

HEAR (*Health Evidence Awareness Report*)

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Welcome! Focus on Ovarian Cancer Month, March 2015

The purpose of this newsletter is to provide specialized information to health professionals and patients about health topics. This is the very first edition and is a result of collaboration between librarians in St. Vincent's University Hospital, the Health Service Executive, St. Luke's Hospital, University Hospital Limerick, St. Michael's Hospital, Temple St. Hospital, Milford Care Centre, and the Irish Blood Transfusion Service.

The contents contain a section on Health Awareness for patients; Health Bytes for nutritional information; Bibliotherapy for books with therapeutic qualities; Rapid Rounds for guidelines and clinical



literature aimed at healthcare professionals and finally Easy Read resources for people with disabilities.

March 2015 is Ovarian Cancer Month and we aim to bring you up to date and reliable information on this topic.

Should you wish to make

any suggestions for future editions, please get in touch.

[Email Us.](#)

Did you know? 3 Fast Facts:

1. Ovarian cancer is the second most common group of gynecological cancers and accounts for about 5% of all women's cancers.

2. Ovarian cancer is the fourth most common cancer in women.

3. Each year over 300 women are diagnosed with ovarian cancer in Ireland.

See more at the [Mater Hospital Website](#)

HEALTH AWARENESS



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

The HSE has an 'A to Z' of common health conditions which is accessible at http://www.hse.ie/eng/A_to_Z/. A section on Ovarian Cancer is available here:

<http://www.hse.ie/eng/health/az/O/Ovarian-cancer/>

Patient UK also has a patient information leaflet on Ovarian Cancer. <http://www.patient.co.uk/health/ovarian-cancer-leaflet>

Mayo Clinic: Ovarian Cancer Factual information, treatments etc. <http://www.mayoclinic.org/diseases-conditions/ovarian-cancer/basics/definition/con-20028096>

American Cancer Society: Ovarian Cancer Information and links <http://www.cancer.org/cancer/ovariancancer/index>

National Cancer Helpline

Freephone

1800 200 700 to talk to a specialist cancer nurse
It's open **Monday-Thursday** from 9am to 7pm and **Friday** from 9am to 5pm

Stories from the press...

My Health Experience: '[Every day, I make the choice to get up and have a good day](#)' Sara Murphy *Irish Times*, Tue, Apr 22, 2014

[Cork doctor leads fight to develop cancer treatment](#) By Evelyn Ring *Irish Examiner*. Friday, 9th May 2014

"Know Your Body Know the Symptoms" say ovarian cancer campaigners. Raising awareness of ovarian cancer <https://www.lloydsonlinedoctor.ie/blog/female-health/ovarian-cancer-awareness/>

Support Groups

[Irish Cancer Society](#)
[Supporting Ovarian Cancer Knowledge \(SOCK\)](#)
[Cancercare: Ovarian Cancer Patient Support Group](#)
[Emer Casey Foundation](#)
[Ovacom - the Cancer Support Group Network](#)
[Ovarian Cancer Action](#)
[SHARE: US based self help website for women with breast and ovarian cancers](#)

Upcoming Events

Ovacare are holding an upcoming Patient Day on April 11th 2015, Clarion Hotel, Co. Cork. To register click [here](#)

SOCK also have a Facebook page. They are asking everyone to share this short video (see link below) on their Facebook page to help raise awareness of ovarian cancer.

<https://vimeo.com/119554663>

HEALTH BYTES

Nutrition and Cancer

National Cancer Institute has information and recommendations for healthy nutrition during cancer care and treatment

<http://www.cancer.gov/cancertopics/pdq/supportivecare/nutrition/Patient/page1>

The **School of Food and Nutritional Sciences** at UCC & the HRB have produced a cookbook : Good Nutrition in Cancer Care. (can be downloaded free at

<http://www.cancercookbook.ie/>) The cookbook includes high protein high calorie recipes for people who are experiencing cancer related weight loss.

The **Irish Nutrition and Dietetic Institute** provides a number of factsheets relating to diet and nutrition and cancer/ palliative care. <https://www.indi.ie/>

The **American Cancer Society** has produced a guide on nutrition for cancer patients and families, - Complete Guide to Nutrition for Cancer Survivors: Eating well, Staying well during and after cancer. 2nd ed. 2010 and a related document at

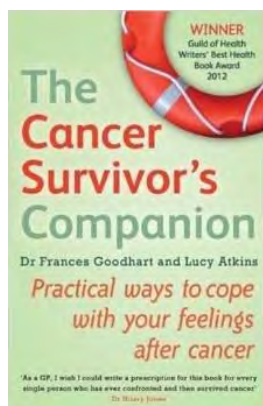
<http://www.cancer.org/acs/groups/cid/documents/webcontent/002903-pdf.pdf>



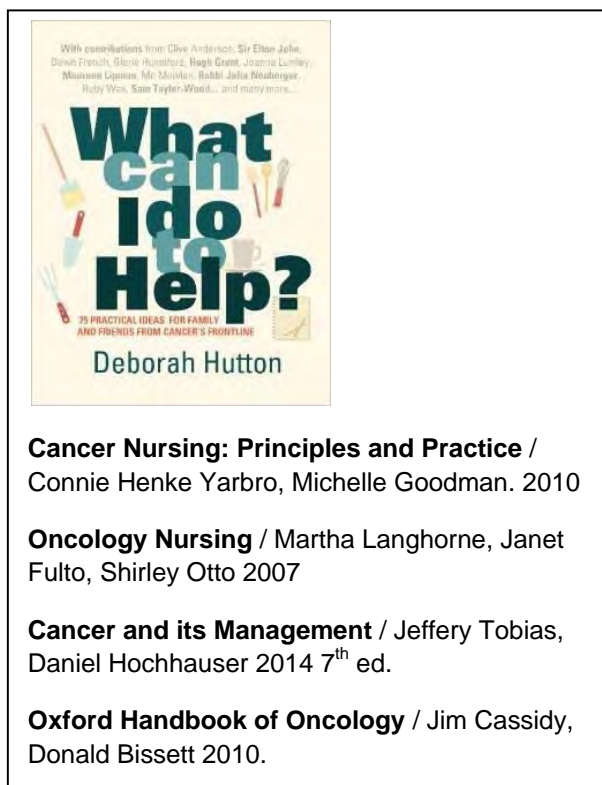
Books / Bibliotherapy

The Cancer Survivors Companion Practical ways to cope with your feelings after cancer

Frances Goodhart, Lucy Atkins 2013



What can I do to help? 75 practical ideas for family & friends from cancer's frontline / Deborah Hutton 2010



“Bibliotherapy is the use of written materials (fiction, nonfiction, or poetry—typically in book form) as psychosocial support or psychoeducational treatment.” (Brewster, L. et. al, 2013)

Ovarian Cancer & Palliative Care

[Timing of end-of-life care discussion with performance on end-of-life quality indicators in ovarian cancer.](#)

[Gynecol Oncol.](#) 2013 Jul;130(1):156-61.

[End-of-life care for older patients with ovarian cancer is intensive despite high rates of hospice use.](#)

[J Clin Oncol.](#) 2014 Nov 1;32(31):3534-9.



Hot Off the Press

HRT increases ovarian cancer risk, says study. Benefits of hormone replacement therapy outweigh risks, says Irish Medicines Board

<http://www.irishtimes.com/news/health/hrt-increases-ovarian-cancer-risk-says-study-1.2102253> **Published:** Fri, Feb 13, 2015

Ireland's 'cancer boom': what's gone wrong? We're getting better at treating cancer, with survival rates growing all the time. So why is the incidence of the disease expected to double by 2040?

<http://www.irishtimes.com/life-and-style/health-family/ireland-s-cancer-boom-what-s-gone-wrong-1.2094251>

[Four things you should know about Ovarian Cancer](#)

by [slaintemagazine](#) · February 4, 2014

1. It is one of the most difficult cancers to diagnose because the symptoms can be vague and are often confused with digestive disorders.

2. While it's only the eighth most common cancer for women globally, it's the most deadly – more than 140,000 women die from it each year.

3. The most common symptoms are: bloating, pelvic or abdominal pain; trouble eating or feeling full quickly; and urinary symptoms, such as urgent or frequent feelings of needing to go.

4. Most cases of ovarian cancer develop in women over the age of 50, although younger women can also develop it.

RAPID ROUNDS

GUIDELINES

[NICE: Ovarian Cancer Pathway](#). From presentation to diagnosis and different stage management.

[NICE Quality Standard QS18](#): “This NICE quality standard defines clinical best practice within this topic area. It provides specific, concise quality statements, measures and audience descriptors to provide the public, health and social care professionals, commissioners and service providers with definitions of high-quality care.

This quality standard covers the recognition and initial management of ovarian cancer.” (date: May 2012)

[SIGN 135](#) • Management of epithelial ovarian cancer. (Date: Nov 2013)

NCCN Clinical Practice Guidelines in Oncology: [Ovarian Cancer including Fallopian Tube Cancer and Primary Peritoneal Cancer](#). Version 3.2014

[MD Anderson Genetics Clinical Referral Guidelines](#) (Gynecologic Oncology Center 2011 Update)

TRANSFUSION & OVARIAN CANCER

[Differential platelet levels affect response to taxane-based therapy in ovarian cancer](#). Clin **Cancer Res**. 2015 Feb 1;21(3):602-10. doi: 10.1158/1078-0432.CCR-14-0870. Epub 2014 Dec 3.

[Minimally invasive surgery for endometrial cancer: does operative start time impact surgical and oncologic outcomes?](#) Gynecol Oncol. 2014 Aug;134(2):248-52. doi: 10.1016/j.ygyno.2014.06.007. Epub 2014 Jun 16.

[Surgical site infection in women undergoing surgery for gynecologic cancer](#). Int J Gynecol **Cancer**. 2014 May;24(4):779-86. doi: 10.1097/IGC.000000000000126.

[Single-dose tranexamic acid in advanced ovarian cancer surgery reduces blood loss and transfusions: double-blind placebo-controlled randomized multicenter study](#). Acta Obstet Gynecol Scand. 2014 Apr;93(4):335-44. doi: 10.1111/aogs.12333. Epub 2014 Feb 25.

SYSTEMATIC REVIEWS

Charoenkwan K, Matovinovic E. [Early versus delayed oral fluids and food for reducing complications after major abdominal gynaecologic surgery](#). Cochrane Database of Systematic Reviews 2014, Issue 12. Art. No.: CD004508.

Orozco LJ, Tristan M, Vreugdenhil MMT, Salazar A. [Hysterectomy versus hysterectomy plus oophorectomy for premenopausal women](#). Cochrane Database of Systematic Reviews 2014, Issue 7. Art. No.: CD005638.

Rutten MJ, Leeftang MMG, Kenter GG, Mol BWJ, Buist M. [Laparoscopy for diagnosing resectability of disease in patients with advanced ovarian cancer](#). Cochrane Database of Systematic Reviews 2014, Issue 2. Art. No.: CD009786.

Ang C, Chan KKL, Bryant A, Naik R, Dickinson HO. [Ultra-radical \(extensive\) surgery versus standard surgery for the primary cytoreduction of advanced epithelial ovarian cancer](#). Cochrane Database of Systematic Reviews 2011, Issue 4. Art. No.: CD007697.

[“Sir Andrew Dillon, NICE Chief Executive, said: “Ovarian cancer is one of the most common cancers in women and for the majority of these people, their cancer will return within 2 years of finishing treatment.](#)

“These women, just like all other patients within the NHS, deserve access to treatments that will make the greatest difference to their lives and that the NHS can afford.”

(23/12/2014)

[HRT nearly doubles the risk of ovarian cancer, experts warn](#). *The Daily Telegraph*, February 13 2015

Media scare tactics - read the story behind the headline [by NHS Choices](#)

Health Science Libraries Group

A section of the Library Association of Ireland.

<http://www.hslg.ie>

The Health Sciences Libraries Group is committed to empowering all our members to excellence in the field of information management, and by doing so, advancing health for all.

We're on the Web!

<http://www.hslg.ie>

DISCLAIMER

The newsletter contains information about Ovarian Cancer. The information is not advice, and should not be treated as such.

- **Irish Cancer Society – Ovarian Cancer.** Factual information advice, support about ovarian cancer
<http://www.cancer.ie/cancer-information/ovarian-cancer>
- **Irish Cancer Society support groups and services** - information on cancer support groups, complementary therapies, counselling etc.
<http://www.cancer.ie/how-we-can-help/support/groups-services#sthash.YOreiNOG.eZDIImBgb.dpbs>
- **Ovarian cancer support charity** a UK based charity founded in 1996, offers information, support and advice.
<http://www.ovacome.org.uk/>
- **Cancer Research UK – Ovarian Cancer-** Facts and information about Ovarian Cancer
<http://www.cancerresearchuk.org/about-cancer/type/ovarian-cancer/>

Easy Read Resource – for people with intellectual disability

NHS 2014. [Are you a woman? Have you been feeling full up for 3 weeks or more? Then it is time to tell your doctor.](#) EasyRead version. UK: Williams Lea, BDS Communications Ltd. and Inspired Services Publishing for Public Health England

For Health Professionals: Tuffrey-Wijne, I. 2002. [Cancer, palliative care and intellectual disabilities](#) [Online].

Who are we? We are the librarians!

This content is brought to you by a collaborative group of health science librarians working in Ireland.

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