

The Answer

OTTAWA REGIONAL CANCER FOUNDATION • 704-265 CARLING AVE • OTTAWA ON • K1S 2E1

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Ottawa Regional Cancer Foundation



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Misha and his mother, Josée - looking toward the future.

A Chance To Dream

Miracle treatment for teen with rare brain cancer

Misha actually had a chance. Thanks to a scholarship, he moved to New Hampshire to play collegiate hockey.

Misha's hopes of playing in the NHL came to a sudden halt just six months after he began chasing his dream. While celebrating a win with his team, his hand went numb. He tried to shake it off, but minutes later, he collapsed and was rushed to hospital.

Did he suffer a stroke, or heart attack? Tests came up negative, until a brain biopsy delivered devastating news - Misha had a rare form of brain cancer.

"That was the worst day ever," says Josée, Misha's Mom.

It was time for Misha to come home to CHEO, where doctors started radiation and chemo treatments and performed an 11 hour risky surgery, all with

negative results. Misha was getting sicker and they were pessimistic about his survival.

Meanwhile, more than 6,500 kilometres away, in Italy, an 18-year old girl, diagnosed with the same rare brain cancer was participating in a two-year experimental drug therapy program. She was getting better.

For the first time since Misha's diagnosis there was hope. Josée was determined to make this drug available to Misha. She knew this could be Misha's last chance.

Treatment began in January 2007 and six months later, they received the results from the first MRI.

"At first I couldn't believe it, no sign of cancer." Josée said. "It was what we all hoped for."

Today Misha is 19 and living on



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"Dream as if you'll live forever, live as if you'll die today"

- James Dean

campus at Carleton, enjoying his first year of University. He makes the trip back and forth to CHEO every week for treatment. He attends classes two days out of the week, gets treatment on the third day and goes back home to recover from the intense side effects.

"Hockey was my life," says Misha. "I'm a different person now; it's time to implement Plan B."

His mother beams with pride. "He can spend up to 5 hours a night on math homework and loves every minute of it. This miracle drug has given us so much more than just hope, it's given us a chance to dream once again and plan for the future."

Terribly Missed. Eternally Grateful

Your will is your legacy.

When Rita passed away in 2007, she changed many lives. To this day, close family and distant strangers benefit from her kindness.

Rita led an amazing life. When her husband died, Rita turned

her focus to her children, friends and volunteer work. She was a tiny woman with a constant smile and a caring heart. Rita loved and was loved by everyone. She was a wonderful woman - and when it came to her finances...very shrewd.

When she passed away, Rita's estate was worth around \$1 million. This represented a lifetime of hard work for her and her husband. She knew her children were safe and secure in their jobs. She also knew

she wanted to leave \$100,000 to the Ottawa Regional Cancer Foundation.

Working with her financial planner, Rita was able to minimize the taxes on her estate

(Continues on page 2)



The Collective Will Society
Leaving a Legacy of Hope

Interested in making a gift to the Foundation through a bequest, gift of stock or life insurance? • Call the Foundation office at 613.247.3527

(Your will your legacy : Continued from cover page)

through this gift. In fact, based on an average 45% tax rate, her \$100,000 gift generated more than \$40,000 in tax savings on her estate.

The good news? After her final taxes were paid, her children shared \$490,000 and the Ottawa Regional Cancer Foundation received a generous gift of \$100,000.

If Rita had not made the charitable gift, this would leave \$550,000 to her children and absolutely nothing for her favourite cause. If you knew Rita, this was just not acceptable!

Rita answered some of the key questions you may consider when planning your Will;

- Is my family taken care of?
- Am I maximizing the net worth of my Estate?

- Does my Will manage the tax consequences and costs arising upon my death?
- Have I named my favourite causes in my Will?

Rita knew, with some careful planning, some professional advice and by following her heart, she could reduce estate taxes, help her children, nieces, nephews and others.

Her loved ones still smile when they think of her. Rita would smile if she could ever meet the cancer survivors who benefited from her kindness. That is Rita's legacy.

Join The Collective Will Society at The Ottawa Regional Cancer Foundation. To find out more please contact Lucie Châtelain Director of Gift Planning by telephone, 613.247.3527 or email; lchatelain@ottawacancer.ca

\$250,000 to CHEO For Brain Cancer Research

In June 2008, Ottawa Regional Cancer Foundation joined Wade Redden, Dr. Mark deGruchy, the CHEO Foundation and the CN Miracle Match program to send \$1 million to the CHEO Research Institute.

You can designate your gift to CHEO by letting us know at the time you make your donation.

Visit : www.ottawacancer.ca/donate



All Smiles! CHEO Foundation President Fred Bartlett, accepts cheque from John Ouellette of the Cancer Foundation

** Please note; Rita's story is unique and used for illustration purposes only. Your personal financial and tax situation is distinct. Please consult with your legal or tax advisor to ensure you receive a full and accurate explanation of the benefits of your charitable gift.*

Spike for Life! Going Strong...



Spike for Life organizing team presents cheque during the 2009 Telethon of Hope.

Judith DiMillo never smoked. In fact as a registered nurse, she knew the value of exercise and healthy diet. Imagine her shock when she was diagnosed with lung cancer in March 2005 – just shy of her 45th birthday.

However, Judith wasn't one to sit around. With the help of her friends, she decided

to do something for cancer patients in Ottawa. "Spike for Life" was born. A volleyball tournament in support of the Ottawa Regional Cancer Foundation.

One of her friends, Tracy Zambonin remembers Judith saying, "Tracy, anybody can get cancer, I got it and I've done everything to prevent it! It's a

Recent Gifts Saving Lives!

- Catherine Neville and Nicholas Bott
Parade of Ponds- Pond Clinic Tour
\$2,268.34
- Estrelita Aboukadam
Sizzle with Style - Fashion Gala
\$10,350.00
- Laura Logan and Nathan Smith
Cushman Wakefield & Lepage Golf
Tournament
\$31,994.06

Thank You!

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dreadful disease and any impact we can make, we have to try."

Judith wanted the money raised from "Spike for Life" to help Palliative Care Outreach Services in Ottawa and she

(Spike for Life continued top of page 3)

(Spike for Life continued from page 2)

wanted to sponsor a treatment room at the new Irving Greenberg Family Cancer Centre in the name of Anthony Regimbal.

Tragically, Judith succumbed to the disease on May 1st 2008, but not before "Spike for Life" had raised more than \$65,000 for Cancer care.

Judith would have celebrated her birthday with husband George and sons Thomas and Andrew on Saturday,

March 28th, the same day as the last "Spike for Life". \$39,440 was raised – a new record!

Today, "Spike for Life" is in the hands of her close friends – Judith's name and dream are alive and spiking!

Judith's guiding principles are her legacy and a guide for Spike for Life Tournaments. Recently updated by Tracy, they can be seen at www.ottawacancer.ca

If you are planning a fundraising event for cancer please contact Tara Beechey or Ryan Gorman at 613.247.3527

Are You Living it Up?

Breast cancer survivor has a zest for life



Russ and Judy Hill Petawawa, Ontario

Judy and her husband Russ have had their share of health scares. Since 2002, Judy has had three cancer surgeries on her right breast. Last May, Russ had a stent placed in his heart.

"You've got to live it up today!" says Judy. "If you want something - get it!"

What Judy wants is a cure for cancer. And like many cancer survivors, Judy now focuses her support on helping other cancer patients.

Judy's compassion extends to her two sisters-in-law, both breast cancer survivors. She worries about her best friend, fighting her breast cancer with everything she's got. And she gives regularly to the Ottawa Regional Cancer Foundation.

"We have been monthly donors to the Cancer Foundation for the past five years. It's not much, but we give what we can every month." Says Judy.

Judy and Russ are okay today and enjoying their retirement. They lead a comfortable life and are able to travel. They manage their spending and understand the value of money. They hope others follow their lead by supporting the Cancer Foundation by giving what they can.

"The oncologists in Ottawa are run off their feet. My doctor, Dr. Verma is an angel. He saved me, he saved my friend Tom, who had stomach cancer the size of a plate. Yet, there are so many others to be saved, and they need our support."

"By having cancer, I have met so many nice people. It makes you realize what's important in life."

- Judy Hill

"I found my lump myself, seven years ago. If I hadn't I would be history by now. Instead, Russ and I are enjoying our retirement together – forever."

The moral of this story? Care for yourself, care for others and live it up! That may just be the answer to cancer!

The Answer

"The Answer" is our way of letting you know how your gift is saving lives, helping families and in no small way - changing the world.

You are **The Answer** to Cancer.

The Answer is a publication of the Ottawa Regional Cancer Foundation.

For more information call us at 613.247.3527 or email us: info@ottawacancer.ca

DID YOU KNOW?

Dr. Shail Verma is an internationally known breast cancer expert. Dr. Verma leads the Multidisciplinary Breast Site Group and is co-chair of the Melanoma Disease Site Group, and is working on treating inflammatory breast cancer. Dr. Verma receives funding from the Ottawa Regional Cancer Foundation.



Dr. Shail Verma - Medical Oncologist, Ottawa Hospital Regional Cancer Centre.

To donate now call the Ottawa Regional Cancer Foundation at 613.247.3527 or use the form on page 4 of "The Answer".

Three Things That Could Save Your Life

And it won't cost you a cent!



Dr. Gad Perry Radiation Oncologist Ottawa Hospital Regional Cancer Centre

There are three things you can do to lower your cancer risk: prevention, early detection and treatment—in that order.

“Start with prevention; a healthy diet, moderate exercise and refrain from smoking”

says Dr. Gad Perry, radiation oncologist at the Ottawa Hospital Regional Cancer Centre. “Once you’re taking on some responsible preventative measures it’s important to think about early detection. Get screened at the recommended age, when finding it can make a difference.”

Healthy Ontarians have three funded (and underutilized) cancer-screening programs to choose from:

- ① A mammogram for women 50-69 to detect breast cancer.
- ② A pap test for sexually active women and those over 21 for cervical cancer.
- ③ A fecal occult blood test for people 50 to 74 to detect colon cancer.

70% of women in Ontario undergo Pap tests and only 63% of eligible women get mammograms.

When it comes to government-funded fecal occult blood tests, fewer than 22% of those eligible take the test – even though this simple test reduces mortality rates.

“That’s the whole reason they’re funded, because they’re proven to save lives”, points out Dr. Perry.

Medical professionals can’t explain why so many people avoid these free, life-saving tests.

“Some women don’t want their breasts poked, pushed and prodded, and the stool test is simply ‘yucky,’” says Dr. Perry. “It might not be pleasant, but it could save your life.”

Ontario has one of the highest rates of colorectal cancer in the world. But, according to Cancer Care Ontario, early detection can cure 90% of colorectal cancer cases.

Any resident in Ontario over 50 years old, or with a history of colon cancer is eligible for an annual fecal occult blood test – having stool detected for blood. If the test is positive, a colonoscopy, an exam used to check for colon polyps, or growths, or cancer, is recommended. It’s easy and covered if you live in Ontario.

Prevent. Detect. Treat. Do yourself a favour - start today!

Your Donations at Work!

\$40,000 Sentinel Lymph Node Probe
Pembroke Regional Hospital (with special thanks to Giant Tiger)

\$115,000 to develop a state-of-the-art Endoscopic
Ultrasound Program
Ottawa Hospital Regional Cancer Centre.

\$235,000 supporting Cancer Clinical Trials
Ottawa Hospital Regional Cancer Centre.

To learn more about how your gift saves lives call us at 613.247.3527 or visit us online at www.ottawacancer.ca

Donate online at: www.ottawacancer.ca

Donate by phone: 613-247-3527

Mail your donation to:

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Yes Please include my name in the fight against cancer!

Enclosed is my gift of \$50 \$75 \$100
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