

Notes from the Principal Investigators

First of all, we would like to thank all of you for agreeing to participate in the Alberta Moving Beyond Breast Cancer (AMBER) Study. Your contributions to this study are invaluable to help us understand how physical activity and fitness influence breast cancer outcomes.

Through this newsletter we hope to keep you informed about your role in this study and how we will be using the information we collect from you. We also hope to offer you some tips for improving your overall health and well-being and let you know about programs and resources available to you in Calgary and Edmonton.

Recruitment began in July of 2012 and we are pleased with the study progress. We currently have 467 participants enrolled in AMBER: 237 in Calgary and 230 in Edmonton. Thus far, 130 participants have already completed their one year follow up assessments. The first three year follow up assessments will begin in mid-2015.

The AMBER Study team are a very dedicated to ensure the success of this study. We will include study team member profiles in our newsletters so that you can learn more about the people behind the study.

Once again, thank you for your interest and generosity of time to participate in the AMBER Study.



Kerry Courneya and Christine Friedenreich

Stress and Cancer

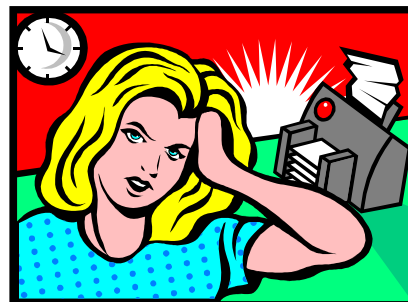
The complex relationship between physical and psychological health is not well understood. Research has shown psychological stress can affect the immune system, the body's defense against infection and disease, but it is not yet known whether or not stress increases a person's susceptibility to cancer.

Over the past 30 years, research examining the relationship between stress and cancer risk has produced conflicting results. Some studies have suggested an indirect relationship between stress and certain types of [virus-related tumours](#). It is thought that chronic stress weakens a person's [immune system](#), which in turn may affect the [incidence](#) of virus-associated cancers.

It is important to remember, however, that a direct association between stress and cancer has not been scientifically proven.

It is difficult to separate stress from other factors when examining cancer risk. Stress can lead to unhealthy behaviours, such as overeating, smoking, or abusing [drugs](#) or alcohol, all of which may increase cancer risk. Researchers can have difficulty separating the effects of stress from the effects of these other factors.

Further information about stress and cancer can be found on the National Cancer Institute's website (www.cancer.gov/cancertopics/factsheet/Risk/stress) or the National Institute of Mental Health's site (<http://www.nimh.nih.gov>).



Breast Cancer Awareness Month

October is Breast Cancer Awareness Month

Below are a few of the many events happening across the province and country this month to raise money and awareness for breast cancer.

National Events



The Canadian Breast Cancer Foundation CIBC Run for the Cure was very successful again this year. Over 127,000 participants and volunteers came together across Canada on Run day and raised over \$25 million for breast cancer research, health education, and advocacy initiatives throughout Canada.

Dress for the Cause

October 24th, 2014

Dress yourself, your workplace etc. up and donate for the good of breast cancer research! All proceeds go towards the Breast Cancer Society of Canada

<http://www.dressforthecause.ca>

Calgary Events

Breast Reconstruction Awareness Day (BRA Day)

October 15th 2014 6:30pm - 8:30pm

Foothills Medical Centre – Ground Floor Auditorium, 1403 29th St NW Calgary

Breast Reconstruction Awareness Day is an initiative designed to promote education, awareness and access for women who may wish to consider post-mastectomy breast reconstruction.



It is a collaborative effort that includes plastic surgeons specializing in breast surgery, plastic surgery nurse specialists, Canadian Society of Plastic Surgeons, Willow Breast & Hereditary Cancer Support, corporate sponsors, and breast cancer organizations.

This event is completely free and anyone is welcome to attend, registration online is required at the link below:

<http://www.bra-day.com/events/calgary-alberta-bra-day-2014/>

Big Top Booby YYC

October 24th, 2014 7:30 PM to October 25th, 2014 12:30 AM

Hyatt Auto Gallery 909 15th St. SW T3C 1E5

Rethink Breast Cancer is hosting this event which will be a Cirque-de-style jubilee. Greatest party on earth over the top in one explosively spectacular, circus-inspired night. Tickets \$75 each.

<http://rethinkbreastcancer.com/events/big-top-booby-yyc/>



Quote of the Issue

"Attitude is a little thing that makes a big difference."

-Winston Churchill

Edmonton Events

Specially For You Annual Open House

October 23rd, 2014 9:00am – 4:00pm

15830- 100A Avenue, Edmonton, Alberta

Catering to the Breast Cancer Survivor whether they've undergone a full mastectomy or lumpectomy, *Specially For You* constantly stays in the forefront by seeking new technological advances in this field and making them available to their clientele. You are invited to attend the annual *Specially For You* Ladies Boutique Open House. There will be door prizes, new products, refreshments, and discounts.

This event is in support of Canadian Breast Cancer Foundation: \$1.00 per bra and \$5.00 per prosthesis will be donated.

<http://www.speciallyforyou.ca/about.html>



Bras Across the Bridge

September 16- October 25, 2014

Help 91.7 The Bounce by donating your new or gently used bras at any Booster Juice location.

For every bra donated, 91.7 The Bounce will donate \$1 to the Alberta Cancer Foundation, benefitting the Cross Cancer Institute, and Edmontonians fighting breast cancer.

On Friday October 24th, every bra donated will be strung across the High Level Bridge in support of Breast Cancer awareness.



Other Services of Interest

Wellspring Calgary

Wellspring offers membership, programs, services and resources free-of-charge and without referral.

Check out all that Wellspring has to offer from laughter yoga to painting and hiking to Tai Chi, they have something for everyone.

<http://www.wellspringcalgary.com/media/Wellspring-Program-Brochure-Fall2014.pdf>

Membership forms are available at Wellspring Calgary or their website:

<http://www.wellspringcalgary.com/register.asp>

Register for programs online, in person, or by calling 403-521-5292.



Cancer Bridges Edmonton

Support groups are facilitated by trained professionals and typically are one-on-one and a half hour sessions offered once a week with new sessions usually beginning in the fall, winter and spring. Anyone being treated at the Cross Cancer Centre and their families are welcome to register.

Cross Cancer Institute, 11560 University Avenue

or

Westmount Centre , Suite 432, Southwest entrance (Coronation entrance) of Westmount Shopping Mall, 111 Avenue & Groat Road NW, Edmonton,

Call 780-643-4303 or 780-643-4304 to register.



Get to Know the Study Staff – Calgary



In this section you will find out some fun facts about two of the AMBER Study staff from Calgary. We will feature different staff from both Calgary and Edmonton in each newsletter edition.

LEANNE DICKAU



Leanne, in Cape Reinga, New Zealand

Leanne is the newest member of the AMBER Study team. She joined us in early September after returning to Canada from a one and a half year long trip to Australia, New Zealand and Southeast Asia. Leanne holds a Master of Science in Kinesiology from the University of Victoria and is a Canadian Society of Exercise Physiology Certified Exercise Physiologist. She also has previous experience working as a research assistant with BC Cancer Agency in Victoria, BC.

Have you or do your plan on travelling anywhere this year?

I came back this past April from travelling in Australia, New Zealand and Southeast Asia. It was an unforgettable trip and I had the opportunity to visit so many interesting places. One of my favorite experiences was skydiving over Lake Taupo in New Zealand. It was amazing!

If you could pack your bags right now and go anywhere in the world for a week, where would you go?

I would love to go to South America, particularly Peru and hike the Inca Trail. As well, I would like to visit the Galapagos Islands.

What's your favourite sport to watch live or on TV?

My favourite sport is figure skating. I always try to watch when it is on TV and have been lucky to see it live at national, world championship and Olympic competitions.

What food is your guilty pleasure and how often do you allow yourself to eat it?

I have a huge sweet tooth and love 5 cent candies. My favorite thing as a kid was to go to the Mac's and fill up a small bag with candies. If only candy was a vegetable so I could eat it every day!

What lead you to become an exercise physiologist?

I have always had an interest in sport and fitness and so it felt like a natural progression to get my Bachelor's of Science and Master's of Science in Kinesiology. I also enjoy working in a research environment and so I am excited to start working for the AMBER study.



Get to Know the Study Staff, continued

SUE DANIEL



Sue, with her two sons, father and mother, Isabelle, a two time breast cancer survivor who is turning 87 this month.

My name is Sue Daniel and I am the Calgary Recruitment Coordinator for the AMBER Study. I graduated in 1986 with a Bachelor of Nursing from the University of Calgary. After working for 13 years as a public health nurse, I was able to combine my passion for physical activity and wellness as a fitness trainer for two studies called the ALPHA and BETA Trials. Both of these studies, conducted by Dr. Christine Friedenreich and Dr. Kerry Courneya, examined how aerobic exercise decreases breast cancer risk in postmenopausal women. The AMBER Study has given me the privilege of speaking with so many wonderful women about participating in research. My mother also participated in a breast cancer research project after her first breast cancer diagnosis 39 years ago. She had a second diagnosis five years later. At 87 years young, she remains healthy and active.

Tell us about your pets?

Our family of four lives west of the city and we are host to a menagerie of animals. We have a rambunctious golden retriever, Mikka, who true to his breed loves nothing more than swimming in any body of water that he can find. The queen of the household is our little indoor Tabby cat Simba who is extremely demanding but equally lovable.

Her mother Sunny, who is a feral cat, rules the garage keeping the mice at bay. Our part-time pets include deer, coyotes, foxes and moose.

What is your guilty food pleasure?

In one word-chocolate- maybe two words- daily chocolate.

What are your favorite holiday destinations?

I love to travel anywhere in Europe as there is so much history and culture to experience.

My favorite sun destination is Bucerias, Mexico which is located just north of Puerto Vallarta on the Pacific Ocean. Bucerias is a small town that has retained its Mexican authenticity despite its popularity with tourists.

In your opinion, what is one of Calgary's best kept secrets?

One of my favorite spots to run is in the Glenbow Ranch Provincial Park which is located just west of Calgary off of the 1A Highway towards Cochrane. The Ranch has both paved and cross country trails that are wonderful to walk, run or bike on. There are incredible views to the west of the Rocky Mountains and to the east of the Calgary skyline. It is common to see a majestic eagle or two by the river.

What is your favorite sport to watch live or on TV?

When our children were younger, they used to come to all of our running and triathlon races. The tables are now turned and we would not miss any of our son's races in competitive swimming, running and triathlon. The boys refer to us as their groupies and nothing could make us happier!



Please Visit Our Website

To find out more information about the study, you can visit our website at any time.

<http://www.amberstudy.com/>

On the website you can find up to date information about the study, including our latest recruitment numbers.

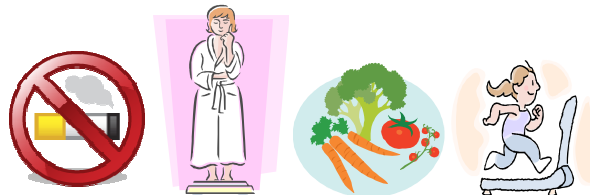
Under the “*About the Study*” tab you can learn more about the study team and see when the AMBER Study or study team members have been featured in the media. You will also be able to find all issues of the *newsletter* as well as any *publications* about the study. The first paper about the AMBER Study was published in 2012 in a journal called BMC Cancer. This paper is available for you to read on the website.

We would love to hear from you. Under the “*Participant Testimonials*” tab you can submit your comments about the study and your experience. With your permission we can share the comments on the website. If you have any suggestions about something you would like to see in the newsletter or on the website please let us know.



CANCER FACT

Tobacco is the most preventable cause of cancer and is directly responsible for about 30% of all cancer deaths. Research also shows that 30 to 35% of all cancers can be prevented by eating well, being active and maintaining a healthy body weight.



ATTENTION!

We'd like to get to know you.



In future newsletter editions we would like to feature study participants. If you would like to share your experience with the study or tell us a little more about yourself we would love to hear from you. If you are interested please contact the Calgary Research Coordinator at (403) 955-4715 or email amberstudy@albertahealthservices.ca

AMBER Study Contact Information

Name	Position	Location	Telephone	E-mail
Dr. Christine Friedenreich	Principal Investigator	Calgary	(403)955 4701	christine.friedenreich@albertahealthservices.ca
Dr. Kerry Courneya	Principal Investigator	Edmonton	(780) 492 1031	kerry.courneya@ualberta.ca
Sarah MacLaughlin	Study Coordinator	Calgary	(403)955 4715	sarah.mclaughlin@albertahealthservices.ca
Diane Cook	Study Coordinator	Edmonton	(780) 492 8274	dwcook@ualberta.ca
Testing Center Calgary	Exercise Testers	Calgary	(403) 818 0722	amberstudy@albertahealthservices.ca
Testing Center Edmonton	Exercise Testers	Edmonton	(780) 989 5911	amberstudy@ualberta.ca