



The AMBER Report

ISSUE 3

JULY 2016

SPECIAL POINTS OF INTEREST:

- **Chemotherapy & Sun Safety**
- **Wellspring Edmonton**
- **Laughter Yoga**

INSIDE THIS ISSUE:

Q & A with Dianne Bowtell	2
Q & A with Tina Martel	2
Meet Chelsea Stone	3
Wellspring Edmonton	3
Rolling with Jenna	4
Laughter Yoga	4
Contact Information	4

Message from the Principal Investigators

To begin, we would like to extend our sincere gratitude and thanks to all of our study participants. The AMBER Study is now in its fourth year and this on-going success would not be possible without the time and commitment you have all put in to the study.

Since the last newsletter in April 2016, we have had a scientific paper accepted for publication in the journal BMC-Cancer. It describes the baseline characteristics of the first 500 participants into AMBER and will be available to read online. Once it is published, a copy will also be made available on the AMBER Study website. You may be interest-

ed in reading the paper to understand more about the AMBER Study. In this edition of the newsletter we will tell you about sun safety, laughter yoga, and the new Wellspring Centre in Edmonton. We will also profile two study participants: Dianne Bowtell from Edmonton and Tina Martel from Calgary as well as AMBER Study team member, Chelsea Stone. Once again, Calgary exercise tester Jenna Leib will share a few techniques on how to use ball rolling for myofascial release. As of July 15th, 2016 we have 879 participants enrolled in the study, 463 in Calgary and 416 in Edmonton. To date, 550



Dr. Christine Friedenreich, at the REACH Centre, in Calgary

participants have completed their year one assessments and 111 have completed their year three assessments.

Thank you all for your continued dedication and contributions to this study. We look forward to seeing you again at your follow-up assessments at our centers in Calgary and Edmonton.

Chemotherapy & Sun Safety

Some chemotherapy plans cause skin changes and it is important to be aware that skin may become more sensitive to the sun during summer months as many chemo drugs are radiosensitizers. Radiosensitizers are substances that make cancer cells more sensitive to radiation. Unfortunately, the consequence of this sensitization, is that the rest

of the body's tissues and cells also become more sensitive to radiation, including UV radiation from the sun. Some sun safe practices we recommend this summer are using sunscreen with a SPF of 30 or higher, covering up with a hat, and limiting time spent in the sun between the hours of 10am and 4pm, which is when the UV light is the strongest and most dangerous.



Q & A with Dianne Bowtell



Diane, training for the 2016 Ride to Conquer Cancer

“I was determined to regain the strength I have lost with two diagnoses of breast cancer in the last five years. The study gave me a baseline to progress from.”
Tina Martel

Dianne is an Edmonton participant who just completed her year one assessments.

Have the results of your AMBER study testing made you make any changes to your lifestyle?

I have made a commitment to making physical activity a priority in my life. I returned to spin class at the Commonwealth Community Recreation Centre as soon as I could. I also enjoyed a spring vacation in Europe that incorporated hiking and cycling as a way

to celebrate not just my recovery from breast cancer but a healthier, active new me. I also registered with the Cross Cancer Team to ride in the Enbridge Ride to Conquer Cancer this August 2016.

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

Breast cancer is a very scary threat for all women. A lot of anxiety revolves around the very mention of the subject. When this diagnosis becomes yours you must have faith that

Alberta has an excellent treatment and intervention protocol. The therapists, oncologists and researchers rise every morning with a mission to cure and discover new ways to make treatment less harsh. Cancer can be beaten, you play a major role in your own recovery.

What advice would you give to other ladies who are thinking about joining the study?

Don't hesitate, the researchers are wonderful, encouraging and committed.

Q & A with Tina Martel

Tina is a Calgary participant who has completed her year one assessments.

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

Find a support system that works for you. If “pink” doesn't fit (and it didn't for me) find yourself another one. Make yourself one. There is room for all of us. Let your friends and family help. It is too overwhelming otherwise.

What motivates you to be physically active?

I have always been physically active. But I was determined to regain the strength I have lost with two diagnoses of breast cancer in the last five years. The

study gave me a baseline to progress from.

How was your breast cancer discovered?

I discovered the lump myself and went in to have it tested. Both times.

Is there anything else you would like to share about your breast cancer experience or participating in the AMBER study?

I was quite determined that I would make something useful of this. I refuse to think of it as a “blessing” or a “gift”. But every experience teaches you something. I was unhappy with the pink culture around breast cancer so I wrote and illustrated a book about my experience. *Not in the*

Pink has subsequently won several literary awards. I did not expect the response I received and I am grateful for the people who have read and bought my book. I wanted people to understand how complicated and emotional a diagnosis of breast cancer is.

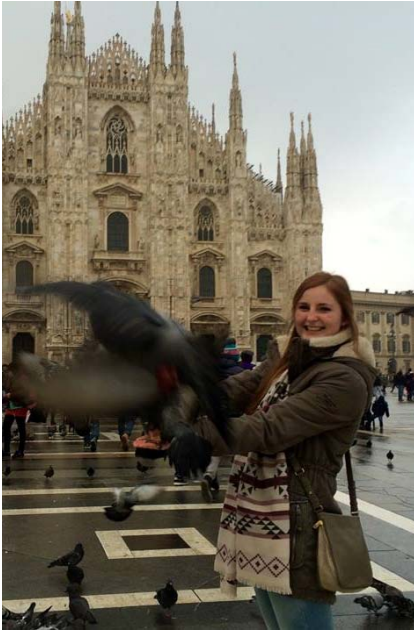
<http://notinthepink.ca>

<http://www.tinamartel.com>



Tina

Meet Chelsea Stone



Chelsea, outside Duomo, in Milan, Italy.

Chelsea has been part of the AMBER Study team in Calgary since September 2014. She began as a kinesiology practicum student, assisting with testing and other aspects of the study. Following her practicum Chelsea continued to work as summer student and then part time while completing her Bachelors of Science in Kinesiology. In September, Chelsea will be will pursuing a Master's of Science in Epidemiology under the supervision of Dr. Christine Friedenreich.

Is there an exercise myth that you would like to debunk?

Lately there has been a lot of misconception that lifting

weights will cause women to become 'bulky' or 'too muscular'. This is not the case; in fact, incorporating resistance training into your workouts can actually help tone and slim your body. Choose a lower weight and increase the repetitions and you will love the results that you see!

What is your favorite part of Alberta?

I have a passion for the outdoors and love how much adventure we have available to us right in our backyard! Recently I have been exploring more of Kananaskis due to its proximity to Calgary and because of all of the activities

that you can do! Anything from snow-shoeing and cross-country skiing to hiking and kayaking, all within an hour's drive from Calgary!

What book are you reading right now?

Recently I have been reading "The Immortal Life of Henrietta Lacks" and can't put it down. It's the story about the African American woman whose cells – taken without her knowledge - have led to the some of the most important advances in medicine from developing the polio vaccine to many anti-cancer drugs. Highly recommended!

Introducing Wellspring Edmonton

What is Wellspring Edmonton?

Opened Spring 2016, Wellspring Edmonton is a non-profit wellness support center aiming to provide a complete range of cancer support, resources and programs for patients and their families. Some of their goals include improving quality of life, identify and stimulate personal inner resources, and provide opportunities for collaboration to improve cancer care.

What kinds of programs are available?

Programs offered are for patients, families and caregivers and are inclusive of all diagnoses. All programs are free of charge and do not require any referrals. Some programs include

expressive arts programs, yoga, meditation, nutrition and diet for healthy living, and evidence-based exercise programs.

Where is the facility located?

The facility is easily accessible via public transit or car, with free on-site parking. All spaces are wheelchair accessible and an elevator is available as well. Some features include a café lounge, demonstration kitchen, children's center, health and fitness center, resource library, young adult resource center, and peer support rooms.

Address: 8911 112St NW
Edmonton, AB, T6G 2C5

Where can I find more info?

Hours: 9:00AM-6:00PM

Website:

<http://www.wellspringedmonton.ca>

Email:

info@wellspringedmonton.ca

Phone: (780)758-4433



Rolling with Jenna: Lat Release

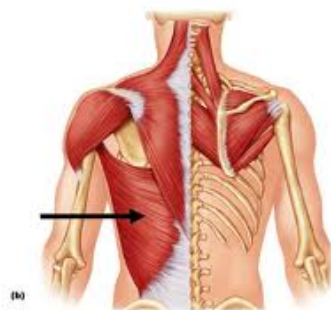
The latissimus dorsi, often referred to simply as “lats”, is one of the widest muscles in the human body extending from the lower back, up the spine and across towards the armpit.

There are two ways to target this muscle. You can lie on the floor or do this against a wall, working up the side of your body.

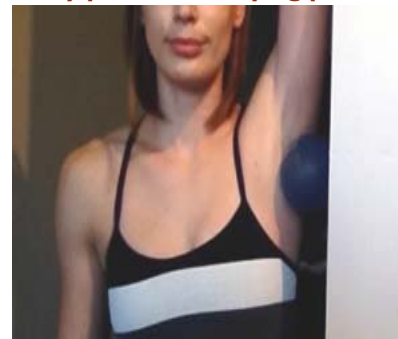
Because your bottom two ribs (referred to as “floating” ribs) are not attached to the breastbone, excess pressure should be avoided. You should start with the ball half way up your rib cage and work your way as high as you comfortably can

into the armpit.

Instead of moving your body, find a tender spot along that line and rock back and forth, then move up slightly towards the armpit and repeat the rocking action. This rolling may be tender! Sometimes, you need to just breathe during the tender spots and relax over the ball.



Body position for laying position



Ball placement for standing option

Laugh Until it Helps

Laughter Yoga is based on the fact that our bodies cannot tell the difference between real and fake laughter, you still get the same physical and psychological benefits! A typical laughter yoga session starts with laughter as a body exercise in a group, with eye contact and childlike playfulness, which soon turns into real and contagious laughter!

Benefits of Laughter Yoga:

- Good mood & more laughter
- Healthy exercise to beat stress
- Health benefits
- Improved quality of life
- Positive attitude during challenging times

Upcoming sessions:

- Laughter Yoga at Wellspring Carma House Calgary: August 3



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
Sarah MacLaughlin	Study Coordinator	Calgary	(403) 476 2992	sarah.maclaughlin@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