



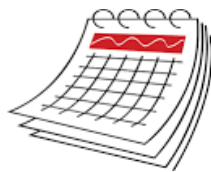
## A few notes from our team...

The Department of Population Health Research (PHR) has a new name, **Cancer Epidemiology and Prevention Research**, and a new look! Under the leadership of Dr Christine Friedenreich, the now CEPR Scientists recognized the need and importance for a departmental name that reflects the research being conducted within our department. We now have a clear vision to become a premier centre for cancer epidemiology and prevention research in Canada.



In addition to our new name and look, the department will also be moving to a new location in early 2015. During the flood last year, our offices in the Holy Cross building were evacuated. After over a year of rebuilding and renovations, our team is excited to be moving back 'home'.

### Follow-Up Timeline



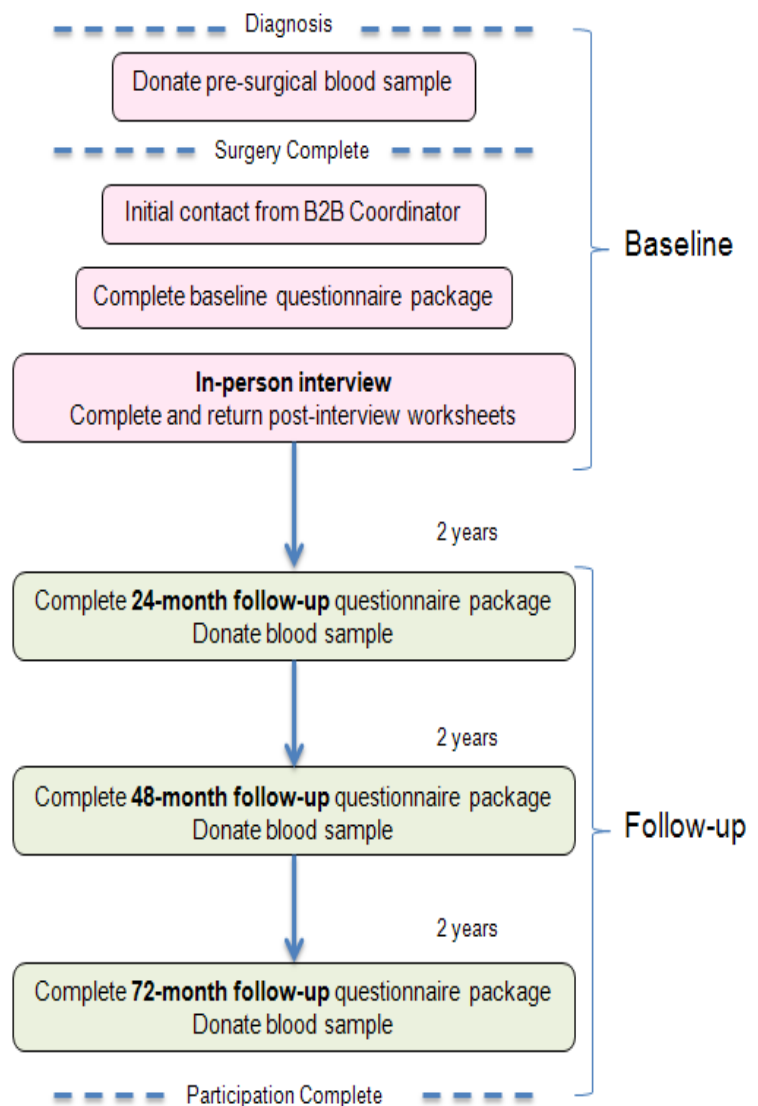
If you joined our study in 2010 or 2011, it may have been explained that part of your participation in the B2B Research Program would involve filling out yearly questionnaires at 1, 2 and 3 years post-diagnosis, for a total of three follow-up times.

However, in order to make our research more efficient, we changed the program so that we will send out follow-up packages every **two** years instead of yearly. You will still only be asked to provide follow-up three times. We will contact you at 2, 4 and 6 years post-diagnosis instead of yearly.

This change greatly benefits the research in that we are able to collect data for a longer period of time, using the same amount of follow-ups (three in total). The money generously raised by our funders will go farther, and we will hopefully be able to delve deeper into the causes, and prevention, of breast to bone metastasis.

We thank you for your continued support of this valuable research effort. Together we are making a difference!

### Participation Timeline





### Participant Profile

#### Cindy Faas



Dr. Nigel Brockton and Cindy at the 2014 Ride to Conquer Cancer

Maybe I shouldn't go to the mall unattended...No, I didn't go crazy on retail therapy (well, ok I spent \$130 on some skirts from GAP of all places but it was for 4 skirts and I'll probably wear them all summer long...so that's not really considered a "spending spree"...)

But I did leave blubbering like a baby...No not cause anyone stared. Or pointed. Or threw stones...Because I was humbled.

I walked in the mall and first thing I see is a bunch of stationary bikes, and people going like crazy on them. I wondered if it was some kind of fitness challenge, or maybe a new gym or spin class advertising.

Then I caught the word "cancer". Better yet, "Ride to END Cancer". Immediate lump in my throat. At first it felt like my Guardian Angel's way to calm the nervousness of my first solo trip to the mall as Cindo The Bald. Or Cindo The Sick. I watched for a few minutes from up above suddenly completely comfortable in my own skin. Now if anyone looked at me, I kinda thought it might be more in solidarity than freakishness. I carried on and went shopping. I even managed to forget I was bald in my shopping glory.

On my way out I grabbed a Jugo Juice and snack wrap and decided to sit by the bikers. At least I wouldn't look strange there. People might even assume I had a loved one participating.

And that's when it happened. As I was watching these complete strangers bike their hearts out to raise money for a disease I am battling, I thought "they are biking for me". Not just me, I know, but I am one of the millions of people they are biking for. And my eyes watered. And I felt this intense need to thank the bikers. So I went over and made a donation. The lady taking the donation asked "Are you participating?". I smiled and thought "sorta" but said "no, battling" and pointed to my head. I continued to tell her how I was nervous for my bald debut (solo) and my voice cracked when I got to the "and then I saw you guys...." Tears fell and I thanked her. Then I started to go by each biker and thank them. I only made it through half before I was blubbering like an idiot and decided to leave before I traumatized anyone one (or had mall police cart me away!!)

Although I got myself under control as I went up the escalator, tears continued to fall all the way to the truck. Tears of gratitude for strangers who may never know how much of an impact they made on me today.

Today will stay with me on the rough days. It will stay with me on the good days. But most importantly it will stay with me through to my healthy days as a reminder what strangers did for me.

And as a reminder that my time will come to Pay It Forward.

Retrieved from Cindy's blog at: <http://warriorcindo.blogspot.ca/>



#### B2B Research Program contact information

Visit us at: [www.B2BProgram.com](http://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	(587) 350-5913	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