



The AMBER Report

ISSUE 8

SEPTEMBER 2017

SPECIAL POINTS OF INTEREST:

- **Breast Cancer Awareness Month**
- **First AMBER participants**

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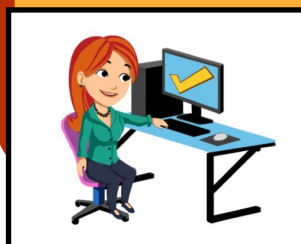
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Check out our website!



www.amberstudy.com

Message from the Investigators

Hope you had time to enjoy the great weather we had this summer! In this edition of the newsletter we highlight upcoming events that will take place in October for Breast Cancer Awareness Month.

This summer we sent out a survey to all participants with respect to recruitment and participation in the study. Thank you to all

those who completed the survey. Results of the survey will be dis-



Edmonton AMBER Team (L to R): Melissa Bird, Terri Wood, Andria Morielli, Stephanie Voaklander, & Diane Cook

tributed to participants this month. Currently the study has enrolled 77% of the 1,500 participants that we hope to recruit. As of Sept 2017

we have enrolled 630 participants in Calgary and 522 in Edmonton. To date, 773 participants have completed their Year 1 assessments, 311 participants have completed their Year 3 assessments and 8 participants have completed their Year 5 assessment.

As always, thank you again for your ongoing commitment to the study. We wel-

come any suggestions for future newsletters.

October is Breast Cancer Awareness Month

As October is National Breast Cancer Awareness Month we are highlighting a few of the events taking place in Calgary and Edmonton.

BOTH

BRA Day

October 11th - Edmonton
October 18th - Calgary
See page 3 for more details

CIBC Run for the Cure

October 1st
cibcrunfortheure.com

Calgary

Rethink Breast Cancer

Boobyball presents:

Get Physical

October 14th

See page 4 for more details

Fashion with Compassion

In support of the
Breast Cancer Supportive
Care Foundation
October 1st
bcscf.com/events

Edmonton

Women of Song

October 1st

www.yegwomenofsong.ca

Out of the Blues

Hereditary Cancer Fundraiser
Oct 14th

www.hbocsociety.org/out-of-the-blues.html

Fashion with Compassion

In support of Sorrentino's
Compassion House
Oct 26th

www.fashioncompassion.ca



AMBER Study's First Participants

To highlight reaching the start of our 5YR study time point we profiled the first participants in Edmonton and Calgary!



Margarita while on a trip to Mexico!

Edmonton Participant

Margarita Evangelista-Yu is the first Edmonton participant as well as the very first person recruited to the AMBER study.

Here are her thoughts with respect to her cancer journey and what she has been doing since now five years after her diagnosis.

"I am a 5-year breast cancer survivor and was also the very first AMBER Study participant in Edmonton.

Cancer may have touched my physical body but I did not let it touch my spirit nor did I let it steal my joy.

I am sincerely grateful to the physicians and staff at the Cross Cancer Institute and the entire AMBER Study Team. They have been wonderful and amazing.

I decided to retire early in July 2015 after 25 years of service to Alberta Health Services – Glenrose Rehabilitation Hospital Site to spend more time with my husband and my son. We absolutely enjoy each other's company and we truly cherish the moments we spend with each other.

My cancer journey has given me a great opportunity to focus on the things that are

really important, to count my gifts and blessings and at the same time to be sensitive and responsive to the needs of our less fortunate brothers and sisters.

I live each day to the fullest by sharing my time, talents and treasures to create a difference in other people's lives and to do everything for the greater glory of God.

This experience has been an inspiration for me to become the best possible human being God has called me to be."

Calgary Participant

Barb Munroe is the first AMBER Study participant in Calgary who has reached the 5 year time point.

Why did you decide to take part in the AMBER study?

I chose to participate in the study out of personal interest, having always been an active person. I wanted to contribute to research around the effects of exercise and longevity once diagnosed with cancer.

What was your favorite part of the testing experience?

I like exercising, so it was a challenge to see if I could maintain my fitness - plus the VO2max test was a push!

What advice would you give to ladies newly diagnosed with breast cancer?

Keep moving or get moving. Get outside as much as possible. Take time to invest in you!

What motivates you to be physically active?

Music, family, trainer, swimsuit season, etc. Fitness, mental clarity. I have two personal trainers and they motivate me – I also do it for "maintenance" and looking my best!

Was there a quote or saying that spoke to you during your cancer journey or one that speaks to you currently?

I like practical advice from strong women – Dr. Susan Love's book was a very practical resource.

Is there someone you would like to thank who helped you during your treatment/recovery?

My family and my friends at "the lake" and my employer (WestJet) – they supported me along the way.



Barb and her dog Oakley at the 2016 Run for the Cure!

Movement After Surgery

Breast cancer surgery often causes a decrease in chest and shoulder range of motion. Incorporating stretching into your daily routine can help keep movement in your arms and shoulders and reduce stiffness in your joints.

It is important to remember that everyone is different and heals at their own pace.

When completing the stretches, a few guidelines to follow are:

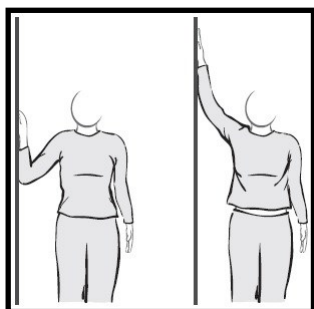
- Breathe deeply and often as you complete the exercise
- Do the exercise until you feel a gentle stretch, not pain
- Do not bounce or make any quick, jerky movements while stretching

- Contact a doctor if you have any unusual swelling or pain.

Stretches listed below are referenced from: *Exercises after Breast Surgery*. Canadian Cancer Society 2015

Additional stretches can be found in the April 2017 Newsletter on our website!

Side Wall Stretch

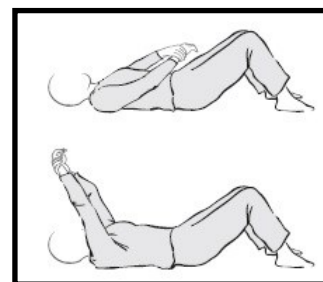


1. Stand with your affected side about 2 feet away from the wall so you can touch the wall with your fingertips. Your arm should be just in front of your shoulders so you can see your hand on the wall in your side vision.
2. Walk or slide your fingers up the wall until you feel a stretch. Do not rotate your body toward the wall. Keep your torso facing forward even if it means you can't go up as high.
3. Return to the start position and repeat 5 to 10 times.
4. Complete exercise on other arm

Note: Avoid this exercise if you feel a pinch in the top of your shoulder when walking your fingers up the wall.

1. Lie on your back with your knees bent and both arms by your sides
2. Use the hand on the unaffected side of your body to grasp the wrist of your other arm
3. Raise your arms up and back toward your head until you feel a gentle stretch in the chest and underarm
4. Hold for 2 to 5 seconds. Lower your arms and repeat 5 times.

Note: Try alternating and raising the opposite arm using your affected arm. If you feel any pain or pinching, lower your arms and rest.



Arm Reach

If you are considering breast reconstruction and want more information, this day is for you!

It is a free, once-a-year event to learn about breast reconstruction options from surgeons, industry professionals as well as from patients who have been through it.

BRA Day is for women curious about or considering breast reconstruction and their friends and family, including males.

BRA DAY

BREAST RECONSTRUCTION AWARENESS DAY

Get answers to your questions and see firsthand the results of breast reconstruction by visiting the Show & Tell Lounges.

The event is free but registration is required!

To register and for more information go to:

www.bra-day.com

BRA DAY Calgary
October 18: 5 pm – 8:45 pm
Foothills Hospital

BRA DAY Edmonton
October 11: 6 pm - 8pm
Royal Alberta Museum

REXNIHL

breast cancer

The Rethink Cancer website - rethinkbreastcancer.com - is a resource for young women who have been diagnosed with breast cancer or who are looking for information on breast health.

The movement was started in 2001 by MJ DeCoteau after she lost her mother to breast cancer.

Their mission is to empower young people who are concerned about and affected by breast can-

cer. They seek creative, new ways to support young women with breast cancer through education, resources and advocacy initiatives.

For example, Rethink has advocated on issues such as greater access to Oncotype Dx testing and timely access to breast reconstruction surgery.

Its flagship fundraiser, Boobyball, was launched in 2002 and to date has raised over \$4.3 million dollars.

The theme this year is *Get Physical*. A throw back to the days when hair was big, Jane Fonda was boss, and Walkmans were totally rad. It takes place:

October 14, 2017
Calgary, AB
Hotel Arts
8 pm - 1 am

For more information
 check out:

boobyball.rethinkbreastcancer.com

AMBER Participant Discussion Group



There are many great discussions taking place so far!

This Facebook group is a place where you can hear from other AMBER study participants, share experiences, events or initiatives you are involved with, or really any other content you wish.

community between AMBER study participants.

If you would like to join this Facebook group, or if you have any questions, please email us at:

amberstudy@ahs.ca

This summer we created an exclusive Facebook group for AMBER participants to join.

Thank you to everyone who has already shown interest in and has joined the group.

This group's settings are set to "secret" so you can only join by email invitation. This restriction allows us to uphold your privacy while providing a space for increased engagement and



AMBER Study Contact Information

Name	Position	Location	Telephone	E-mail
Dr. Christine Friedenreich	Principal Investigator	Calgary	(403) 698-8009	christine.friedenreich@ahs.ca
Dr. Kerry Courneya	Principal Investigator	Edmonton	(780) 492-1031	kerry.courneya@ualberta.ca
Leanne Dickau	Study Coordinator	Calgary	(403) 698-8067	leanne.dickau@ahs.ca
Diane Cook	Study Coordinator	Edmonton	(780) 492-8274	dwcook@ualberta.ca
Testing Center Calgary	Exercise Testers	Calgary	(403) 698-8067	amberstudy@ahs.ca
Testing Center Edmonton	Exercise Testers	Edmonton	(780) 989-5911	amberstudy@ualberta.ca

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