

“Doctor, Let’s Do this Together”

Dr. Martin Chasen provides a new definition of Palliative Care.

With his soft South African accent, Dr. Martin Chasen stands in front of a group of cancer survivors, patients and caregivers. His message is clear; “We don’t die because of cancer, we LIVE in spite of cancer.”

The boardroom of the Ottawa Regional Cancer Foundation, overlooks the Glebe and downtown Ottawa. The table seats 12, yet 18 people have arrived to hear Dr. Chasen’s presentation.

A quick roll-call reveals who they are and why they are here. The first two guests are breast cancer survivors, the next is a survivor of non-Hodgkins lymphoma. Seated next to her is a woman undergoing clinical trials for ovarian cancer (you will meet Monica on page two of this newsletter). Next to her is Dr. Oliver Keller, a medical oncologist.

At the head of the table is a man whose wife died of ovarian cancer last year - he is here to learn more about caregiving so he can help others. Next is a couple, the husband suffers from tongue cancer. Beside them is a psychologist from the University of Ottawa and next to her is a man who is an 11 year colon cancer survivor. He learned 9 weeks ago, that his cancer is back. Then, there are two friends, one has cancer, the other is here to support her.

“With cancer, you don’t need to feel helpless, hopeless and abandoned. That’s what we’re fighting,” says Dr. Chasen. “Today, anybody diagnosed with cancer has a 64% chance that they will be alive after five years.”

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“I’m not dying from cancer, I’m living with cancer.”

Cancer Prevention: Ovarian Cancer

There is a growing body of literature surrounding cancer prevention. Research includes decreasing the risk of getting cancer as well as decreasing risks of recurrence.

There can be many possible causes of cancer. Age and family history can play a role in getting ovarian cancer.

cancers (breast, uterine or colorectal cancer), never having been pregnant and the use of hormonal replacement therapy over a long period of time (especially estrogen-only therapy) can all play a role in getting ovarian cancer.

Many of these risks are hard to avoid. Aging cannot be avoided.

How Positive Are You?

Monica Baker’s positivity inspires everyone around her.

“As soon as I was diagnosed with ovarian cancer, the hospital wrapped its wings around me, like a bird...or an angel. They took control and told me; **Okay. You have cancer. This is what we’re going to do about it.**”

Monica Baker turned 46 on September 2nd, just over three years since discovering she had ovarian cancer.

Prior to her diagnosis, Monica was always moving - a woman on the go. A Girl Guide leader, an active “Y” volunteer, Monica ran strength and fitness classes for the RCMP and was also active in her church, volunteering with the children’s liturgy. However, her fondest role was taking care of her home, her husband Darren and their two children Alexandre and Adriana.

“The hardest part was dropping all my volunteer work,” she says. “I even got fired from my main job...taking care of my family.”

When Monica was sick and undergoing chemo, her weight plummeted from 127 to a gaunt 90 lbs. Suddenly, the caregiver was being cared for by her extended network of friends, family and church.

“The scary thing about ovarian cancer is you don’t know it’s there until it’s too late,” says Monica. “There are four stages. I was stage 3c - one of the worst. It was working its way around me. I had an operation, including a hysterectomy and was surprised to hear how bad it was.”

Staying positive.

Even as Monica describes her darkest hour as a cancer patient, you can hear the positivity in her voice. In the next breath, she explains what she will do and is doing for others who are fighting ovarian cancer.

“There was a group of four of us who all got to know each other during chemo. (Monica has had 18 rounds of chemotherapy). One of the girls, Christina, was only 25 years old,” she recalls. “We all thought that since we’re on this journey, why not help others?”

When asked about how cancer has affected her children, Monica pauses for a moment and shares a story about her son, Alex.

“It has made my kids stronger,” she says. “My son came up to me one day. I got the feeling he wanted to say something. After some coaxing he said; ‘I’m afraid you’re going to die’. I told him that I’m here now and I’m okay, but I’m on this journey. I want to see you and your sister graduate from high school and college. I want to see you get married. I want to corrupt my grandchildren! Those are my goals.”

Then, like the wings of an angel she hugged her son.



“The scary thing about ovarian cancer is you don’t know it’s there until it’s too late.”

Monica, her husband Darren and their children Alexandre and Adriana spending quality family time. Monica is excited about clinical trials for ovarian cancer coming to Ottawa and she looks forward to the opening of Wellspring Ottawa.

(DOCTOR, LET’S DO THIS TOGETHER CONT...)

Dr. Chasen has identified a four-step process to deal with cancer diagnosis.

- The first step is PREVENTION “We must talk with patients. Treat them and prepare them for what’s coming.”
- The next step is RESTORATIVE “We are curing patients of the disease. Now we have to help them. Each and every day is important. Every day we can improve ourselves is worthwhile.”
- Third, we must be SUPPORTIVE, by “taking care of cancer patients at all times during their treatment.”
- Finally there is PALLIATIVE which, from Dr. Chasen’s point of view, can also be step one. “Palliative care is for the living. It should be instituted at the date of diagnosis. A palliative care referral simply means the patient will live longer.”

It has been just over a year since the Ottawa Regional Cancer Foundation co-funded a Palliative Care Rehabilitation program along with Elisabeth Bruyère Hospital. Dr. Chasen leads the newly formed position of Palliative Care Rehabilitation and Survivorship, hosted at Bruyère and supported by the Cancer Foundation and donors like you.

“Cancer means loss. You lose your hair. You lose your job,” notes Dr. Chasen. He wants to make his next point very clear when it comes to cancer patients and their families. “It’s time for cancer patients to stop the losing. You want to train them. To teach them. To let them see how they can affect a change in their own quality of life. That’s important.”

Dr. Chasen champions a new definition of palliative care. It is about improving quality of life now. It is about combining the benefits

of good nutrition, exercise and psychological care for the living, in the earliest stage possible.

“Cancer is not a curse,” says Dr. Chasen. “It’s time to stop the losing and start the gaining. Each and every day is important. Every day we can improve ourselves is worthwhile.”

(The Ottawa Regional Cancer Foundation continues to partner with Bruyère as they build their Palliative Care program. Our fundraising objectives include a \$200,000 commitment to be fulfilled by 2014).



Dr. Martin Chasen speaks to a group of volunteers, cancer survivors, patients and caregivers during a presentation at the Ottawa Regional Cancer Foundation. If you are interested in volunteer opportunities with the Cancer Foundation, please contact Justin Van Leeuwen at 613-247-3527.

The Ottawa Regional Cancer Foundation Believes!

“We believe that everyone in our community must be offered the best chances for preventing, treating and surviving cancer. We address the needs of survivors and the gaps in Eastern Ontario’s cancer care system through proactive fundraising and impactful funding.”

We believe that cancer survivorship requires the involvement of the entire community. There is strength in unity. We rally all

those who want to be active in the fight, give them a voice and provide them with a gateway to action.

We believe that we have a responsibility, to ourselves, to our stakeholders and to the community itself, to continually innovate and to strive to deliver in ways that will produce the greatest impact on lives.”

(CANCER PREVENTION: OVARIAN CANCER CONT...)

However, new evidence suggests there are a number of things we can do to reduce our risk of developing ovarian cancer and other cancers as well! It has been shown that a diet based on legumes, fruits, vegetables and fish reduces our chances of getting cancer. Conversely, a diet high in meat, fat, dairy and processed foods can increase our chances of developing many cancers.

Exercise is critical. Just thirty minutes a day of moderate exercise

can go a long way in preventing a recurrence of cancer or reducing the likelihood of getting it at all.

And finally, the proper amount of sleep (seven hours per night on average) and relaxation is critical in preventing cancer. During sleep, our body regenerates and heals.

It is never too early or too late to take care of yourself. Focus on three critical areas: diet, exercise and sleep to give your body a fighting chance.

Without cost or need of referral: Coming Soon...Wellspring Ottawa - MAPLESOFT Centre

Hundreds of supporters, patients and survivors, city councillors, and mayoral candidates gathered on a damp June morning for the ceremonial ground-breaking.

“We have waited so long for this moment,” said Linda Eagen, President & CEO of the Ottawa Regional Cancer Foundation. “Wellspring will help thousands of cancer patients in the Ottawa area. This is a great day for our volunteers, donors and our community.”

Located next to the Richard and Annette Bloch Cancer Services Park, Wellspring - MAPLESOFT - Centre will soon be the place for cancer patients, survivors, family and caregivers to go for a wide range of cancer support and services.

“Wellspring will help thousands of cancer patients in the Ottawa area. This is a great day for our volunteers, donors and our community.”



Mrs. Laureen Harper joins Mr. Jody Campbell, President, MAPLESOFT Group, Ms. Linda Eagen, President ORCF, Mr. Guy Leung, ORCF Chair and Mr. Bob Côté, MPP, Ottawa-Carleton Region at the end of the WellSpring Ottawa - MAPLESOFT Centre, Grand Opening - Fall 2011.

Can You Really Fight Cancer?

Surprise! you already are.

Today’s charitable donors have a deep desire to make a difference. They are interested in getting to the bottom of a problem and working on it from the ground up. Many donors are interested in getting involved with their favourite charities and learning about the programs and services they provide.

We value long-term relationships and encourage our donors to become knowledgeable about our vision and long-term goals.

To support the Ottawa Regional Cancer Foundation through a donation or to discuss a gift in your will, or any other type of philanthropy, please call us at 613.247.3527 and ask for John Ouellette.



Supporting the Ottawa Regional Cancer Foundation
Every dollar you share, stays in Eastern Ontario, helping people close to home.

Ways to give:

Call: 613.247.3527
Online: www.ottawacancer.ca
Mail: Ottawa Regional Cancer Foundation
704-265 Carling Ave., Ottawa ON K1S 2E1

Yes, Please include my name in the fight against cancer!

Enclosed is my gift of \$50 | \$75 | \$100 | \$_____ (other)

Name _____

Address _____

City _____ Prov _____ Postal Code _____

Tel _____ Email Address _____

Enclosed is my cheque, payable to Ottawa Regional Cancer Foundation

Please charge my credit card VISA MasterCard AMEX

My Card Number _____

Empty (NAME) Signature _____