



A few notes from our team...

The B2B Research Program, along with our entire Population Health Research department, had an eventful summer. As a result of the June flooding, our staff has been relocated from our offices at the Holy Cross building. Incoming and outgoing mail was delayed, and many of our processes were disrupted. While we are still working out of a temporary location, we are pleased to announce that our study programs are once again operating in an efficient and productive manner. Thank you all for your patience over the past few months!

The B2B cohort continues to grow, and we now have over 225 actively involved women. We are one-third of the way to reaching our goal of 600 participants! Your participation in this research is very much appreciated, as we work together to further our understanding of breast cancer metastasis.

Reminder!

Just a quick reminder to our participants, if you have not done so already, please:

- 1) Fill out your **pre-interview questionnaire package** (consent form, Past Year Dietary Worksheets, and Sun Exposure Worksheets), and mail them back to us in the envelope provided.
- 2) Book your in-person **interview**.
- 3) Fill out your **post-interview questionnaire package** (Physical Activity Questionnaire and Diet History Questionnaire) and mail them back to us in the envelope provided. Note: This is not necessary if you have already participated in the AMBER study.
- 4) If you have received your **24-month follow-up package** (Physical Activity Questionnaire, Diet History Questionnaire and blood donation), please complete the forms and mail them back to us in the envelope provided.

If you have any questions at all about the questionnaires, booking your interview, or what your 'next steps' are, **please do not hesitate to call or email**. We love chatting with our participants!

Participant Profile

Mary Beth Eckersley

Mary Beth, pictured with Dr. Nigel Brockton (right) at the 2013 Enbridge Ride to Conquer Cancer



Wow, cancer and me... I would never wish it on anyone but I also wouldn't change what I have been, and am still, going through. Being the survivor speaker at the Ride to Conquer Cancer was a scary yet amazing moment for me. Everyone was so kind and supportive; it was an amazing weekend with amazing people. I think it is important to bring all that we have to deal with into the light. Everything is less scary if we shine light on it. So, I talk about it. I am very open about all that is happening. Cancer is scary, no lie.

I feel a positive attitude is huge and can truly impact your health and healing, along with education and research. There is so much we don't know or understand, but if we all shared what we are dealing with, we would be better equipped to beat cancer.

Every day I get inspired by strangers, people who come up to me because they have heard or seen my speech. Each and every one of them inspires me to keep moving forward and keep fighting cancer. I have met some amazing people who have helped me, and in a strange way cancer has given me my life back. What I mean is, it makes you see the moment and live today. It also makes you not worry about what I call 'silly stuff'. I am now healthier and more active than I have been my whole life and it is great. My bike has been a place for me to put my stress, stay active and become a better cyclist.

-Mary Beth



An Apple a Day may not be enough

By Karol Sekulic

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The saying “an apple a day keeps the doctor away,” is meant to encourage people to eat their vegetables and fruit to remain healthy. But we actually need more than just an apple a day.

Eating seven to 10 servings of vegetables and fruit each day reduces your risk of heart disease, stroke, high blood pressure and certain cancers and can help you to maintain a healthy weight. It also makes your skin, hair and eyes healthier.

Here are a number of ways to add vegetables and fruit to your meals and snacks:

- Turn them into condiments like tomato sauce or pesto.
- Make a vegetable soup, or add extra vegetables to stews.
- Eat them raw – snack on raw carrots, cauliflower or cherry tomatoes.
- Shred cabbage, carrots or zucchini and add to wraps and sandwiches
- Microwave frozen vegetables as a side dish; add your favourite fresh or dried herbs.
- Add fresh fruit like chopped apple, oranges or strawberries to a salad.
- Make it a habit to fill half your plate with vegetables or fruit at meals.



The Alberta Cancer Foundation provides and support for research, prevention and care for Alberta Health Services cancer centres Their support includes funding for the B2B Research Program, among many other research studies.

To date, the Alberta Cancer Foundation has invested nearly \$110 million dollars into the province over the last five years, including an average of \$15 million a year to cancer researchers.

In addition to supporting research initiatives, the Alberta Cancer Foundation provides funding for mammography screening, patient orientations, clinician training, and so much more.

The Alberta Cancer Foundation raises money through a number of channels, including memorial gifts, donor contributions, corporate philanthropists, and more. They also receive donations through events like The Underwear Affair for Cancers below the waist, The Enbridge Ride to Conquer Cancer, and the Cash and Cars Lottery.

To learn more about the Alberta Cancer Foundation, visit their website at <http://albertacancer.ca>



Do you have any questions about the B2B Research Program or your involvement as a participant? Visit our website at www.B2BProgram.com where you can learn about the study, read frequently asked questions, or submit your own question on the Contact Us page. Or, feel free to email or call any member of our study staff directly!

B2B Research Program contact information

Visit us at: www.B2BProgram.com

Name	Position	Telephone	E-mail
Dr. Nigel Brockton	Principal Investigator	(403) 944-3077	nigel.brockton@albertahealthservices.ca
Dr. Christine Friedenreich	Principal Investigator	(403) 698-8009	christine.friedenreich@albertahealthservices.ca
Stephanie Laborge	Study Coordinator	(403) 476-2579	stephanie.laborge@albertahealthservices.ca
Angela Wallace	Interviewer	(403) 669-0825	angela.wallace2@albertahealthservices.ca
Margo Hopkins	Interviewer	(403) 256-4536	margo.hopkins@albertahealthservices.ca
Nicole Slot	Research Assistant	(403) 295-3405	nicole.slot@albertahealthservices.ca