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"To know the road ahead, ask those coming back"

Gather Together: Gynecologic Cancer Awareness Month

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At Woman to Woman, it's our mission to spread awareness of gynecologic cancers by directly supporting individuals and families impacted. Whether it's day one or year fifteen, we are here every step of the way along this journey. We even launched a **video library** featuring our diverse offerings of live workshops to help encourage advocacy and awareness all year long.

In this newsletter, you'll find an interview with uterine cancer survivor Amanda Fitzpatrick, a donor spotlight on Sharyn N. Lewin, MD, news about our 19th Woman to Woman reunion, and a recipe perfect for cooler days ahead.

I'm also proud to share that this October marks five years since I got the call that my cancer was gone. It's because of Woman to Woman and the friendships that I have made through this program that has allowed me to flourish and find peace in this next chapter of my life. For that, I am forever grateful for the program.



***-Nicole Theodore, Woman to Woman
volunteer and cervical cancer survivor***





Find more info and resources about gynecologic cancer at the **Foundation for Women's Cancer**

We're Proud to Report...

Did you know that Woman to Woman hosts a huge range of support groups that gather hundreds of women each week? And since going virtual in April 2020, our numbers are growing!

- Since launching in November 2020, our **“Covid and Cancer” sessions** have gathered a total of 254 women, all sharing experiences, information, and support.
- Upon going virtual, our **Gynecologic Cancer Support Group** has hosted 582 women.
- Starting in May 2021 our new “Now What?” group for **long-term survivors** has been attended by 56 women.
- What's more, since July 2020 our **Latina Educational Collaboration** group has helped 129 women.

Our expanding list of groups includes sessions for those living with recurrent gynecologic cancer, those who have been **newly diagnosed, and art therapy**—and more women are welcome!

Please email womantowoman@mountsinai.org if you would like more information on our group offerings.

Why I Support Woman to Woman: Sharyn N. Lewin, MD



"Every woman going through gynecologic cancer should have access to Woman to Woman. There's nothing like a patient getting matched with a woman who's had a similar experience. It's about finding hope through example. The Lewin Fund has proudly supported Woman to Woman reunions, which are wonderful opportunities for women to connect and learn. We also provide a transportation fund to get women at Mount Sinai to appointments. In addition, we're pleased to support the Latina Summits for Spanish-speaking women with gynecologic cancers in partnership with Mount Sinai, Red Door Community, and LatinaShare. I'm thrilled to help Mount Sinai's Woman to Woman program serve women and their families."

-Sharyn N. Lewin, MD
President and Executive Director
The Lewin Fund to Fight Women's Cancers

Woman to Woman's patient assistance fund is completely philanthropically funded. If you would like to support these services for future patients, [please click here.](#)

The 19th Woman to Woman Reunion

Below is the invitation for our **free**
Woman to Woman Reunion
on Saturday, October 23rd at 10am.

We hope to see you on October 23rd!

Stay Connected



Gynecologic Oncology Support Program

The Woman to Woman program
invites you to attend
our 19th Reunion virtually!

Woman to Woman Gives Back

Join the Woman to Woman
community for a morning of
inspiration, collaboration and action.

**Saturday, October 23rd, 2021
10 am - 11:30 am**

**RSVP by October 18th to
womantowoman@mountsinai.org
or 212-241-3793**

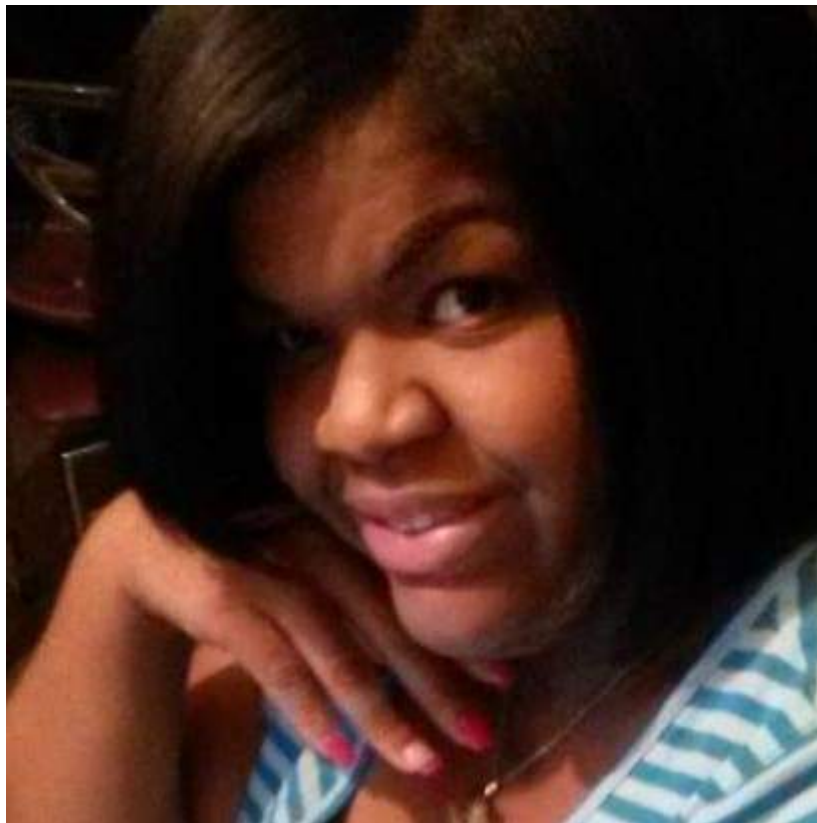
<https://bit.ly/3rPeR2V>
Meeting ID: 826 7876 4545
To call in: +19292056099



The Lewin Fund
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My Journey: Amanda Fitzpatrick's Life After Uterine Cancer



*Busy. Take a walk in Central Park and be outside.
Journal about your cancer journey ... and have hope."*

When Amanda Fitzpatrick got a call from her doctor in January 2014 telling her a recent biopsy found uterine cancer, she was only 26 and had no idea what to think.

"All I knew was that it meant having a hysterectomy, which scared me because I was so young," Amanda says.

But as she shared the news with family and began treatment, her journey seemed to be heading in the right direction.

"In November 2014 I was told I was cancer-free," Amanda says. "I was so happy."

Navigating a Setback

Amanda's clean bill of health went on for several years, as she continued her work helping people with special needs while going for regular cancer visits. Then in December 2019, the cancer came back.

Amanda started a new treatment plan with Mount Sinai gynecologic oncologist **Monica Prasad-Hayes, MD**, who advised scheduling a hysterectomy. Because Amanda lived alone and her parents were out of state, she didn't have much support. Early 2020 was a dark time as she underwent fertility treatments and got ready for surgery by herself.

"My heart was sunk in, I wasn't feeling well, I wasn't me," she remembers. "I was down a deep hole of depression."

But by this point, Amanda had connected with someone she could count on: Carly Abramson, a social worker with **Mount Sinai's Woman to Woman program**.

"Carly is the best. I couldn't have done this journey without her," Amanda says. "And the Woman to Woman organization is amazing. They've gone above and beyond for me." Woman to Woman welcomed Amanda to support groups and paid for fertility treatments and transportation to medical appointments.

Getting and Giving Support

Amanda had her hysterectomy in February 2020 and has since been in recovery and back at work. But she no longer lives alone: "I got a puppy named Milkshake, so now I'm a dog mom."

She's also helped expand Woman to Woman by proposing a way it could better serve others like her. "The support group I'd gone to was all retired women," she says. "No offense, but I couldn't relate to older people. We may have the same cancer, but it's not the same experience."

She talked to Carly and program managers Rachel Justus, LCSW, and Jillian Levinson, LCSW, about establishing support groups for young women. In response, Rachel and Jillian "whipped up" a group of twenty-something women called "Woman to Woman: We're Too Young For This" that started meeting virtually.

"I say thank you to this group," Amanda says. "We formed a family, and they taught me to use my voice to deal with cancer. Going to Woman to Woman support groups got the positivity back in my body. I learned you're never alone, and I know the organization is there for me. I wouldn't be me today without Woman to Woman."

Now that Amanda is cancer-free and on the right path, she's eager to help anyone with gynecologic cancer.



Living Well: Recipe for Oven Seared Cabbage Steaks with Garlic Aioli

In case you missed it, Woman to Woman was proud to welcome **Stefanie Sacks**, MS, CNS, CDN, culinary nutritionist and author of *What the Fork Are You Eating*, to host **this virtual cooking class**. Below is the recipe she shared for Oven Seared Cabbage Steaks with Garlic Aioli. This dish has herbs and spices that can support a healthy immune system and help decrease inflammation. The class also includes helpful tips, such as cooking with garlic when on chemo, suggested foods during treatment, sugar alternatives for women with a sweet tooth, and even the benefits of seaweed.

Oven Seared Cabbage Steaks with Garlic Aioli

Serves 6

SHOP FOR

1 head cabbage
1 jar extra virgin olive oil
1 head garlic
1 bunch flat leaf parsley
1 jar chipotle chili flakes
Parmesan, optional
1 roll parchment paper

PREP

Have all ingredients handy
Have bowl and sheet pan handy

INGREDIENTS

1 head cabbage, cut into 1" thick slices

FOR AIOLI

1/3 cup extra virgin olive oil
4 cloves garlic, whole
1 cup flat leaf parsley, leaves and stems, loosely packed

Fresh ground pepper
Parmesan, optional

METHOD

1. Preheat oven to 350°.
2. Cut the bottom of cabbage and set flat end on cutting board. Slice head into 1" thick slices from top to bottom. Place flat on parchment covered sheet pan.
3. To prepare the aioli, combine olive oil, garlic, parsley, chipotle and salt in food processor and puree to reach consistency of a chunky pesto. Brush on top of cabbage.
4. Generously "paint" the aioli onto each cabbage steak
5. Place pan in oven and bake for 15-20 minutes
6. Finish with salt and pepper to taste; Parmesan can be added too

© Stefanie Sacks



Program Coordinator Jilian Levinson, volunteer Robin Findling, and Program

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