

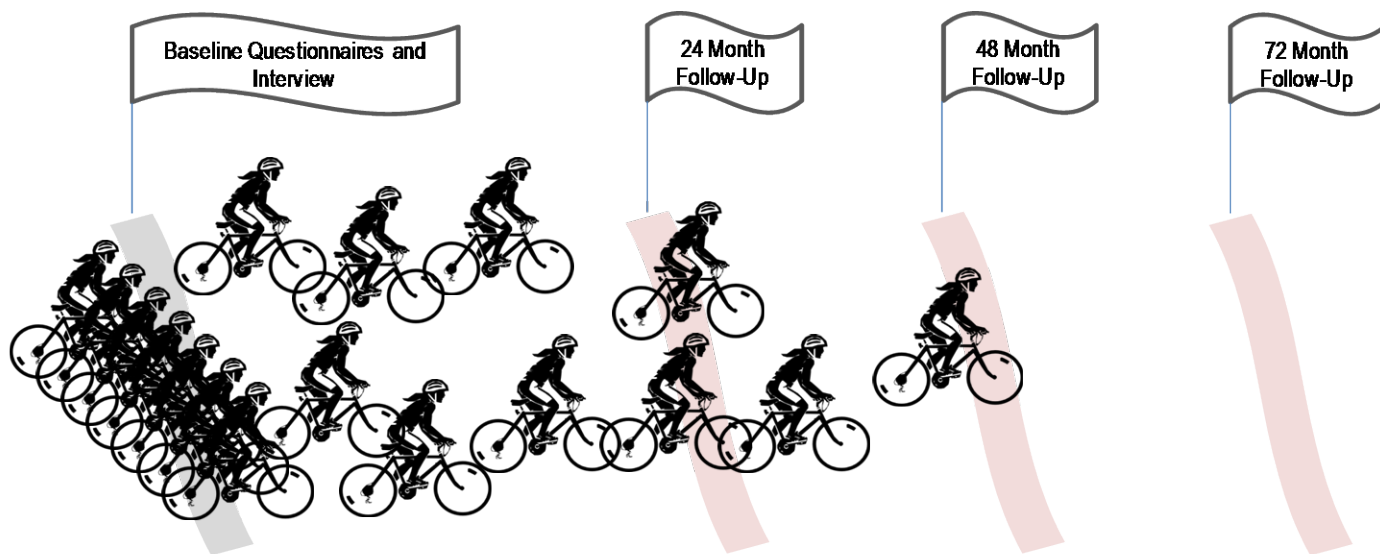


A few notes from our team...

The B2B Research Program, along with the entire Population Health Research department, moved to our new home in the Richmond Road Diagnostic and Treatment Centre at the end of February. We are all very happy with the new space, and to be working together as a cohesive department for the first time since last year's flooding.

If you have a study package to mail back to us, please ensure the self-addressed stamped envelope that you were provided with has the new Richmond Road facility address on the label. If not, please contact our Study Coordinator, Stephanie, by phone or email (located on the reverse of this newsletter) and we can send you out a new mailing label.

We will begin sending out the 48-month follow-up packages in May! If you are eligible for either the 24- or 48-month follow-up component of the B2B Research Program, you will be receiving a phone call from a member of the study team asking if you are interested in continuing to participate, as well as to confirm your mailing address. If you believe you are eligible (you completed your interview approximately 2 or 4 years ago), and have not yet heard from us, please do not hesitate to send us an email or give us a call!



B2B Research Program – Participation Timeline

S
T
A
R
T

- ✓ Initial contact from B2B Study Coordinator
- ✓ Complete baseline questionnaire package
- ✓ In-person interview
- ✓ Complete post-interview worksheets

Since we began, 387 women have agreed to participate, and 228 interviews have been completed so far!

24 Months

- ✓ Donate blood sample
- ✓ Complete 24-month follow-up package

136 participants are now eligible to complete the 24-month follow-up

48 Months

- ✓ Donate blood sample
- ✓ Complete 48-month follow-up package

10 participants are now eligible to complete the 48-month follow-up

72 Months

- ✓ Donate blood sample
- ✓ Complete 72-month follow-up package

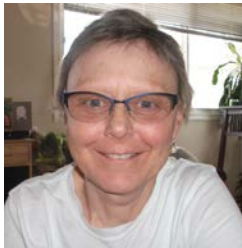
To begin in 2016

F
I
N
I
S
H



Participant Profile

Sandy Waite



Always an active and health conscious person, I had routine mammograms, watched my weight, exercised regularly and tried to eat healthy. As a 50-something professional person with two university aged children living at home, I was unprepared for the life changes that would ensue following the discovery of a lump in my breast.

Shortly thereafter, a biopsy was scheduled followed six weeks later by surgery to remove the cancerous tissue and three lymph nodes. I stretched and exercised my way through my first month post surgery and returned to full time work as a teacher just days later. I attended classes at the Tom Baker Cancer Centre on nutrition, exercise and the various treatments that I would be receiving. After chemo therapy started two weeks later, I was not well enough to continue working so I applied for long term sick benefits. A purchased wig and the make-up session at the Tom Baker Cancer Centre helped to make me feel less noticeable in public as I went every three weeks to get chemo.

I joined the Beauty Program at the U of C and was given an exercise program to follow. It had three levels of exercise, so that even on days when I was feeling very unwell, I was able to do some modified activities. Luckily I had friends and family members to drive me to and from the chemo sessions as the pre-medications made me feel dizzy and nauseous, and the treatments themselves left me feeling like my whole body was on fire right down to the bottoms of my feet. Eating was a challenge due to sores in my mouth and difficulty chewing, but with help from the various drugs I managed to gain weight. Swollen feet and legs made it difficult

and painful to take the dog for her daily walk.

Since I had been a runner prior to my diagnosis, I signed up for the Survivors Clinic at the Running Room for the CIBC Run for the Cure and started training. The training was brutal for me, but the encouragement and support I received helped me complete the actual run in October –albeit walking rather than running. Because my white blood counts were low, I had to give myself injections in my abdomen.

After my first six rounds of chemo were finished, I was then slated to start radiation treatment. 17 rounds of radiation and lots of cream to sooth my skin followed. At this point in my treatment I was definitely feeling fatigued and at a real loss. The person I had become was tired, listless, and stared back from the mirror without eyebrows and with several extra pounds around the middle. I was also starting to feel discouraged because many of the friends that had supported me through the earlier stages of my treatment were now really busy with their own lives and not able to give me the support that I needed.

I found some great books on coping with cancer and did some sessions with Wellspring. I contacted the Psycho Social resources department and was put on a waiting list for several workshops for sleep, stress, coping and mindful meditation. As I write this, I have just finished taking these courses. They were very helpful because I learned valuable skills and I found support from the Counsellors and participants. A year after I went on sick leave from my work, I am starting back part time.

Although I still find that feelings of isolation, listlessness and fatigue cling to me I can look back to many positive things that have happened since my cancer diagnosis. I have had the opportunity to spend time with my adult children, I have learned new coping strategies and met some wonderful caring people along the way.

My advice for people going through cancer treatment is this:

- 1) Practice love and kindness to yourself
- 2) Focus only on the present moment
- 3) Find the help that you need
- 4) Just do it.

- Sandy

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) 955-4701	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

