



COMING UP

GOLD Gatherings

Community support and friendships are vital to improving survivorship.

The GOLD Research Program will host bimonthly gatherings to foster these connections.

GOLD online newsletters

Patients participating in the GOLD cohort and other interested parties will receive electronic newsletters via email every 2–3 months about recent findings, new treatments, and other community resources to support and engage members about survivorship.

GOLD website

You can also visit our website for updates and GOLD Gathering details at z.umn.edu/goldMN.

Welcome to **gold**

Welcome to the **GOLD** study. The name **GOLD: Gynecologic Oncology—Life after Diagnosis** is to help remind us all that a cancer diagnosis is an event that has likely changed multiple aspects of our lives, but it doesn't define us.

About Me

I am the lead investigator for this study and want to tell you a little about myself. I am an Assistant Professor in the Division of Gynecologic Oncology here at the University of Minnesota and am the Masonic Cancer Center Women's Health Research Scholar. I am particularly interested in outcomes research and cancer survivorship.

I have seen the effects of cancer and cancer treatment firsthand as the primary caregiver to my brother. This experience shifted my focus to a new goal of maximizing quality of life, starting at the time of cancer diagnosis, for all people diagnosed with cancer regardless of the prognosis.

GOLD Study Goals

By participating in this study, you will be helping both me and the research community at large gain a better understanding of the issues and concerns patients face beyond a cancer diagnosis. The end goal is to use this information to develop resources to mitigate concerns and promote healthy living.

Thank you for completing the survey and for your continued participation. If you have any questions, concerns or comments, please do not hesitate to contact me directly at 612-624-6928 or isak0023@umn.edu.



**Rachel Isaksson Vogel,
Ph.D., Principal Investigator**



Self-Care and Support



From the [M Health Cancer Support Programs and Services website](#):

We encourage our patients to utilize the many programs and services available to help patients and their loved ones understand cancer, manage their health through treatment and recovery, and find the emotional support they need.

The following programs and services are available to patients within University of Minnesota Health Cancer Care, in partnership with Fairview Health Services:

- [Integrative Therapies During Cancer Treatment](#)
- [Nutrition Works Program](#)
- [Cancer Pharmacy Services](#)
- [Cancer Support Groups](#)
- [Supportive \(Palliative\) Care](#)
- [Cancer Survivor Program](#)
- [Cancer Risk Management Program](#)
- [Spiritual Health](#)
- [Fairview Cancer Rehabilitation Program](#)
- [Fairview Home Care](#)
- [Fairview Hospice](#)
- [Fairview Home Medical Equipment](#)
- [Fairview Orthotics and Prosthetics](#)

We also encourage you to visit our [Community Resources](#) page to find information about services and programs available for cancer patients, including lodging, transportation, financial and legal assistance and more.



NUTRITION WORKS

Whether you are newly diagnosed, in the middle of treatment or are a cancer survivor, registered dietitians/nutritionists can help you meet your health and personal care goals through the [Nutrition Works](#) program. Talk to your provider or nurse care coordinator for more information.



GOLD SUPPORTERS

- Masonic Cancer Center
- University of Minnesota Department of Obstetrics and Gynecology

QUESTIONS?

Email the study coordinator, Heewon Lee, at goldMN@umn.edu or visit our website, z.umn.edu/goldMN.

