

LIVING WELL

Stories of How Your Support Changes and Saves Lives

Why is Now the Best Time for You to Support Clinical Trials in Ottawa?



Dr. Shawn Malone, Radiation Oncologist at the Ottawa Hospital and an investigator at the Ottawa Hospital Research Institute stands outside his office where he conducts and evaluates clinical trials alongside a team of dedicated researchers.

HINT: You'll See Significant Breakthroughs in the Next 5-10 Years.

"We run a considerable number of clinical trials at the Cancer Centre, here at the Ottawa Hospital," says Dr. Shawn Malone. "We've had a tremendous amount of breakthroughs in a variety of cancers over the past decade."

You play a major role and Dr. Malone is quick to point out how your donations make these breakthroughs happen.

"We've had great support from all of you in our community through your donations to the Ottawa Regional Cancer Foundation," he says. "Your gifts support some..."

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Revealed: The Secret Language in Your Pathology Report

Cancer Coaches and Pathologists Can Now Work Together to Help Patients Better Understand Their Cancer Diagnosis

"Your life could change drastically depending on what I see on one of those slides behind me," says Dr. Jason Wasserman, pointing at pathology slides in his office at The Ottawa Hospital.

Dr. Wasserman wanted to find a way to help cancer patients read and understand their pathology report in layman's terms. "Our diagnosis is delivered..."

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Jason Wasserman MD PhD FRCPC, co-creator of MyPathologyReport.ca is working with Cancer Coaches to help their clients easily interpret their pathology reports.

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developmental research going into the trials and the trials themselves."

When patients are offered the chance to participate in a clinical trial, about eighty percent of them say yes. "You meet some amazing people when you're treating cancer patients," says Dr. Malone, who is encouraged by both their willingness and by the breakthroughs he has seen over the past ten years. "Even if it's incurable they say *'I'm okay to do it, just because I know future patients may benefit.'*"

You may have heard of the SPARTAN clinical trial, which has identified a drug that helps men with prostate cancer live longer, and improve their quality of life before their disease spreads.

"Until SPARTAN, there were no approved treatments for men with castration-resistant prostate cancer (CRPC) before their cancer metastasizes. So the preliminary results of the trial are exciting because they are showing a noticeable improvement in the length of time these men are living metastasis-free."

Dr. Malone and his team are also taking part in a worldwide study known as IRONMAN. "This is the kind of stuff that is going to change things in the next 5–10 years," says Dr. Malone.

By participating and learning from patients, researchers and physicians on a global scale, the outcomes of clinical trials like SPARTAN and IRONMAN have immediate and long-term benefits on cancer patients in the

Ottawa area. "We have patients coming from Renfrew, Cornwall, Smiths Falls, Pembroke," says Dr. Malone. "Some of those patients are adamant about participating, even though it might take a lot of follow ups and visits."

Many trials are underfunded, and Dr. Malone notes that without you it would be very challenging to run some of these trials. But with willing patients, the unrelenting optimism of medical professionals and generous people like you, clinical trial outcomes in Ottawa and around the world will continue to extend lives and bring hope to families diagnosed with cancer.

Learn more about the SPARTAN clinical trial and hear Dr. Malone thank you by visiting www.ottawacancer.ca/malone

What Does Your Daily Coffee Have to Do With Cancer Care in Ottawa?

This Monthly Donor Traded His Morning Cuppa For a Gift to Honour His Dad.

You may recognize Walter Robinson's name. You may know him from his high profile political and community work, or you may have seen him literally fighting for better community resources at Fight For The Cure, which he now emcees. The decade-plus legacy of Fight For the Cure and his previous fundraising for various Ottawa Regional Cancer Foundation running events over the past twenty years puts his direct contribution at more than \$100,000.

What you may not know is that Walter is also a monthly donor.

Walter began supporting the Cancer Foundation after being personally touched by cancer.

Find out Walter's full story; visit www.ottawacancer.ca/monthly

*"My monthly donation – which costs me less than a daily latte – makes a lasting impact. Ultimately, legacy is not what you leave for people, it's what you leave in people. It's how you build a community."
~Walter Robinson*



Walter Robinson – fighter, pharma executive, former Cancer Foundation chair, husband, father, godfather to a cancer survivor and monthly donor.

The Right Gym Makes All the Difference


Cancer Coaches and Fitness Instructors Team Up Thanks To Your Generosity

Pain alleviation, fewer side effects, more energy – these are just a few of the benefits regular exercise can bring for someone who is facing cancer. However, many find they can't follow the same workout regimen they enjoyed before their diagnosis.

But thanks to your generosity, the guesswork is now gone. Your support for Cancer Coaching and community outreach has helped the Cancer Foundation partner with the RA Centre, Ottawa's largest member supported not-for-profit multi-sport, recreation and leisure facility. Working with Cancer Coaches, the RA Centre and its team of fitness professionals are designing progressive and adaptive fitness programs specifically made for those undergoing cancer treatment.

Brenda Hamm, Senior Manager of LifeFIT Canada, is a cancer survivor herself. Erin Nelson, Senior Coordinator of LifeFIT at the RA Centre, lost one of her closest friends to the disease in July. When you talk to them about what they do, you can see that it's not their job: it's their calling.

"We are thrilled to be part of improving health-related fitness and quality of life in cancer survivors and believe that exercise programs are an essential component of cancer care," says Brenda.



"Just as your cancer experience is unique to you, your wellness plan will also be yours alone."
~Erin Nelson

Erin Nelson, Coordinator, LifeFIT Canada at the RA Centre welcomes Cancer Coaching clients and their families to join in this unique fitness partnership.

LifeFIT gym memberships are available at a special rate for Cancer Coaching clients and their support families along with modified fitness programs for cancer survivors. For more information go to www.racentre.com and follow the links to Wellness & Specialty Fitness Programs/Living With Cancer. You can also contact any of the Cancer Coaches at 613-247-3527 or email coaching@ottawacancer.ca.

Revealed: The Secret Language in Your Pathology Report

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through your oncologist, surgeon or family doc," he says. "And our findings and medical terms can be confusing and difficult for anyone to understand."

It was this "patient-centered" thinking that led Dr. Wasserman to creating MyPathologyReport.ca, a website geared toward helping patients, families and physicians better understand their pathology results. And now, working directly with Cancer Coaches at the Ottawa Regional Cancer

Foundation, Dr. Wasserman is able to refine the website based on feedback from the Coaches and their clients.

Since the site went live just over a year ago, over 6,000 patients across Canada have accessed and used the tools written specifically for them. With a goal to empower and teach, Dr. Wasserman has a message for anyone who accesses the site. "We hope the articles on MyPathologyReport.ca will be helpful to you and your family as

you go through your report for the first time. We look forward to any feedback you may have."

MyPathologyReport.ca contains over one hundred articles (and growing) written by Dr. Wasserman and over 30 of his colleagues across Canada. The entire site is written, designed and managed for no charge, by the participating pathologists. **Thank you** for your support of Cancer Coaching, and the clients who have participated in this process.

YOU have done wonders ... Thank you!

YOUR 2018–2019 IMPACT BY-THE-NUMBERS

You belong to a family of more than **15,000** heroes in our community who strive to offer the best care to our loved ones. This year, you've raised **\$4,116,802** to support local families facing cancer. Whether a family wants help with their practical, mental, or spiritual needs by meeting with a Cancer Coach, or they require access to the latest clinical trials and research, **you are here to help!**

Here's a snapshot of your impact by-the-numbers in the fiscal year 2018–2019. Look out for a more in-depth gratitude report, coming your way later this fall.

Your dollars are changing lives

You've supported:



3,702 families

on their cancer journey through Cancer Coaching



4 grants

made to local cancer researchers



44 Cancer Coaching sessions

online through NexJ



81 active clinical trials

here in Ottawa, helping hundreds of local patients



1,425 hours

of one-on-one Cancer Coaching sessions this year



1101 referrals

to healthcare professionals and community resources



166 coaching sessions

at satellite locations closer to home across the Ottawa region

PATIENTS, SURVIVORS, AND THEIR CAREGIVERS WEIGH IN

"I have decreased feelings of uncertainty."

97%

"I am more confident in my ability to make and sustain healthy lifestyle changes"

93%

"I am better able to help myself; I have a voice and I am heard"

96%

Source: 2018–2019 Client Satisfaction Survey

"I began to feel less lonely, regained hope, and started to learn how to live my cancer adventure my way."

– Sandi

"I was given tools to cope, encouraged to create goals, and challenged to get my new life in order. Now, I feel invincible."

– Karen

"I received hope, support, compassion, expert advice, grounding, encouragement, and above all, a renewed confidence in myself."

– Dora