



# Bridget Nesko

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## NEVER SURRENDER TO OVARIAN CANCER

### Initial Podcast Topics

We are preparing and selecting educational podcasts, which will be posted here by July 22, 2026, which will include the following topics:

1. Why we are here – Never Surrender to Ovarian Cancer
2. Ovarian and Gynecologic Cancer Basics
3. Ovarian Cancer Signs and Symptoms YOU need to know
4. What are the leading causes of ovarian cancer?
5. Questions YOU should ask your ovarian cancer team.
6. Selecting the Right, Best Medical Team – What THEY should ask you.
7. What exams and tests can help with diagnosis.
8. CA-125 Blood Testing and Early Warning Diagnostics
9. Ovarian Cancer – What Do We Do Next?
10. Ovarian Cancer – Medical Treatment Steps from A to Z
11. Ovarian Cancer “Staging” – What It Means and What Are Your Options?
12. Selecting the Right Course of Treatment for You
13. Ovarian Cancer Chemotherapy Treatments – What to Really Expect and What Are the Options?
14. Clinical Trials – What are the Real Outcomes and What to Expect?
15. Living With Ovarian Cancer and its Diagnosis
16. Surviving Ovarian Cancer – What’s Next?
17. Palliative Care for Ovarian Cancer
18. What You Need to Know About Hospice Care Options
19. Hospice Care at Home – What to Expect
20. Care-Givers – What You Need to Know and Expect
21. OC Family Members and Friends – Your Roles and How You Can Help
22. Making Plans for “What Ifs” and “When’s”.
23. Why men need to get involved.

Additional topics will be added.