



Cancer changes lives, but so do you.

How YOU are changing the cancer story.

YOU have done wonders ...

You belong to a family of more than 14,000 passionate people who champion families facing cancer in our region. And this year, you've raised **\$5,768,107** to provide our community with the best cancer care, help researchers develop the best treatments, and one day to find a cure here in Ottawa.

Your support of Cancer Coaching, research, and clinical trials has changed the lives of families throughout the region.

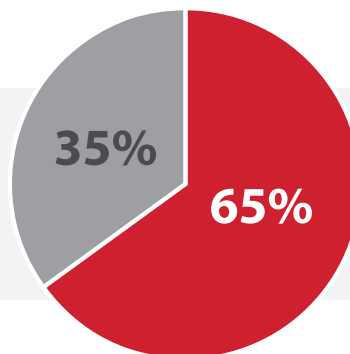
These are their stories ...
and YOU are their hero!

Thank you!



Young philanthropists selling lemonade to help advance cancer research through the Cancer Foundation's 2018 Cardel Homes Lemonade Standemonium presented by Palladium Insurance.

Your dollars at work in our community in 2017-2018



- Cancer Coaching
- Research, Clinical Trials, and Patient Care

How YOU, our donors, are saving and changing lives by supporting:



3,369

families on their cancer journey through Cancer Coaching



1,200

patients through clinical trials, bringing them the latest and best cancer treatments sooner



133

Cancer Coaching sessions at satellite locations closer to home in Kanata, Clarence-Rockland, and Vanier



128

active clinical trials and 5 cutting-edge research projects here in Ottawa

... by changing lives for the better!

This year, you've been a strong supporter of local families facing cancer.

Have a look at a few ways YOU are changing their cancer journey.

YOU gave HOPE through cutting-edge research

Thanks to your generosity, we're that much closer to a new, made-in-Ottawa cancer therapy. Local researcher Dr. Ian Lorimer has developed a new approach for a deadly type of brain cancer, and it's now moving to the next phase in testing.

Dr. Lorimer's research specializes in glioblastoma multiforme, an aggressive form of brain cancer that is very difficult to treat.

But with YOUR help, his team has been able to characterize the molecule responsible for glioblastoma's growth, and develop a new therapy to counter these using neural stem cells. These designer stem cells are created from patient skin cells, and are used to deliver an engineered protein to glioblastoma cells, causing them to die off.

Dr. Lorimer is very optimistic about this new approach and says funding from Cancer Foundation donors is what has made this discovery possible. Thank you!



Dr. Ian Lorimer advances brain cancer research through your support.

It's a FACT:
YOU made a
huge difference!



YOU supported every single clinical trial that has opened in Ottawa over the last 12 years.



For every \$1 YOU gave, the clinical trials office at The Ottawa Hospital leveraged \$8 of additional funding to run trials right here in Ottawa.



Current trials are consistently yielding more positive results as they become more targeted towards specific cancers and specific patients.

Responding to survivor needs, because of YOU

With your support, we've been able to adapt Cancer Coaching services so they better respond to the needs of survivors and their caregivers:

One-day workshops: Coming to the Cancer Foundation's Maplesoft Survivorship Centre for two-hour sessions over several weeks proved difficult for many families, so we adapted some of our workshops, like our Caregivers Program, to run over a single day.

More Reiki appointments: Many cancer patients find Reiki helpful on their cancer journey, and demand for appointments has been high, so we recruited three additional Reiki Master volunteers to meet the need.

Cancer and sexuality: The Canadian Partnership Against Cancer reports that 41.7% of survivors identify sexual intimacy as a challenge, and it's a topic often explored between clients and their Cancer Coaches. To ensure we best meet a client's needs, our Coaches received additional training on cancer and sexuality.

You've taken Ottawa to the forefront of cancer research

We're thanking YOU, our donors, for bringing our community towards a future free from the devastating effects of cancer.

With your help, Dr. Ilkow develops a new oncolytic virus

Dr. Carolina Ilkow, a local scientist with the Ottawa Hospital Research Institute (OHRI), has created a new type of oncolytic virus that can destroy cancer cells more effectively.

Cancer Foundation donors have long supported research into oncolytic viruses, beginning with the work of local researcher Dr. John Bell and his colleagues. Over the last decade, his team has made significant strides in using specially engineered viruses to treat different types of cancer.

And thanks to your support, the OHRI now has a special facility where researchers including Dr. Ilkow can manufacture oncolytic viruses to test the efficacy of viral therapies.

Dr. Ilkow and her team discovered an ancient antiviral defense mechanism in cancer cells called RNA interference, allowing the tumours to evade destruction by an oncolytic virus. As a result of this discovery, the team created a new type of oncolytic virus that can block RNA interference in cancer cells, and destroy them more effectively (while leaving healthy cells intact).

The team is now working to determine how best to use this virus in treatment, and bring new hope to cancer patients.



Dr Ilkow, of the University of Ottawa and The Ottawa Hospital, in her lab. Photo courtesy of the Ottawa Hospital.

Personalized cancer vaccine soon to be tested, thanks to YOU

Cancer Foundation donors are strong supporters of the local clinical trials program, and that support means a new approach to treating cancer is about to be tested.

A personalized cancer vaccine is a form of immunotherapy, a treatment that stimulates a patient's immune system to attack cancer cells. Each vaccine is different, combining components of the patient's unique cancer cells and agents that stimulate an immune response.

Three promising areas YOU helped to fund

Thanks to YOU, our donors, the Cancer Foundation has granted millions of dollars to our local hospitals and scientists to fund ground-breaking cancer research.

Three promising areas we've focused on over the past five years are: **oncolytic viruses, brain cancer research, and rare and difficult to treat cancers.**

These investments have changed the way surgeons operate, improved survival rates, and are bringing us closer each day to a future without cancer. **Thank you!**

Sandy is with us today, thanks to YOU

After receiving treatment for a devastating colorectal cancer diagnosis, Sandy is back to enjoying life.

“It gives people hope to see me doing so well, doing the things I love. I can’t thank donors enough for being part of that hope.” - Sandy

As she sat in her doctor’s office, Sandy was listening to a diagnosis that would change her life: she had colorectal cancer, and it had already spread to her lungs and liver. But thanks to you, Sandy had access to the best possible cancer care and treatments right here in our community.

“My oncologist asked me if I wanted to take part in a clinical trial and I jumped at the chance,” Sandy says.

In addition to chemotherapy, Sandy was given a cancer stem cell inhibitor with the hope that it would stop the cancer cells from growing. “Everything started shrinking,” Sandy says. “The tumours in my lungs disappeared and the tumour in my rectum shrank to the point where I could have surgery. I also had an operation to remove part of my liver.”

Not only has the clinical trial given Sandy the precious gift of time, but she also finds the dosage easy to tolerate.

“My trial doctor has confidence the stem cell inhibitor will prolong my life,” Sandy says. “I have access to the next best thing that comes along. But there’s still so much to learn which is why it’s so important for donors to continue to support cancer research and clinical trials.”



It’s a FACT: YOU are changing the cancer story!



Clinical trials for less common cancers usually receive little to no funding—but not in Ottawa! Thanks to YOU, many local patients with rarer forms of cancer can still access a clinical trial.



Because of YOUR support, 15 first-in-human clinical trials opened here in Ottawa over the last 3 years. This is remarkable for a city with such a modest population.



A strong clinical trials program like Ottawa’s means local research discoveries can become local clinical trials, offering our patients new treatment options close to home. **THANK YOU!**

You brought cancer care HOME ...

Kudos to YOU, our donors, for bringing cancer care close to home, so families facing cancer can spend more time where it matters most.

In 2017, you helped us bring Cancer Coaching services across the region, from Winchester to Kanata, Vanier, Orleans, and Clarence-Rockland.

Now it's 2018, and you've helped us bring these integral cancer care services into the cloud, and into the heart of family homes.

With your help, we're at the NexJ level of cancer care

Cancer patients and their caregivers can now communicate using technology with their Cancer Coach and manage their health more easily than ever before.

The NexJ Connected Wellness digital health tool is now an integral part of the Cancer Coaching experience. The cloud-based, patient-centered platform allows cancer patients and their caregivers to access easy-to-use, evidence-based tools on their phone, iPad, or computers. They can capture their personal health information, track daily activities such as exercise and food intake, monitor and report how they feel, and connect virtually and securely with their health care providers and support network of friends and family.

Because of YOU, clients can now be coached remotely and in the comfort of their own home, extending the reach of this integral cancer care service. Thank you!



Cancer Coach Patti Barrett-Robillard.

"I have a client who has a long-term cancer, so he's dealing with lots of fatigue. His goals are to decrease his fatigue and walk regularly. He started on NexJ on his own and discovered the trackers. In the two weeks after NexJ launched, he regularly met his activity goals and increased his walking. He's very excited about this and feels the trackers are helping him stay motivated. As his Coach, I get notifications each time he meets his goals and can cheer him on!"

Patients, survivors, and their caregivers weigh in

92%

"My Cancer Coach worked with me to understand my needs and develop an action plan that worked for me."

93%

"I received the emotional support that I needed through Cancer Coaching."

100%

"I would recommend Cancer Coaching to families facing cancer."

Source: 2017-2018 Client Satisfaction Survey

... and helped Chris and his family find joy!



Chris Moore with two of his three sons, Jeremy and Nathan.

“In my vulnerable state, it really helps to get support quickly and efficiently and it minimizes my need to rely on others for things like transportation.” – Chris

And that’s what Chris was able to do, with the help of his Cancer Coach. “Coaching helped me stay positive and engaged in my own healthcare,” he says. “It has also helped connect my family and myself with other supports and resources throughout the community.”

Even though his cancer returned in January 2018, Chris says Coaching has continued to guide him through the difficult days. His children took part in the CLIMB® program as well, to help them understand and cope with the way cancer has impacted their family. “Coaching has given me the reassurance that there will always be someone there to reach out to in difficult times without worrying my wife or family,” he adds.

And now, Chris’s focus is on living in the moment, being there for his wife and kids, and helping others.

“Cancer Coaching has greatly helped me and my family reduce our anxiety, stay positive and let us enjoy this last year and a half that cancer has been part of our lives,” he says. “It has been a gift of great times together and great memories. Thank you!”

“I was shocked,” Chris says of the day he found out he had glioblastoma, a deadly form of brain cancer. “I thought I had done everything right, like eating well and staying active. I thought that cancer just wouldn’t happen to me.”

At just 44 years old, Chris was enjoying a busy life as an Aerospace Engineer, husband, and father of three. But in January 2017, cancer changed everything – in addition to the many medical appointments and the stress, Chris’s energy levels declined, preventing him from working and doing the things he loved with his family.

“It’s hard to know how I’m going to feel day to day,” Chris says. “My biggest challenge has been staying positive, motivated, and engaged as opposed to sitting back and reacting.”

But thankfully, a simple internet search led him to Cancer Coaching at the Cancer Foundation. “I was so worried about not being there for my wife and kids that I reached out to everyone I could for support. I wanted to do everything I could to battle this disease and to maximize my productivity.”



Chris’s Cancer Coach, Nasser Yassine.

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 is committed to helping families who are touched by cancer by improving local cancer care, providing unique programs and helping extend lives by bringing new and innovative treatments to our community through local clinical trials and research.