

# New mammography machine will enhance care in our community



Shawn O'Rourke is committed to making sure our community continues to receive the best care.

They try not to worry, but sometimes it's impossible. *Why do I need to go back? Do I have breast cancer?*

Each week women are recalled to Queensway Carleton Hospital (QCH) for further breast imaging. Of the over 7,000 mammograms performed at the hospital every year, approximately 10% are recalled for further diagnostic workup.



This is why doctors and technicians at QCH are so excited about the new mammography machine with 3D Tomosynthesis currently on their wish list. Like a CT scan for breast imaging, the machine will give radiologists a more detailed look, providing more accurate results and potentially detecting breast cancer earlier.

"A radiologist will have better image quality because the tomo software "slices" the images further, aiding them in diagnosis," explains Shawn O'Rourke, former manager of Diagnostic Imaging at QCH. "The software can be applied to any exam, so this helps reduce recalls of patients for further imaging."

QCH currently only has one mammography machine, running 7 days a week to support the Ontario Breast Screening Program, referrals and the Operating Room. It isn't enough,

and there is a lengthy waiting list for mammograms and a high risk of the aging machine breaking down.

"With a second machine, we'll have the latest technology and can see more patients per day," says Denis Binette, QCH's current manager of Diagnostic Imaging. "We don't want our patients to wait. QCH serves a large cache of patients and we're committed to providing them with good care close to home."

The Cancer Foundation couldn't agree more, which is why we invest in new technologies and treatments throughout our community. This year our EPIC WALK event aims to raise \$250,000 for the new mammography machine at QCH.

**"Every day we read that cancer will affect more of us in our lifetimes. We also read about advanced technologies that will aid diagnosis and ultimately care for patients diagnosed with cancer," says Shawn. "We need this machine in our community."**

The machine, which QCH hopes to buy in 2018, also uses less radiation and is more comfortable for patients. This cutting-edge technology will bring peace of mind to thousands of families in our region and help save lives, which is why Denis is so confident in its impact. "It will allow us to serve the population in the best possible way and that's always our number one goal."

**The EPIC WALK for Cancer Care takes place Saturday, September 16 2017. Visit [www.ottawacancer.ca/events](http://www.ottawacancer.ca/events) to help us reach our goal!**

# One Man, His Community and Ten Thousand Dollars

*A local survivor finds a meaningful way to mark 10 years of being cancer free*

At 36, Robert Rishikof was healthy and fit. Cancer was the furthest thing from his mind, until he started feeling itchy and became jaundiced.

"The tumour was in my bile duct. I needed 7.5 hours of surgery to remove it along with one-third of my stomach, part of my pancreas, gall bladder and a portion of my small intestine," recalls Robert. "The surgery was followed by chemotherapy."

It was a difficult time in his young family's life, but perhaps the hardest part for Robert was the period following the end of his treatment. A scan was inconclusive. He would have to wait three long months to see if the cancer was gone.

"I tried to be present with my family and not get overwhelmed but it was like walking a tightrope," Robert admits. "I allowed myself an hour or two a day to feel down, then I pushed myself forward."

There wasn't much support when Robert had cancer 10 years ago. Fortunately, things are different today – patients and their caregivers have access to the Cancer Foundation's Cancer Coaching Program, which has recently expanded into Vanier and Kanata.

Robert learned about Coaching around the time he was looking for a meaningful way to mark 10 years of being cancer free.

He set up a website to mark his ten year milestone through fundraising, with an ambitious goal of raising \$10,000. His family kick-started the campaign with a bake sale at a neighbourhood garage sale.

"People were incredibly responsive. We raised \$10,000 in six days," Robert says. "Many people

**"Serendipitously, I received an email from the Cancer Foundation asking for a donation signed by a Cancer Coach," says Robert. "I went to the Maplesoft Centre and the staff and space left a big impression on me."**

told me they know someone with cancer and they're going to tell them about Cancer Coaching."

Robert was delighted to hear that, as he personally understands the need for free, professional support. "It's hard to find space for yourself when you're sick. Your loved ones are dealing with your cancer as well. Cancer coaching offers a place just for you. It unlocks space for you to breathe and gain confidence in the decisions you have to make."

Today, Robert is challenging others to fundraise for the Cancer Foundation. "When cancer strikes, it has a huge impact. Cancer Coaching offers ways to support the person and the family. They use a personal approach where it isn't about cancer, it's about the people. And we all need to come together to support that."

**Want to make an impact like Robert and his family? Visit [www.ottawacancer.ca/get-involved/events/host-your-own-event/](http://www.ottawacancer.ca/get-involved/events/host-your-own-event/)**

## Get Involved in our Upcoming Events

<p><b>Lumière Gala</b> Thursday, September 14</p>	<p><b>Fight for the Cure</b> Saturday, September 23</p>	<p><b>Recovery Matters Challenge</b> October 3 &amp; 4, Reception October 12</p>	<p><b>The Grand Casino</b> Wednesday, November 8</p>	<p><b>Dine-a-Rama</b> Weekend of November 24-26</p>	<p><b>Stache for Cash</b> Month of November</p>
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Learn more at [ottawacancer.ca/events](http://ottawacancer.ca/events)

Thank you for Changing Lives

# REPORT TO DONORS

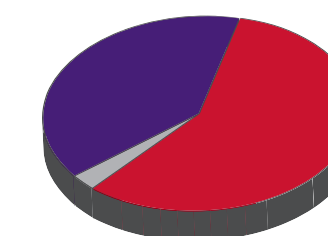
Fiscal Year 2016-2017

## YOU BRING OUR COMMUNITY THE BEST CANCER CARE, CLOSE TO HOME

As a *donor*, your generosity is vital for the increasing number of people facing cancer in our region. **But as incidences of cancer grow throughout our community, so will our response to the disease.** Because of you, the Ottawa Regional Cancer Foundation is able to understand what matters to people affected by cancer and to reach out to more families to ensure their needs are met through easy access to Cancer Coaching and innovative treatments.

This year, thousands of donors like you helped raise \$4,592,303 for cancer care in our community. This year your support brought Cancer Coaching closer to home for more families, and is now offered at locations in Kanata, Vanier and Clarence-Rockland. Your generosity also opened new clinical trials at Ottawa's hospitals and facilitated breakthroughs in research for deadly cancers like glioblastoma and ovarian cancer. You helped increase referrals and collaboration between the network of cancer care services and resources in our community, ensuring those facing cancer have access to what THEY need.

## THANK YOU FOR GIVING HOPE.



### YOUR DOLLARS AT WORK IN OUR COMMUNITY 2016-2017

- Cancer Coaching – 58%
- Research, Clinical Trials and Patient Care – 33%
- Expansion of Cancer Services – 9%

## YOU HELP OUR COMMUNITY FACE CANCER TOGETHER

<p><b>3,067</b> Families helped to date through Cancer Coaching</p>	<p><b>1,884</b> Hours of one-to-one Cancer Coaching this year</p>	<p><b>495</b> Meetings Hosted for Community, Education and Research Groups</p>	<p><b>305</b> Coaching conversations by phone</p>
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## YOU INCREASE ACCESS TO PERSONALIZED TREATMENTS

<p><b>1,668</b> Referrals to cancer care professionals and community resources</p>	<p><b>50</b> New Clinical Trials opened this year</p>	<p><b>8</b> Grants made to local cancer researchers, totaling \$475,325</p>
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**BECAUSE OF YOU, THOSE FACING CANCER IN OUR COMMUNITY ARE EMPOWERED TO BECOME MORE ACTIVE PARTICIPANTS IN THEIR OWN CARE. BECAUSE OF YOU, FAMILIES SPEND MORE QUALITY TIME TOGETHER AND SURVIVORS LEARN SKILLS AND STRATEGIES WHICH HELP THEM RETURN TO WORK, MANAGE STRESS, COPE WITH THEIR ILLNESS, LOOK AFTER THEIR PHYSICAL AND MENTAL HEALTH, AND SO MUCH MORE. THANK YOU!**

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Thank you for making a lifesaving difference.



Your support has given the Bietlot family more quality time together.

It began in 2014 with the discovery of a tiny lump on my back, about the size of a baby fingernail.

I didn't think much of it at first. Neither did the dermatologist I went to see, but then the biopsy report came back positive for Stage 3 melanoma. I had cancer! I was flabbergasted. All thought flew out of my head, and then came the tears.

I was told I had a 25% chance of surviving the next 5 years. At the time my only treatment option was to take a drug called interferon for 12 months, and the side effects were debilitating. Seven months after starting interferon a scan revealed two new tumours had developed. My cancer was now Stage 4. The drug had failed me.

But thankfully, that isn't the end of my story. My oncologist, Dr. Xinni Song, told me about a



promising clinical trial being offered in Ottawa years ahead of schedule thanks to funding from the Ottawa Regional Cancer Foundation and caring supporters like you. I started on a combination of two drugs: yervoy and opdivo in May 2016 and the results were nothing short of amazing. Within two months, the nodule on my neck was gone. A scan confirmed this was a miracle treatment. My doctor told me if the technician hadn't known I had cancer, she wouldn't have seen it at all.

Today, I'm back at work, staying active and enjoying life with friends and family. There is currently no cure for melanoma, but clinical trials provide options and give me hope that I'll live to one day hold my grandchildren in my arms.

**“Because you care, thousands of people living with cancer will have access to the latest trials and treatments here in our community.”**

I want to thank you personally for the hope you've given through your support for the Cancer Foundation. Because you care, thousands of people living with cancer have access to the latest trials and treatments here in our community. Every donation you make to the Cancer Foundation contributes to the hope we hold in our hearts – hope for better treatments, more quality time with our loved ones and one day for a cure. I still have so much love to give, places to go and things to do. You have given me the chance to pursue my dreams.

I hope you'll remember how grateful I am as you read the other amazing stories of hope in this issue of your Living Well newsletter – stories YOUR support has made possible.

Thank you for saving my life.

*Ramona Bietlot*

Ramona Bietlot

## Ottawa's Mayor Gets grounded

When Mayor Jim Watson visited Audrey's Kitchen at the Ottawa Regional Cancer Foundation during Nutrition Month, he admitted two things. First, he hadn't been cooking much recently – his oven at home was broken. Second, the oven wasn't the only reason he'd been avoiding his kitchen.

As former minister for health promotion and a two-time cancer survivor, Mayor Watson knows the importance of healthy habits. However, his busy schedule leaves little time for guesswork when it comes to eating well. That's why he squeezed in a hands-on nutrition session with Emily Fitzgerald, the Cancer Foundation's Nutrition Coach.

“I really should practice what I preach,” he told her.

The pair shared nutrition tips as they did a step-by-step demonstration of one of Emily's most popular recipes, a homemade granola rich in healthy fats, protein, and fiber.

Emily is no stranger to busy days either – her schedule is packed meeting one-to-one with clients to help them meet their nutrition goals, leading nutrition workshops and creating healthy recipes. She's the face of grounded, the Foundation's Nutrition Coaching program, an effective, sensible and hands-on program designed to help clients get healthy and stay that way. It's based on whole food, realistic weight management, practical skills and simple nutrition strategies that put you in control of your health, whether you are going



through cancer or a journey to wellness. And the best part? 100% of the funds raised through grounded's nutrition programs support the Cancer Foundation to provide free Cancer Coaching to families in our community. We like to call it a purchase with a purpose!

Try out the recipe below to get a taste of how Emily motivated the mayor to start making more meals at home, and visit [www.groundedlife.ca](http://www.groundedlife.ca) for more information on upcoming nutrition workshops, new recipes, nutrition blogs and more!

### Maple Nut Granola

Serves: 8

#### Ingredients

- 2 cups large flake oats
- 1/4 cup ground flaxseed
- 1/2 cup pecans, chopped
- 1/2 cup pumpkin seeds
- 2 tbsp pure maple syrup
- 1 tbsp extra virgin olive oil
- 1/2 tsp vanilla extract
- 1 tsp cinnamon
- 1/3 cup dried cranberries, chopped

#### Directions

1. Preheat oven to 325° F. Combine all ingredients in a mixing bowl, other than the dried fruit. Use a spoon to mix well and toss to coat.
2. Spread the mixture in a thin layer on a baking sheet. Bake 20-25 minutes, flipping halfway through. Mix in dried fruit once granola has cooled.
3. The granola can be stored in an air-tight container in a cool, dry place for up to 2 weeks.



Ottawa Regional Cancer Foundation

Fondation du cancer de la région d'Ottawa

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Ottawa Regional Cancer Foundation

Fall 2017

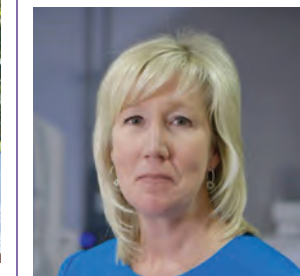
# Living Well

## Learn how your generosity is changing local cancer care

I'm here today because of you

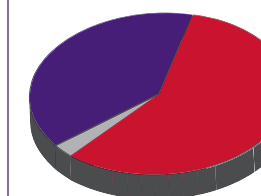


Lifesaving technology is just steps away



It's not about cancer, it's about people

Your 2016/2017 Report to Donors



Chef Watson: The mayor takes on our kitchen

