



SPECIAL POINTS OF INTEREST:

- **Breast Cancer Awareness Month**
- **The Ride to Conquer Cancer**

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The AMBER Report

ISSUE 4

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Message from the Principal Investigators

As always, we would like to take this opportunity to express our appreciation to all participants for their dedication and contributions to the AMBER Study. In this edition of the newsletter we will highlight a few events taking place in Edmonton and Calgary for Breast Cancer Awareness Month and share some information about the Ride to Conquer Cancer. We

will profile two study participants: Stephanie Moore from Edmonton and Sonja Jovanovic from Calgary. Our trainer Jenna Leib will share more ball rolling techniques focusing on the pectoralis major muscle. As of September 16th, 2016 we have 931 participants enrolled in the study, 503 in Calgary and 428 in Edmonton. To date, 577 participants have completed their year one assessments and 140 have com-



Dr. Kerry Courneya, with a study participant in Edmonton

pleted their year three assessments. Thank you all for your ongoing commitment to the study.

October is Breast Cancer Awareness Month

As many of you are aware, October is National Breast Cancer Awareness Month, so we thought we would highlight a few events taking place in Calgary and Edmonton during October.

Calgary

All Month

- * Calgary Hitmen, Hockey Mums Fight Breast Cancer Campaign.

www.hitmenhockey.com

October 2, 2016

- * CIBC Run for the Cure.

October 22, 2016

- * Breast Reconstruction Awareness Day

<http://www.bra-day.com/>

October 27, 2016

- * Rethink Breast Cancer, BoobyBall.

<http://boobyball.rethinkbreastcancer.com/calgary/>

Edmonton

October 2, 2016

- * CIBC Run for the Cure.
- * Women of Song Fundraiser.

October 18th, 2016

- * Breast Reconstruction Awareness Day

<http://www.bra-day.com/>

October 23, 2015

- * Bras Across the Bridge, in

support of the Alberta Cancer Foundation

Both Cities

All Month

- * Blenz Coffee , Pink Ribbon Tea.

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



Q & A with Sonja Jovanovic



Sonja, enjoying a ride on her bike.

Sonja is a Calgary participant who has completed her year three assessments.

How did you find out about the AMBER study?

I signed up for any research studies at the time of my diagnosis, and someone from the AMBER team contacted me.

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

I know how essential it is to have research studies on patients, and how hard it is to get volunteers. I want to

prevent ALL women getting breast cancer, or surviving, if they do.

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

I would say yes. When I realized I had become less fit and weaker following surgery and chemo, despite thinking I had been living healthily, I needed to make a bigger effort to make changes. Once the fatigue became more bearable, I was motivated to get really strong and fit.

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

Ask for any kind of help you need, even if you are embarrassed. And get fit, it will help you mentally and physically.

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

My husband and my two sons. They stayed strong and helped me through every single day by being supportive and just being there for me.

"Be kind to yourself"
-Stephanie Moore

Q & A with Stephanie Moore

Stephanie is an Edmonton participant who has completed her baseline assessments.

Why did you decide to participate in the AMBER study?

I decided to participate in the AMBER study because I know that the treatment I am receiving is better as a result of other people donating their time and effort to other studies over the years. I thought it was a good way to give back. It is also a great way to measure my progress with regards to fitness level.

Do you have any advice for newly diagnosed patients?

I received a great piece of advice from a breast cancer survivor when I was newly diagnosed. "Be kind to yourself". Being diagnosed was the scariest experience I have ever

been through and it was easy to beat myself up a bit for somehow allowing this to happen to me. Letting go of that, treating myself with kindness and focusing on the present and future have been very important parts of my journey.

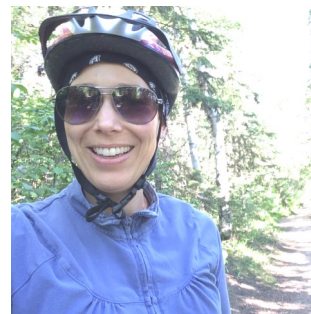
What is your favourite thing about living in Edmonton?

The river valley! I have been walking and cycling in the river valley almost every day since my treatment began. It has been an incredible source of peace and tranquility for me as well as a great way to stay active.

What is something new that you learned during your diagnosis?

I have learned a lot about myself during this journey so far but if I had to choose one thing that stands out it is that I am strong

and capable of dealing with this. We all have incredible bodies that are capable of amazing things as well as an excellent medical system to support us and in combination with complementary modalities there are so many paths available to wellness. I am finding out what works for me and continuing to feel empowered along the way.



Stephanie, cycling in Edmonton

Meet Lauren Voss



Lauren, finishing the Ride to Conquer Cancer.

Lauren joined the AMBER Study team in July 2016 as an exercise tester. She is originally from Toronto and graduated from the University of Calgary in 2014 with a Bachelor of Science in Exercise and Health Physiology. In August 2016 she participated in the Alberta Ride to Conquer Cancer with her father.

Why did you decide to do the ride this year?

My dad has been doing the ride in Toronto for the last 5 years. He had a conflict with the Toronto date so he told me he would come out here for the Alberta Ride. I thought he was jok-

ing and kind of laughed it off until he told me he booked us hotel rooms and had booked a flight. It was an incredible experience and I'm really glad I did it. I'm hoping to go to Toronto to do it next year and start a family tradition!

Did you travel anywhere this year?

I went to Finland last Christmas to watch my sister compete in the World Ringette Championships (they won gold in overtime!)

What's your favorite thing to do in Alberta?

I have been exploring Alberta with my camera over

the last year. I love how each season presents its own challenges for photo composition but the same space can look completely different throughout the year.

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

Calgary's bike paths! While I was training for the Ride to Conquer Cancer I really got to explore the city on my bike. The bike paths are so expansive and can take you almost anywhere, it was way more fun than driving around or taking transit.

The Ride to Conquer Cancer

On August 6th and 7th, 2016, 1501 Albertans participated in the 8th Annual Enbridge® Ride to Conquer Cancer®. This year several staff members (pictured on the right) from the Department of Cancer Epidemiology and Prevention Research in Calgary participated in the ride. They were all part of the "One Aim" Team captained by Dr. Nigel Brockton, a research scientist Department of Cancer Epidemiology and Prevention Research.

What is the Ride to Conquer Cancer?

The ride is a two day cycling event that covers over 200km. It is a significant annual fundraiser for the Alberta Cancer Foundation.

What is the money used for?

All money raised from the ride is used to fund cancer research as well as enhanced care screening and prevention programs.

How much money has been raised ?

This year the ride raised 6.35 million dollars in Alberta. To date over 60 million dollars has been raised by the ride for the Alberta Cancer Foundation.

Where does the ride take place?

The 2016 ride began at Canada Olympic Park. The cyclists followed a scenic route to Okotoks through Bragg Creek, Priddis and Turner Valley. On the second day of the ride cyclists return to Canada Olympic Park via the same route.

Where can I find more information?

To find out more information about the ride you can visit their website:

<http://www.conquercancer.ca/>

Dr. Jessica McNeil, Xin Grevers and Dr. Darren Brenner , taking a break on day one of the Ride to Conquer Cancer.



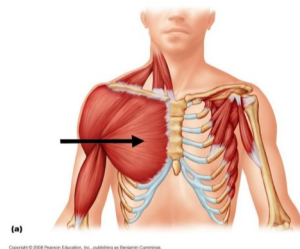
Rolling with Jenna: Pectoralis Major Release

The pectoralis major is a thick, fan shaped muscle, situated on the chest. In females it is located under the breast tissue. There are two ways to target this muscle. This release can be done lying on the floor or against a wall. If you choose to use the wall you will want to place ball between you and wall. Start with the ball in the middle of your chest at the top of the breast bone. Roll the ball along the bottom of your collarbone towards your shoulder (see photo on the left). Repeat this movement lowering the ball each time, making your way as close to breast tissue as you comfortably can. You can softly move over any scars once they have healed with a soft ball. Do one side of the chest and then move the other.

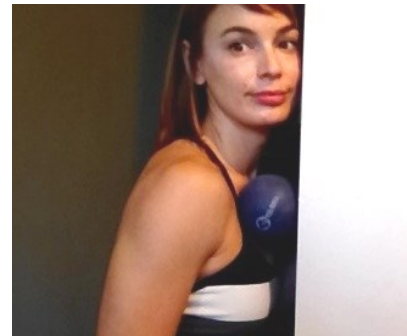
If you are using the floor you can use either one or two balls (pictured to the right). Roll over the ball(s) in a similar movement as the standing method, starting at the breastbone and moving towards the shoulder.

**New study participants can learn more about ball rolling and myofascial release in previous editions of the newsletter found on our website at:*

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



Body position for laying position



Ball placement for standing option

Recipe: Pumpkin Chocolate Chip Cookies

1 cup cooked (or canned) pumpkin, 1 cup sugar, 1/2 cup oil, 1 egg.

2 cups flour, 2 teaspoons cinnamon, 1/2 teaspoon salt, 1 teaspoon baking soda.

1 cup semi-sweet chocolate chips, 1 teaspoon vanilla.

Combine: Pumpkin, sugar, oil and egg.

Add and mix: Flour, cinnamon, salt and baking soda.

Add: Chocolate chips and vanilla.

Spoon on to lightly greased cookie sheet.

Bake: At 375F for 10-15 minutes.



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