

Ottawa Research Team Moves One Step Closer To A Cure

Local cancer patients are the first to benefit. And, your generosity was the key to making it happen.

There is new hope today for those facing cancer. Researchers in local labs are making great progress in the development of new bio-therapies for cancer. Specifically, they are working with viruses that are trained to seek and destroy cancer cells and leave normal cells unharmed.

The work is being conducted by Dr. John Bell and his colleagues, including Kelley Parato, the Research Program Manager for the Canadian Oncolytic Virus Consortium.

“We’ve seen some dramatic anti-tumour responses with some of these new viral therapeutics. This platform looks to be game-changing in terms of how we treat and manage the disease,” explains Parato. “Patients who have been receiving virus as therapies are not succumbing to the disastrous side-effects that you see with some conventional medications like chemotherapy. And we have seen some dramatic tumour shrinkage responses in a variety of the patients that we have treated.”

Right now, the local oncolytic virus program is embarking on a Phase 1 clinical trial with a new homegrown technology. The virus was developed in the cancer research labs here in Ottawa. It involves a virus that will not only target a variety of cancer types, but will also induce a very strong immune response against those tumours. The result: an added therapeutic punch in cancer action.

Ottawa Regional Cancer Foundation donors have been championing oncolytic virus research for close to 20 years, beginning with the initial \$25,000 grant to begin the research.

“The original investment by the Cancer Foundation was critical to launch this project, and over the years donor support has been key to its growth,” says Dr. Bell, Senior Scientist, Ottawa Hospital Research Institute and The Ottawa Hospital. “Funding has

helped provide research staff and the creation of our virus manufacturing facility. **The expansion of the bio-therapeutics program will benefit local cancer patients – allowing us to test some of the most advanced experimental treatments in the world, right here in Ottawa. As a result, patients in Ottawa will get access to these treatments sooner.**”

Building on the success of the oncolytic virus program, Canada’s Networks of Centres of Excellence confirmed a \$25 million grant for a Centre of Excellence called BioCanRx. The national network will draw together 42 scientists from across the country in a cooperative research collective. The project has also attracted \$35 million in matching funds from other groups, including the Ottawa Regional Cancer Foundation.

Over the next five years, the network hopes to commence four new trials and hopefully attract the attention of pharmaceutical partners.

“I would love that to be the case. It’s an incredible feeling because I’ve been doing this for a long time,

for 30 years, but in the past two to three years, we’re seeing a change in the years of cancer survival and it’s incredible to be part of that process,” explains Dr. Bell. **“The bottom line is that we’ll be testing the most advanced and innovative cancer therapies in Canada, and local cancer patients will have the benefit of the most advanced therapeutics available.”**

None of this would have been possible without your support. Please keep the momentum going by making a donation today. Your help means that local men and women will have access to the latest treatments – available first in Ottawa. To learn more, please visit www.ottawacancer.ca.



Dr. John Bell

...local cancer patients will have the benefit of the most advanced therapeutics available.

Food for Thought

Making changes to your diet can be easier than you think!



Patricia Jean-Vézina, Registered Holistic Nutritionist and the Ottawa Regional Cancer Foundation's first Nutrition Coach.

Eating the right kinds of food before, during and after cancer treatment may help you feel better, stay stronger and help with the prevention of cancer recurrence.

Cancer and cancer treatments impact the body in many ways. In order to help families who are facing cancer, the Ottawa Regional Cancer Foundation is launching a series of nutrition-based programs and workshops that focus on practical information and skills to create healthy meals to help you feel better at any stage in your cancer journey and beyond.

“When you are faced with a serious health issue you are often bombarded with information. **Our role is to break things down and educate people about healthy options that can improve their diet, and have a lasting impact on their overall health and quality of life,**” explains Patricia Jean-Vézina, a Registered Holistic Nutritionist and the Ottawa

Regional Cancer Foundation's first Nutrition Coach.

The Cancer Foundation's nutrition programs and workshops all feature a hands-on approach and getting them actively involved in the preparation of recipes. Jean-Vézina says that while adding new foods to your diet can be a daunting task for some, but it's all about making a few adjustments here and there. “When you have been eating certain foods all your life, adding new ingredients like quinoa or kale can be a tough decision. **By working together, we roll up our sleeves and create meal plans that are good for your family, and delicious.**”

Our Cancer Coaching and nutrition programs would not be possible without your support. Visit www.ottawacancer.ca to learn more about how Cancer Coaching helps clients improve their quality of life and regain a sense of control over their health and wellbeing.

The Power of Cancer Coaching

Your support helps families take charge after a cancer diagnosis

The results are powerful! Here's what clients have to say about their Cancer Coaching experience.



93% agree that they are in a better position to keep themselves healthy



91% agree that they are better able to cope with life



90% agree that they are more confident that they can do something about their cancer and wellbeing

(Source: Cancer Coaching Client Patient Satisfaction Survey; August 2014)

Are you looking to make a change to your diet?

Try Patricia's Favourite Recipes

Vegan Gluten Free Black Bean Brownies

PREP TIME 5 mins
COOK TIME 25 mins
TOTAL TIME 30 mins
SERVES 12

These black bean brownies are vegan, gluten free, and require just one bowl and about 30 minutes to prepare! Healthy, easy and delicious – the best kind of dessert.

Adapted from the Minimalist Baker

INGREDIENTS

- 1 15 oz. can (~ 1 3/4 cups) black beans, well rinsed and drained
- 2 tbsp ground flax meal
- 5 tbsp water
- 3 tbsp coconut oil, melted
- 3/4 cup cocoa powder
- 1/4 tsp sea salt
- 1 tsp pure vanilla extract
- 1/2 cup raw sugar, slightly ground or pulsed in a food processor or coffee grinder for refined texture
- 1 1/2 tsp baking powder
- *Optional toppings:* crush walnuts, pecans or semisweet chocolate chips

INSTRUCTIONS

1. Preheat oven to 350°.
2. Lightly grease a 12-slot standard size muffin pan (not mini). Make sure you've rinsed and thoroughly drained your black beans at this point.
3. Prepare "flax eggs" by combining the 2 tbsp of flax meal and 5 tbsps of water in the bowl of the food processor. Pulse a couple times and then let rest for at least 5 minutes.
4. Add remaining ingredients (besides walnuts or other toppings) and purée – about 3 minutes – scraping down sides as needed. You want it pretty smooth.
5. If the batter appears too thick, add a tbsp or two of water and pulse again. It should be slightly less thick than chocolate frosting but nowhere close to runny.
6. Evenly distribute the batter into the muffin tin and smooth the tops with a spoon or your finger.
7. Optional: Sprinkle with crushed walnuts, pecans or chocolate chips.
8. Bake for 20-26 minutes or until the tops are dry and the edges start to pull away from the sides. I found mine took about 25.
9. Remove from oven and let cool for 30 minutes before removing from pan. They will be tender, so remove gently with a fork. The insides are meant to be very fudgy, so don't be concerned if they seem too moist – that's the point. Plus, they're vegan so it doesn't really matter.
10. Store in an airtight container for up to a few days. Refrigerate to keep longer.



Stuffed Peppers

INGREDIENTS

- 5 Red Peppers
- 1 Small Head of Cauliflower
- 1.5 Lbs or less Ground organic chicken
- 4 Cups Fresh Spinach
- 3 Cloves Garlic
- 4 Tbsp Butter (optional – can replace with coconut oil)
- 3 Tbsp Coconut Oil
- Salt & Pepper
- Herbs (any fresh or dried herbs on hand, I used basil, thyme & oregano)
- Feta (optional)

INSTRUCTIONS

Preheat oven to 350°. Heat butter or coconut oil in a large skillet, add chopped garlic. Cook for a minute then add ground chicken, stirring frequently. In the meantime grate the cauliflower or put it through a food processor to form rice like pieces, set aside.

In another pan, heat coconut oil and sauté fresh spinach for a few minutes until wilted. Add the cauliflower and spinach to the chicken. Season to your liking with salt, pepper and herbs. If you wish to add feta, crumble in about 1/2 cup.

Cut the tops off the peppers and scoop out the seeds. Once the mixture is cooked through and seasoned to your liking add the filling to each pepper. Top off with a slice of feta if you like it extra cheesy or leave out for the perfect Paleo dish. Place the tops back on the peppers and bake at 350° for 35-45 minutes depending on how soft you like your pepper. I like mine not too overdone. I always end up with extra filling, so I either save for later or add to a wrap for lunch the following day.





You Help Transform Local Cancer Care

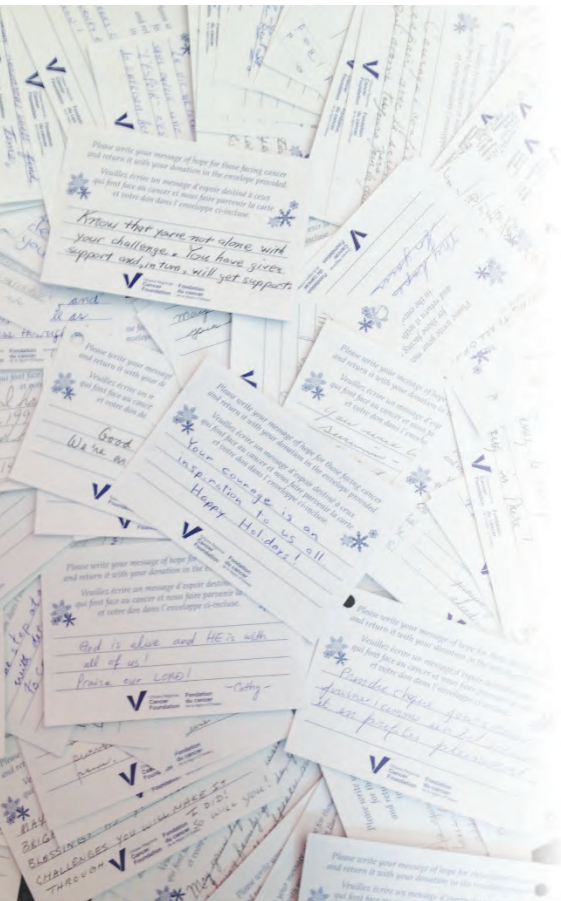


With 2 out of 5 of us being impacted by cancer in our lifetime, cancer touches far too many people in our community. The needs locally are great. At the Cancer Foundation, we are on a quest to revolutionize cancer care in our region. We cannot do without you. Let's make sure that our friends, family and neighbours have the best personalized cancer care so that no one faces cancer alone.

Over the next 3 years, the Cancer Champions Campaign will raise \$20 million that will directly benefit local cancer patients and their families, helping them at one of most difficult times in their lives.

Be a Cancer Champion and get involved. To learn more, please contact John Ouellette or Josée Quenneville at 613-247-3527.

Messages Flooded In To Brighten Clients Lives Tree of Courage Brought Hope Over Holidays



Last fall, we asked donors to help celebrate those facing cancer by sending a card. The response was overwhelming! You sent hundreds of uplifting messages. Some of you even shared your own cancer journey stories.

The cards hung on our Tree of Courage at the Maplesoft Centre over the holidays. From our clients and their families, thank you so much for your kind words of encouragement and messages of hope and support.

Would you like to help provide support all year long? Visit www.ottawacancer.ca to become a monthly donor.

