

# Your Support Brings Cancer Coaching Closer to Home

When Nancy Therrien started to think more about dying than about living, she knew it was time to reach out for help.

Last spring she made the trek from Stittsville to join Coping with Cancer, a Coaching group offered at the Cancer Foundation's Maplesoft Centre. "You forget how to live," she says. "You're concentrating on how you're going to die. You need to shift away from that kind of thinking."



Nancy Therrien enjoying the sunshine with her husband, Luke.

Nancy's community in Stittsville has been a huge part of her support system, often sending gifts or asking for updates on her health. She's looking forward to Coaching services moving west to accommodate her friends and neighbours.

"There are many families, there's a great community feel here. But it seems like every second person I know is being diagnosed with cancer, and they'll need help."

**"You hear about support services, but until you actually have cancer you don't think about it."**

And Coping with Cancer helped her do just that. The Group Coaching Program gives survivors information and support to cope with their disease, and is fully funded because of donors like you.

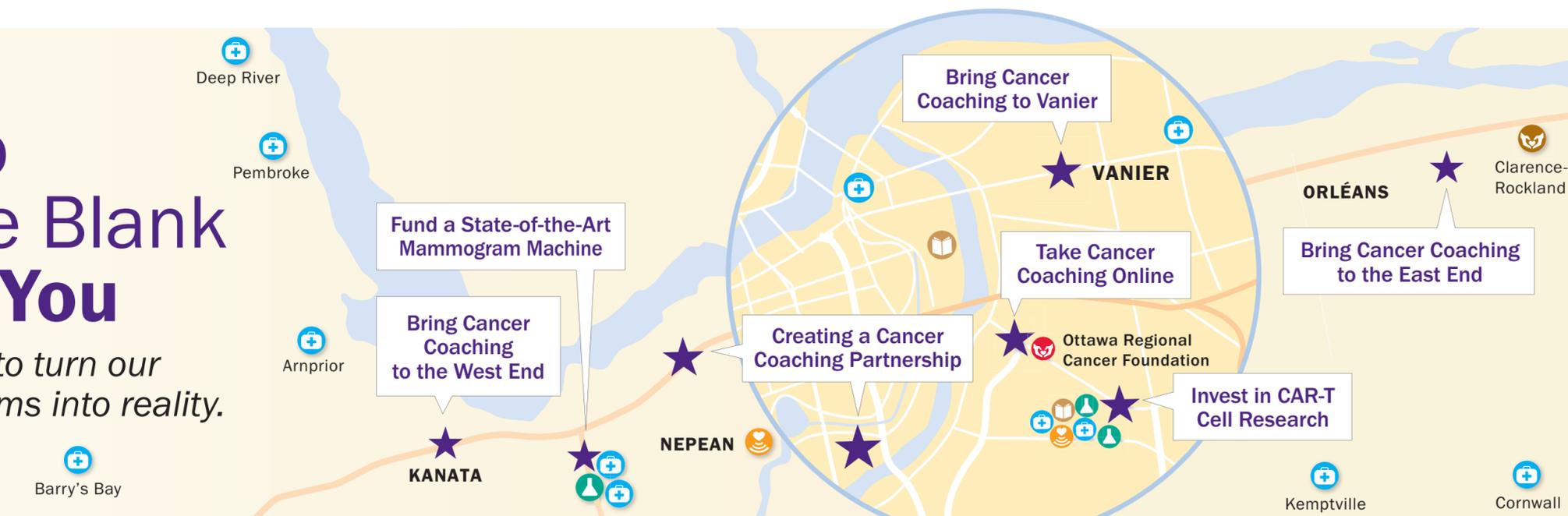
But Nancy says it's still hard to make time for travel. "It's nice to have a place to let it all out. I would definitely go more often...but I run my own business, so it's hard for me to leave and spend 45 minutes on the Queensway. Plus I'm on a heavy dose of medication so I'm restricted on how much I can drive."

So Nancy now shares a dream with the Cancer Foundation – for Coaching to be offered closer to home across the region. She was excited to learn that donors throughout the region are going to make it possible for later this year.

"It would be so great." She says. "It would really help so many people out here."

## This Map Would Be Blank Without You

You can continue to turn our community's dreams into reality.



## The Power of Local Research Donations: The Cusp of a Huge Impact

A local researcher wants to celebrate exciting results from a recent pre-clinical trial with you

Dr. Barbara Vanderhyden has dedicated her career to unlocking the mysteries of ovarian cancer, and last month her lab celebrated a significant breakthrough in an immunotherapy drug used to treat the deadly disease.

"We have had some really exciting data emerge over the last week involving our investigation into cancer immunotherapies for ovarian cancer," explains Dr. Vanderhyden, who has spent close to three decades building the capacity of ovarian cancer research at a national level. "We just completed a small preclinical trial and it is showing that the immunotherapy we designed is working very well. It's a pilot study – but the results are very, very exciting – so we are moving forward right away."

Right now, there are a number of checkpoint inhibitor antibodies that are being used in clinical trials – and the new immunotherapy involves an antibody from that same family. Initial preclinical

results show the new antibody is effective in ovarian cancer tumours, and is likely to have a positive impact on a number of different kinds of solid tumours as well.

For Dr. Vanderhyden, the goal is to try and use the new treatment alone – and eventually in combination with the oncolytic viruses. "This is a really exciting time for our lab," she says. "If this new antibody treatment works, then we should be able to try it in all different types of cancers."

**"I know that we are on the cusp of making a huge impact."**

And this impact would not be possible without the Cancer Foundation's donors supporting locally funded research and trials like Dr. Vanderhyden's work at the Ottawa Hospital Research Institute. This means you are responsible for helping achieve this breakthrough in cancer research!

**DID YOU KNOW?** Cancer cells can be very good at disguising themselves as "healthy" cells. When working properly, "immune checkpoint" molecules stop the immune system from harming normal cells when it attacks unhealthy cells. However, since tumours often trick the immune system into thinking they should be protected, the body needs a little help, and that is where a "checkpoint inhibitor" treatment comes in. Typically made from powerful antibodies, these drugs help the immune system's T-cells determine which cells need to be destroyed by breaking down a tumour's defenses.



Dr. Vanderhyden is the Corinne Boyer Chair in Ovarian Cancer Research and a distinguished professor with the University of Ottawa's Faculty of Medicine.

## How you Inspired Cancer Coach Nasser Yassine to Join our Team



When Nasser Yassine first heard about the Ottawa Regional Cancer Foundation he thought, "One day, I'm going to work there."

His interests began in sports nutrition and helping others improve their health, but an internship in a chemotherapy clinic

changed his whole outlook. "It was randomly assigned, I didn't know what to expect...but that experience just blew me away. It made me completely change what I wanted to do with my life."

Nasser then knew he belonged in cancer care, joining the Cancer Foundation's team of Coaches in 2016. "I love that I can create an environment

where someone can say what's on their mind without anyone else's opinions. They have a professional listening who can help them reflect on what they express and help build a personalized plan for what's important to them."

And with renewed donor support, Nasser and his colleagues will be able to expand Cancer Coaching across the city to help more families. "Coaching is new for many people and location can be an added challenge. That's why we're going to make it more accessible."

And because of you he believes the community is ready. "I'm a guy from the community – I've always worked and volunteered for my community. I love seeing how partnerships have grown over the years, and I want to see more being built with people who want to work on what matters most to those impacted by cancer. That's what will help us keep moving forward."

# Thank You for Helping our Community Live Well



Each of us has our own moment. A moment powerful enough to disrupt our entire world, call us to action, and even change the course of our lives.

Mine came when my father passed away from cancer. This experience

convinced me to leave my job so I could join the Ottawa Regional Cancer Foundation and help other families also faced with their most difficult days. I wanted to make sure others wouldn't have to witness that suffering like my family did. I wanted to make sure the right supports were readily available to those who need them.

Because of your dedication over the years, this is exactly what we have achieved in many parts of our community. It is exactly what you have inspired us to build upon. As you read these stories of challenge

and triumph from our friends and neighbours facing cancer, I hope you find an inspirational moment too.

Now is the time to get behind our community: clinical trials offer hope through new treatment options, and Cancer Coaching is growing and expanding to help more people navigate treatments and build a plan to care for themselves. And we are not just reaching more people, we are working to bring it closer to home for families across the region. That means many, many more patients can spend less time traveling to appointments and more time making memories with the people they love.

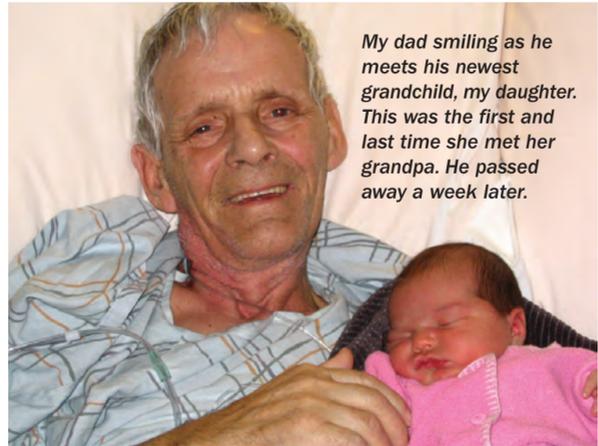
I believe the future of cancer care lies in an individualized approach, in both treatments and patient-focused Cancer Coaching. We can now take our moment to bring support to more families in our community.

**Thank you for being part of that hope.**

John Ouellette  
VP Philanthropy and Fundraising  
Ottawa Regional Cancer Foundation

**Care close to home means many more patients can spend more time making memories with the people they love.**

**Now is the time to get behind our community.**



*My dad smiling as he meets his newest grandchild, my daughter. This was the first and last time she met her grandpa. He passed away a week later.*

This spring, your *Living Well* newsletter is celebrating how significantly you've impacted our region over the years, and how your support has allowed us to invest in growth for the future. To help us continue moving forward to help more families facing cancer throughout our community, visit [ottawacancer.ca/donate](http://ottawacancer.ca/donate)

# From Survivor to Supporter: June's Story

June Humphries' reasons for supporting cancer care in our community are deeply personal.

She was diagnosed with colon cancer in the late 1990's, and though much of her family had been affected by cancer, she never imagined she'd have to face it herself. At 57, June underwent surgery and chemotherapy while her new job was held until she could return to work. "My doctors followed me for five years which is standard practice. After that they said, go away!"

Afterwards, June participated in a support group through the hospital but says the other patients had very different needs. "Our social worker was overloaded. She had to help everyone with everything, like finances, health and family." June says. "But now it's so much better – with Cancer Coaching, your Coach can help you develop goals and direct you right to your specific needs."

June's drive to meet these needs, along with her own cancer journey are what cause her to believe so strongly in the Cancer Foundation. "Cancer isn't just physical – your brain gets an awful shock, and so do the people around you."

**"I see the difference my donations make right here. It's vital that we make local contributions to local organizations that help patients and their families heal."**



June became a volunteer at the Cancer Foundation's telethon and began giving annually to help her community receive the best care. "We can do so much with so little. People hear stories about someone giving a million dollars, and think they have nothing to give in comparison."

And her optimism is unwavering. "I know cancer can, and will, be beaten. When we support research and the programs at the Cancer Foundation, it will add up very quickly."

June now makes the most of her time and is proud to be changing lives as one of the Cancer Foundation's donors.

"I love every minute of my life. It's what keeps me going."

### Get Involved in our Upcoming Events

<p><b>Cancer Champions Breakfast:</b> Wednesday May 10</p>	<p><b>Annual Food Truck Rally:</b> Saturday May 20</p>	<p><b>Be a Cancer Champion at Ottawa Race Weekend:</b> Saturday May 27, Sunday May 28</p>	<p><b>Lemonade Standemonium:</b> Saturday June 3</p>	<p><b>Epic Walk:</b> Saturday September 16</p>
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[Learn more at ottawacancer.ca/events](http://ottawacancer.ca/events)



# Living Well

Spring 2017

## Open to learn more about your impact from East to West

<p>Coping with Cancer Closer to Home</p>	<p>We are on the Cusp of a Huge Impact</p>	<p>Thank you for helping our community</p> <p>You Inspired Nasser</p>	<p>I Know Cancer Can Be Beaten.</p>
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