

With us today, thanks to YOU

After receiving a devastating colorectal cancer diagnosis, Sandy is back to enjoying life.

Sandy had always been healthy. At 50, she'd had a routine colonoscopy and everything had been fine. Now, here she was in the doctor's office listening to a diagnosis that would change her life. Sandy had colorectal cancer, and it had already spread to her lungs and liver.

"I quit work that very day," Sandy recalls. "I was determined to fight."

"It gives people hope to see me doing so well, doing the things I love. I can't thank donors enough for being part of that hope."

~ Sandy

Thanks to you, Sandy had access to the best possible cancer care and treatments right here in our community.

"My oncologist asked me if I wanted to take part in a clinical trial and I jumped at the chance," Sandy says.

In addition to chemotherapy, Sandy was given a cancer stem cell inhibitor with the hope that it would stop the cancer cells from growing. "Everything started shrinking," Sandy says. "The tumours in my lungs disappeared and the tumour in my rectum shrank to the point where I could have surgery. I also had an operation to remove part of my liver."

Not only has the clinical trial given Sandy the precious gift of time, but she also finds the dosage easy to tolerate.



Sandy is back to enjoying a full and active life, thanks to your generosity. Your support of clinical trials gives the precious gift of time. Thank you!

"My trial doctor has confidence the stem cell inhibitor will prolong my life," Sandy says. "The big bonus of being in a clinical trial is I get the most-up-to-date information and have so many talented people looking out for me. But, there's still so much to learn which is why it's so important for donors to continue to support cancer research and clinical trials."

Have you heard?

Introducing NexJ: The easy to use patient-centred app

Thanks to you, Cancer Coaching clients can now download the NexJ app to their preferred device. It's free and allows them to securely schedule appointments, send messages and work with their Cancer Coach when it's convenient for them.

Learn more about NexJ by visiting ottawacancer.ca/nexj/



"One of my clients is a caregiver to his wife who is living with advanced cancer. It isn't possible for him to come in person for Cancer Coaching right now, but we've been able to stay connected using NexJ."

~Cancer Coach Melina

Unravelling the miracle

You made Dr. Auer's research possible. Now patients with advanced abdominal cancer have new hope.

It's been 15 years since Dr. Rebecca Auer worked in the lab with renowned cancer researcher Dr. John Bell on a brand new cancer treatment. But it's an experience she'll never forget.

"We were so optimistic about this new oncolytic virus therapy and how effective it was in animal studies," Dr. Auer recalls. "To see that patients are now receiving the therapy as part of a clinical trial is very exciting."

Dr. Auer started her own surgical oncology practice and lab in 2008. Today, thanks to your support, she's expanding on Dr. Bell's groundbreaking research. She and her team have engineered a virus that stimulates a patient's own immune system to kill their cancer.

"Before the emergence of cancer immunotherapy, you could extend the life of patients with stage 4 abdominal cancers (colon, ovarian, pancreas and stomach) but at the end of the day they would almost certainly die from their cancer," says Dr. Auer. "Immunotherapy has changed that. It's changed the shape of the survival

curve so now some patients even with these terrible cancers are actually cured."

Dr. Auer's approach is to surgically remove the cancer cells that grow in the abdominal cavity, infect them with the virus in the lab and give them back to the patient like a vaccine. "It's a personalized cancer vaccine – a type of immunotherapy," she explains.

In the lab, Dr. Auer and her team have cured mice with large bulky tumours that would otherwise have died within a couple of days.



Dr. Auer in the operating room during an abdominal cancer surgery. With donor support, she is hoping to start personalized cancer vaccine clinical trials in the next 2 years.

The next step before moving on to clinical trials in patients is to manufacture the virus on a large scale in a



Dr. Auer is deeply grateful for the funding she's received from donors and emphasizes just how important it is to support cancer research and local clinical trials in the Ottawa Region.

facility that meets stringent safety requirements. "We have to figure out exactly how to process the cells and it all has to be done in a highly sterile environment. That's where a lot of our focus is right now," Dr. Auer explains. "We hope to start clinical trials within two years."

"We want patients in our community to have access to exciting therapies like oncolytic viruses and immunotherapies as early as possible," Dr. Auer says. "In addition, the answer to solving the cancer mystery could be inside one of the patients we treat through a clinical trial. We need to understand why a therapy works so well in a patient. It's the only way we can unravel the miracle and make more patients better."

"Cancer is a complicated disease, but with donor support we are arming ourselves with all the tools we need to be able to tackle it."

**~ Dr. Rebecca Auer,
surgical oncologist and researcher**

A beacon in the darkness

Your support is lighting the way for families like Denise's.

When Denise was diagnosed with breast cancer two years ago, her first response was to laugh. But that laughter quickly turned to tears. "I never thought this would happen to me," Denise admits. "Nothing can prepare you for a cancer diagnosis."

Denise had surgery, chemotherapy and radiation to fight the cancer. She credits her oncologist for saving her life

and healing her body. But Denise needed something for her mind and spirit, too.

"I would wholeheartedly recommend Cancer Coaching to anyone suffering from cancer. It saved my spirit. It was a beacon of hope."

~ Denise

encouraged me to check out the Ottawa Regional Cancer Foundation. My Cancer Coach was so understanding and level-headed. She gave me strategies to deal with my fear and reduce my stress."

When the time came, Denise's Cancer Coach talked to her about returning to her job as the cafeteria supervisor at Colonel By Secondary School.

In fact, Denise recently shared her story and spoke of her Cancer Coaching experience with students at Colonel By.

"I told the kids that when you're sick and don't know what to do, there's a place you can go with people who understand," Denise says. "Students came up to me

afterward to thank me. One boy told me his uncle had cancer and now he knows what to say to him."

Denise is deeply grateful to donors for helping to make Cancer Coaching possible in our community. "There's no better gift than to know your support is there helping someone like me. I was down in the dumps and didn't know what to do. Cancer Coaching was a beacon in the darkness."



Denise is back to work and smiling again. Thanks to you, she was able to access Cancer Coaching and find strategies to reduce her fear and stress.

To learn more about Cancer Coaching and other Cancer Foundation programs visit ottawacancer.ca/cancercoaching

Upcoming Events

Joint Estate Planning Seminar

Join us for an interactive session to discover key elements of estate planning and get peace of mind with answers to your questions.

Friday, September 28th, 2018
9:30 a.m. to 12:00 p.m.
Limited seating available

For more information contact
Paula Street at 613-247-3527 ext 258
or pstreet@ottawacancer.ca.

Back to the 80s Dance Party

Saturday,
October 20th, 2018

www.vixensvictorious.ca

An Evening of Hope

Sixth Annual Fundraiser in the
Fight Against Lung Cancer

Thursday, November 22nd, 2018
Horticulture Building at
Lansdowne Park

www.aneveningofhope.ca

Throw Cancer Overboard

And Sail Into The Sunset In 2019!

With Royal Caribbean on the
Serenade of the Seas

February 1-22, 2019

For more information:
jodie@cwtuniversal.ca • 613-875-3461

Learn more at ottawacancer.ca/events

YOU have done wonders ... Thank you!

Your 2017-2018 impact by-the-numbers

You belong to a family of more than **14,000** passionate people who champion families facing cancer in our region. And this year, you've raised **\$5,768,107** to offer the best care, to develop the best treatments, and one day to find a cure. Your support of Cancer Coaching, research, and clinical trials has changed the lives of thousands of local families.

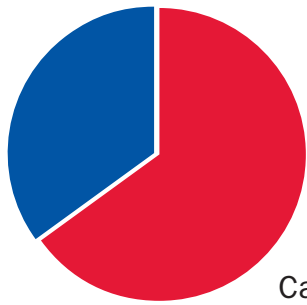
Here's a snapshot of your impact by-the-numbers in the fiscal year 2017-2018.

Look out for a more in-depth gratitude report, coming your way later this fall.

Your dollars at work in our community in 2017-2018

35%

Research,
Clinical Trials,
and Patient Care



65%
Cancer Coaching

Patients, survivors, and their caregivers weigh in



92%

“My Cancer Coach worked with me to understand my needs and develop an action plan that worked for me.”



93%

“I received the emotional support that I needed through Cancer Coaching.”

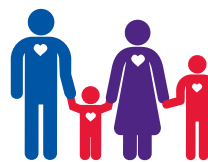


100%

“I would recommend Cancer Coaching to families facing cancer.”

Here's how YOU are saving and changing lives

You've supported



3,369

families on their cancer journey through Cancer Coaching



1,200

patients through clinical trials, bringing them the latest cancer treatments sooner



133

coaching sessions at satellite locations closer to home in Kanata, Clarence-Rockland, and Vanier



128

active clinical trials and 5 cutting-edge research projects here in Ottawa

source: 2017-2018 Client Satisfaction Survey



“Eighteen months after my diagnosis, there were no approved treatments left for me. Thankfully, there was one option: a local clinical trial for a new drug. It carried me long enough that another life-extending drug became available. Clinical trials give us hope. And I hope I'll get to see my kids grow up, and maybe even one day my grandkids. Thank you!”

~ Jill Hamer-Wilson, lung cancer survivor