



Cancer changes lives, but so do you.  
Here's how YOU are changing the cancer story.

Report to Donors 2019



# Your generosity is saving lives!

Thanks to YOU and our family of 15,000 generous donors, we raised

# \$4,116,802

for the best cancer care for our loved ones!

Whether a family needs help with their practical, mental, or emotional needs when they meet with their Cancer Coach, or they require access to the latest clinical trials and research breakthroughs, you are here to help!

## Here's what you have accomplished this year:



**453 families**  
helped through  
Cancer Coaching



**4 grants**  
made to local  
cancer researchers



**44 Cancer  
Coaching sessions**  
online through NexJ



**81 active  
clinical trials**  
happening here in  
Ottawa, helping  
hundreds of local patients



**1,425 hours**  
of one-on-one Cancer  
Coaching sessions

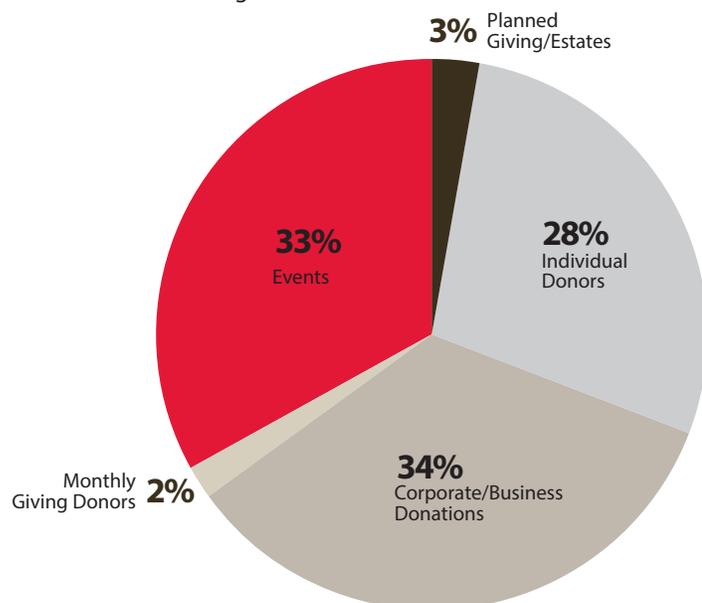


**1101 referrals**  
to healthcare  
professionals and  
community  
resources



**166 coaching  
sessions**  
at satellite locations  
closer to home across  
the Ottawa region

## Your fundraising by the numbers



# With YOUR help, blood cancer research is pushing boundaries!

Researchers at The Ottawa Hospital have you to thank.

Over the past year, The Ottawa Hospital, in partnership with leading cancer immunotherapy network BioCanRx, has facilitated the completion of three projects integral to bringing a made-in-Canada CAR T therapy to Ottawa.

This means patients with difficult-to-treat blood cancers will soon have another option for receiving this innovative therapy much closer to home.

One of these projects, the GO-CART study, examined all possible methods for the completion of a CAR T clinical trial at The Ottawa Hospital, with the goal of creating a best-yet trial in the CAR T arena. Dr. Manoj Lalu and Dr. Dean Fergusson of The Ottawa Hospital Research Institute (OHRI) led a team that analyzed data from nearly 1,000 patients who participated in 60 different CAR T trials around the world, and found that CD19 CAR T therapy eliminated all signs of cancer in almost 80 percent of patients with Acute Lymphocytic Leukemia. Looking at blood cancers overall, the complete response rate was approximately 50 percent.

The team also found, contrary to some expectations, that there was no link between major immune side effects and complete response, suggesting that it may be possible to get even better responses without increasing side effects.

These findings are truly incredible, and will go a long way in helping shape future research and clinical trials to help patients with difficult to treat blood cancers.

The Ottawa Hospital's CAR T research program is possible because of support from BioCanRx, the Canada Foundation for Innovation, the Government of Ontario, The Ottawa Hospital Foundation and the Ottawa Regional Cancer Foundation, among others.

So, thank you for helping local researchers push towards the next breakthrough in cancer care!



Dr. Manoj Lalu and Dr. Dean Fergusson. Photo courtesy of The Ottawa Hospital.

## What is CAR T Therapy?

CAR T therapy (chimeric antigen receptor T-cell therapy) is a type of cancer treatment in which a patient's T-cells (immune system cells) are removed from their body and modified in the laboratory so they will attack cancer cells when reinfused. CAR T has shown particular promise in treating blood cancers like Leukemia. More local trials will soon be coming right here to Ottawa - thanks to generous people like YOU!

# Thanks to you, cancer patients are able to receive the best treatments sooner.

## Biomarker testing is now happening at The Ottawa Hospital.

At The Ottawa Hospital, there is a molecular testing lab where screening for gene mutations and biomarkers can take place soon after a person's diagnosis. This testing helps oncologists personalize their patients' treatments, especially those with lung cancer.

Here in Ottawa, lung cancer was the first disease site group to undergo a "transformation" to allow molecular testing to occur quickly and efficiently after a patient's diagnosis. This allowed patients to receive a more personalized therapy as soon as possible. Lung cancer can have many different types of mutations, which can be treated in a number of different ways, so it is important to know which mutations a patient has in order to choose an effective treatment plan.

## And, PARP Inhibitors are changing cancer care for ovarian cancer patients!

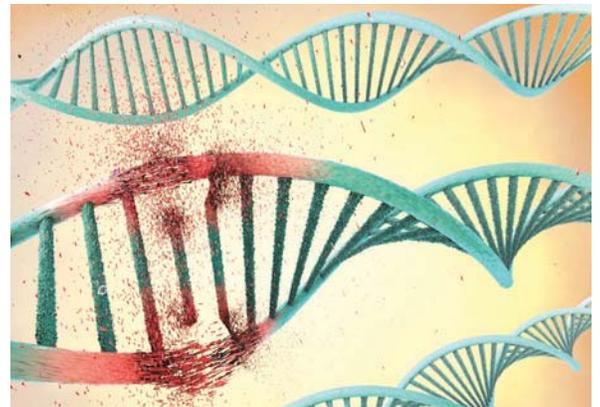
Thanks to your support, many cancer patients are now able to receive PARP inhibitors for the treatment of ovarian cancer. So far, The Ottawa Hospital has enrolled 40 patients on six clinical trials testing the efficacy of Niraparib, Olaparib, and Rucaparib in treating ovarian cancer.

PARP inhibitors work by affecting a cell protein called PARP1, which is responsible for repairing DNA damage. Cancer cells usually repair themselves more often than non-cancerous cells, so inhibiting the PARP1 protein can interfere and cause cancerous cells to die off instead.

In some cases, women have been using these treatments for years with no cancer progression!

The Ottawa Hospital has also been able to open clinical trials for drugs that can treat rare vulvar cancers, cervical cancer, fallopian tube cancer, primary peritoneal cancer, and endometrial cancer. There are currently eight active trials for gynecologic cancers open in Ottawa, with nine trials that have closed but where patients are still using the treatments due to positive response. Results from these closed trials will soon be able to help guide future treatment decisions and drug approvals.

This is wonderful news for local cancer patients, and it's all thanks to support from people like YOU!



PARP inhibitors work to prevent cancer cells from repairing their DNA.

### You should know...

It is important to know that a breakthrough in cancer research for a specific cancer (blood, ovarian, lung) has impact across all cancer research. The findings in one treatment option can help influence other researchers and oncologists to improve their work focusing on a different type of cancer. This means that one breakthrough has a wide ripple effect!

# You're giving real hope to those facing prostate cancer.

Recent results from the SPARTAN clinical trial have identified a drug that can help men facing prostate cancer live years longer before their disease spreads.

Castrate-resistant prostate cancer (CRPC) is very difficult to treat. When prostate cancer returns after local therapy (surgery and/or radiation), standard treatment is hormonal therapy or Androgen Deprivation Therapy. Eventually, many of these cancer develop resistance to hormone therapy, which is known as being castrate-resistant. Historically, there have been no further therapies that could help delay the spread of CRPC, and it left many patients in a challenging situation – until now.

**Results from the recent SPARTAN Trial, a nationwide study with an arm held here in Ottawa, show the longest period of metastasis-free survival as compared to any other available treatment.**



Dr. Shawn Malone

*"This is an exciting trial," says Dr. Shawn Malone. "This is the kind of stuff that is going to change things in the next 5-10 years."*

"Metastasis accounts for a vast majority of cancer-related deaths, and so preventing or delaying the cancer from spreading obviously remains an important treatment goal," explains Dr. Shawn Malone, Radiation Oncologist at the Ottawa Hospital and an investigator on the trial. "Until SPARTAN, there were no approved treatments for men with castration-resistant prostate cancer before their cancer metastasized and it was a challenging waiting game."

The SPARTAN study examines the effects of a drug called apalutamide on patients with non-metastatic CRPC. Preliminary results of the study show a strong trend of improving survival for men with CRPC. The average period of metastasis-free survival is almost 3.5 years on the drug, vs. just over one year on the placebo. The secondary outcomes

measured in the study were also significantly longer with apalutamide than with the placebo overall; the risk of metastasis or death was more than 70% lower for men treated with apalutamide than it was for those receiving the placebo.

"What we're seeing is a longer period without metastasis with a drug that is very well tolerated," explains Dr. Malone. "Participants of the trial experienced few side effects on the drug, and either delayed or prevented the onset of symptoms related to metastasis. So patients are living longer and with a very good quality of life."

This is an incredible achievement in treating men's cancers, and we have YOU to thank!

# Families across the country are benefitting from Cancer Coaching!

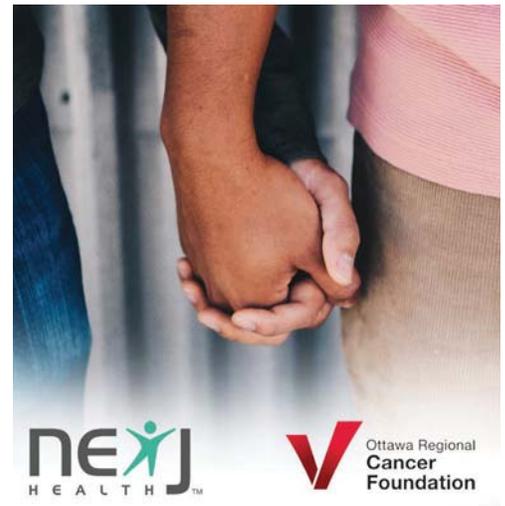
You've given those facing cancer access to a Cancer Coach through NexJ.

This past winter, Cancer Coaches began coaching clients across Canada in large part because of your support and the resulting availability of the NexJ online coaching platform. Cancer Coaches have been able to help clients from as far as Toronto and Vancouver!

And, last year, the Cancer Foundation's Coaching staff began outreach to health centres in Timmins, Ontario to maximize an existing relationship and to test a new online coaching model. As you may imagine, in a small, northern community, cancer patients face many barriers, particularly associated with travel and access to care. Patients often have to drive several hours to larger cities to receive treatment that is more specialized. Even those who do go still find that they lack the resources that a patient in a metropolitan area might have.

Families in Timmins were thrilled to receive personalized care through this Cancer Coaching pilot program, and the healthcare professionals supporting them are excited to learn more about how they can use Cancer Coaching and NexJ in their practices to offer exceptional care for their patients.

Your support of NexJ means that local Cancer Coaches will be equipped to help those in need no matter where they are. THANK YOU!



Families everywhere are able to connect remotely with a Cancer Coach, through NexJ.

## ICAN Coach Workshops

ICAN Coach is a workshop series developed by the Cancer Foundation to coach healthcare professionals (oncologists, nurses, social workers, etc.) on the fundamentals of Cancer Coaching and how they can use the skills of a Coach to provide excellent, whole-person care to their clients. NexJ provides a platform for teaching, for sharing information and for participants to continue with case management and stay up to date on the information they need to help others.

## Cancer Coaching Statistics



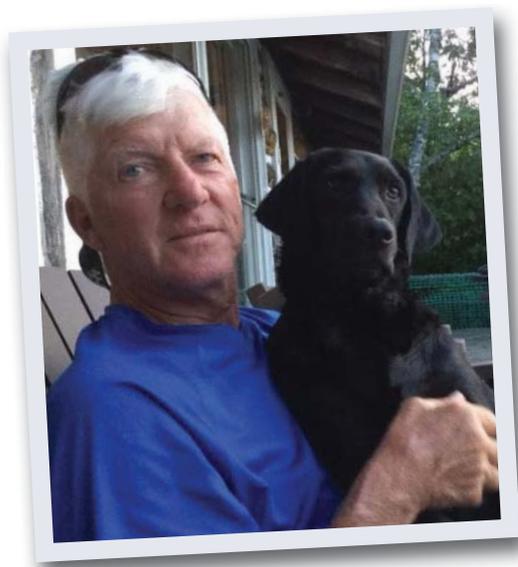
# You're giving patients more treatment choices through clinical trials.

Nearly two years ago, Jean Payette began treatment for prostate cancer.

But today, with no surgery, no chemotherapy, and limited radiation, his PSA levels are now what his doctor describes as “excellent.”

This is because his oncologist, Dr. Scott Morgan, asked him early-on if he’d like to participate in a clinical trial. The study was held at The Ottawa Hospital, just steps from Jean’s home, allowing him to choose a course of treatment that would be minimally invasive with very few side effects.

*“My wife is a nurse, and so she really pushed me to do it,” Jean says. “She knew that in a clinical study I would be getting monitored regularly and that I would receive incredible care.”*



Jean is living well, thanks to local clinical trials.

And she was right – Jean joined the PACE trial, which uses Stereotactic Ablative Body Radiotherapy (SABR) to treat early-stage prostate cancer. It involves having platinum chips inserted into the prostate to help guide targeted, high-intensity radiation treatments. Thanks to the study, Jean completed his radiation treatments in just five half-hour long sessions – if he’d chosen a traditional course of treatment, it would have involved up to 39 sessions and possibly a full prostatectomy.

*“I’d heard there were a number of complications that could come with the surgery, so I wanted to avoid it if I could,”* Jean says. And because the clinical trial was available locally, he was able to make the choices that were right for him and still receive an incredibly effective therapy.

He says that overall, it was also a relatively easy process – while the treatments did require a bowel preparation and his health needed to be monitored regularly, he wants other patients to know that taking part in a clinical trial is likely less intimidating than they might think.

The SABR study that Jean took part in was funded in part by the Prostate Cure Foundation, and also by other donors and organizations in the community. Community support for our local clinical trials office allows studies like this to take place year-round, giving patients like Jean more choices and better treatment options. Thank you for supporting the future of cancer care!

They say that every story has a hero,  
but this story has two:  
those who are facing cancer, and the  
Champions who help them.

**YOU are their Champion.**

You make it possible for people to face cancer with hope and confidence. You give them the chance not simply to survive, but to thrive in spite of cancer.

Your gift from the heart has touched many more hearts.

Thank you!

For further information please contact:

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The Ottawa Regional Cancer Foundation delivers life-changing results for those affected by cancer. We are dedicated to improving local cancer care through the delivery of our Cancer Coaching health and social care service, and we are helping extend lives by bringing new and innovative treatments to our community through the funding of local clinical trials and research.