritoneal (abdominal), colon, and all types of gynecological and others.
 - The team at Mercy does more of these surgeries than almost any other in the US, you want a skilled doctor that does this frequently.
<https://mdmercy.com/mercy-services/treatments/hyperthermic-intraperitoneal-chemotherapy-hipec>

-
- This article recently ran in The Baltimore Banner about my experience with this treatment <https://www.thebaltimorebanner.com/community/public-health/hipec-terminal-cancer-treatment-AHW34R4QBBFK3B4XOJTLVFGZRQ/>
- **My biggest recommendation is this:** if you have ANY health issue lasting more than 2 weeks, go to a doctor. Do not wait. It's likely nothing, but if it's something, waiting is not going to help you.

FOOD / BEAUTY

- Rishi Tea
 - Excellent quality teas, I prefer loose (more cost-effective if you drink a lot).
 - Green tea has high cancer fighting properties (antioxidants etc..), particularly Sencha and Jasmine.
 - Delicious, caffeine-free options are Tulsi Basil and Rooibos.
 - **Coupon: 10% off first order (20% off FALL20 may still work)** <https://rishi-tea.com>
- Terrasoul
 - I make many things with raw nuts and seeds, various types of flours, and powders for smoothies (almond milk, almond butter, granola, super food bars...),. This is an excellent source of organic, high-quality options that are shipped from cold storage. I suggest buying directly from them (not Amazon) because you can almost always get a 20% discount, they usually send you another 20% code with each order.
 - I start the day with a matcha tea latte in homemade almond milk (no additives). When mixing in milk I use culinary grade, ceremonial is more expensive and good for drinking it with water.
 - **Coupon: 20% off first order** <https://www.terrasoul.com>
- Grassroots Farmers Cooperative
 - I eat limited amounts of animal protein, but when I do I make sure its grassfed and pasture raised, this is more important to me than organic. I always try to find a local source, but when I can't I order online (ships frozen). Look for farms that practice regenerative farming, its best for the animals and environment.
 - **Coupon: 15% off first order** <https://grassrootscoop.com>
- Sobotanical
 - What we put in on body is just as important as what we put in our body. I have been using this complete line of face and body care for many years and really love them. It's made locally in Baltimore, with very high-quality, natural ingredients. Owner Theresa Cangialosi was at the event and is a good friend. She can custom scent any lotions or create an essential oil-based body fragrance just for you! <https://sobotanical.com>

- Celestial Bodycare
 - I stopped using aluminum-based deodorant almost 2 decades ago. Sweating is a natural function of our bodies, but you don't have to live with odor; these are deodorants, not anti-perspirants. I went as far as making it myself until I found a friend Celeste Corsoro started her worn brand. The scents are subtle (or none at all), do not include baking soda (which burned my skin) and come in fully recyclable, cardboard push containers! <https://www.celestecorsaro.com>
- Cannabis
 - Ever since being thrown into surgical menopause a good night's sleep has been elusive, and frustrating. I started using cannabis during chemo treatments as the intensive steroids given to help address side effects gave me incredible insomnia (when you need sleep most!).
 - I wake up almost every night between 3:00-3:30am. If I take a gummie, I am conscious of the time, feel a little hazy and roll over right back to sleep. If I don't take it, I am wide awake and my brain is running, making it much harder to fall back to sleep. A game changer for me.
 - I have tried them all! Flower, vape, tinctures, balms and edibles. For me, the best solution has been taking 1 edible gummy right before I fall asleep – 5mg THC (which give you the “euphoria”) with CBN (makes you sleepy) and CBD (makes the THC more effective). Now that Maryland offers recreational cannabis you can buy these almost anywhere. Curio is a brand made in MD and they recently started making a time-release version, but there are many other quality brands as well <https://curiowellness.com>.

EXERCISE

By now, everyone is clear on the benefits of exercise, but its even more important as women age. Weight resistance training is very important for bone health, mobility, and overall health (helps me sleep better). I am not referring to weigh-lifting and the resistance does not have to be overly strenuous to be effective.

The key here is consistency, something that I struggle with regularly! Once I get going and after I'm done, I feel great, but I can find 50 reasons that I don't have the time. One way that has worked for me is to work with a personal trainer 1-2 times per week but finding a buddy (even virtually) that can help hold you accountable can work too.

You don't even need a gym membership! I have all of this equipment (and more) at home, but here is a great list of items that you can get a great workout from. Great sources are Target or Amazon, many of these items you can probably find use too.

- 1) Yoga/floor mat: something to give a little cushion for when you are on the floor.
- 2) Dumbbell sets: start at 2-3 pounds and work up. Adding 5, 8 and 10 lbs will cover your for many months.

- 3) Resistance bands: there are endless options and brands, but you want to invest in quality. No one wants a band braking and snapping back on them. I like this TRX Bandit with handle <https://www.trxtraining.com/products/bandit>
- 4) TRX system: a bit of an investment but worth it. The resistance is your own body weight, you just adjust your body position for greater resistance. If you can't install on the ceiling or wall it works great with a closed door as well.
 - **Coupon: 10% off first order / frequent 20% off sales**
<https://www.trxtraining.com/>
- 5) YouTube: excellent free instructions, many trainers focus just on women of various ages and skills.

BOOKS

- Dr. William Li "Eat to Beat Disease"
 - This was my food "bible" when I was diagnosed with cancer. It is a book about the scientific benefits of various foods. It is not a diet (although he does have a new book "Eat to Beat Your Diet" which I have not read), but more a guide to understand the power of food, how food IS medicine. <https://drwilliamli.com>
- Dr. Greger
 - Although I have not purchased his books, his online and social media videos are excellent. Again, scientific-based information about food and lifestyle behaviors. <https://nutritionfacts.org>
- They both have excellent social media feeds.

Naturopathic Medicine

- A basic summary is that medical doctors (MD's) treat symptoms and situations with surgery or pharmacy. Naturopathic doctors (ND's) look at the root causes of these issues; why are they happening and how can we change the base environment.
 - When diagnosed with stage-4 cancer you can be sure I went for the full menu that MD's had to offer because at this point time is critical. BUT I also believe in addressing the root causes, integrating that and learning how to move forward smarter.
 - Visits with my ND are not covered by my insurance, which are \$200 per hour, but they do cover the majority of the blood work costs.
 - I highly recommend working with an ND for any disease or if you just want to have a better understanding of your overall health.
- The focus for me has been on 4 key areas:
 - Nutrition
 - Exercise

- Sleep hygiene (getting 8-9 hours nightly)
 - Stress
- We have been doing comprehensive bloodwork quarterly (these are tests that a traditional medical doctor has never done for me), with the goal of keeping glucose, insulin, and inflammation low – which in turn creates an inhospitable environment for cancer. Since my recent clear 4-year CT scan 🏡 we will now be doing this twice a year.
- Supplements: looking at my bloodwork and any current issues (one cancer drug gave me incredible joint pain) my ND develops a series of vitamin supplements for me to take.
 - One thing that is consistent for almost all women over 40 are low vitamin D levels, which has been proven to be related to cancer. Vitamin D is one of the rare supplements that is not water soluble in your body and you must do blood work to ensure you are at safe levels. So do not take this without having someone checking it.
 - If you do take it, get Vitamin D with K2 for the best absorption (also best to take with food that a higher level of fats).
- Reverse Osmosis (RO) water system
 - One of the first things my naturopathic oncologist asked me what “what are you drinking for water?”. The recommendation was not to drink tap water, as what was once a reliable source of clean water has been compromised over the decades and can vary greatly based on your location (this relates to the data point that over 75% of cancers are environmental and lifestyle, only 15% or less hereditary).
 - Find out what is in your local water by inputting your zip code here and selecting your water distribution source (check your water bill if you are not sure) and see for yourself.
 - Many manufactures make RO systems and the good ones are likely similar, just make sure you read clearly what they are actually filtering (you want a system that clears our PFAFs). You also want a system with a remineralization filter, it adds trace minerals back into the water, which also gives it flavor.
 - I selected this brand because it was the only one I could find that also includes a hot water dispenser (since I switched from coffee to tea, I drink a lot of it). We have installed 2 of these systems ourselves, the hardest part is cutting the hole in the countertop, but it comes with solid instructions. It's the size of an old computer tower and sits under your sink. They also sell less expensive versions without hot water and optional chiller tanks if you want cold water (takes up a lot of space). <https://www.waterdropfilter.com/collections/reverse-osmosis-water-filter-all>
 - They always have a sale, so don't ever pay full price.

Cancer Innovations

If you or someone you care about gets a cancer diagnosis just know that this is no longer an assured “death sentence”. The theory today is to think of cancer as a chronic disease, like diabetes or asthma. You try to keep things stabilized and if there is a reappearance you deal with it using the latest treatments. Innovations in cancer treatments are changing incredibly fast and becoming more targeted. There are now drugs available to treat ovarian cancer that didn’t exist 3 years ago and more breakthroughs are on the horizon.

The Galleri test can up to 50 cancers with one blood draw (referred to as a liquid biopsy”). This is not yet FDA approved, but you can order it directly from their website. It will cost approximately \$1,000 and insurance will not cover it. If you have a history of cancer in your family or have any other concerns having this test can potentially identify cancer at an earlier stage, which is often treatment more successfully. Important to note that this is not 100% accurate (they are undertaking a massive clinical trial in Europe to improve and quantify results) and if something came back positive you would then need to meet with a specialist who would discuss further testing and treatment options. I do know people that have caught stage-1 cancers with this test. <https://www.galleri.com>

If you have had cancer, then the Signatera test is an option for tracking potential recurrence. This is a “bespoke” test, customized to one person’s cancer profile and bloodwork. I do this test every 6 months, it looks for any increase in circulating cancer cells in my blood, which could mean cancer growth activity is increasing somewhere in the body. They have great results with tracking colon cancer and have been others like ovarian. <https://www.natera.com/info/personalized-mrd-test>