

**Title:** The Omentum Effect for Ovarian Cancer Survivors:  
*Helping Stage 1 and Stage 2 Ovarian Cancer Survivors Thrive*

**Project Lead:** Meg Wilkinson, B.S., Ovarian Cancer Survivor

**Lead Researcher:** TBD

**Advisory Team:** List

**Partner Experts:** List

Some ovarian cancer survivors may experience unrecognized symptoms related to the removal of the omentum, an understudied organ. The omentum is part of the lymphatic system, the immune system, and the omentum also interacts with all the organs of the digestive system; this project will focus specifically on digestive symptoms. This study proposes to explore:

1. Do ovarian cancer survivors experience digestive symptoms?
2. Do a suite of three interventions: 1) close-to-the-ground eating style (especially minimal salt), 2) daily exercise, and 3) Kinesiology tape, relieve symptoms?

### **Methodology:**

Twelve Ovarian Cancer (Stage I or II) survivors will be recruited via an online survey for this educational intervention. All participants must verify that the omentum was removed, and agree to complete online symptom surveys and in-person fitness assessments. In addition, participants need to agree to track the meals they eat, wear a Garmin Vivosport fitness watch and share the data, as well as apply KT tape as-directed, and grant permission for the communication elements of the project such as Facebook/Instagram posts and videotaping. All participants will provide a pre-assessment, and post-assessment, via an online questionnaire covering general health, symptoms and, nutrition. Pre- and post- fitness assessments will also be conducted. Intervention will last 12 weeks, plus videotaped interviews at the pre-, post- assessments. The intervention group will have facilitators to lead the weekly sessions. Data collected will be managed to protect privacy and analyzed by students under the supervision of \_\_\_\_[TBD]\_\_\_\_\_ from \_\_\_\_[TBD]\_\_\_ college/university.

- The **Educational Intervention** participants will receive a nutrition handout, emphasizing salt avoidance, and close-to-the-ground eating style, a Garmin Vivosport Fitness watch, and KT tape, with a KT handout. The participants will hold twelve, weekly group sessions led by members of the Advisory Team. The first six educational sessions will provide information about the science, including information on the omentum, the lymphatic system, the digestion process, nutrition, and exercise. The second six educational sessions will focus on participant's self-evaluation of the effectiveness of different behavior changes and the process of implementing beneficial behavior changes including modifying habits and mindsets, emphasizing small steps/changes.

### **Goals:**

This study advances the scientific, medical, and personal knowledge about whether ovarian cancer survivors without an omentum experience digestive symptoms, and whether those symptoms can be significantly remedied through a suite of three interventions. A series of short videos, a press release, and social media posts may be produced with permission from all participants to highlight the effects of omentum removal for cancer survivors and potential benefits from the assessed interventions. Individuals and institutions that provide material and other support for this research will be acknowledged in all media releases.

**Measurements available for analysis from** [Analysis conducted by \_\_\_\_ [TBD] \_\_\_\_]:

- Symptom/Nutrition assessments (pre-, post-)
- Fitness Assessments (pre-, post-)
- Garmin Vivosport (ongoing during the 12-week intervention)
- Meal tracking data (self-reported by participants during the 12-week intervention)

### **Conclusion**

Sharing the information learned from the study will empower all ovarian cancer survivors living without an omentum, an under-served group of women, with strategies to help improve their quality of life.

#### **GOAL:**

**To discover if three interventions provide quality of life improvements for omentum-less ovarian cancer survivors:**

- Eating strategically, Close-to-the-ground eating style with minimal salt
- Exercise, and
- Kinesiology tape