

*The Ottawa Hospital Regional Cancer Centre presents*

# Challenge



Fall/Winter 2005

Fighting  
lung cancer

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Making  
Connexions



Ottawa  
Regional  
Cancer  
Foundation

Fondation  
du Cancer  
de la région  
d'Ottawa



## *A Message from Dr. Hartley Stern*

**W**hen I first laid eyes on the cover of the Spring/Summer issue of *Challenge* magazine, I was somewhat concerned. Would a risqué cover like this generate complaints from our somewhat conservative community?

After all, having the cover of a well-circulated magazine graced by a man in nothing more than underwear hardly seemed in keeping with our previous covers graced by Honourable Herb Gray and prominent cancer researchers, among others. Needless to say I wasn't convinced I was prepared to deal with the fallout.

After a short conversation with the committee co-chairs, I was sold. The

passion that this committee, led by Jamie Milner, General Manager, Enbridge and Dr. Doug Gray, Senior Researcher, expressed for this cover was truly inspiring. They assured me that this cover would help raise awareness and generate conversations about testicular cancer, a disease that affects men aged 15-35 but is 95 per cent curable if detected in the early stages.

A targeted marketing campaign led by Shannon Gorman, Director of Advancement with the Cancer Foundation, saw the magazine distributed through Algonquin College where the majority of their students fit the appropriate age group for contracting this disease. The magazine was also promoted through local media and by all accounts accomplished its goal.

For the first time in *Challenge* history the magazine is completely "sold out." It's a conversation that needed to take place, a conversation that could save lives, and by all accounts, a conversation that happened at Algonquin College.

I thank the commitment of this committee and congratulate them on a job well done. Please visit [www.orccfoundation.ca](http://www.orccfoundation.ca) to see for yourself and learn more about testicular cancer.

Sincerely,

Dr. Hartley Stern,  
Regional Vice-President

The Ottawa Hospital Regional  
Cancer Centre

The Ottawa Hospital Regional  
Cancer Centre presents  
**Challenge**  
Life with Cancer 

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Volume 9, Issue 2  
Fall/Winter 2005

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*Letter from the Editor*

I met the CEO of the Cleveland Municipal School District at a convention in Ottawa recently. We talked about a lot of things, and one of those topics was cancer, which she had had.

She went back to Cleveland, Ohio, with a selection of *Challenge* magazines which she intended to read on the plane.

While every case of cancer is unique, all those with cancer are united by a common understanding.

And yet different ages have different priorities. "When I tell someone I had cancer, they say 'my grandmother had cancer,'" says a member of Connexions 18-35, in an article on page 18. "As younger patients, we don't have the same issues as a lot of older people."

That's why there are support groups by type of cancer, and now for different ages as well.

There is comfort in shared experience, and we hope that *Challenge* adds to that. We welcome your comments, and invite you to share your thoughts about cancer with other *Challenge* readers.

Louise Rachlis

*Louise  
Rachlis*



- Valberg Imaging



Ottawa  
Regional  
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Fondation  
du Cancer  
de la région  
d'Ottawa



# Barry's Party:

## How one man's celebration became a symbol of support and hope

*The positive side  
– Pay it forward*

By Louise Rachlis

Last May 15th the penthouse party room on Grenon Street was jam-packed and hopping to a Mexican theme.

The date wasn't a random choice.

"I knew that I would be considered 'cured' of cancer if I survived for five years," says esophageal cancer survivor Barry Bokhaut (*Challenge* Spring/Summer 2005), who organized the party. "May 15th, the date of the party, was exactly five years from the date of surgery."

The party had started small. "I was going to celebrate my victory over cancer with the family and friends who had been there for me and for Barb over the five years," says Mr. Bokhaut, "but it grew to an event of about 100 people. Many more had wanted to come, but couldn't because of the date or the distance ... That's just how many

people it takes to support someone who is going through cancer."

He was touched by the fact that a number of his doctors dropped in to his party, and two, his surgeon, Shahir Tadros, and his general practitioner, Jonathan Isserlin, stayed to the end.

"While I thanked my doctors for their dedication, knowledge and skill, I also thanked Paula, the receptionist at the radiology treatment unit of the Civic," he says. "My doctors provided me the best in medical care, while she provided me with friendship and hope."

Paula was always smiling, upbeat and in good humour, in spite of working in "what has to be the most depressing area of the hospital," he says.

"Five years ago, Paula planted the seed of hope, telling me that I was going to survive. She told me that she would not forget me, and that she would see me in five years. I told her that I wouldn't forget her, and that we would meet again. It was an incredible feeling that we both had as we looked at each other while I gave my 'thank you' speech."

Herb Gray also attended Barry's "5 Alive" party. "He readily admitted that he didn't know me, and yet he took time to attend because others had been supportive of him when he was going through his bout of esophageal cancer. This illness creates bonds that override social position, religion, ethnicity or wealth."

While most think of the negative impact of cancer, says Mr. Bokhaut, he outlines positive factors he has experienced:

- "I have developed a greater appreciation for life. I am thankful for the simple things; waking up in the morning, spending a day free of pain."
- "I have time to volunteer, to help others. I've met some very interesting and wonderful people. My life has been enriched because of it. I provide peer support to other cancer patients – my ordeal is allowing me to comfort others. It gives my life, and my past suffering, a sense of purpose."



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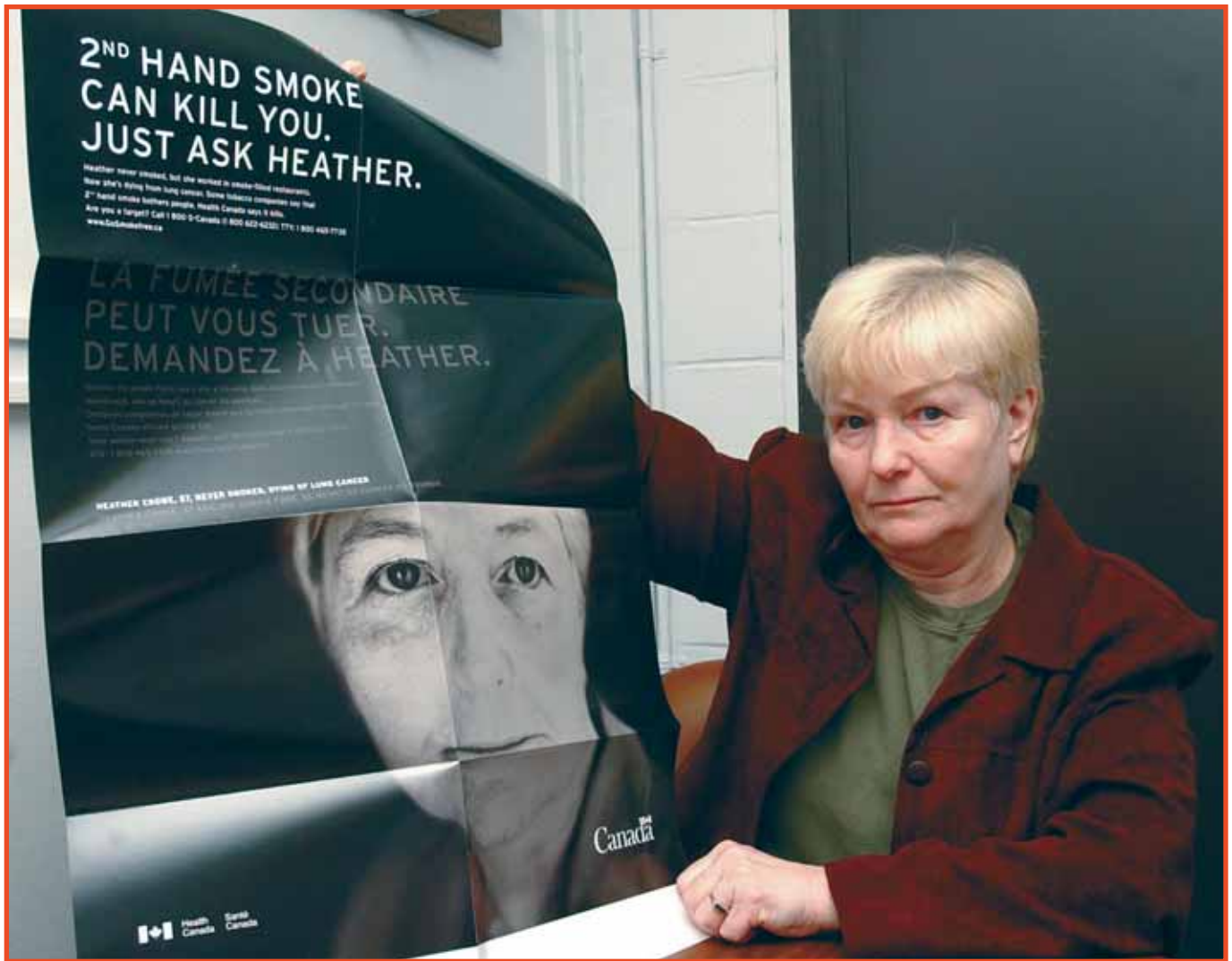
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Former restaurant server Heather Crowe was cited for a Meritorious Service award for her efforts to protect workers.

# Heather Crowe is still fired up about fighting smoke

By Louise Rachlis

In the fall of 2002, Heather Crowe, a non-smoker, was diagnosed with inoperable lung cancer.

The cancer came as a result of exposure to second-hand smoke during her 40 years as a server at an Ottawa restaurant.

"Employment Insurance told me I was entitled to 15 weeks after 40 years of working. Then go on welfare. I said, no, that's not an option."

Not wanting other workers to suffer as she had, she decided to hire a lawyer and become a case to fight for

protection against second hand smoke in the workplace.

"Good luck," the representative of Employment Insurance told her. "There's never been a case."

"Well, you're looking at the first case," she replied.

She's still fighting that case, going from anonymous restaurant server to a spokesperson on national media.

After being diagnosed with her illness, she travelled across the country, meeting with government officials and health workers, and promoting the cause of occupational health and safety for Canadians.

She had never done anything like that before. The Health Canada advertisement came about after one of her restaurant customers who worked for Health Canada suggested it. "I was serving breakfast one morning after I had my biopsy and he asked why my arm was sore. He was responsible for the anti-smoking ads on television, and asked if I'd make a commercial. I would have done anything to increase public awareness of the problem of second hand smoke."

Last November, Gov. Gen. Adrienne Clarkson presented the Meritorious Service Decorations to Ms. Crowe, a prestigious award that honours a single achievement that has brought hon-

**“If someone had stood up before, I wouldn’t be in this condition. I want to save a life.”**

– Heather Crowe

our to the country. She received the medal in honour of her efforts to improve workers’ protection from tobacco smoke; the medal is for “an exceptional deed that has brought honour to their community, and to Canada.”

Swollen lymph glands on the right side were what motivated her to visit the doctor initially. “I was tired, but when you get up at 4 a.m. and work in a busy restaurant, I didn’t think anything about it. I thought it was just me.”

She was diagnosed by her family doctor in March 2002, went to The Ottawa Hospital Regional Cancer Centre in June and had surgery for staging in July. “They took out my lymph gland, and examined it while I was on the table. I was found to be stage 3B, inoperable. I was too far gone to operate.”

She had her first chemo treatment August 1st. October 9th she started radiation – “a real heavy day. The CBC was interviewing me for my commercial, Workman’s Compensation had called me the night before. It was chaos.”

She would like to spend her time these days when she feels well, volunteering – “I think that’s where I’m most useful. And if I don’t feel well enough to work, I don’t want to leave the employer short. I know what it’s like to be an employee. I want to be responsible.”

Heather is 60, and has been out of school for more than 40 years. “I’d have to be upgraded to be on any course, and who’s going to hire me at 60 years old with lung cancer.”

Nevertheless, the Worker’s Compensation Board of Ontario said that she had to return to work once the doctor said she could. “Then they cut you off. You can’t really refuse. The way I see it is: In 2007, it will be five years if I make it this far. I won’t be 65 yet. Does that mean if I get sick again while working, they won’t pay for my drugs? I’ll be talking to my



Travelling to spread her message in the North.

lawyer and getting legal counselling at this time. I just don’t want to end up in 2008 or 2009 sick again and have my family try to take care of me because I’m no longer in the system.”

She has a daughter, Patricia Anne, 37, and a grand-daughter, 15. “She helped me through most of this the first time; she knows how hard it is. I will be sicker this time around.”

A number of organizations supported her cross-Canada tour – Heart and Stroke, Physicians for a Smoke-free Canada, ASH in Alberta and others – who enabled her to visit the ministers

of labour and health across the country. Worker’s Compensation enabled her to visit the Northwest Territories, Nunavut and Yellowknife.

“As of 2006, all provinces will have smoke-free workplaces except Alberta, and British Columbia, where the hospitality industry is allowed smoking rooms. Many countries have also gone smoke-free such as Norway and Ireland. It’s starting. I’m really pleased to see that the awareness level is up. It’s being taught in the schools now.”

*Continued on page 8*

Continued from page 7

Heather goes to the schools to support the Expose program to teach children about the hazards of smoking.

A group of children visited Queen's Park this summer with more than 40,000 postcards advocating removal of cigarette displays in convenience stores. "That's the way it is in Saskatchewan – covering up the cigarettes – and we want it done that way in Ontario as well. In 2006, the displays will be reduced and completely covered up by 2008."

She tells children what we do today affects the next generation of workers. "The law as it stands only protects some workers, not all workers. Not all workers are treated equally. In the Charter it states that we are sup-

posed to be treated equally under the law. We get paid below minimum wage; what are the chances of us going to the Supreme Court of Canada. We're working in third world country conditions. I'm not blaming the hospitality industry for this. But it has to change. Unless we speak up, there will never be changes."

A stigma is attached to lung cancer, she says. "People don't believe that you can have lung cancer from second-hand smoke. I'm not saying to the smoker 'I hate smokers'; maybe they didn't know either. It was uncharted territory. One reporter in Alberta told me 'if I were in your condition, I'd be home with my family.' I said 'if someone had stood up before, I wouldn't be in this condition.' I want to save a life."

Once the "power wall" is taken down from the convenience stores, and children learn how many chemicals are in cigarettes, we will be able to "de-normalize" smoking, she says. "They will be making an informed decision. My generation was told to be seen not heard – but 47,000 people across Canada die from tobacco-related diseases every year in Canada. That's a lot of people. We certainly can't depend on the tobacco companies to tell us about the product."

For more information on ways to help promote the dangers of second hand smoke, contact Physicians for a Smoke-Free Canada, 1226A Wellington Street, Ottawa, tel: 233-4878 or view [www.smoke-free.ca](http://www.smoke-free.ca).



## SMOKERS READ THIS,

*says Heather Crowe:*

*'Who will you have to take care of you?  
Smokers, do you have a plan for end of life care?'*

On August 12th, Heather Crowe learned that her cancer was back.

"My battle with the Workman's Compensation is over," she says. "My battle for life has just begun."

"I had pains in my back for three months, and they said it was arthritis," says Heather, who was depressed because of her pain, but the cancer didn't show up on regular x-rays.

"Then I went to the hospital because I thought I had a kidney stone. A CAT scan and bone scan with dye revealed three tumours in the liver and in the leg bone and hip joint as well. The cancer had spread to the spine and the tailbone."

In early September she moved to a nursing home in Alta Vista close to The Ottawa Hospital where she goes for chemotherapy.

"The fight is totally over," she says. "The Workman's Compensation is doing what's right and giving me the proper nursing care and medical care that I need. Now that I'm out of remission, there's no talk of my going back to work."

While still in her own apartment, she had looked forward to being in a nursing home and being looked after, because sometimes when she was at home administer-

ing her own medication she'd sleep through the medication schedule.

Cooking for herself was also a challenge. "I don't have an appetite of any sort, and warming up a can of soup is a lot when you can't walk."

Depending on how she deals with the next chemotherapy, her doctor says she has three months to a year left. They are trying to relieve the pressure on her spine so they can lower the quantity of narcotics.

"I've never been on any kind of medication so it's really hard to take," she says. It's a tough journey, especially when everything you believe in is threatened – I only took natural products for my own needs; I'd never been a person for heavy medication. The cancer dictates to you and you have no choice. But once I got over the hurdle and got the medication, I realized I'd been more afraid of it than I should have been. I find now that it's worth every bit of it."

She warns smokers, "This is the reality. This is what happens to the unprotected worker. Smokers have *rights* – do we have to give them their right to smoke in the workplace? This is real. The tobacco companies cannot deny that it's happening. We have to remind people that I've never smoked, just been in the presence of smoke."



**Busting Out (combined) - Ottawa, Ontario, Canada**

Ten Years Abreast Celebration - Vancouver, British Columbia, Canada - June 24-26, 2005

## ‘Busting Out’ celebrates success

By Peggy Cumming

In June, 2005, 38 members of Ottawa’s ‘Busting Out’ survivor dragonboat team were in Vancouver for the first ever All Breast Cancer Survivor Dragonboat Festival.

Sixty-two teams traveled from as far away as Australia, New Zealand, Poland and all over North America. The event was planned and organized by the marvelous women and families of Vancouver’s ‘Abreast in a Boat’, to mark the 10th anniversary of their founding.

It was from their beginning as a medical experiment by Dr. Don McKenzie, that survivor dragonboating has inspired the health and vitality of so many women across the globe, and given us so much to celebrate!

‘Busting Out’ competed in four races over two days. They placed first in the ‘B’ consolation final, winning the gold medal. Considering race



times for the final races, ‘Busting Out’ had the 14th fastest final race. We indeed had something to celebrate.

But the Vancouver festival was not all about racing ... it was about meeting and making international friends and celebrating good health.

The highlights of the team’s sur-

prises were a dinner cruise in the sun-drenched Vancouver Harbour, a party with 1600 women all sporting pink feather boas, and a Saturday Night Dragon Fever dinner and dance! It was an enthusiastic and energetic celebration of health, vitality and life that we will never forget.



# Excellent collection of lung cancer resources at Ninon Bourque Patient Resource Library

*Looking for information about lung cancer? The Library can help.*

By Christine Penn

Information can help patients understand and participate in their cancer treatment, but it isn't always easy to find books and other reliable resources about lung cancer.

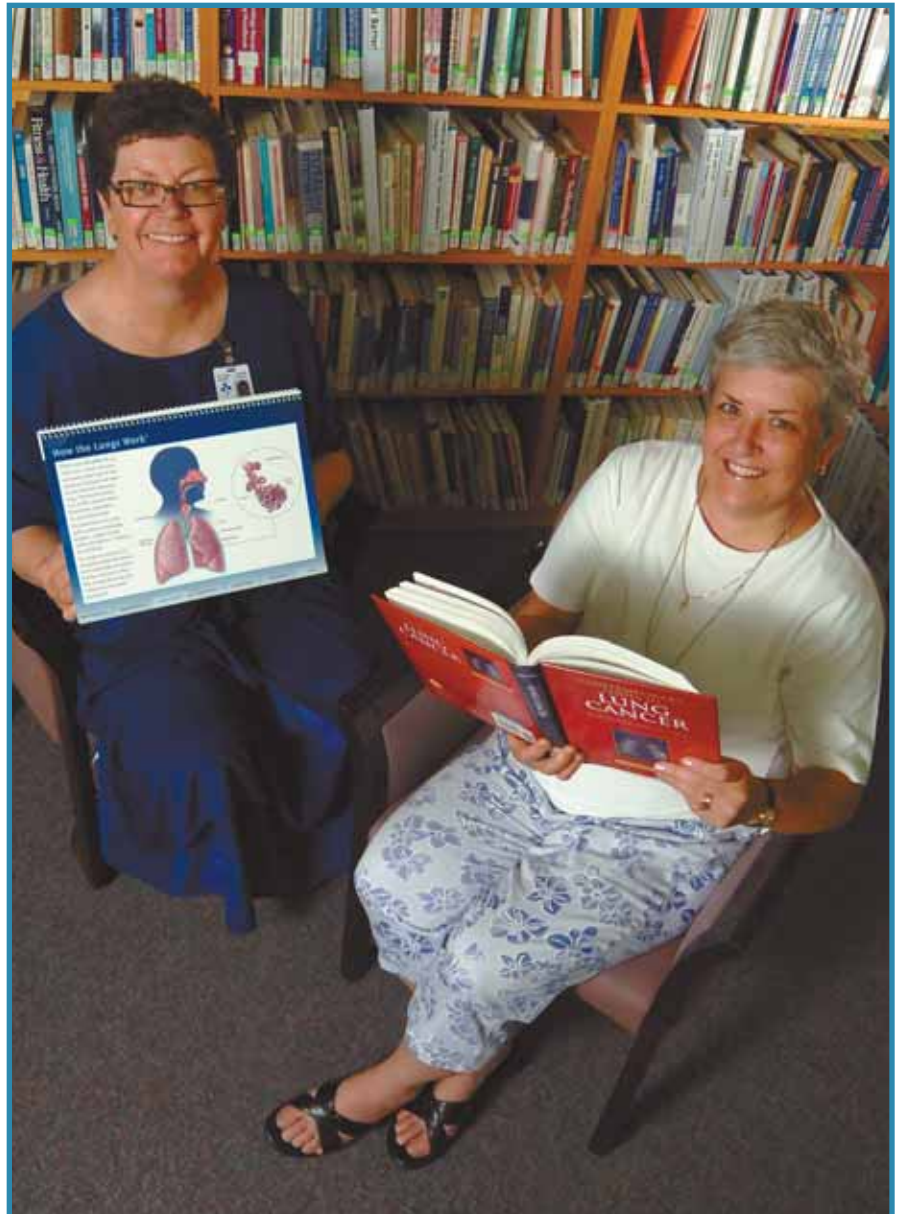
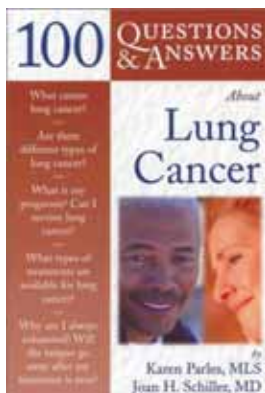
The Ninon Bourque Patient Resource Library offers an invaluable service to patients at The Ottawa Hospital Regional Cancer Centre in this regard.

The library specializes in cancer information, and library staff JoAnn Nicol and Maggie Tabalba are always searching for new books and web sites. As a result, the library has developed an excellent collection of lung cancer resources which includes videos, a CD-ROM and web sites, as well as books. Here is a selection of books:

## Books for people with lung cancer and their families

### *100 questions & answers about lung cancer*

Karen Parles and Joan Schiller Jones and Bartlett, 2003  
(ISBN 0-7637-2056-9)



– Ashley Fraser, Ottawa Citizen

Library staff JoAnn Nicol and Maggie Tabalba are always searching for new books and web sites.

Co-written by a lung cancer survivor and a doctor, this book provides straightforward information for patients and family members in the format of questions that a patient might ask, followed by concise replies. In addition to information about the



treatment of lung cancer, there are tips about coping with emotional aspects of cancer.

For example, the book gives advice about dealing with the stigma of having a “smoker’s disease.” (“People with lung cancer have names, faces and families, and they deserve the same respect afforded other cancer survivors.”)

There is advice about communicating with healthcare providers and family members, including how to tell children about lung cancer. There are also suggestions for family caregivers on how best to support a person with lung cancer and, at the same time, take care of their own needs.

Karen Parles has also created a website: [www.lungcanceronline.org](http://www.lungcanceronline.org) which, in addition to having resources written specifically for patients and their families, gives instructions on searching for information in medical databases, has links to treatment guidelines and summaries of papers presented at lung cancer meetings and conferences.

The following books are also written specifically for lung cancer patients and their families, and contain information about both small cell and non-small cell lung cancer. Topics include information about the lungs, what lung cancer is, treatment options, coping with side effects, etc. (A review of a personal story of a lung cancer patient – Barb’s miracle: how Barb Tarbox transformed her deadly cancer into a lifesaving crusade – appears on page 22 of *Challenge*). All of these books can be borrowed from the Ninon Bourque Patient Resource Library.

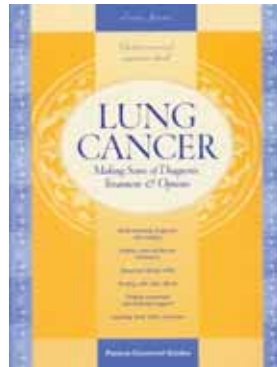
*Lung cancer:  
A guide to diagnosis  
and treatment*



Walter Scott,  
Addicus Books, 2000  
(ISBN 1-886039-43-7)

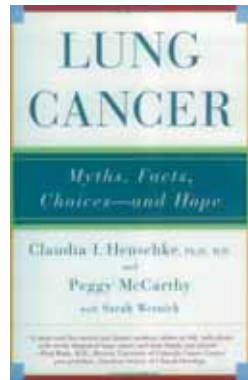
*Lung cancer:  
Making sense of diagnosis,  
treatment and options*

Lorraine Johnston  
O’Reilly & Associates, 2001 (ISBN  
1-596-50002-5)



*Lung cancer:  
Myths, facts, choices  
and hope*

Claudia Henschke  
and Peggy McCarthy  
WW Norton & Co, 2002  
(ISBN 0-393-04154-9)



**On the Internet**

Two of the newer books on lung cancer are available only on the Internet:

*Understanding lung cancer:  
A guide for patients  
and their families*

Cancer Care Ontario, 2004

Available on Cancer Care Ontario’s web site at <http://www.cancercare.on.ca/pdf/UnderstandingLungCancer.pdf>

This 36-page book gives basic information about lung cancer and explains the terminology often used in

diagnosis and treatment in a question and answer format. Examples of topics are : What is lung cancer? What are the symptoms of lung cancer? How is lung cancer diagnosed?

*With every breath:  
A lung cancer guidebook*

by Tina M St John  
<http://www.lungcancerguidebook.org/book.htm>.

The author has given permission for people to download their own copy of this 585-page book or any of its chapters for their own personal use. In addition to explaining lung cancer and its treatments, this book provides information about living with lung cancer, such as nutrition, complementary therapies, coping with side effects and planning for the future.

The Ninon Bourque Patient Resource Library has the information you need.

To find out more about lung cancer or any cancer-related topic, to borrow books or to search for health information on the internet, please visit the Ninon Bourque Patient Resource Library. You can also phone or e-mail for information:

**Ninon Bourque  
Patient Resource Library**

**The Ottawa Hospital  
Regional Cancer Centre –  
General Campus – Main Floor**

**Open Monday to Friday from  
8:30 to 12:30 and 1:00 to 3:30**

**Contact 613-737-7700 ext. 70107  
or consumerhealth@  
ottawahospital.on.ca**

**[www.ottawahospital.on.ca/  
sc/cancer/library-e.asp](http://www.ottawahospital.on.ca/sc/cancer/library-e.asp)**

If you have appointments at the Civic Campus, you can borrow and return books from the Consumer Health Library.

**Room D100A  
– Civic Campus 1st Floor**

**Contact 613-798-5555 ext 13315  
or consumerhealth@  
ottawahospital.on.ca.**



# Nuanced affliction makes us demand subtleties

*Last year, Rosa Harris-Adler, the Editor of Ottawa City magazine, called up Challenge Magazine to offer her services, “gratis.” She just wanted to help if she could.*

*We feel fortunate to have Rosa writing a column about how cancer affects all of us, whether we, or people we know, are the patients.*

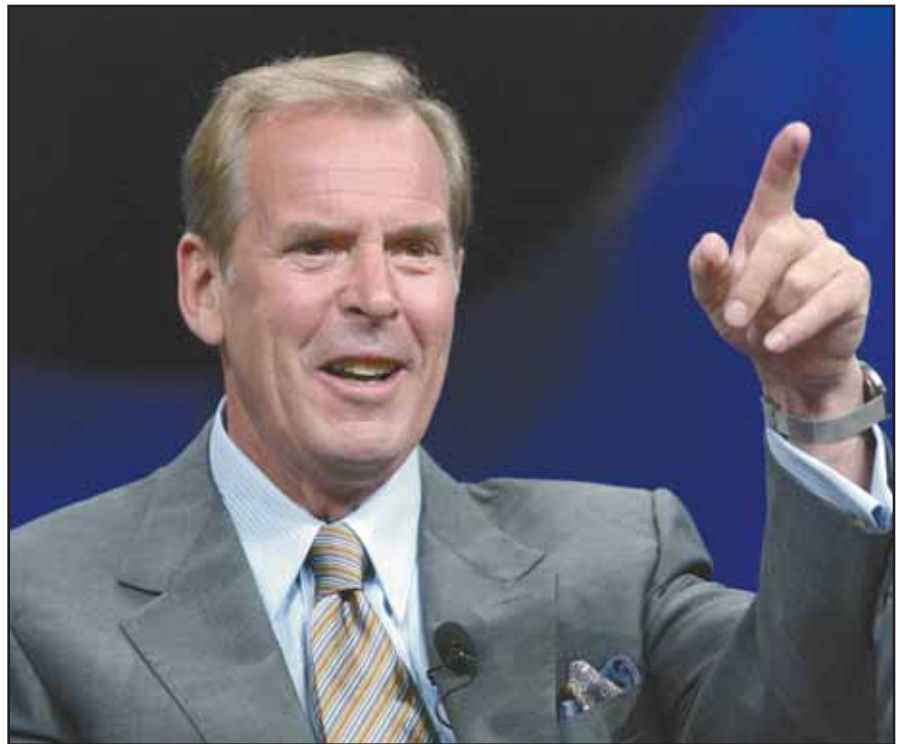
*If you have a question or a topic for “Just wanted to help”, please e-mail Rosa at rharrisadler@hotmail.com, and we’ll try to cover it in our next issue.*

Millions of North Americans took the loss to heart when Peter Jennings died of lung cancer on August 7th. The newscaster – a thorough professional and a calm, reasonable voice of authority no matter what the chaos he covered – developed a strong bond and a dynamic relationship with his viewers. They trusted him to walk them through the dramatic and day-to-day stories that shape all our lives. And he did so fearlessly and straightforwardly, with his trademark natural grace.

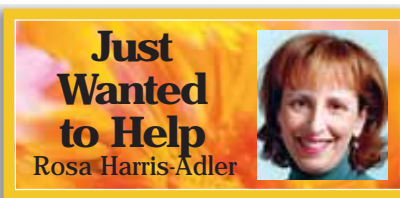
Here in Ottawa, of course, we took his death personally. He was one of our very own, after all – a native son who, through talent, diligence and hard work, made it to the top of his craft. We will miss him in our own special way.

His death also highlighted the cruel and relentless reality of lung cancer. Suddenly news magazines were producing cover stories on the subject, full of information about new testing procedures and replete with graphs and charts showing the nature of the disease, its causes and its effects. Lung cancer became high profile – and that’s a good thing. The more people who are alerted to its dangers – the more people who consider quitting smoking as a result of all the attention – the better.

All the same, it struck me that it takes a death such as Jennings’ for the media to focus attention on a particular



The death of Peter Jennings highlighted lung cancer’s relentless reality.



kind of cancer. You might be forgiven for thinking that cancer is a singular condition with no unique properties. If you have been lucky enough never to have been touched by its ravages.

Yet whenever I read that someone has cancer, I’m always left with a fundamental question: which kind? Saying a person has cancer is like saying a person is tall or smart. How tall or smart? Relative to what? Compared to whom? I crave specifics, I think, because I lost someone dear to me. He died of pancreatic cancer. I can tell you every detail of the course and nature of the ailment. I’m sure I’m not alone in this. Those of us who have experienced cancer – either personally or through family and friends – know it’s a nuanced affliction. Those of us

**“The truth is, those of us affected know ‘our’ cancers intimately – and we can find ourselves resenting people who see us all through the same pair of eyeglasses.”**

who have been there know how vital it is to have every piece of information on the subtleties that distinguish one variety from another. Those of us who have been there know there are certain cancers that come with more hope than others.

The bottom line is this: the term cancer should no longer be used as shorthand for so wide a range of problems. The word strikes soul-destroying fear into most people – and

*Continued on page 15*



They just want to have fun: Under the direction of 'team builder' Paddy Stewart, Grimes Lodge patients and their family members exude positive attitude and support.

## Celebrate life with the healing power of music and laughter

By Paddy Stewart

I just have two tons of fun with the cancer patients who stay over at the Grimes Lodge while they get their treatment.

Like the saying goes – *A merry heart doeth good like a medicine.* (Proverbs 17:22) My evening with these wonderful people combines music and laughter together with some team building approaches that I use in my work.

Sure, everyone loosens up when I start the evening off with a couple of Hank William's tunes like "Hey Good Lookin'" and "Got a Feelin' Called the Blues". It also helps to break the ice with a quick joke like the one about the butcher who backed into his meat grinder – he got a little behind in his work! Or when the jumper cable walks into a bar and the bartender says, "I'll serve you, but just don't start anything."

Before people arrive, I set the sofas and chairs up in the room to form a circle. This brings us closer to share our laughter, comments, and songs. I use a simple activity

called "Name Game" for us to learn each others' first names. What better way to make people feel welcome than to call each by name for the evening!

You can't beat laughter and music – it's an old time barn dance! We all sing "You are My Sunshine" and as much as we can remember from requests like "Beautiful Brown Eyes", "Blue Suede Shoes" and "Wabash Cannonball." I've got a bag of crazy hats for people to wear that get people in a party mood. I pass out funny rhythm shakers to add to the hand clapping and foot stomping.

The Team Competition I call "Name the Tune" gets people pumped up and cheering. I divide the group into two Teams – let's say the "Tigers" and the "Bees". The Tigers' cheer is a roar and of course the Bees buzz. The challenge is to see who can first identify a song that I whistle – a Tiger or a Bee. I then whistle one of the top songs from 1930-1980 from my booklet. Whoever first identifies a song like "Chatanooga Choo Choo" (1942) or "Tennessee Waltz" (1952) wins a

point for his/her team. The teams get all excited and cheer as they score points. It's such a fun way to focus on the moment.

In August I took a digital picture of the entire group at the end of the evening. Wearing crazy hats, of course. My wife and I had hard copies made and dropped them off back at the Lodge next day. What a great reminder of the joy and camaraderie we shared!

I believe in the healing power of music and laughter. I've seen it. Our joy and togetherness at Grimes is a celebration of life that has mirrors the positive attitude and support that are so important in the battle with cancer.

*In addition to his singing and laughing with both seniors and children, Paddy Stewart does a variety of work as a Wellness Coach. Not only does he conduct workshops on topics like Team Building and Humour in the Workplace, he is also a motivational speaker and conference entertainer. Paddy can be reached at his website [www.paddy.stewart.com](http://www.paddy.stewart.com).*



– Ottawa Citizen photo

Four generations of women pose with bears for the 2001 launch of An Evening with Abigail – Organizer Rochelle Greenberg, her granddaughter Olivia, her daughter Many, and her mother Sara Shabsove.

## ‘Abigail’ grows into Pink Carpet Event April 27th

*Abigail the teddy bear –  
A symbol of breast cancer,  
hope and survival*

No more hibernation for Abigail the teddy bear.

Thursday April 27th, she’ll be heading out in her bear feet for a dress-up night out for a good cause.

Organizers have trademarked the term Pink Carpet, and they will be rolling it out at the Ottawa Conference Centre, with valet parking, for the first annual Pink Carpet Event.

“It’s called the Pink Carpet Event because we are going to turn it into an even more fun event with a different approach,” says Rochelle Greenberg, cancer survivor and organizer with her husband David of An Evening with Abigail, Pink Carpet’s predecessor.

An Evening with Abigail began in 2000 as a personal memorial for Rochelle Greenberg’s friend Gail Notman, who died of cancer nine months after Ms. Greenberg was diagnosed at age 46.

“We decided to raise the bar this year for 2006,” says Ms. Greenberg, now 55, whose three previous events

have raised close to half a million dollars for patient advocacy and research into women’s cancers.

“We’ve purchased some equipment, but the bulk of our funds goes to research,” she says. “We want to attract more and bigger sponsors and our dream is to eventually create a script so this can be performed at cancer centres across Canada.”

They already have a sponsor for this year, Roche Pharmaceuticals.

The Pink Carpet event includes a silent and live auction of hard to get items. “About one-third of our items are bears, made by bear designers or



## Upcoming Events

### 9th Annual Celebrity Sports Dinner

November 16, 2005

The 8th Annual Ottawa Celebrity Sports Dinner will be held, at the Civic Centre Salons, Lansdowne Park.

In the past a guest athlete was seated at every table. The celebrities typically include past and present Olympic athletes, members of the Ottawa Senators and 67's Hockey Clubs, members of the Ottawa Renegades, and the Ottawa Rough Riders alumni.

Past dynamic keynote guest speakers have included Ron Maclean, Dick Irvin, Rubin "Hurricane" Carter, Walter Gretzky, Dennis Hull, and Marv Levy.

For more information on how you can sponsor and participate in the event please contact Anna Silverman at 613-798-9818 Ext 225.

### Cocktails for Cancer "Sky's the Limit"

November 17th, 2005

This year's exciting event will be held on Thursday, November 17th at the Museum of Aviation. Cocktails for Cancer promises to be an evening to remember that will feature the glamour and magic prevalent in the skies of the 1930's and 1940's.

For more information please visit [www.cocktailsforcancer.com](http://www.cocktailsforcancer.com).

### 9th Annual Cancer Foundation Telethon

January 15th, 2006

The 9th Annual Cancer Foundation Telethon will be aired live on the A Channel (cable 6) from St. Laurent Centre on Sunday, January 15th, 2006 between 12 p.m. and 7 p.m. For more information on volunteer or sponsorship opportunities please call the Foundation at 247-3527.

### Astral Fitness "Burn Calories for Cancer"

January 15th, 2006

Astral Fitness & Health Club Inc. will host their first calorie-burning marathon in conjunction with this year's Telethon. This 12-hour community Challenge will be held at Astral Fitness & Health Club Inc., 44 Iber Rd., Stittsville. For more information contact Astral Fitness at 831-2348.

### Quest for a Cure City Challenge

Quest for a Cure - City Challenge, is a fun, fast paced race through the urban wilderness of the National Capital Region. Teams entered in the City Challenge will choose their own

route to each of the course zones, traveling on foot, public transit and mountain bike.

Please visit [www.questforacure.ca](http://www.questforacure.ca) for more information.

### An Evening with Abigail

#### Pink Carpet Event and the Abigail bracelet help the Foundation

April 27th, 2006

Abigail will come out of hibernation in spring 2006 and host another dazzling and magical evening featuring a fabulous cocktail reception, unique live and silent auction, indulging packages, spectacular art, celebrity auctioneers and couturier bears of all kinds.

Ottawa's new "pink carpet event" will be held at the Government Conference Centre, 2 Rideau Street.

Once again this delightful evening will be hosted and supported by Honourary Co-chairs Jacquelin Holzman and Mayor Bob Chiarelli.

By doing so you will be helping us come one step closer to finding a cure for breast cancer and all women's cancer.

An amazing \$40 from each bracelet purchase will be donated to the Ottawa Regional Cancer Foundation, in the areas of research and patient advocacy. The Abigail was designed by local jewelry designer Cas Greenman.

For more information please visit [www.aneveningwithabigail.com](http://www.aneveningwithabigail.com).

## Monthly Giving Plan

### Yes, I want to become a dedicated donor!

Please enroll me in the Monthly Giving Plan through pre-authorized payments as indicated below. Simply fill out the necessary details and the amount you choose will be withdrawn automatically from your bank account on the last day of each month or deducted from your credit card. Thank you for your generous donation.

\$50     \$35     \$25     \$20  
 I prefer to give \$ \_\_\_\_\_ per month.

I authorize the Ottawa Regional Cancer Centre Foundation to draw these donations from my account. My sample cheque marked VOID is enclosed.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

NOTE: You can change the amount of your gift or end this service any time by contacting the Ottawa Regional Cancer Centre Foundation office.

Please charge my:  VISA     MASTERCARD

Card No. \_\_\_\_\_

Expiry date: \_\_\_\_\_

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Signature: \_\_\_\_\_

**Monthly Giving—  
a small monthly gift can make  
a tremendous difference!**



Ottawa  
Regional  
Cancer Centre  
Foundation

Fondation du  
Centre régional  
de cancérologie  
d'Ottawa



## Linda Eagen new Executive Director of ORC Foundation

Linda Eagen, MBA, has been appointed the Executive Director of The Ottawa Regional Cancer Foundation, the charity focused on expanding and enhancing cancer services in eastern Ontario.

Ms. Eagen is a capable and proven leader with high-level experience in the not-for-profit sector. She is known for her fundraising expertise and her skills as a motivator.



In the last 20 years she has directed several campaigns and developed a variety of revenue generation programs raising over \$70 million in support of health, education, arts and culture, community and social welfare organizations.

## John Ouellette joins the Foundation as Director of Leadership Gifts

The Ottawa Regional Cancer Foundation is happy to announce the appointment of John Ouellette as the new Director of Leadership Gifts.

John Ouellette has been a professional fundraiser in the National Capital Region for almost 15 years and has managed all facets of fundraising including the planning, directing, and implementation of various campaigns.

Originally from Kapuskasing in northern Ontario, John is a graduate of the University of Ottawa.

Beginning his career with United Way/Centraide Ottawa in 1991, he earned his Certified Fund Raising Executive (CFRE) designation in 1999.

He returned to his alma mater in 1994 as Major Gifts Officer and has since held progressively senior positions, including the Campaign Director of the \$200 million Campaign for Canada's University. To date, that initiative has raised more than \$135 million.

A Big Brother for eight years and a member of the executive committee of the board of Big Brothers of Ottawa, John is an active presenter at fundraising conferences.

He currently sits on the board of the Association of Fundraising Professionals – Ottawa Chapter.

## Amar Aasha fundraiser exceeds expectations

Last April's successful Amar Aasha "Hope for a Cure" musical fundraiser raised over \$31,000 for the Ottawa Regional Cancer Foundation.

Over 650 members of the Indo-Canadian community came together for the popular event.

Young and old dressed up, danced, feasted on gourmet food, and shared their culture while learning more about cancer from Dr. Shailendra Verma.

The Amar Aasha "Hope for a Cure" was the brainchild of Sudha Mistry, Prathibha Malavia, and their families.

Indu Mehta, Balwant Mistry, Kundan Bharania, and Kumud Mody were four other prominent members of the committee brought in to help organize the event, and make Amar Aasha a reality.

Much of the event's success was attributed to its primary focus on families; there hadn't been many events in the Indo-Canadian community educating families on cancer and research.



Cheque for over \$31,000 presented to the ORC Foundation.

# Connexions 18-35 responds to unique needs of young people

By Louise Rachlis

A 19-year-old woman looked around the chemo room.

"Everyone's got gray hair, and they're so much older than me," the cancer patient said. "I don't feel as if I belong."

"She asked what support groups were available and I described them," says social worker Linda Corsini. "We both realized there were none just for young cancer patients, but she wanted to attend a support group with peers her own age; that was what she wanted, to be with her own age group."

Of the 6,000 new patients every year, about 200 of those new patients are under 35, says Ms. Corsini. "That got me thinking. The woman's family did a fundraiser and Connexions 18-35 was born."

Young adults with all types of cancer can attend. It's not a family group; the patients prefer to have the group just for themselves, so just the patients get together.

The group started meeting two years ago, and now several young men and women meet monthly to share common concerns and challenges.

"I was at the end of my treatment and one of the social workers saw me and thought the group might help me," says group member, Kyla Copp, 31.

"Daily, weekly, monthly, there are important issues that affect only us," she says. "It's one thing to research on the Internet, but it's another thing to have the human contact to discuss it; to have their feelings and ideas about different scenarios."

When Kyla joined a year and a half ago, there were just four in the group,



**"It's one thing to research on the Internet, but it's another thing to have the human contact to discuss it."**

**— Kyla Copp,  
Connexions member**

she says. "I became attached to two girlfriends, one I'm still close with and one which unfortunately passed away."

An account executive with Transcontinental Media, Kyla was diagnosed with stage 3 breast cancer at age 28. She is free of cancer now.

"The most important aspect of the group for me is that once a month I can sit down with them and I don't have to tell my own story again," she



says. "We can ask them 'how was it this month?' There are so many different thoughts and activities that are different after we've been diagnosed. We all understand each other."

Group member Travis Gobeil has been attending for almost a year. "It's really hard to talk to friends," says Travis, 24, who had non Hodgkins lymphoma.

"There is no one my age who has been through the same thing as me," says Travis, who works at Momentous.ca, an internet company. "When I tell someone I had cancer, they say 'my grandmother had cancer.' As younger patients, we don't have the same issues as a lot of older people."

"The psychosocial needs of young people are unique," Ms. Corsini says. "Oftentimes their education is interrupted, or they haven't had their children yet before cancer strikes. Sometimes there are financial difficulties because they haven't been working for very long. Some have student loans, and education interruptions are not uncommon. Friendships, partnering and fertility can also be impacted. Body image is a big deal...The common problems of all cancer patients are heightened for this age group."

Parents can become re-involved soon after their adult child has left home and become over-protective, reversing newly acquired independence.

"After every group session, I become more convinced of its need," she says. This fall, all newly diag-



*"...If I could give advice to any young person with cancer, it would be to join a group sooner than later. If one isn't organized in your hometown, talk to a social worker or nurse, and see if one could be started. It only takes two to start! Otherwise, there are many options online for us to voice our opinions or ask questions on various forums."*

**Kyla Copp**  
Breast cancer survivor, 31

nosed patients for the past two years will be contacted and invited to attend the group.

Linda Corsini is also looking into having a computer-assisted group where they all get online at the same time. This would help those living in outlying areas to be involved, especially in winter months. Almost all young adults in this age range are computer literate, she says, so computer-assisted group sessions are entirely workable.

This past spring, Linda became aware of Realtime Cancer, a group based in St. John's, Newfoundland, supporting young people with cancer. Realtime Cancer hosted a cancer retreat for young adults living with cancer in September. Delegates came from across Canada, including eight from Connexions 18-35 group at TOHRCC in Ottawa. "We received funding for travel expenses from the ORC Foundation. All costs for food and accommodation were paid for by Realtime."

Many of the Ottawa group also had their own fundraisers totalling more than \$1,000 and included such events as an end-of-chemo party, a bake sale and a school fundraiser which all went to help repay some of the travel money and to show their appreciation to the ORC Foundation.

If you're interested in attending a Connexions 18-35 meeting, they are held the 4th Wednesday of every month at TOHRCC General Campus from 5 p.m. to 6:30 p.m. For further information, please call Linda Corsini at 737-7700 ext. 70142.



Travis Gobeil and his friend Suzanne Muise celebrate at a Christmas party last winter, right after his hair grew back.

## 'Finding peers to relate to'

For young cancer patients, a group like Connexions 18-35 makes a big difference in keeping up their spirits.

"It's a comforting feeling knowing that we're not alone, even though it might seem like that in the waiting rooms," says Connexions member Travis Gobeil.

"It's important for anyone with cancer to get as much support as they possibly can, both physical and mental," he says. "You're going to need someone to talk to who knows what it's like to be in your shoes. Unfortunately, only about three out of every 100 new cancer patients are under the age of 35, and that makes finding 'peers' to relate to that much more difficult."

In addition, he says, "there's a stigma of 'I'm young, I don't need help' – which of course once you get a little older you realize that's total fallacy. There are younger people like us who have been through it, and together we can laugh off the hair loss, the helplessness and the unique challenges we face as young people with cancer."



– Nicki Corrigan, Ottawa Citizen

Christine Penn, Valerie Fiset, Lorraine Montoya and Eric Simoneau make up the Lung Cancer Clinical Pathways Initiative Team.

# Lung cancer clinical pathways: Enhancing quality of care for patients and their families

**E**arlier this year, The Ottawa Hospital Regional Cancer Centre received funding from Cancer Care Ontario's Access to Cancer Services Innovation Fund to develop clinical pathways for patients and families affected by lung cancer.

The lung cancer clinical pathways project will improve the quality of care for lung cancer patients and their families by ensuring that there is continuity of care from diagnosis to treatment and, if necessary, to palliative care services. Patients and their families will also be able to obtain support and counseling services, and will be provided with the information they need to understand their treatment plan and

be more involved in their care.

Valerie Fiset, Advanced Practice Nurse for Lung Cancer, leads the project.

The other members of the team include Lorraine Montoya, who is the project co-coordinator, and Chris Penn and Eric Simoneau provide research and administrative support.

With input from healthcare professionals, patients and members of community organizations from Ottawa and Eastern Ontario, the team is developing, implementing and evaluating clinical pathways for lung cancer patients and their families. The pathways focus on the care of patients who are being diagnosed with lung

cancer and those living with advanced disease.

## What are clinical pathways?

Clinical pathways aim to have “the right people doing the right things in the right order at the right time in the right place with the right outcome, all with attention to the patient experience.”\* Clinical pathways are used in many healthcare settings and are plans of care that outline the essential steps in the care and treatment of patients with a specific clinical problem, and describe the expected progress of the patient.

They are patient-focused in that they view the delivery of care in

terms of the patient's entire treatment experience. The emphasis is on providing the most appropriate care for the patient based on the best clinical evidence.

Clinical pathways promote continuity of care, and represent a detailed, step-by-step outline of the patient's treatment plan that is used by all the members of the healthcare team. In turn, use of the pathway may reduce waiting times and avoid duplication of tests and procedures. Patients receive a copy of the pathway, so they are better able to understand the treatment process and know what to expect.

### **The Lung Cancer Clinical Pathways Initiative**

The Lung Cancer Assessment Pathway will provide continuity of care and streamlined access to diagnostic tests from the time that a patient is suspected of having cancer through to surgery or other treatments that may be required. Patients will receive the information they need to understand their care, and, if necessary, they will be able to obtain counseling to help them cope emotionally and with practical concerns such as finances. It is hoped that implementation of the pathway will help decrease wait times for lung cancer treatment.

The Advanced Disease Pathway will ensure that patients who have advanced lung cancer receive the care and treatment they need to relieve

**Many patients who are newly diagnosed with lung cancer are initially in shock and do not know what questions to ask, or what information is needed.**

physical symptoms, and that emotional, spiritual and practical support is available. The pathway will improve the coordination of care that the patient receives at home, at the Cancer Clinic, in the hospital and from organizations within the community.

Some of the activities that have taken place as part of the development of the lung cancer clinical pathways are:

#### **Literature Review**

The project team has undertaken an extensive review of health care literature on lung cancer and supportive care to determine the best clinical practice to incorporate into the pathway to ensure that the pathways are based on the best evidence.

#### **Focus Groups**

Project team members have held focus groups with patients and healthcare providers at The Ottawa Hospital

Regional Cancer Centre, and at hospitals in Cornwall, Renfrew and Winchester. The purpose of the focus groups is to identify strengths and weaknesses in the present system for the care of lung cancer patients by talking to the people who have direct experience in the system, and asking for their suggestions and solutions.

#### **Working Groups**

The project team has established two working groups, one to provide input and feedback for the assessment pathway and one for the advanced cancer pathway. The groups are made up of a variety of representatives from the health care team at the Ottawa Hospital. Community organizations and patients are also involved. Members of the working groups meet to contribute to the development, implementation and evaluation of the pathways.

#### **The Lung Cancer Information Guide and Personal Record**

One very important part of the Lung Cancer Clinical Pathway Initiative is the development of a Patient Information Guide and Personal Record. Many patients who are newly diagnosed with lung cancer are initially in shock and do not know what questions to ask, or what information is needed. Lung cancer is often accompanied by symptoms such as

*Continued on page 23*

# **Learning About and Living with Lung Cancer**

## *A Special Patient Education Forum*

### **When:**

Tuesday, November 22nd 2005

### **Time:**

6:30 p.m. to 9:00 p.m.

### **Where:**

Capone's Restaurant,  
831 Industrial Avenue, Ottawa

Lung cancer patients and their families are invited to a discussion about living with lung cancer and its treatment.

Refreshments will be served.

The forum is free, but registration is required.

For more information or to register, contact Eric at 798-5555 ext. 10477.

# Barb's Miracle:

## How Barb Tarbox Transformed her Deadly Cancer into a Life-Saving Crusade

*Images by*

*Greg Southam,*

*Words by David Staples;*

*Published by River Books*

**Review by**

**Jean Seasons**

**T**here was a time a couple of years ago when Barb Tarbox's image haunted our T.V. screens. Six feet tall, dramatically slim and fashionable, the former model and housewife wore her hats with flair until she flung them from her head to show the bold pate beneath, shocking and enthralling audiences of teenagers across the country in her "crusade" to scare them from smoking. Over a six-month period she spoke to more than 50,000 students at schools across Canada about her 30-year smoking habit (she started when she was 11) and the tumours in her lungs and brain.

Here is the record of those tumultuous months from November, 2002, to her death in May, 2003. documented almost day-by-day in page size photographs and accompanying text. Barb has a larger-than-life image, but this book is also a testament to the developing bond between her and the Edmonton Journal reporter, the photojournalist, and the friend who committed themselves to staying the course with her, helping her when she needed it, but most of all telling the story of what they grew to believe was a true heroine in the Terry Fox mold.

She had no idea when she started to talk to Edmonton teens in late October, 2002, that she would go on to touch so many people. She was told that she could not expect to live until Christmas that year, but as the requests from schools started to flow in, Barb felt a new excitement and challenge in her life that she had never ex-



— CP PICTURE ARCHIVE/Edmonton Journal - Greg Southam

**Barb Tarbox had no idea her inspiration would touch so many people.**

perienced before. She fed on the fervent response of her audiences, their rapt attention, and the reverence and adoration they showered on her at the end of her presentations. Most of all, she felt that she was truly on a crusade. The letters and e-mails told of hundreds who were giving up "the weed" in response to her urgent call.

It helped that Barb had such a commanding presence and voice. And she soon discovered the theatricality of her talks. When she reached the point where she threw off her hat, she would say "This is what smoking got me, guys. After 41 years of hair, I lost mine in 10 days. How cool is that? ... Why did I smoke? Because I wanted to be in the 'in' crowd – to be popular". Then when she had them really interested – the shocker. She would pass around the plastic mask from her radiation treatment. Every student would touch it. "This is reality!" she told them. "You smoke, this is what happens!" As the media became aware of what she was doing, schools across the country asked her to speak

to their students. She was on borrowed time, and David Staples faithfully records the pain-killers, the mood swings as she travelled far from home and the burden she placed on her best friend, Tracy, who obtained leave from her work to accompany Barb. At the same time as he saw the heroism, he also recorded the shortcomings: the hypocrisy of asking people to stop when she herself could not, her dependence on dreams and omens which she constantly explored with Tracy. Eventually he, and her audiences, came to see that her smoking only underlined the terrible hold the addiction has on its victims.

In order to look presentable, Barb wore thick stage make-up but she told Greg she was going to let him photograph her without it. "People have to see what happens," she said. "When you say 'lung cancer' how many people really know what it means to have the disease? It's eating everything inside me, Greg. I want you in there until the very last moment."

And Greg and Dave were there, detailing the highs of meeting the Prime Minister and a standing tribute from the House of Commons, the announcement of the Alberta Barb Tarbox Awards of Excellence in Tobacco Reduction and an annual scholarship in her name, to the lows of her last days when the tremendous energy and vision that had led her on such an incredible journey finally left her.

Those last days were not pretty ones to photograph for Greg and harrowing ones to describe for David. David sums up the six incredible months this way:

“... to me, it looked as if, during the

desperate madcap rush of her crusade, Barb stumbled upon her reward. At the start she hadn't hoped for anything except to pay down her debt (of smoking). As she got into her work, she realized that talking to the teens gave her energy and momentarily took away her physical pain, but she never anticipated any greater relief than that. She never made the calculation that if she called herself the world's biggest idiot and showed off her bald head, and wept, raged and hugged 50,000 school children, that she would have an overwhelming sense that she'd made good, and that God had forgiven her.

“But with atonement came grace.

By hungering and thirsting to save others, Barb saved herself. By loving others, she found a way to forgive herself. It was a wonder to behold.

“For Barb, it was a miracle.”

*(You can obtain this book from the Ninon Bourque Patient Resource Library at the Ottawa Hospital Regional Cancer Centre. Two other books you may find worthwhile: Living with Lung Cancer: A Guide for Patients and Their Families, Barbara G. Cox, David T. Carr, Robert E Lee; Lung Cancer, A Guide to Diagnosis and Treatment, Walter Scott, M.D.)*

## Lung cancer clinical pathways

*Continued from page 21*

breathlessness, pain, and fatigue. At the same time, the seriousness of lung cancer often means that diagnostic tests, multiple physician consultations and complex treatment plans must be developed, discussed, and decisions made in a short time. Many patients find themselves in a position where they are trying to learn more about their disease, its symptoms, and the treatment options as well as trying to navigate the health care system. It is easy to see how overwhelmed the patient can feel.

The Lung Cancer Information Guide and Personal Record has been developed with the goal of easing this process for patients living in Ottawa and the surrounding region. It contains information about lung cancer and its treatment as well as an

overview of the effects of lung cancer on the patient and their family or significant others. Additionally, the Information Guide and Personal Record contains a section devoted to keeping track of appointments, treatments, tests, medications, as well as symptoms. It is meant to facilitate communication between the patient and their various health care providers.

Throughout its development, various health care professionals, consumers, and lung cancer patients have reviewed the Information Guide and Personal Record. It will be available in both English and French.

### Learning About and Living with Lung Cancer: A Special Patient Education Forum

The team is organizing an information event for lung cancer patients and their families that will be held on

November 22nd 2005. The purpose of this forum is to bring together lung cancer patients, their families and healthcare professionals for an evening of discussion about living with lung cancer and its treatment.

In addition to implementing the clinical pathways to enhance the care of lung cancer patients, the Lung Cancer Clinical Pathways Initiative, together with its community partners, hopes to raise awareness about all aspects of lung cancer.

\* NHS National Electronic Library for Health Protocols and Care Pathways <http://libraries.nelh.nhs.uk/pathways/aboutICPs.asp>.

*This article was prepared by The Lung Cancer Clinical Pathways Initiative Team.*



## To advertise in the next edition of Challenge ... Life with Cancer

contact Shannon Gorman at:

**The Ottawa Regional Cancer Foundation**

**Telephone: (613) 247-3527**

**Fax: (613) 247-3526**

**E-mail: [sgorman@ottawahospital.on.ca](mailto:sgorman@ottawahospital.on.ca)**

# Lung cancer research: Progress at the bench and at the bedside

By Douglas Gray

**L**ung cancer can be a very disheartening disease around which to base one's research. Disheartening because of the cruel statistics (22,200 new Canadian cases expected in 2005 and 19,000 deaths, meaning that lung cancer will once again top the charts in terms of both incidence and mortality). Disheartening in our inability to modify human behavior – I recall a dinner party at which I was asked what sort of research I do, and in response to 'lung cancer' the questioner leaned forward through his thick cloud of cigarette smoke and asked without a trace of irony "come up with anything yet?". Well yes, we have learned a thing or two about causation, but the questioner would have read about that on the package. Disheartening in terms of our scant knowledge of the very origin of lung cancer cells, or what to do about them when they arise. Here, I am happy to report, genuine progress has been made. The past few weeks have seen the publication of two important papers in lung cancer research, one basic and one clinical in nature. What follows is a summary of their findings.

The first paper is from the laboratory of Tyler Jacks at the Massachusetts Institute of Technology, and addresses a longstanding mystery regarding the existence and identity of stem cells in the mammalian lung. Stem cells have been discussed by local experts in the pages of previous issues of *Challenge*, but to reiterate they are very special cells, rare in number, and with two defining properties. The first is that they can develop into more than one cell type within the body. There are stem cells in the bone marrow, for example, that can develop either along the lineage that leads to the oxygen-transporting red



blood cells or along the lineage that leads to the white blood cells that provide immunity to infection. The second property is self-renewal. When a stem cell divides it can produce one cell that will proceed to develop the specialized characteristics associated with blood or brain or whatever and one cell identical to the parent (in other words a replacement stem cell). The property of self-renewal prevents the depletion of the body's reserve of these precious cells as they are needed to produce new blood, fight infection, repair damage, and so forth. Most cells in the body lack this property; a cell that has committed itself to the formation of heart muscle, for example, will die without heirs. Scientists describe such cells as 'terminally differentiated'. Cancer biologists have long recognized that terminally differentiated cells are safe cells; because they have relinquished the potential to divide they pose no risk for becoming transformed into tumour cells.

The lung is largely comprised of cells that make up the airways and cells through which gas exchange takes place. These are terminally differentiated cells, and as such are unlikely to serve as the source of lung cancers. It has long been suspected that there are stem cells within the lung that are the true source of the normal cells that in a regulated fashion can replace damaged tissue, or in an unconstrained fashion can proliferate to form lung cancers. But where are we to find these cells, and how will we recognize them in their natu-

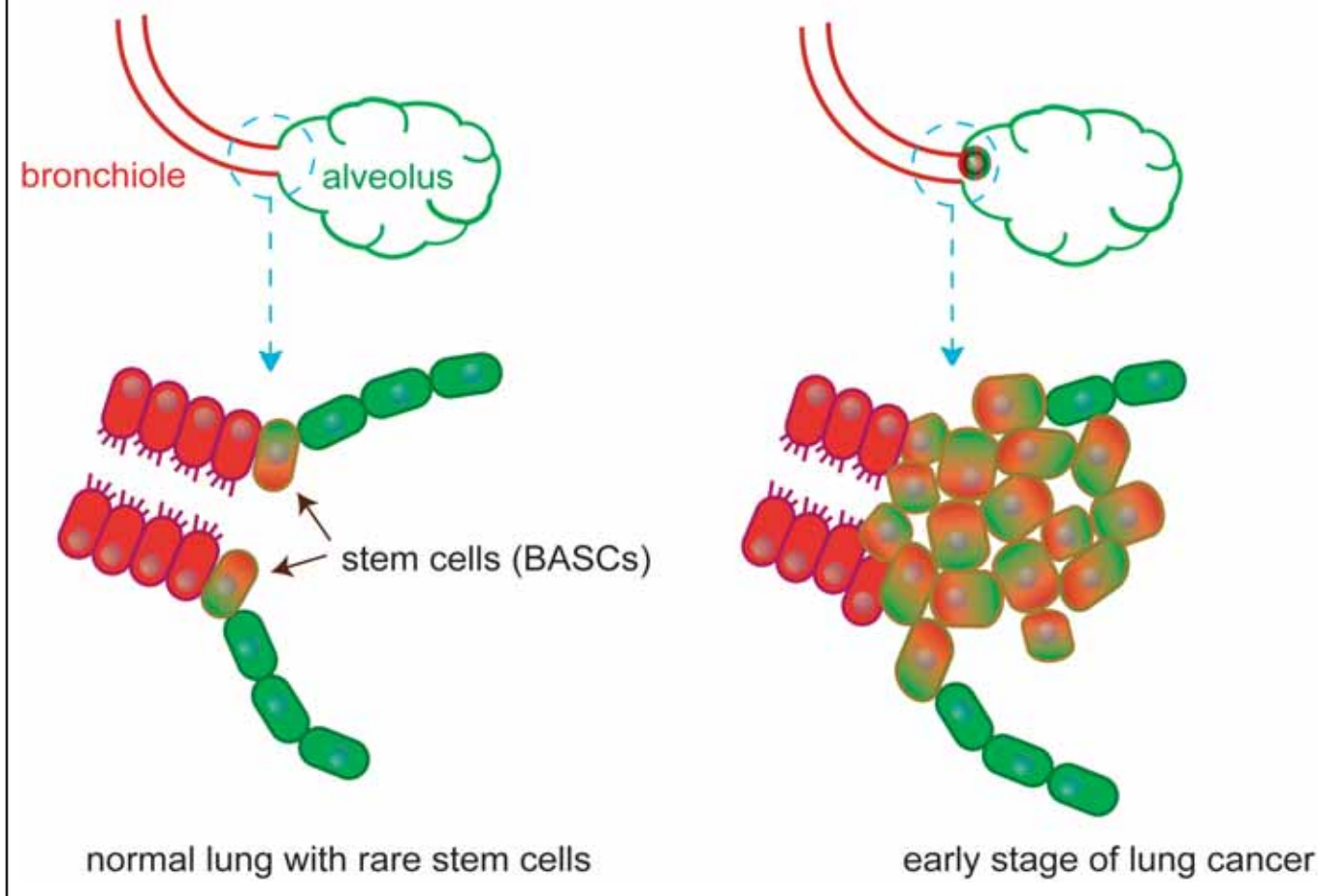
**At last we know from which cell a lung tumour arises, and we can begin to find ways to keep its proliferation within appropriate bounds.**

ral habitat? It seems the research group of Dr. Jacks has done just this.

The cell population identified by the Jacks lab has been designated BASCs (bronchioalveolar stem cells). They reside precisely where they might be expected to serve the purpose of replenishing both the cells lining the airways and the cells at their termini, at the junction of the bronchioles (air passages) and alveoli (the hollow chambers at the ends of the airways). BASCs are identifiable in lung tissue because they produce the proteins characteristic of both cell types. They are rather like confused apprentices that cannot judge whether the housing industry will require carpenters or plumbers, so they carry a hammer in one hand and a wrench in the other; until they commit to a trade and release one tool they cannot adequately use the other.

Having identified this rare and strange cell type the researchers do two important things. First off they show that the apprentice will heed the call of tissue damage, and commit himself to repairing it. Lungs damaged with naphthalene (the odorous component of mothballs) regenerate their epithelium through the division of BASCs and the subsequent commitment of daughter cells to the required epithelial cell fate. Second, using cancer-prone transgenic mice they provide evidence that the stem

## Uncontrolled proliferation of BASCs may contribute to lung cancer



cells are in fact the target cells that give rise to lung cancers. It is difficult to overstate the significance of this work. At last we know from which cell a lung tumour arises, and we can begin to find ways to keep its proliferation within appropriate bounds.

At the same time as our understanding of the basic biology of the lung was being advanced there was good news from the clinical front in the form of a paper in *The New England Journal of Medicine*. Winston and coworkers reported that following surgical removal of tumours the combination of two drugs (vinorelbine and cisplatin) improved the five-year survival rate of lung cancer patients by an astonishing 15 per cent over patients who had only the surgery (69 versus 54 per cent). There has been controversy over the effectiveness of adjuvant therapy in non-small cell lung cancer (adjuvant therapy refers to the use of chemotherapy drugs as a

secondary measure following surgical resection), but this study provides strong evidence of the benefit of this drug combination, and it must be said that survival differences of this magnitude are rarely reported for established drugs used in novel ways. There is more work to do in optimizing the vinorelbine/cisplatin adjuvant therapy, but it is indeed encouraging to think that better survival of lung cancer patients will be possible even in the absence of new breakthrough drugs.

As the finishing touches were being added to this article the sad news emerged of the death of ABC news anchor Peter Jennings. Mr. Jennings had access to the very best that modern medicine could offer for the treatment of his lung cancer and according to the news reports his physicians pursued an aggressive strategy to thwart the disease. In spite of all this Mr. Jennings succumbed within a few

months of the initial diagnosis. Clearly there is much work yet to do.

Publications mentioned in the text:

Kim, C.F., Jackson, E.L., Woolfenden, A.E., Lawrence, I.B., Vogel, S., Crowley, D., Bronson, R.T., and Jacks, T. (2005) *Identification of bronchoalveolar stem cells in normal lung and lung cancer*. *Cell* 121, 823-835.

Winton, T., et al. (2005) *Vinorelbine plus cisplatin vs. observation in resected non-small-cell lung cancer*. *N Engl J Med*. 352, 2589-2597.



Douglas A. Gray, PhD. is Senior Scientist, Centre for Cancer Therapeutics at The Ottawa Hospital Regional Cancer Centre.

# Hope remains strong in lung cancer patients



By Liane Murphy

I am a social worker and member of the lung cancer healthcare team at The Ottawa Hospital Regional Cancer Centre (TOHRCC). I have worked for many years with patients who have been diagnosed with lung cancer and their loved ones.

A diagnosis of lung cancer leaves most people feeling shocked and anxious. "People with lung cancer have more emotional distress than people with different types of cancer," says psychiatrist Linda Sarna.

In addition, according to another psychiatrist, Jimmie C. Holland, the spouse/significant other may also experience "as many symptoms of distress as does the patient."

Therefore it is important for lung cancer patients and their loved ones to have access to professional counseling services.

Typically people need to talk about the challenges of their diagnosis and treatment. Sometimes patients are hesitant to bring up issues with their family and prefer to think out loud with a counselor first.

"Most patients are reluctant to dis-

**"People with lung cancer have more emotional distress than people with different types of cancer."**

— Linda Sarna,  
Psychiatrist



— Kier Gilmore, Ottawa Citizen

Oncology nurses left to right, back row, Cathy Comerford, Suzanne Joly, Carole Filion-Brulotte and Gail Prevost; centre front, social worker Liane Murphy.

cuss their fears with their families," says Dr. Holland. "An outside source of psychological support is helpful initially to permit expression of the concerns about the future without upsetting other family members."

We tend to want to protect the ones we love, and often people have diffi-

culty talking about their worst fears with those they love the most, for fear of upsetting them. In counseling sessions, I encourage patients to think about what is best for their own self-care as well as developing a meaningful dialogue with their loved one on what is most important and meaningful to them.

## **“Most patients are reluctant to discuss their fears with their families.”**

— **Jimmie C. Holland,**  
**Psychiatrist**

This can only enhance the quality of life for both patient and their loved ones through treatment and follow up.

Social workers connect patients with resources within and outside of The Ottawa Hospital Regional Cancer Centre. Navigating the system can be a challenge, especially when people are feeling overwhelmed and unwell.

A lung cancer diagnosis creates many questions and concerns about the support system that each individual needs. This may be related to the process of applying for a disability pension to ensure that a patient has the financial resources to pay rent and buy food or how drug costs will be covered.

I want to share with you Bill’s story, as it demonstrates how he was able to put the necessary supports in place to ensure he was able to complete his recommended medical treatment and also develop a long-term plan for his own health care.

### **Bill’s story:**

I met Bill in February of this year. While his medical and radiation oncologists had recommended that he have concurrent chemotherapy and radiation treatments, Bill was unsure whether he should take chemotherapy.

Part of Bill’s struggle was that he had no support and he would be attending most of his treatment alone. He was not sure how he would manage.

Various necessary supports were

## **Navigating the system can be a challenge, especially when people are feeling overwhelmed and unwell.**

explored, and fortunately Bill was able to move into appropriate housing prior to his treatment.

When Bill was settled in his new home, we focused our time on addressing financial difficulties and the often-complicated process of applying for a disability pension.

Ongoing support was provided to Bill through his treatments. With support systems in place, Bill was able to gain weight, to increase his energy level, and in turn his pain decreased significantly.

His quality of life had improved dramatically.

During treatment, Bill was very busy with daily treatments and frequent medical appointments. It was almost a full-time job.

As with many patients, Bill struggled with the end of treatment, and the question that many patients have – “Now what?”

## **A lung cancer diagnosis creates many questions and concerns about the support system that each individual needs.**

Bill had to find a different way of spending his time that was rewarding and that supported good health.

He participated in the TOHRCC Rehabilitation Program, as this best suited his needs. Since then, Bill has taken up running and is in training to run in the Ottawa Race Weekend next spring. Way to go Bill!

I would like to remind people that there are a variety of resources available to them such as: TOHRCC Support Groups and other groups in the community (see listing in this magazine), the Trillium Drug Program, the Hospice at Maycourt Program, *Une fleur à la main*, Friends of Hospice Ottawa, Power of Attorney Kits, and more.

Another excellent resource is Lung Cancer Canada. They have a program called “Lung Cancer Connection”, through which individuals have access to Tele-Support and Tele-Conference information sessions.

## **As with many patients, Bill struggled with the end of treatment, and the question that many patients have – “Now what?”**

For more information, the number to call is 1-888-445-4403 or visit their website at [www.lungcancer canada.ca](http://www.lungcancer canada.ca).

In addition, TOHRCC is planning an education session for lung cancer patients and their loved ones.

Learning About and Living with Lung Cancer: A Special Patient Education Forum for Lung Cancer will be held on November 22nd, 2005. (See details on page 21.)

To help them in their adjustment to their diagnosis and treatment of cancer, social workers at TOHRCC are available to all patients and family members.

For those who are unsure to whom to speak, please call extension 70516 to be referred to the appropriate social worker.

While nurses and physicians often recommend that a patient speak to a counselor, and this is how most patients are referred to a social worker, patients and family members can also call directly and a social worker will be happy to meet with them.

Individuals with lung cancer and/or their loved ones can call me directly at 737-7700 ext. 70147.



*Liane Murphy, MSW, RSW, is an oncology social worker at The Ottawa Hospital Regional Cancer Centre.*

# Welcome to la dolce vita: Courage Cruise I sails January 22nd, 2006

With flights from Ottawa, it couldn't be easier.

It's a cruise of a lifetime, and a portion of each booking will be directed to support the expansion of The Ottawa Hospital Regional Cancer Centre.

Gracious style with a Continental flair awaits you aboard the breathtakingly beautiful Costa Mediterranea.

You'll be surrounded by all things Italian as you explore the wonders of the Old World. Relax in the Dionisio Lounge, where fine Italian wines and sumptuous décor create a delightful hideaway.

Discover the beauty of Venice at the Piazza Casanova and enjoy spectacular entertainment in the luxurious Osiris Theatre.

From conga lines to Italian cooking classes, the adventures onboard are endless. The finest designers and architects spared neither effort nor expense in creating the Costa Mediterranea, a ship inspired by the 17th & 18th century noble Italian palazzos of Venice, Lake Como, Sicily, Siena and the Langhe wine region.

A special "Courage I Cocktail Reception," will kick off your adventure.

Here's the Western Caribbean itinerary: Sunday, Ft. Lauderdale; Monday, Key West, Florida; Tuesday, Cozumel, Mexico; Wednesday, at sea; Thursday, Ocho Rios, Jamaica; Friday, Grand Cayman; Saturday, at sea, and Sunday Ft. Lauderdale.

All prices are per-person based on double occupancy and include air, transfers, cruise and taxes. Items of a personal nature, gratuities, and insurances are additional. Subject to change, the accommodations and pricing are Inside, \$1,400; Outside \$1,550, and Balcony, \$1,700.

For information and reservations, please contact Marlin Travel in Wal-Mart at 2210 Bank Street at 521-8687, or Marlin Travel in Wal-Mart, 500 Earl Grey Drive, Kanata, at 592-2215.



Boundless amenities and an opportunity to support the Cancer Centre.

A promotional poster for "Cocktails for Cancer" is displayed. The poster has a green background with a white border. At the top, the website "www.cocktailsforcancer.com" is written in small white text. Below that, the event details are written in white, slanted text: "THURSDAY NOVEMBER 17 2005", "NATIONAL MUSEUM OF AVIATION", "BOARDING BEGINS AT 7PM", and "TAKE-OFF IS SET FOR 8PM SHARP!". In the center, there is a white silhouette of a vintage airplane. Below the airplane, the text "COCKTAILS FOR CANCER" is written in a white, serif font. Underneath that, the phrase "The Sky's the Limit" is written in a large, stylized, yellow-green cursive font. At the bottom of the poster, there is a photograph of a woman with blonde hair, wearing a red one-piece swimsuit, sitting on a bar stool. At the very bottom of the poster, there is a black banner with white text: "Fly the romantic skies of the 1930's and 40's and join us in a celebration to support cancer research. Make your reservation by calling 1.888.222.6608". At the bottom of the entire poster, there is a small white text: "Tickets available from Ticketweb.com".



# Support Groups and Cancer Information Services serving Eastern Ontario

*"I am not sure how this group works but I know it does. If someone comes in with a particular worry we are able to help them. I know this group has helped me when I've been worried. It feels comfortable here."*

– Support Group Participant

It is well documented that people living with cancer benefit enormously from speaking to others in the same situation.

The support groups listed have all been developed to offer patients and their families support and information.

One of the major benefits is that joining a group lessens the isolation and anxiety of dealing with cancer. Many of the groups raise awareness and fundraise for research and services. This is another way of gaining control and finding hope.

## About Face

- Purpose: To offer support to people with facial differences.
- No regularly scheduled meetings.
- Contact: Anne Charbonneau @ (613) 837-7154

## Arnprior & District Breast Cancer Support Group

- Purpose: To provide support and encouragement to breast cancer patients in the Arnprior and surrounding area.
- Meet every third Tuesday of the month, 7-9 p.m.
- Arnprior and District Hospital, John Street, Arnprior
- Contact: Elta Watt @ (613) 623-7455

## Barry's Bay Cancer Support Group

- Purpose: A support group offered to patients, families, caregivers and survivors of the Ottawa Region
- Monthly group meetings, individual support and counselling
- Contact: Norma or Ralph @ 613-756-2759

## Bereaved Families of Ontario, Ottawa-Region

- Purpose: To provide mutual aid/self-help following the death of a loved one. Also provides education in anticipatory grief situations.
- Meets the first Tuesday of each month, 7-9 p.m.
- St. Timothy's Presbyterian Church, 2400 Alta Vista Drive (downstairs hall)
- Contact: Hilda @ (613) 567-4278

## Bereaved Families of Ontario, Cornwall & Area

- Purpose: To provide support, information and education to families following a death and/or terminal illness of a loved one.
- Bereavement support, groups, telephone help line, library
- Children/Youth programs also available
- Bereavement Support and Resource Centre
- 144 Pitt Street, Cornwall, Ontario
- 9-4 p.m. (5 days a week)
- Contact: (613) 936-1455, or email at bfcornwall@on.aibn.com URL: www.home.coge-co.ca



## Breast Cancer Action (BCA)

- Purpose: To inform, educate and support women and men living with breast cancer, their families, and the community. Provides one-on-one peer support.
- Support and Resource Centre, 739A Ridgewood Ave., Riverside Mall, Ottawa
- 10 a.m. to 3 p.m. - 5 days a week.
- Contact: (613) 736-5921

## Brockville Breast Cancer Support Group

- Purpose: To provide support to women, who are newly diagnosed with breast cancer.
- Meets the second Thursday of the month, 7-9 p.m.
- Trinity Anglican Church, George Street (red door), Brockville
- Contact: Carole @ (613) 923-5017, or email @ pictons@ripnet.com Other contacts are Wendy @ (613) 342-5078 or Renee @ (613) 923-5865

## The Canadian Thyroid Cancer Support Group (Thry'vors)

- Purpose: A small informal group providing online support, friendship and guidance to thyroid cancer survivors through email contact, with occasional meetings.
- Provides information, including referral to outside sources, in dealing with diagnosis, treatment and management of thyroid cancer.
- Contact: Diane Dodd @ (613) 836-3996 or 416-487-8267, (diane.dodd@pc.gc.ca) (website: <http://www.thryvors.org>) On-line support: <http://groups.yahoo.com/group/thryvors>

## Canadian VHL Family Alliance – Ottawa Area Branch

- Purpose: Dedicated to improving diagnosis, treatment and quality of life to people with VON Hippel-Lindau Disease (VHL)
- Toll free US Hot Line Support at 1-800-676-4VHL
- Contact: Tania Durand @ (613) 622-7976 (during office hours) or email @ [tania@igs.net](mailto:tania@igs.net)

## CancerConnection (Canadian Cancer Society Program)

- Purpose: A toll-free telephone support service that matches people with cancer and caregivers with trained volunteers who have had a similar experiences.
- Support is usually provided within 48 hours
- Contact: 1-800-263-6750

## Canadian Cancer Society – Cancer Information Service

- Purpose: A nationally bilingual toll-free service offering comprehensive information about cancer and the community resources available to cancer patients, their families, the general public and health care professionals.
- Provides information about all types of cancer, from prevention and diagnosis to treatment and supportive care.
- Hours: 9 a.m. - 6 p.m. • Contact: 1-888-939-3333
- NOTE: SERVICES ONLY AVAILABLE IN CANADA.

## Candlelighters Childhood Cancer Trust

- Candlelighters is a not-for-profit, volunteer organization. Mission: To enhance the lives of children with cancer and their families and to promote awareness, understanding and education of this devastating illness.
- Provides young people, and their families, a variety of services through three separate programs: support; education; and public awareness.
- Contact: Jocelyn Lamont, Executive Director, @ (613) 715-9157

## Colorectal Cancer Association of Canada – Ottawa Support Group

- Purpose: To provide support and information to those living with colorectal cancer, their families, friends & caregivers.
- Meets 2nd Tuesday of each month, 7-9 p.m.
- Viewing Room, 2nd Floor, The Palisades, 480 Metcalfe Street, Ottawa.
- Contact: (613) 839-2075, or the Colorectal Cancer Association of Canada at 1-888-318-9442 (e-mail: [info@ccac-acc.ca](mailto:info@ccac-acc.ca)) (website: [www.ccac-acc.ca](http://www.ccac-acc.ca))

## Courage Canada – Ottawa Branch

- Purpose: A self-help group offered to people with post-radiation treatment.
- Contact: Anne @ (613) 737-7882

## Dundas County Hospice

- Purpose: To provides support to anyone with a life-threatening or terminal illness and their family/caregivers
- Bereavement support
- Library material for loan
- 4324 Villa Drive, Williamsburg, ON
- Contact: Reina DeJong @ (613) 535-2215

Continued on page 30

### **(The) Hospice at May Court Caregiver Support Group**

- Purpose: Provides a relaxing environment to individuals caring for a loved one who has been diagnosed with a life threatening illness. Provides an opportunity to share experiences with other caregivers in a discussion group or one-on-one.
- Individual support offered by staff and volunteers
- Reiki, foot massage, art and resource centre available.
- Monthly information sessions presented on specific topics.
- Meet every Wednesday evening at the Hospice (114 Cameron Ave.) from 7-9 p.m.
- Contact: Anne @ (613) 260-2906 (Please call to confirm)
- NOTE: A PROGRAM GEARED TOWARDS CHILDREN AND YOUTH IS ALSO AVAILABLE.

### **Living with Cancer Support Group of Brockville**

- Purpose: A self-help group for people living with cancer, their families and friends.
- Meets the first Tuesday of the month, 7-9 p.m.
- Bridlewood Manor, 1026 Bridlewood Drive, Brockville
- Contact: Canadian Cancer Society (Unit Office in Perth) @ 1-800-367-2913, or Betty Gilbert @ 613-342-7609

### **Living with Cancer Support Group of Eganville**

- Purpose: A self-help group for people living with cancer, their families and friends.
- Meets the second Wednesday of the month, 7 p.m.
- Action Centre, 68 Queen Street, Eganville (near Pembroke)
- Contact: The Renfrew County Unit of the Canadian Cancer Society @ 1-800-255-8873, or you may contact Marcia @ 613-625-1268 or Helen @ 613-628-3236.

### **Living with Cancer Support Group of Mississippi Mills and Carleton Place**

- Purpose: Participants in this group will be supported and encouraged to work through issues while living with cancer. Sessions will include topics of interest geared to the participants, videos, guest speakers, etc.
- Refreshments provided
- Meets the fourth Tuesday of the month, 7:15 p.m. - 8:30 p.m.
- Almonte United Church Parlor, 106 Elgin Street, Almonte
- Contact: Canadian Cancer Society (Unit Office in Lanark, Leeds and Grenville) 1-800-367-2913 or 267-1058, or e:mail @ lanarklg@ccsont.org

### **Look Good ... Feel Better Program**

- Purpose: A support group for women taking cancer treatment and wanting to know more about facial skin care, makeovers and options for hair loss. Free workshop Contact: (613) 737-7700, ext. 6455
- PRE-REGISTRATION IS REQUIRED  
General Division
- Every second Tuesday of each month, 2-4 p.m.
- Ottawa Regional Cancer Centre, 503 Smyth Road Civic Division
- Every fourth Tuesday of each month, 2-4 p.m.
- Maurice Grimes Lodge, 3rd. Floor, Ottawa Regional Cancer Centre, 200 Melrose Avenue.

### **Lymphoma Support Group (LSG)**

- Purpose: A support group for lymphoma patients, their families and friends.
- Share your experiences and learn from others
- Meets the first Tuesday of each month
- Contact: 224-8509 or 232-7795.



### **Marianhill Palliative Care Unit**

- Purpose: This support group offers a continuity of accessible care with a holistic approach which addresses both the spiritual and the medical needs of people with terminal illness.
- Three private meeting rooms for confidentiality
- Offers a home-like atmosphere
- 600 Cecilia Street, Pembroke, ON
- Contact: Cathy Brennan-Hogaboam @ 613-735-6838, ext. 316, or you may email Cathy @ cathybh@marianhill.ca Website: www.marianhill.ca

### **Multiple Myeloma Support Group**

- Purpose: A support group for lymphoma patients, their families and friends.
- Share your experiences and learn from others
- Meets the fourth Tuesday of each month (excluding December), 4 - 6 p.m.
- The Hospice at MayCourt, 114 Cameron Street, Ottawa, ON
- Contact: Teresa @ 737-0648 or Carol @ 842-9077

### **Nu-Voice Club of Ottawa**

- Purpose: To meet with fellow laryngectomy patients to discuss issues of concern and share information.
- Meets the fourth Wednesday of each month, 2-3:30 p.m.
- The Ottawa Hospital, Civic Campus, Maurice Grimes Lodge, 200 Melrose Avenue, 4th Floor, Ottawa
- Contact: (613) 798-5555, ext. 13416, or by email at pmaser@ottawahospital.on.ca

### **Gynaecologic-Oncology Program - "Time for Ourselves"**

- Purpose: A support group that encourages the participant to share his/hers concerns and feelings with others.
- Meets every Thursday, 10:30-12 noon
- 8th Floor Lounge (Rm 8230), West Lounge, Ottawa Hospital, General Campus
- Contact: Hilary Graham @ (613) 737-8899, ext. 72128
- PLEASE CALL TO REGISTER

### **Ottawa Hospital – Library Services – Regional Cancer Program – Beattie Library**

- Purpose: Although primarily intended for Cancer Centre staff, the Beattie Library is open to patients, healthcare workers in the community, or to anyone who is researching cancer information.
- Beattie Library, 503 Smyth Road, Ottawa
- Monday to Friday, 8:30 a.m. - 12 noon/1 - 4:30 p.m.
- Contact: (613) 737-7700, ext. 6984

### **Ottawa Hospital – Library Services – Regional Cancer Program Ninon Bourque Patient Resource Library**

- Purpose: To provide up-to-date cancer information to cancer patients and their families, and members of the general public.
- Main Level, 503 Smyth Road, Ottawa
- Monday - Friday, 9:30 a.m. - 3 p.m.
- Contact: (613) 737-7700, ext. 6980

### **Ottawa Hospital Regional Cancer Centre Social Work Support Groups**

- Purpose: To provide ongoing support groups offered by TOHRCC Social Workers:

#### **1. Adult Brain Tumour Support Group**

- (a support group for people with brain tumours, and their family/friends)
- Meets the first Tuesday of each month, 7-9 p.m.
- Ottawa Citizen Building, 1101 Baxter Road
- Contact: Diane Ford (613) 737-7700 ext. 6685; Kathleen Greene (613) 820-4289; Linda Durocher 737-8899, ext. 78053.

#### **2. CHEO to TOHRCC Bridge Program**

- (a monthly orientation workshop for young adult survivors of childhood cancer, who are in transition from their paediatric team to their new adult program)
- This program offers a chance to meet TOHRCC staff, understand long-term effects of cancer treatments, and meet other young adult survivors.
- Family members welcome.
- Meets first Friday of each month
- 12 noon to 1 p.m.
- Supportive Care conference room, First floor (behind Module A), General Division, TOHRCC, 503 Smyth Road, Ottawa
- Contact: Linda Corsini @ (613) 737-7700, ext. 6856.

#### **3. Coping with Cancer Stress**

- (a 4-week classroom style course for men and women with cancer, and their loved ones)
- This course is of particular interest to those patients who are newly diagnosed.
- Learn methods of coping with the emotional aspect of cancer as well as stress management techniques.
- Contact: Diane Manii @ (613) 737-7700, ext. 6852.

#### **4. Connexions 18-35**

- (a monthly support group for cancer patients age 18 to 35 years of age, who cope with special problems regarding relationships, self image, education, career and lifestyle changes)
- This support group offers an opportunity to meet others, discuss/share experiences and explore coping strategies for self and family.
- This course is of particular interest to those who are newly diagnosed.
- Learn methods of coping with the emotional aspect of cancer as well as stress management techniques.
- Contact: Diane Manii @ (613) 737-7700, ext. 6852
- REQUIRES PRE-REGISTRATION

#### **5. Family Matters**

- (a monthly support group for all persons with cancer and the adults close to them)
- Learn the impact of cancer on you and those around you
- Learn coping skills
- Meet other families like yours
- Contact: Linda Corsini (613) 737-7700, ext. 6856
- REQUIRES PRE-REGISTRATION

## 6. Healing Circles

(a support group for patients undergoing treatment for cancer)

- Learn about the mind-body connection
- Learn relaxation and imagery techniques
- Contact: Liane Murphy @ (613) 737-7700, ext. 6858
- REQUIRES PRE-REGISTRATION (space limited)

## 7. Healthy Living for Women with Breast Cancer

(a support group for women with breast cancer)

- Meet and receive support from other women with breast cancer
- Learn about diet, exercise, Lymphedema, and other issues related to healthy living
- Share wisdom and learn about coping techniques
- Contact: Michele Holwell @ (613) 737-7700, ext. 6188
- REQUIRES PRE-REGISTRATION

## 8. Living for Today

(a weekly support group for men and women living with metastatic or recurrent cancer)

- Share thoughts, emotions, information and experience.
- Develop coping strategies for getting the most out of each day.
- Contact: Diane Manii @ (613) 737-7700, ext. 6852
- REQUIRES PRE-REGISTRATION

## 9. Now What: Life After Cancer

(a 4-week support group for those who have dealt with cancer and have completed the treatment)

- Learning and sharing experiences related to "getting back to life" after treatment
- Dealing with ongoing medical issues
- Returning to work and other activities
- Coping with emotional challenges
- Contact: Michele Holwell @ (613) 737-7700, ext. 6188.
- REQUIRES PRE-REGISTRATION

## 10. "What About My Kids?"

(a monthly workshop for parents living with cancer - both ill and well parent)  
Note: Support persons are all encouraged to attend.

- A helpful workshop to consider before children and youth attend Kidz Time workshop program. (see listing for Youth and Family Circles).
- Understand affects of cancer on your children and you
- Communicate with your children (big or small)
- Resources - when and where to go to get help
- Meet, share wisdom and concerns with other parents
- Contact: Linda Corsini at (613) 737-7700, ext. 6856.
- REQUIRES PRE-REGISTRATION

## 11. Youth and Family Circles

(a monthly workshop for children and youth, ages 8 to 18, who has someone close to them living with cancer)

- Understand cancer and the changes in your family
- Learn "what/how//where" to obtain assistance
- Meet others like you
- Learn about cancer and the ORCC
- Meet TOHRCC staff and tour the centre.
- Contact: Linda Corsini @ (613) 737-7700, ext. 6856
- REQUIRES PRE-REGISTRATION

## Prostate Cancer Association of Ottawa

- Purpose: Provides support and information, interacts with the health community, co-operates with groups having similar interests, and promotes awareness of prostate cancer.
- Meets the third Thursday of each month, 7-9 p.m.
- New members start time is 6:30 p.m.
- St. Stephens Anglican Church Hall, 930 Watson, Ottawa
- Contact: (613) 828-0762; Website: www.ncf.ca/pca

## Reach to Recovery (Canadian Cancer Society Program)

- Purpose: To provide emotional and practical information to women undergoing treatment of breast cancer.
- One-on-one peer support with a trained breast cancer survivor
- Contact: (613) 723-1744

## Renfrew County Prostate Cancer Support Group

- Purpose: A support group to assist men with prostate cancer and their families and to increase their ability to cope with this disease.
- First Wednesday of the month, 7 p.m.
- Renfrew Victoria Hospital (cafeteria)
- Contact: (613) 432-6471 or (613) 432-6911

## Renfrew Victoria Hospital Cancer Support Service

- Purpose: Supportive care assessment for all newly diagnosed cancer patients and their families.
- Offering support and teaching with regards to diagnosis and treatment
- Assistance and referrals for other community services
- Counselling and support re: living with cancer and associated fears related to treatment, recurrence and survivorship
- Contact: Renfrew Victoria Hospital, Oncology Clinic, Renfrew Victoria Hospital, 499 Raglan St. N. 613-432-4851, ext. 123 or fax at 613-432-8649

## Renfrew Victoria Hospital Palliative Care Services

- Purpose: Multi-disciplined team approach for people with a terminal illness in a hospital, community or long-term care facility
- Pain and symptom management, patient and family consultation and support, scheduled relief for families and caregivers by trained volunteers, grief and bereavement follow-up
- Renfrew Victoria Hospital, 499 Raglan Street North
- Contact: Connie Legg, Palliative Care Coordinator @ 613-432-4851, ext. 217, or fax @: 613-432-8649

## Stepping Stones

- Purpose: A weekly support group for women who are newly diagnosed with breast cancer (6 weeks in duration)
- Become a partner in your health care
- Develop new coping skills
- Find out about community resources
- Learn methods of relaxation and imagery
- The Ottawa Regional Women's Breast Health Centre
- Contact: Sabrina Goan @ (613) 798-5555, ext. 16563

## Sylvia House Hospice Program

- Purpose: To provide in-home volunteer support, caregiver support and bereavement follow-up.
- Day Hospice: Meets each Tuesday
- Bells Corners United Church in Nepean
- 10 a.m. - 3 p.m.
- No charge for this service.
- Contact: (613) 599-9272

## United Ostomy Association

- Purpose: To provide support and education to people with ostomies, as well as the public.
- Meets the third Thursday of every month (except July and August), 7:30 p.m. - 10 p.m.
- Canada Care Medical Centre, 1644 Bank Street (Bank and Heron - behind Canadian Tire), Ottawa
- Contact: (613) 447-0361

## VON Breast Cancer Network (Cornwall)

- Purpose: To provide information and hold discussion sessions for cancer patients and their loved ones.
- Meets every third Thursday of the month, 7 p.m.
- VON Office, 2nd floor, 205 Amelia Street, Cornwall
- Contact: Stephanie Ruckstuhl, @ (613) 932-3451

## VON Prostate Cancer Support (Cornwall)

- Purpose: To provide information and hold discussion sessions for cancer patients and their loved ones.
- Meets every second Thursday of the month, 7 p.m.
- VON Office, 2nd floor, 205 Amelia Street, Cornwall
- Contact: Stephanie Ruckstuhl, @ (613) 932-3451

## West Quebec Cancer Support Group (Aylmer Sector)

- Purpose: To provide support and encouragement to cancer patients/survivors in West Quebec, as well as to provide a forum for discussion. We now have volunteers to provide one-on-one support for specific types of cancer as well as ongoing support in other areas.
- Meets on the first Tuesday of every month, 7-9 p.m.
- Aylmer United Church (in the parlour), 164 rue Principale, Aylmer, Quebec.
- Contact: 819-682-4453

## Willow Breast Cancer Support and Resource Services

- Purpose: To provide information, support and networking to those women with breast cancer.
- Support from trained volunteers who have experienced breast cancer themselves.
- Contact: 1-888-778-3100; Website: www.willow.org
- Youth/Pelvic Pouch Group
- Purpose: To provide education and emotional support to those who have had pelvic pouch or ileostomy surgery, with particular emphasis on the problems of the young.
- Contact: Jennifer Bisson @ 839-7424 or Rachel Seed @ 832-3522.

*If you would like your Support or Information Group mentioned in the next edition of Challenge...Life with Cancer contact Brenda Moore, Education Department, The Ottawa Hospital Regional Cancer Centre at 613-737-7700 ext. 6587.*

The  
Ottawa  
Citizen



Bringing Healthcare home

Dr. Hartley Stern, head of The Ottawa Hospital Regional Cancer Centre, is shown here during a surgical procedure.

Photo: Jayne Balharrie

This is what we do every day:  
provide pictures and words  
highlighting those heroes  
that keep our community  
strong — from the surgeons  
and nurses to those they help  
in the fight against cancer.

*“Fighting cancer every  
step of the way”*

**OTTAWA CITIZEN**

For home delivery call 596-1950