

## A few notes from our team...

### Baseline Recruitment is Complete!

The B2B Research Program aimed to recruit 600 participants from Calgary and the surrounding area. We have now surpassed this goal, with close to 700 participants enrolled in the study. A big 'thank you' goes out to each and every one of you who has chosen to join us in this study! This means we will no longer be recruiting new participants into the study. However, we encourage everyone to complete their baseline questionnaire packages and mail them back to us.

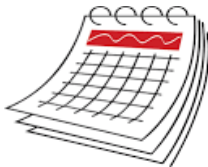
### B2B Methods Paper has been Published!

In July of this year, the study's first journal article was accepted and published in *BMC Cancer*. This paper outlines the methods through which the B2B Research Program has recruited participants and explains the background and reasoning for undertaking this important research study. The paper is entitled "The Breast Cancer to Bone (B2B) Metastases Research Program: a multi-disciplinary investigation of bone metastases from breast cancer" and can be accessed by the public by going to <http://www.biomedcentral.com/1471-2407/15/512>

### Study Coordinator Change

The current B2B Study Coordinator, Stephanie Laborge, is now on maternity leave. Replacing her will be Margo Hopkins, who has been performing interviews and other coordinator duties with our study for the past four years.

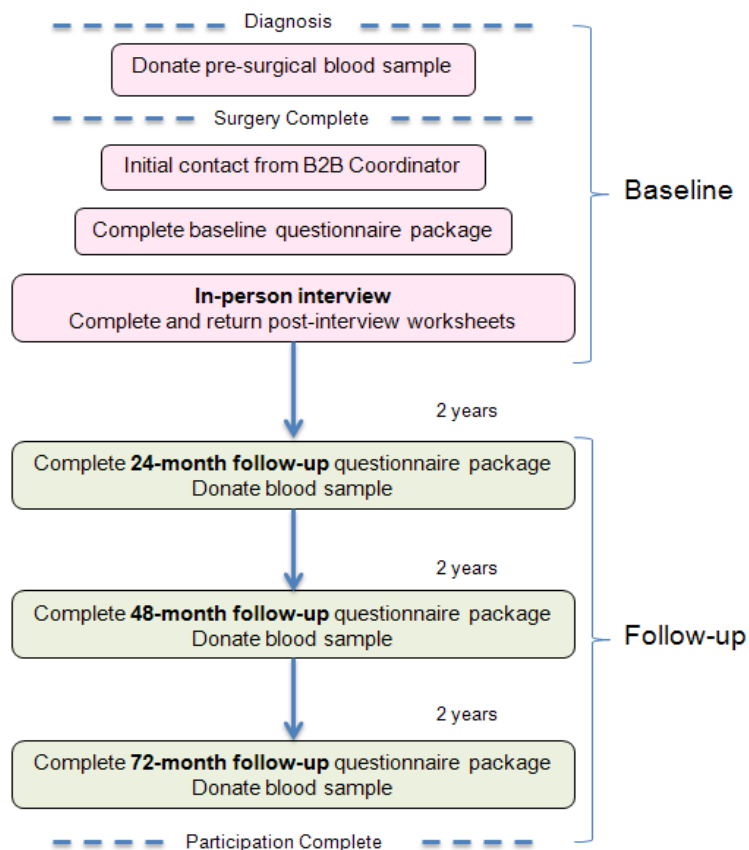
## 72 Month Follow-Up



Starting in February of 2016, participants who were among the first to join the B2B Research Program will be contacted to participate in the 72 Month Follow-Up component, by filling out questionnaires pertaining to diet history, physical activity, and general medical history in the past two years, as well as provide a small blood sample.

As you will recall, we are following up with all participants at intervals of 2, 4 and 6 years following the initial date of breast cancer diagnosis. The 72 Month Follow-Up will be the final phase of the B2B Research Program that requires active participation from our members. Following this, we will continue to update you via email to send out newsletters and updates, including research results and papers that have been published. If you are not sure whether or not you have provided your email address to us, please contact Margo at [margo.hopkins@ahs.ca](mailto:margo.hopkins@ahs.ca).

## Participation Timeline





### Research Scientist Profile

#### Nigel Brockton

Dr. Nigel Brockton, moved to Alberta from Scotland in 2007. From an early age, he always wanted to be a marine biologist but being diagnosed with a Ewing’s sarcoma (an aggressive form of cancer) when he was 18, followed by a recurrence when he was 21, convinced him to switch to a career in cancer research.



*Dr. Nigel Brockton: cancer survivor, cancer researcher, and cancer research fundraiser*

His research is focused on what patients can do, after their diagnosis, to give themselves the best chance of remaining cancer-free.

In particular, Dr. Brockton is interested in how patients can reduce the chances of their cancer spreading. He believes that inflammation is a key factor that can be exploited by cancer cells and enhance their ability to spread.

Lifestyle factors such as diet and exercise can exert powerful pro and anti-inflammatory effects. Non-prescription medicines such as aspirin may also prove beneficial. However, Dr. Brockton emphasizes that caution is essential since the specific effects of each factor is difficult to predict and there have been many examples of well-intentioned advice being proven to be disadvantageous when tested in rigorous trials.

### New Grant

#### Does vitamin D regulate the breast tumour microenvironment?

The B2B team has recently been awarded a grant from the Breast Cancer Society of Canada to study whether the level of vitamin D in a patient’s blood actually controls important genes in a patient’s tumour.



BREAST CANCER SOCIETY of Canada™  
LA SOCIÉTÉ DU CANCER DU SEIN du Canada™

Although most people think of tumours being composed of only cancer cells, they are actually made up of many different types of cells including connective tissue, immune cells, and blood vessels. These cells communicate with each other and respond to external signals

Vitamin D is actually a hormone so it has a fundamental role in signaling to cells and tissues, including cancer cells. However, previous research has been done on cancer cells grown in culture; this new grant will examine whether the blood levels of vitamin D are related to the levels of vitamin D-responsive genes in patients’ tumours.

Each of the genes that the team will investigate has been proposed to influence patient prognosis; therefore, if the regulation of these genes by vitamin D could be demonstrated, it would support a role for vitamin D supplementation after a diagnosis of breast cancer.



#### B2B Research Program contact information

Visit us at: [www.B2BProgram.com](http://www.B2BProgram.com)

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