WINTER 2012

Twilight Star Runs for Cancers Below the Waist

CANCER COUNSELLING GOES VIRTUAL

Tommy Europe’s Tips to Get You Movin’ for Bust a Move

Action Star

RYAN REYNOLDS transformed his body through hard work and determination

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A B.C. PHILANTHROPIST’S HISTORIC $21.4 MILLION GIFT
WIN $100 VISA GIFT CARDS

Your Opinion Matters

We’re looking to make improvements to Vim & Vigour magazine and would greatly appreciate your feedback. Please take a moment to complete and return the survey between Pages 8 & 9.

By submitting the completed survey, you’ll have three chances to win a $100 Visa Gift Card!

To be eligible, we must receive your survey by December 15, 2012.

Thank you for participating.
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Celebrating a Year of Achievement at the BC Cancer Foundation

With the holiday season just around the corner, I’ve been thinking about the many things the BC Cancer Foundation has to celebrate. This year, more than 110,000 donors across the province partnered with us to achieve a record-breaking $50.4 million for cancer research and enhancements to patient care at the BC Cancer Agency, enabling groundbreaking research to happen and research milestones to be achieved. These advancements continue to result in better treatments, improved outcomes, and healthier lives for cancer patients here in B.C. and around the globe.

I invite you to turn to page 6 for one of this year’s most inspiring examples of donor generosity: the Jambor-McCarthy legacy. Twenty years ago, together with his grandson William McCarthy, John Jambor planted the seeds for a gift to the BC Cancer Foundation. This year, the $21.4 million bequest became the largest charitable estate gift to a single beneficiary in B.C. history. A fitting tribute to the incredible generosity of a humble man, the gift will ensure a very bright future for cancer research, education and care at the BC Cancer Agency.

Another group who embodies generosity are the 3,011 participants from the 2012 Enbridge Ride to Conquer Cancer. This year, riders from across the province partnered with the BC Cancer Foundation to raise a record-breaking total of $11.2 million. As a proud fellow cyclist, I know the hard work and determination it takes to make the Ride a success. The BC Cancer Agency’s Dr. Poulsørensen is one of the recipients of Ride funding, which is helping to accelerate his critical research in childhood cancers. Please turn to page 4 to read about Dr. Poulsørensen’s incredible work with the Childhood Cancer Research Program.

These are just a couple of examples of the amazing things our donors have made possible this year. As always, I invite you to learn more about all the exciting research advancements taking place at the BC Cancer Agency by visiting our website, www.bccancerfoundation.com.

Wishing you and your family a wonderful holiday season,

Douglas Nelson
President & CEO
BC Cancer Foundation
Four years ago, Daniel Shapiro, PhD, Dean of the Simon Fraser University Beedie School of Business, was diagnosed with an aggressive form of non-Hodgkin lymphoma.

“The initial shock is indescribable,” he says of his cancer diagnosis.

His first instinct was to find out where to go for the best treatment and chance of survival for his type of cancer. “I learned that the BC Cancer Agency was one of the best places in the world for treatment of lymphoma,” Daniel says.

Daniel’s first visit with his oncologist, Dr. Laurie Sehn, reinforced his research findings and left him feeling that he was going to get better as she confidently told him, “I am going to cure you.”

He believes we have a world-class institution that is a real gem in our community and remembers thinking, “If I get through this, I will do whatever I can to ensure the Agency continues to thrive and that everyone knows how lucky we are.”

Campaigned for Research

Daniel celebrated his 65th birthday this year. He says, “When you have a milestone birthday, you stop to reflect, and I thought, boy am I lucky to be here to celebrate.” For his birthday, he and his wife of 34 years, Frieda, their two children, Jesse and Rebecca, and a community of close friends, took part in his birthday celebration with a fundraising campaign for the BC Cancer Agency.

The goal was to raise $6,500—he figured this was attainable if 100 people donated $65. Within one week of setting up his personal fundraising page and emailing friends and family, he had reached his goal, so he continued to raise the target. And, along with the flood of generosity came personal messages from loved ones.

Daniel and Frieda found the experience incredibly meaningful. “My wife said she had never had more fun in her life, because every time a gift came in we reflected on the good times we had with that person. It was very personal,” he says.

In total, he raised close to $14,000 to support lymphoma research at the BC Cancer Agency. He believes that if a lot of people raise a little bit of money, it will allow the Agency to thrive as it has, and, he hopes his gift will ensure that others may also benefit from the kind of quality care that he received.

“Anybody can do this,” Daniel says of his birthday campaign. “I want everyone to know how rewarding and effortless it was to do.”

Donate Your Birthday!

This year, make your birthday even more meaningful by giving up the gifts and asking family and friends to make a donation to the BC Cancer Foundation. It’s easy—simply create and personalize your online birthday fundraising page, and invite family and friends to make a gift. For more information, visit bccancerfoundation.com/birthday or contact Alexis Martis at alexis.martis@bccancer.bc.ca.
When you think of childhood, the word “cancer” probably doesn’t come to mind. Unfortunately, some children and parents are forced to link the two. Dr. Poul Sorensen, head of the Childhood Cancer Research Program at the BC Cancer Agency, is looking to find the root causes of childhood cancers and identify targeted treatment options. His mission: to save lives and reduce long-term side effects from treatment.

His team is probing the genomes, or DNA, of some of the most challenging childhood cancers known in very high-risk patients. By sequencing genomes of patients, they hope to identify “targets” that may be treatable with existing or new therapies.

“Ultimately, we hope that our research will reveal better methods of individualizing treatment for paediatric patients,” says Dr. Sorensen.

**MASTERING METASTASIS**

While major strides have been made in understanding the causes of and cures for a number of childhood cancers, unfortunately recurrence is still a reality. This is because many are metastatic diseases—cancer that spreads from one part of the body to another.

The Childhood Cancer Research Program is placing a lot of emphasis on this area.

“Metastasis is the single most important predictor of outcomes in childhood cancers and it’s important that we understand this better,” explains Dr. Sorensen. “If we can uncover drugs to treat these diseases, we will be able to make a significant impact on the lives of children diagnosed with cancer.”

**RIDE FOR RESEARCH**

Funds from the *Enbridge Ride to Conquer Cancer* are helping to make this research a reality.

Dr. Sorensen says he and his research colleagues feel indebted to *Ride* participants. “Much of our research simply wouldn’t be possible without the support of these inspiring fundraisers.”

In addition, research efforts in childhood cancer may also benefit cancer treatments for adults.

“As we work to uncover genetic drivers of childhood cancers, we can take that knowledge back to adult tumours and determine if the same rules apply. I hope we can continue to find new and better therapies for paediatric patients, and show how childhood cancers can be a portal to a greater understanding of adult cancers,” he says. [V&W]
Riding for Her Little Survivor

A mother’s passion to support cancer research for her daughter fuels a journey of fundraising for the cause

Allison Marsh recently embarked on her second 250 km cycling journey along with 3,010 others in the Enbridge Ride to Conquer Cancer. She rode with passion and determination to make a difference in childhood cancer research, treatment and care.

And most importantly, she rode honouring her three-year-old daughter, Erin, a cancer survivor. “I have never felt more helpless as a parent,” says Allison, referring to the day she and husband Joel learned that seven-and-a-half-month-old Erin had bilateral retinoblastoma, a rare and aggressive childhood cancer.

“You just feel like there is nothing you can do to help ease their journey. And, for me, the Ride was something that I could do.”

Allison’s hope is that by riding and supporting cancer research, the benefits will come not only for Erin, who has a higher risk of developing other forms of cancer in the future, but maybe someday for her grandchildren.

“It’s very gratifying to feel that there is something I can do that may make a difference,” she says.

Optimistic for Positive Outcomes

Allison’s ultimate goal is to see a cure, and it is very important for her to somehow play a part in preventing any other parents from hearing that their child has cancer, or to at least make sure there is a light at the end of the tunnel with more successful treatment.

Her fundraising efforts for the Ride will help to support Dr. Sorensen’s work in identifying the genetic factors that play a role in cancer and increase the doctor’s ability to treat cancers more effectively.

Research does have an amazing impact. Erin has benefited from the knowledge that bilateral retinoblastoma is caused by a genetic mutation, which changed the way doctors treat the disease.

“Research has given these kids much more positive long-term outcomes,” Allison says. “We feel so fortunate that, despite all she has been through, Erin is able to do all the things a healthy three-year-old girl should be doing.”
John Jambor came to Canada at age 26 with a dream: to make a new life for his family. Eighty-three years later, Jambor is making dreams come true for cancer patients across British Columbia. This year, on the 20th anniversary of his grandfather’s death, William P.J. McCarthy presented the historic $21.4 million Jambor-McCarthy legacy to the BC Cancer Foundation, the largest charitable bequest in B.C. history.

According to Douglas Nelson, President and CEO of the BC Cancer Foundation, “The Jambor-McCarthy legacy will change the cancer landscape in B.C. and will have a lasting impact on research and care in this province now and for generations to come.”

John Jambor’s story is a truly inspirational one; he was born in Kosice in what is now Slovakia, and survived a youth marked by years of war and unrest. Acquiring only three years of formal education, Jambor virtually raised himself from age 12.

But everything changed when he came to Canada. After working in a paper mill as a translator and as a steam ship travel agent, he and his wife, Joan, established a small retail business in Noranda, Quebec, and began to make a new life for their family, including children Alice and John.

**PLANTING ROOTS**
Seeking a warmer climate and hoping to retire, the Jambors headed west to B.C. in 1948, but the move sparked a new career for John in land and real estate development and before long, business was thriving.

It was also in B.C. that Jambor mentored his young grandson, William McCarthy, who began his career working alongside his grandfather the day he graduated from high school. During this time, McCarthy says he observed Jambor’s “commitment to his faith, family and his hardworking spirit and dedication to the Canadian way of life.”

Thankful for all Canada had given to his family, Jambor wanted to give back. When he became a patient at the BC Cancer Agency in the early 1980s, Jambor witnessed first-hand the inner workings of the organization. Says McCarthy, “The hard work, dedication and emphasis on results that we saw in the researchers and clinicians at the BC Cancer Agency mirrored our family’s values and exemplified the partnership we had been looking for.”

**A FAMILY LEGACY**
This confidence in the work of the BC Cancer Agency precipitated Jambor’s historic bequest to the BC Cancer Foundation. The Jambor-McCarthy legacy will accelerate improvements in cancer outcomes and improve the long-term health and wellness of thousands of cancer patients with a $15 million permanent endowment for...
cancer research and education, the $5 million William P.J. McCarthy Chair of cancer research at the BC Cancer Agency, as well as $1.4 million in support of community cancer care.

According to McCarthy, “The BC Cancer Foundation perfectly captured what we were looking for in a partner: To bring about change with research and philanthropy working together, and to see the impact and results flourish right here in B.C., in our own backyard.”

And results coming out of the BC Cancer Agency confirm that research is working. The Jambor-McCarthy legacy will enable scientists and clinicians at the BC Cancer Agency to continue as international leaders in their field, and accelerate the pace of groundbreaking research advancements, resulting in better outcomes for patients across the province.

Douglas Nelson is confident that the future is bright and the Jambor-McCarthy legacy will have a ripple effect: “Mr. Jambor’s legacy is sure to inspire others to make a legacy gift at any level knowing it will make a difference for those diagnosed with cancer.”

The John Jambor Legacy Circle

Now is the time to join John Jambor’s legacy as a partner in discovery to bring hope and optimism to British Columbians who have been touched by cancer. The John Jambor Legacy Circle is named in honour of the incredible generosity of John Jambor and recognizes those donors who have made a provision for a future gift to the BC Cancer Foundation through their will, life insurance or other estate planning vehicle. Research is working, and these generous gifts will ensure that life-saving projects continue to move forward, resulting in better outcomes for British Columbians, as we strive toward our goal of a world free from cancer.

To partner with other committed individuals who are leaving a legacy, or for more information about the John Jambor Legacy Circle, please contact Alyson Murzsa by email at amurzsa@bccancer.bc.ca or by phone at 604-707-5905.

William P.J. McCarthy, holding a photo of his grandfather, John Jambor, carries out his grandfather’s legacy of supporting community cancer care.
Cancer is a devastating physical disease, but a large aspect of managing it successfully involves solid emotional support as well.

Often, those who are most challenged in receiving counselling are individuals who live in rural locations; however, a program born out of the BC Cancer Agency Fraser Valley Centre aims to address just that.

CancerChatCanada is a virtual network of “live chat” groups that are facilitated by oncology social workers and clinical counsellors. It offers a confidential environment where patients and family members can safely discuss their cancer-related concerns and difficulties with others who truly understand.

The program was launched in 2010 by Dr. Joanne Stephen and is managed by a small team of staff at the Fraser Valley Centre. It is now available to cancer patients and caregivers nationally and is facilitated by social workers from around the country.

Prior to the site’s launch, the CancerChatCanada team interviewed more than 100 patients and caregivers who participated in chat groups. Dr. Stephen and her team analysed those interviews and determined this unique method of online support provides multiple benefits for participants.

“We expected the website to be helpful for those who do not have easy access to professional support because of geography or treatment-related difficulties,” says Dr. Stephen, “but it turned out that many people valued the convenience and privacy, and preferred group discussion online over face-to-face group meetings.”

Through their analysis, they’ve found that the semi-anonymity and safety of online support groups allowed group members to be more open and genuine, and that members were surprised at the depth of support and connection they experienced in their Internet group.

Dr. Stephen and her colleagues were pleased with the outcomes from the study: “Participation resulted in patients feeling less alone and more informed and confident about managing their condition. In addition, participants experienced improvements in mood and energy.”

Make a Gift in Support of Innovative Enhancements to Care

You can support cutting-edge research and enhancements to care at the BC Cancer Agency Fraser Valley Centre by making a gift to the BC Cancer Foundation. Contact Andrea Coogan at acoogan@bccancer.bc.ca or 604-930-4078 to learn about ongoing initiatives.
Walking for 30 minutes a day can help reduce your risk for heart disease and diabetes. What are you waiting for?
“Don’t make that face; it’ll stick like that” was one of my mom’s favourites. And even though I saw through that ploy to get me to settle down, she had other sayings that made me think twice before disobeying. I sat a proper distance from the television to avoid going cross-eyed. I dried my hair before going out in the cold so I wouldn’t get sick. And after eating sweets, I brushed my teeth so they wouldn’t fall out (which, of course, when I was six, they did anyway!).

Was there any truth to my mom’s words of wisdom? I did some digging to see whether there was validity behind her go-to phrases as well as some others I’ve heard over the years. Here’s what I learned. >
Mom says:

Sitting too close to the TV will make you go cross-eyed.
Verdict: Sorry, Mom. Not true.

As much as moms everywhere would like to be able to threaten their kids with this one, it’s 100 per cent false. “Sitting too close to the television—and also reading in the dark—may lead to eye fatigue, but won’t damage the eyes,” says Claudia Mariano, a nurse practitioner and president of the Nurse Practitioners’ Association of Ontario.

Then again, sitting too close to the TV may be indicative of having a hard time seeing. So if you notice your little one inching closer or squinting at the screen, have his or her eyes checked.

Of course, there are plenty of other reasons to limit screen time. Studies have shown that children who spend more than 10 hours a week in front of a television or a computer have a higher chance of being overweight, aggressive and slower in school. Power down and enjoy some board games, reading or playtime outside instead.

Mom says: If you don’t turn down that music, you’ll lose your hearing.
Verdict: Right on, Mom!

This one’s true all around. Listening to loud music or other loud noises for as little as 15 minutes can lead to ringing in the ears called tinnitus and even temporary hearing loss. These usually clear up in a day or two. But prolonged exposure to loud noises can lead to a permanent loss of hearing. “We’re seeing it more and more with the popularity of MP3 players,” Mariano says. “And once it’s gone, it’s gone—you can’t reverse hearing loss.”

One rule of thumb is, if you can hear the music from your headphones when they’re not in or on your ears, it’s too loud. You can also download a decibel meter app to your smartphone, such as deciBel for Android or Decibel Meter for iPhone.

Drinking coffee will stunt your growth.
Verdict: Nope.

With lattes and frosty coffee drinks available on every corner, it’s no wonder we’re becoming more dependent on java to get us through the day. Fortunately, nothing in a regular cup of coffee is harmful to the body. In fact, it has a lot of healthy characteristics. Coffee recently was found to be possibly beneficial against Parkinson’s disease, type 2 diabetes and liver cancer. But limit intake to two to three cups a day; more than that can negatively affect some people.

And “there are a number of reasons you wouldn’t want to give it to kids,” Mariano says. “It has a fair amount of caffeine, and it would substitute other choices that have actual nutritional value.” So stick with water and milk for the sippy cup.

Going outside in the cold with a wet head will make you sick.
Verdict: Wrong again, Mom.

“When you catch a cold, it’s because you’ve contracted a virus,” Mariano says. “It has nothing to do with being cold.”

She does agree with Mom about wearing a hat, though. But not for the reason you might think. “We’re more sensitive to the cold from the neck up,” Mariano says. “The idea that you lose 50 per cent of your body heat from the head is false. But you do feel it more.”

And Mom was right about another thing, too. The key to warding off viruses is hand washing, hand washing, hand washing. Use soap and warm water, and wash for at least 20 seconds. No access to a sink? Choose a hand sanitizer with at least 60 per cent alcohol.

Thumb-sucking is bad for your teeth.
Verdict: True … and false.

Thumb-sucking can cause teeth to shift and even changes in the palate and jaw. But experts have differing opinions about what age to discourage it in children. Almost all agree that the practice is perfectly fine in infancy. But some recommend discouraging thumb-sucking soon after, while others have the view that Mariano does: “It’s not a big issue before the adult teeth start to come in, and most kids tend to grow out of it before then,” she says.

Talk to your child’s dentist about what he or she recommends.

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Spicy foods will give you ulcers.
**Verdict: Not as such, but it’s easy to see where this one came from.**

Ulcers are caused by different things, but eating spicy foods isn’t one of them. The most common cause is the bacterium *Helicobacter pylori*. Ulcers can also be brought on by non-steroidal anti-inflammatory drugs, such as Aspirin and ibuprofen, and, rarely, tumours in the stomach or pancreas.

While spicy foods do not cause stomach ulcers, “they can exacerbate them,” Mariano says. “Ulcers wear away holes in the lining of the stomach. So anytime you eat something that causes increased stomach acids, it will irritate the ulcer area.” The same goes for stress, coffee and smoking. If you have an ulcer, cut or limit these things for the entire treatment.

Cracking your knuckles will give you arthritis.
**Verdict: Relax, Mom.**

Some people who crack their knuckles do so to release tension in their joints, or to make them feel looser. And some do it out of nervous habit. But none of these people is doing long-term harm to their hands, Mariano says.

The sound you hear when someone cracks his or her knuckles is air being released from a cavity in the joint. The act cannot lead to osteoarthritis, which is a wear-and-tear condition characterized by loss of cartilage, the cushioning between bones.

There is, however, a small chance of injury when cracking knuckles. Some research has found that knuckle-cracking can lead to the injury of a ligament or tendon dislocation, according to Johns Hopkins Medicine. So crack at your own risk.

Feed a cold, starve a fever.
**Verdict: Sorry, Dr. Mom.**

The origins of this one may be as simple as the fact that when people have fevers, they often lose their appetite. But not eating won’t make it go away any faster. In fact, eating regular meals and drinking fluids will energize your body to fight the infection and prevent dehydration.

And fevers might not be the demons we’ve long made them out to be. “Fever is actually quite helpful and adaptive. It helps the body fight the infection,” Mariano says. “We’ve started getting away from telling parents to treat fevers as long as the child isn’t seriously ill.”

Eating chocolate causes acne.
**Verdict: No saving face on this one.**

Acne is caused by bacteria and the buildup of oil and dead skin cells on the skin, Mariano says, none of which is caused by eating chocolate.

But if you notice a reaction to certain foods, you may want to try cutting back or eliminating them from your diet. Even if you break out after eating chocolate, it’s probably not the cocoa’s fault. It’s more likely due to the fat and sugar in the treat. For healthy skin, eat a balanced diet, manage stress, protect skin from the sun, moisturize and don’t smoke.
TO LIVE AT HOME SAFELY, SENIORS NEED TO CHECK FOR DANGER ZONES. HERE’S WHAT TO LOOK FOR »

THERE’S NO PLACE LIKE HOME, especially as we get older. But every house can pose its share of hazards for seniors, many of them related to falls.

One way to prevent falls is to maintain good overall health, says registered nurse Ariella Lang, Ph.D., a research scientist with VON Canada, whose research is funded by the Canadian Institutes of Health Research.

“Being well-nourished and staying as active as possible can help prevent falls,” Lang says. “Also, pay close attention to medications, some of which can make you more prone to falling.”

Here are other steps you can take to keep your home safe.

**Kitchen step stool**
If you have to use a step stool to reach kitchen items you use often, get reorganized. Keep frequently used items on the lower shelves. Also, be sure your step stool is steady for those times when you do need it, and make sure it has a bar to hold on to.

**Rugs, cords and other items**
Are throw rugs or electrical cords in pathways? They need to be securely taped to the floor so you don’t trip over them. If possible, run cords along the wall instead of across the room. Be extra careful with items other people bring in, like shoes or boxes. Make sure they’re moved out of traffic areas right away.

BY AMY LYNN SMITH
Smoke detectors
Although they’re not related to falls, smoke detectors for every floor are a must-have in any home. Replace batteries as needed (twice a year is common), and test smoke detectors once a month.

Stair railings/steps
Take a good look at your stairways, inside and out. Make sure there are handrails on both sides of every stairway and don’t hurry going up and down stairs. Rushing is a major cause of falls, according to Health Canada.

If steps are loose or uneven, have them repaired as soon as possible.

Lighting—
stairways and bedrooms
Proper lighting is extremely important, Lang says. “When people can’t see what they’re doing with their medications or when they’re going up and down stairs, it can be dangerous.”

Install good lighting throughout your home—including at all outdoor entrances—and use nightlights for extra safety.
... And This One?

Medicine cabinet
Is your medicine chest a mess? It's time for a cleanup. Medication mix-ups may cause dizziness or confusion that can lead to a fall. Get medication dispensers and place all your pills in the compartments based on the time you need to take them. Many dispensers can be stocked a week or two at a time.

Bathroom—Grab bars or slip mats
Many falls happen in the bathroom, especially getting in and out of the bathtub or on and off the toilet. Correctly placed grab bars are essential. Also use non-slip mats or strips on the floor of the tub or shower.

A Balanced Approach
One of the best ways to stay steady on your feet is to maintain your balance, which means keeping as active as possible.

"Physical activity can help people keep their bones and muscles stronger, which in turn can minimize or mitigate their risk of falling," says registered nurse Ariella Lang, Ph.D., a research scientist with VON Canada.

Your best bet? Find an age-appropriate exercise program in your community. If that’s not feasible, a short daily walk can do a lot of good. Don’t hesitate to use a walker if necessary, and you might even look for a model with a seat so you can rest as needed during activity.

Getting outdoors is always a plus, but be especially careful when there’s snow or ice. Wear the right shoes or boots, and look into cleats and other accessories for walkers and canes that can help you keep your grip.

Find Out More About Falls
Looking for other ways to stay safe? The Public Health Agency of Canada offers free fact sheets and publications on healthy aging, including fall prevention. Go to www.phac-aspc.gc.ca/seniors-aines/index-eng.php.
TIME WON'T STOP FOR STROKE

Reaching the hospital for treatment within 3.5 hours of experiencing stroke symptoms could mean the difference between life and death or disability.

WEAKNESS
Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary

TROUBLE SPEAKING
Sudden difficulty speaking or understanding or sudden confusion, even if temporary

VISION PROBLEMS
Sudden trouble with vision, even if temporary

HEADACHE
Sudden severe and unusual headache

DIZZINESS
Sudden loss of balance, especially with any of the above signs

If you experience any of these symptoms, call 9-1-1 or your local emergency number immediately.

www.heartandstroke.ca
For a glimpse of what your healthcare will look like in the future, meet Dr. Eric Topol, a cardiologist and an author who not only writes about futuristic mobile health devices but also uses them.

He continuously checks his blood sugar with an implantable metre that acts as the ultimate snack deterrent. "Now when I see a cookie, I ask myself, 'Do I really want my blood glucose level to shoot up or should I just not go there?'" he says.

He has gone to bed wearing a headband connected to a Zeo Sleep Manager device that monitors brain function and analyzes sleep patterns. But when he tried to fake sleep to ignore his wife’s bedtime chatter, the experiment humourously backfired. His wife looked at the Zeo device, noted he was in a wake cycle and said, “Eric, I know you’re awake, and I’d like to talk.” Topol says he learned that “it’s hard to play possum with a sensor displaying your real-time brain waves.”

From bathroom scales that tweet your weight to friends (but who’d want one?) to wearable robots that enable people with spinal cord injuries to walk again, we live in a brave new world of health.
To learn more about the latest and greatest mobile health devices, we checked in with Topol, author of *The Creative Destruction of Medicine: How the Digital Revolution Will Create Better Health Care*; Dr. Joseph Cafazzo, lead of the Centre for Global eHealth Innovation, University Health Network in Toronto; and Dr. Daniel Kraft, executive director of FutureMed, which explores convergent technologies that will revolutionize healthcare.

**TELEMEDICINE: THE DOCTOR WILL SKYPE YOU NOW**

**WHAT’S HAPPENING NOW:** “Video [doctor] visits could prove to be important for increasing the efficiency and productivity of both patients and doctors,” Topol says.

Technology now makes it possible for patients in remote areas to see their doctor without having to travel, thanks to Cisco HealthPresence, a video-conferencing tool with high-tech innovation such as a telephonic stethoscope and tracking of blood pressure, respiratory rate and heart rhythm. Other tools such as Skype allow video calls over the Internet.

**WHAT’S NEXT:** Cafazzo predicts telemedicine will become simpler. “Right now, telemedicine is a bit complicated and uses a lot of video-conferencing technology,” he says. “But in the future, much of what you could previously do on a desktop computer or specialized video-conferencing equipment will easily be done on a mobile phone.”

**ROBOTICS: THE ROBOT IS IN**

**WHAT’S HAPPENING NOW:** The da Vinci surgical robot isn’t R2D2 wielding a scalpel; it is a revolutionary high-tech tool used in more than 200,000 operations a year around the world.

The surgeon sits at a console and peers into binocular-like lenses at highly magnified, 3-D views provided by a vision system arm with an endoscope (small camera). The other interactive robotic arms hold the tiny surgical tools that, as controlled by the surgeon’s hand movements, make the snips, staunch the blood flow and sew up inside when all is done.

The system is used for open heart surgery, prostate resection, gynecologic operations and other procedures, most of which require incisions no longer than 2 centimetres.

**WHAT’S NEXT:** Be on the lookout for wearable robotics, or mechanical exoskeletons, made by manufacturers such as Ekso Bionics, to enable people with spinal cord injuries to walk again. “We’re going to change the definition of ‘disability’ to be in some cases superabilities,” Kraft says.

**ARTIFICIAL INTELLIGENCE: DOCTORS’ SMARTEST ASSISTANTS**

**WHAT’S HAPPENING NOW:** Fans of *Jeopardy!* watched in amazement as IBM’s computer Watson outwitted the TV game show’s best human players in 2011. The trick up Watson’s sleeve is its ability to read and understand 200 million digital pages and deliver an answer within three seconds.

Beyond its television premiere and victory, where is Watson going to be deployed? IBM has formed partnerships to explore using Watson as an assistant to doctors—not to make diagnoses or give physicians a single answer, but to make suggestions and determine probabilities in complex cases. IBM also has formed a Watson Healthcare Advisory Board, made up of experts in primary care, oncology and other fields, to discuss how the technology could be used in medical innovation and clinical settings.

While there are well-defined treatment guidelines for individual conditions like heart disease, diabetes, asthma and emphysema, these guidelines are far less helpful for patients who have more than one condition. For example, some beta-blocker drugs are good for heart disease, but bad for asthma.

Watson can “really help us learn about these multiply challenged patients,” Dr. Martin Kohn, chief medical scientist in care delivery systems at IBM Research, told *The New York Times*.

**WHAT’S NEXT:** “Artificial intelligence and supercomputing are going to be increasingly important over time,” Topol predicts. “Tomorrow you’ll have a voice on your phone say, ‘You’re not getting adequate control of your blood pressure; you should be increasing your dose of blood pressure medication.’”

**NANOSENSORS: TINY HEALTH DETECTORS**

**WHAT’S HAPPENING NOW:** You know about the breathalyzer that can prove you tipped too many martinis at happy hour to be driving. But what about a breathalyzer that warns you that you have cancer? It may sound far-fetched, but the technology exists today at the Technion Israel Institute of Technology.
in Haifa, Israel, where gold nanoparticle sensors are being tested to detect distinct breath chemical signatures for diseases such as lung, breast and prostate cancers. The technology also exists today for pills to be embedded with nanosensors that allow patients and their physicians to track whether medications are being taken as prescribed, Cafazzo says.

WHAT’S NEXT: Kraft predicts we soon will be living with embedded sensors throughout many aspects of our lives. “One of the things that’s going to happen in the future is the concept of sensors everywhere,” he says. “Your fridge will know how many times you opened it at three in the morning. Your bathroom scale will be able to tweet your weight or put it on Facebook. Social pressure can be powerful, right? So if you declare that you’re going to lose weight, your technology can be a bit of a monitor, and it can give you an edge to staying on your diet. Or it can be something simple like having your kids brush their teeth. If you could put a little sensor on their toothbrush, you could tell if they really brushed for two minutes or for only 20 seconds.”

SMARTPHONES: HEALTH IS CALLING
WHAT’S HAPPENING NOW: Smartphones are transforming nearly everything we do—from how we communicate with family and friends to how we shop. But now they are merging with other technologies that might make it possible for them to save our lives.

One example is a technology known as AliveCor, which captures a patient’s real-time heart rhythm through a smartphone. The gadget makes it possible to perform a do-it-yourself electrocardiogram by placing one finger from each hand on each of its two sensors that record your heart rhythm.

“Using this device, an individual with palpitations, light-headedness, or faintness can use his or her phone to acquire heart rhythm data and send it directly to a physician for interpretation,” Topol writes. But that’s not all.

Other smartphone tools can track your blood sugar levels or keep tabs on your blood pressure.

“It’s very hard to get people to take their blood pressure,” Topol says. “As a cardiologist, I’ve been working on it for 25 years.” But with an app and a blood pressure cuff that connects to your smartphone, “it makes you want to take your blood pressure a lot more often because it’s so much fun,” he adds.

WHAT’S NEXT: No doubt you’ve been in the car when the ominous “check engine” light flashed on the dashboard. Kraft predicts a day will come when a similar warning light about your health flashes on the smartphone that you’ve used to track everything from your diet and exercise to your blood pressure and blood glucose levels.

“A lot of diseases are detected late,” Kraft says. “What if your vital signs detect early that you’re running into heart trouble?”

There’s an App for That
B.C. smartphone innovation aids ovarian cancer surgeons and researchers
A new smartphone app created in B.C. is enabling local ovarian cancer surgeons to record details directly from the surgical suite to the provincial database where ovarian cancer tumour information is stored, investigated and tracked—the Cheryl Brown Ovarian Cancer Outcomes Unit. The innovation was made possible thanks to a BC Cancer Foundation donor.

Researchers with the Ovarian Cancer Research Program (OvCaRe) at the BC Cancer Agency spearheaded the idea to improve the database of research information, supporting current and future research studies.

The app prompts surgeons to enter specific surgical details, which then populate directly into the database, saving time and increasing accuracy.

The end result is critical data that is approved and anonymized, and immediately available for leading-edge ovarian cancer research initiatives.

Make a Gift in Support of Research Technology
Research technology is helping BC Cancer Agency scientists and clinicians uncover the genetic drivers of cancer and make major breakthroughs in the understanding of this disease. Contact Sharon Kennedy at 604-877-6061 or skennedy1@bccancer.bc.ca to make a gift to the BC Cancer Foundation today.
EVERYDAY
Know how to recognize and respond when someone has a heart attack or a stroke

BY TERESA CALDWELL BOARD

When Aaron Daniels had been married for just a month, his wife gave him one more reason to love her: She saved his life.

Training to climb Machu Picchu on a belated honeymoon, then-42-year-old Daniels and his wife were in a spinning class when he started to feel funny—nausea, fatigue and a cold sweat. Daniels went to lie down went they got home, telling his wife that his chest felt a little tight. “That was her first red flag,” he says. “She was very concerned.”

After lying down, “within moments, I was in excruciating pain,” Daniels says. “My wife came upstairs, took one look at me and called 911 immediately.”
Avoid an Emergency

Stop heart attacks and strokes before they start with these preventive strategies.

“Know your numbers,” says eight-year heart attack survivor Aaron Daniels. Uncontrolled high blood pressure, cholesterol and blood sugar levels put your blood vessels at risk.

Manage your stress. At the time of his heart attack, Daniels was in a high-stress job that was derailing his exercise, diet and sleep. Not only can stress tip you toward unhealthier habits, but stress hormones also can speed up your heart rate and constrict your blood vessels.

Start young. It’s ideal to take stock of your lifestyle and risk factors in early adulthood, says cardiologist Dr. Andreas Wielgosz, a spokesman for the Heart and Stroke Foundation. “The kind of lifestyle you adopt in your 20s is usually the one that carries you through your next few decades.”

Start somewhere. Even if you’re getting a late start, start small and build slowly to pursue a heart-healthier lifestyle. Consider a healthy cooking or group exercise class. “It’s often easier to make changes in a group rather than in isolation on your own,” Wielgosz says.

hospital,” says Dr. Andreas Wielgosz, a cardiologist and spokesman with the Heart and Stroke Foundation.

HEART ON THEIR SLEEVE

Daniels had dramatic pain that alerted his wife that something was wrong, but not everyone has a Hollywood-esque chest-clutching moment.

In fact, the general public is learning to pay attention to more-subtle warning symptoms. “We’re more sensitive to what’s going on in our chests nowadays,” Wielgosz says. “Milder symptoms may still be ignored, but we’re seeing more cases now where it isn’t that crushing, elephant-sitting-on-your-chest type of chest pain—although that does exist. We’re seeing patients who are responding to milder forms of discomfort.”

People experiencing a heart attack might say they have:

• Chest pain or discomfort
• Pain or discomfort in the arm, back, neck, jaw or stomach
• Shortness of breath
• Nausea, light-headedness or a cold sweat

When in doubt, call 911 and let the experts decide. “We never fault a patient for coming to the emergency department with something that turns out not to be a heart problem,” Wielgosz says. “It’s better to be safe than sorry.”

SPOT A STROKE FAST

Strokes typically strike one side of the brain, causing numbness or loss of function on one side of the body. So asymmetry—drooping or limpness on just one side—in the face or body is a red flag for an observer.

The acronym FAST can help you remember the signs of stroke:

• FACE: Does one side of the face droop?
• ARMS: Does one arm drift down when the person raises both arms?
• SPEECH: Is speech slurred or strange?
• TIME: If any of these symptoms are present, it’s time to act fast and call 911 right away. “It’s important to get checked out sooner rather than later,” Wielgosz explains. Clot-busting (thrombolytic) drugs may be an option if a person gets to the hospital in the first few hours after stroke symptoms begin.

A small number of strokes are caused by bleeding in the brain that can produce an excruciating headache. But for the most common type of stroke caused by a blood clot within a narrowed artery, strokes are typically painless.

IN THE BONUS ROUND

“The first thing I said when I woke up in the hospital was, ‘Tell my wife I love her.’” Daniels recalls. “My cardiologist said, ‘You can tell her yourself. You’re going to be fine.’”

Eight years after his near-fatal heart attack, “I really consider myself to be in the bonus round,” Daniels says. He’s consistent with his medication, checkups and healthy choices. And he has never forgotten how his wife’s quick action made all the difference.
What Does 200 CALORIES Look Like?

Make smarter snacking choices

If you've been wondering why that scale hasn't moved despite your Herculean efforts on the treadmill, you may want to look at your snacking habits. With a bite here and a nibble there, your calories add up a lot faster than you realize throughout the day.

“There’s a perception that a snack is sort of like a ‘treat,’” says registered dietitian Robin Anderson, a member of Dietitians of Canada. To snack smarter, Anderson says to think of snacks more as mini-meals. “I want a snack to have some nutritional calories, some high-fibre carbs, protein and healthy fat.” And don’t be scared of the word *fat*, either, she says. “A fat helps fill you up. You’re more likely to eat an appropriate portion at meal time.”

If you aim for 200 calories per snack, two or three times a day, you can get through to your next meal without a growling stomach. Try these snacks to get started.

1/2 SMALL AVOCADO AND A SLICE OF WHOLE-WHEAT TOAST

You’ll get 15 grams of heart-healthy unsaturated fat in half an avocado, not to mention more than a quarter of your day’s requirement of vitamin K, which is good for bone health. Whole wheat, meanwhile, helps lower your risk of stroke, diabetes and heart disease, while the fibre will help fill you up.

BY AMANDA MYERS
Greek yogurt often contains double the protein of regular yogurt in far fewer calories while also giving you half the sugar. Raw almonds are a great source of fibre and protein. And yes, they have fat, but it’s the healthy kind, so crunch away.

Your heart will thank you for the benefits of whole grains, and peanut butter is a good source of protein. In addition, studies show that peanuts help lower your cholesterol, which, in turn, lowers risk for heart disease.
The pretzels will provide a healthy and filling fibre to munch on, while a hard-boiled egg is a great source of protein. Eggs also contribute vitamins A and B, folic acid, potassium and choline to your diet, the latter of which is good for brain health.

**Kick the Carbs**

BC Cancer Agency’s Dr. Gerry Krystal discovered that *Cancers Crave Carbs*, and he shares a few extra healthy eating tips to discourage cancer:

- Avoid sugars, white bread, white rice and potatoes
- Google “glycemic index” and choose low-glycemic-index carbs like quinoa and whole-grain breads, which slow the digestion of carbs
- Reduce chronic inflammation by eating more omega-3 fatty acids, which are anti-inflammatory and are high in salmon, flaxseeds, pumpkin seeds and walnuts
- Eat fewer omega-6 fatty acids, which are pro-inflammatory, and found in high levels in most vegetable oils, except canola oil
- Throw out the pop and fruit drinks with added sugar
- Eat real fruit, especially low-glycemic-index fruit like apples and pears
- Fibre slows the absorption of carbs and so reduces the damaging spike in blood glucose and insulin
- Eat lots of nuts and chicken as both are great sources of protein

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**Become a Partner in Research**

Interested in supporting leading-edge research in the prevention of cancer? Contact the BC Cancer Foundation representative in your area, listed on page 2, to learn more or visit [www.bccancerfoundation.com](http://www.bccancerfoundation.com).
How healthy eating and an intense workout regimen took RYAN REYNOLDS from scrawny to brawny
National Lampoon’s Van Wilder featured a young Ryan Reynolds as an affable college student who refuses to graduate. But it didn’t take the Vancouver native long after that to graduate from Canadian funnyman to Hollywood superstar with a head-turning performance as a vampire assassin in Blade: Trinity.

Never mind his acting chops, audiences, critics and fitness gurus couldn’t stop talking about Reynolds’ ripped physique when the movie hit theatres in 2004. His seven-pack abs were so perfectly sculpted, some even speculated (falsely) that he had surgical implants.

“All I’ve ever really done are comedies before, so this is something totally new for me,” he told a film crew while making the movie. “But you get into it, you love it, and in the long run you’re just so thankful and grateful that you had an opportunity to change like that.”

Since ramping up his diet and exercise routine, Reynolds has become one of Hollywood’s favourite superheroes. He has landed a steady stream of action roles, from X-Men Origins: Wolverine and Green Lantern to the upcoming R.I.P.D. (Rest in Peace Department). People magazine named him the sexiest man alive in 2010, and people still are scouring the Web for his fitness tips.

The 36-year-old transformed himself into a regular superhero on and off the screen by following four basic steps: eating right, exercising smartly, working hard and finding a sense of purpose.
WORK OUT LIKE A STAR

“Ryan is a great-looking guy with a terrific physique, and he’s also a very relatable sort of guy,” says Stephen Perrine, co-author of the book *The Men’s Health Diet*. “You feel that if somebody like Ryan Reynolds, who seems like a guy you knew from high school or college, can have that sort of success with his career and fitness, maybe it’s attainable for you, too.”

When Reynolds began working with Los Angeles celebrity trainer Bobby Strom in 2002, the 6’2” actor was a scrawny 70 kilograms. He had just finished filming *Van Wilder* and needed to bulk up for *Blade*.

Reynolds dedicated himself to working out 90 minutes a day, six days a week for a year. As a result, he lowered his body fat to an astonishing 3 per cent from 12 per cent and gained 11 kilograms of muscle.

The star benefitted from great genes, Strom says, and a simple strategy: Never do the same workout twice. He focused on a different muscle group every day, and practiced yoga or Pilates when his body needed to recuperate.

“I really had to make it fun, make it challenging, make it different for the mental aspect of it,” Strom says. “For the physical aspect, when you're training every day, your body becomes acclimated to the same exercises, the same weights—it doesn’t progress, it doesn’t evolve. By changing the exercises, you’re always tricking the body into not knowing what’s coming, and the body has to respond to it.”

Consistency is key. When Reynolds took a break from action films to make the romantic comedy *The Proposal*, he still hit the gym every other day, focusing on cardio to stay lean.

Strom says changes in routine can set people back. You take on a new job, you get sick, you travel. But if you commit to a lifestyle change, you’ll stay healthy in the long run.

“People think, ‘If I miss one week, it’s all shot to hell,’” he says. “Consistency means more year after year than day after day. What’s accumulated over your life span—that’s the big picture, the healthy picture.”

A Hero in the Battle Against Parkinson’s

It’s one thing to be a hero on the big screen. It’s another to be a hero in real life.

Ryan Reynolds has managed to do both. While training for *X-Men Origins: Wolverine* in 2008, he also was preparing for the New York City Marathon. The goal? To help Team Fox raise $500,000 for the Michael J. Fox Foundation and Parkinson’s disease research.

That year, Reynolds woke up every day before dawn and ran anywhere from 11 to 23 miles.

“Not since the discovery of Junior High School has a torture been so effective,” he wrote in an article for *Huffington Post*.

“Why on earth would I willfully do this? On behalf of my Father, Jim Reynolds, who’s spent the last 15 years in a life or death struggle with Parkinson’s Disease.”

Parkinson Society Canada estimates that more than 100,000 Canadians have the disease, which affects certain nerve cells in the brain.

These nerve cells make dopamine, which helps you control your muscles and allows them to move smoothly. When someone has Parkinson’s, those nerve cells break down.

The average age of onset is 60, and slightly more men than women are affected.

“I’ve watched my father—a strong and proud person who successfully raised four arguably insane children—slowly, cruelly stripped of his independence. His golden years robbed without explanation,” Reynolds wrote. “Witnessing my Dad suffer over the years galvanized my need to step up.”

It turns out that one of the best ways to step up is to exercise. A study released in 2007 found that people who do might be less likely to develop the disease.

Researchers found that moderate to vigorous exercise, including running, swimming, biking, playing tennis and aerobics, is best.
EAT EARLY AND OFTEN
Take one look at Reynolds’ muscles, and you might assume they all came from the gym. But he told Men’s Health that the kitchen played a bigger role in his success.

“It was a non-stop diet of protein and bulking up,” he told Italian TV at the Blade premiere. “And it was fun. It was great to transform my body.”

To get in shape, Reynolds eats frequent, high-protein meals like steel-cut oatmeal and applesauce for breakfast, tuna wraps for lunch, grilled salmon or flank steak for dinner, and protein shakes and bars for snacks.

The actor seems to understand that when you eat is as important as what you eat, says Perrine, the fitness author. His book encourages men to eat breakfast and to have a high-protein snack such as chocolate milk immediately before and after working out.

“Your body is always on the lookout for traits of starvation. When it senses food is scarce, it starts to conserve fat and begins to burn lean tissue like muscle,” Perrine says. “That’s why people who go on and off restrictive diets, and people with eating disorders, often get heavier later in life.”

People who skip breakfast are much more likely to become obese, he adds.

TEST YOUR METTLE
Reynolds is familiar with hard work. In his 20s, he moved from his hometown in Canada to the unfamiliar hills of Hollywood. There, he took acting lessons and went on auditions for seven years before landing his first big movie role.

Now, he submits himself to long days and grueling workouts for every action film. And in 2008, he ran the New York City Marathon in less than four hours to raise money for the Michael J. Fox Foundation.

“Marathon running, for me, was the most controlled test of mettle that I could ever think of,” he wrote in an article for Huffington Post. “It’s you against Darwin.”

The star admits that staying in top physical condition isn’t easy.
“It’s a tough thing when you work a 14-, 15-hour day, and then you have to get up at 4:30 or 5 in the morning and go lift weights for two hours, and then go to work all day,” he said while filming *Blade*.

But Reynolds knows success follows hard work. “I didn’t expect to finish the marathon; I trained to finish it,” he told *Men’s Health*.

**FIND A PURPOSE**

For Superman, it’s saving Metropolis from Lex Luthor. For Batman, it’s saving Gotham from crime. For Reynolds, it’s raising money for Parkinson’s disease so people won’t have to suffer as his dad has for the past 15 years.

Reynolds’ reasons for running the marathon were very personal. His father as well as his good friend Michael J. Fox battle the disease. By completing the marathon, he raised more than $80,000 for Parkinson’s research, and now he serves on the Michael J. Fox Foundation Board.

At the finish line, he told *People* magazine, “When I saw Michael J. Fox on Fifth Avenue, I gained about 15 pounds in goose bumps. It kind of pushed me through the last six miles or so … I ran for those who can’t.”

Having a purpose “makes all the difference in the world,” Strom says. Without it, motivation falters. Your purpose can be racing for a cause or even as simple as getting in shape for a wedding.

“Once you’re there, you have to find your next motivation,” Strom says. “For Ryan, it was one movie to the next. For actresses, it’s a photo shoot for *Vogue*. For many of my clients, it’s being in the limelight. The average person might say, ‘I’m not getting photographed by paparazzi, but I’m going to my high school reunion.’”

**THE NEXT STEP**

Those of us who aren’t in movies have the luxury of balance, Perrine says. Exercise just 40 minutes a day, three days a week, and you’ll see a big difference.

“Ryan Reynolds gets paid to look like that. Most of us get paid to sell widgets,” he says. “It really is more about your overall health and overall well-being.”

With his healthy routine, Reynolds is sure to be ready for the upcoming release of the aptly titled *R.I.P.D.* As he told *Details* magazine, he’s just a regular guy, humbly overwhelmed by how far he has come.

“I’m in a very lucky and fortunate place,” he says. “I’m amazed that they let me do this stuff. … It’s a great job.”

**Rules of the Ripped**

You don’t have to be a celebrity to look and feel your best, says Stephen Perrine, co-author of *The Men’s Health Diet*. Here, he shares a few of the book’s “Rules of the Ripped” to keep you strong.

1. **If it grows on a tree, eat it.** Foods like apples, walnuts and beans give you maximum nutrients for minimum calories.

2. **Order the salad, even if it makes you feel girly.** Green vegetables are high in vitamins A and B, including folate. Studies show that dieters who have the highest level of folate in their bodies lose weight at 8.5 times the rate of dieters who have the lowest level of folate in their bodies, Perrine says.

3. **Don’t eat the world’s worst breakfast,** which is no breakfast! Perrine says you’re better off starting the day with a slice of cold pizza than nothing at all.
In the Driver’s Seat

Experts weigh in on cancer treatment—and how you can take the wheel

BY ALLISON THOMAS
When you have cancer, there’s really no part of your life that’s left untouched. From your eating and exercise habits to your work life and treatment considerations, you might be the one steering the decisions, but it can feel as if the cancer is driving.

Here, we explore the most pressing questions about how treatment can affect your world, and offer strategies to put the brakes on negative side effects and speed your healing—so you can get back in the driver’s seat.

Q: WHAT CAN I EXPECT DURING CANCER TREATMENT?

Cancer treatments vary depending on your particular type and stage of cancer. It is important that you address your concerns early in your treatment and ask for support from your healthcare team including your oncologist, nurse, counsellor and other related healthcare professionals. They will have information about how to deal with the symptoms and side effects of your specific treatment. There is also helpful information on the BC Cancer Agency’s website under the Patient/Public Info section (bccancer.bc.ca) and through the Agency’s library about cancer treatments and coping with cancer. >
**Q:** HOW WILL TREATMENT AFFECT MY APPETITE?

A multitude of treatment-related side effects can cause your appetite to decrease, including a sore mouth, nausea, vomiting, diarrhea, constipation and fatigue. And you’re likely to experience a combination of these simultaneously, says Jodi Weinstein, R.D., who specializes in oncology nutrition and is the author of *Tell Me What to Eat Before, During, and After Cancer Treatment: Nutritional Guidelines for Patients and Their Loved Ones*.

Dr. Weinstein works with patients based on the side effects most prevalent at any given time, whether it’s recommendations to avoid spicy, crunchy or acidic food because of a sore mouth or sharing a carrot-ginger muffin recipe from her book (see below) for nausea.

“There isn’t a special ‘cancer diet,’” Dr. Weinstein says. “The foods we focus on are totally geared toward your side effects from treatment and what it takes for you to maintain weight.”

If you’re eating much smaller quantities of food overall, Dr. Weinstein recommends packing your meals with calories. Of course, nutrient-rich calories are always best; try switching to whole-fat dairy products or adding nuts or avocado to a meal. But in the end, energy is key, so eat what’s appealing.

“Every bite counts because maintaining your weight helps keep your energy, stamina and strength up, and can also prevent treatment breaks,” she says. “If you lose too much weight, you may have to postpone treatment, which ultimately prolongs it.”

**Q:** CAN I EXERCISE DURING TREATMENT?

For most people, exercise is not only permitted but also highly recommended. In fact, the BC Cancer Agency recommends gentle exercise such as walking, stretching, tai chi or yoga to help you cope with side effects. That said, you should first seek clearance from your physician, who knows your particular medical background, says Nancy S. Brennan, author of *Active Against Cancer: A Guide to Improving Your Cancer Recovery with Exercise*.

**Carrot-Ginger Muffins**

Muffins are a great single-serving snack during cancer treatment, says registered dietitian Jodi Weinstein. The ginger in this recipe from her book, *Tell Me What to Eat Before, During, and After Cancer Treatment: Nutritional Guidelines for Patients and Their Loved Ones*, adds flavour and helps relieve nausea.

**INGREDIENTS**

- 8 oz. jar baby food carrots
- 2 eggs
- ⅛ c. sugar
- 1 c. flour
- ½ c. oil
- ½ tsp. salt
- ½ tsp. baking powder
- ¼ tsp. baking soda
- 1 tsp. vanilla
- ⅛ tsp. cinnamon
- ¼ tsp. ground ginger

**DIRECTIONS**

1. Preheat oven to 350 degrees.
2. Grease 12 muffin tins with non-stick cooking spray.
3. In a large mixing bowl, combine all ingredients and mix until dry ingredients are moistened well. If using an electric stand mixer, beat at medium speed until the batter is smooth.

Pour the batter into prepared tins. Bake, uncovered, for 15 minutes or until a toothpick inserted into the centre of one of the muffins comes out dry.

**Nutrition per serving (muffin):**

- 186 calories
- 2 g protein
- 10 g fat
- 22 g carbohydrates
- 1 g fibre
- 131 mg sodium
- 35 mg cholesterol

**Yield:** 12 muffins
athlete and cancer survivor, Brennan wholeheartedly touts the benefits of staying active during treatment. “The research is undeniable that exercise helps the body with its healing processes when you’re fighting cancer,” she says. “Whether you’re motivated by the medical science behind it or the fact that it makes you feel better, it doesn’t really matter; ultimately, they work together.”

Having the strength and drive to get moving when you’re not feeling your best is an obstacle for many people, but Brennan recommends doing what you can, and realizing that even a brief activity is beneficial and will help you build up to more. “Sometimes being active for a person with cancer means, ‘I’m going to try to walk 50 feet out the door today, and turn around and walk back to the house,’” she says. “But there’s really no increment that’s too small to be worthwhile.”

Q: WILL I BE ABLE TO WORK DURING TREATMENT?

Cancer treatments have a range of side effects that can impact your ability to work. Start by talking to your doctor about what to expect during your treatment. It would be important for your doctor to know the essential duties and the cognitive demands of your job. If your job requires a strong reliance on cognitive abilities and you are noticing such challenges, it would be important to discuss with your doctor (and obtain a written note for your employer) whether you should remain working during treatment or what needs to be in place (compensatory strategies or workplace accommodations) to help you remain productive at work. Compensatory strategies are ways to compensate for the cognitive difficulties you are having such as taking notes, using visual images to remember things or using a weekly planner. Workplace accommodations are adjustments to your job or job environment to allow you to work productively, such as assistive technology to help remember, restructuring tasks and reducing distractions so it is easier to concentrate.

If you are noticing cognitive challenges and you are concerned about your ability to work, a Vocational Rehabilitation Counsellor is available at the BC Cancer Agency to assist you and can be reached at 604-877-6000 local 672189 or 1-800-663-3333 672189.

3 Ways to Fight Brain Fog

While there’s no magic drug for chemo brain, there are things you can do beyond exercise to lessen its effects, says Dr. Dan Silverman, co-author of Your Brain After Chemo: A Practical Guide to Lifting the Fog and Getting Back Your Focus: STIMULANTS. “What I recommend people do first, if they can tolerate it, is to simply try coffee, tea or other caffeinated beverages,” Dr. Silverman says. “They’re relatively safe, you don’t need a prescription and you can self-regulate.”

UNI-TASKING. Instead of trying to do 10 things at once, “focus on one thing and give yourself enough time to accomplish it,” Dr. Silverman says.

NOTE-TAKING. “You may find that you do better by writing down things that you might normally have been able to keep in your head before,” Dr. Silverman says. “Try keeping the information you need in one place, whether it’s in an electronic calendar or a notebook you carry with you, instead of Post-its scattered everywhere.”

Helping Kids Cope with Cancer

Cancer in My Family is a site created to let children explore and learn in a comfortable, safe online environment. It gives them options for fun activities to help them address how they feel about cancer. Visit: www.cancerinmyfamily.ca.
We’ve Got Your Back

With 24 vertebrae and 23 discs, plus nerves, the spinal column and muscles—all working together—it’s no wonder that back pain is so common.

“In some respects, back pain is probably the most sought-after musculoskeletal treatment in primary care,” says Greg Spadoni, a physiotherapist and member of the Canadian Physiotherapy Association. In fact, it’s estimated that four out of five adults will experience back pain symptoms at least once in their lives. Those symptoms can be minor twinges or extreme pain that keeps you from simple tasks. >

BY COLLEEN RINGER
Want to put back pain behind you? First, you need to determine what’s causing it.
Ready for the good news? Most aches and pains are easily treated and often don’t require much more than a little TLC. But that doesn’t mean you get to sit on the couch and watch TV. As a matter of fact, the less you move, the more pain you’re likely to have.

Indeed, staying active will help the pain fade faster—and keep it from coming back. Add in non-surgical treatments like over-the-counter or prescription medications, physiotherapy and posture training, and you likely will be back to normal in no time.

Here’s a look at what could be behind that pain in your back.

OVERACTIVITY
SYMPTOMS: Lower-back pain that can range from achy to stabbing, accompanied by stiffness and limited range of motion.

WHAT’S HAPPENING: You’re probably familiar with this type of backache. The most common source of back pain, it usually results from engaging in uncommon activities, according to the College of Family Physicians of Canada. Have you started a new exercise routine? Or maybe you spent the day shoveling snow for the first time this winter. Overactivity is likely the culprit.

WHAT’S NEXT: While you can expect the pain to settle down in a few days, it’s important to maintain some level of activity in the meantime. Mild exercise will speed up your recovery. If the pain doesn’t go away in two to three weeks, make an appointment with your doctor, Spadoni suggests. Once you feel better, work to strengthen your back and abdominal muscles to avoid future strains.

HERNIATED DISC
SYMPTOMS: Sharp leg or hip pain, or both, usually relegated to one side of the body; may include back pain and numbness.

WHAT’S HAPPENING: Think of the intervertebral discs in your spine as jelly-filled shock absorbers that sit between each of your vertebrae. A herniated disc occurs when the intervertebral disc’s gooey centre pushes against the hard outer ring that houses it, putting pressure on nearby nerves, which can lead to numbness. When the nerves that serve a particular body part are affected, you likely will lose feeling in that area or experience a tingling sensation.

So, what makes the disc bulge in the first place? Certain movements, including lifting, bending, twisting or pulling. It is most common in the lower back and is also known as a slipped disc.

WHAT’S NEXT: Avoid strenuous activity and talk to your doctor about what medication might help. While most people respond well to this treatment and can return to normal activities, some may need steroid injections or surgery.

SPINAL STENOSIS
SYMPTOMS: Pain, especially when walking or standing; numbness in the back, legs, arms or neck, or all those areas.

WHAT’S HAPPENING: “With each decade, there’s more wear and tear on the spine,” Spadoni says. These degenerative changes can cause the spinal column to narrow. This puts pressure on your spinal
nerves and spinal cord, and voilà, ouch! Arthritis and scoliosis also can lead to spinal stenosis, as can previous herniated discs.

People with spinal stenosis typically have trouble walking or standing for long periods and may find that leaning forward provides relief because the position takes pressure off the spine.

WHAT'S NEXT: It’s important to see your doctor if you think you have spinal stenosis, because the pain will only increase in time. Typical treatments include physiotherapy, cold or heat packs, and medication.

ARTHITIS
SYMPTOMS: Stiffness and pain in the neck or lower back, especially when getting up in the morning or after sitting for long periods; weakness, tingling or numbness in the arms and legs.

WHAT'S HAPPENING: Many forms of arthritis cause back pain. The most likely culprit is osteoarthritis, which can also lead to spinal stenosis, causing joints to wear out faster. That's because the disease erodes your cartilage, allowing bones to rub against each other and leaving pain, stiffness and bony overgrowths (or spurs) behind.

Rheumatoid arthritis is another form of arthritis that causes trouble. In people with this autoimmune disease, the body's immune system attacks the tissue that lines the joints, meaning joint pain and inflammation are common.

WHAT'S NEXT: If your doctor thinks arthritis may be to blame for your aches and pains, he or she may order an X-ray, an MRI and blood tests. For those with osteoarthritis, your physician may recommend treatment that includes exercise, weight management and medication. If those don’t work, surgery is an option in severe cases.

SCIATICA
SYMPTOMS: Sharp or burning pain in the legs or buttocks, usually on one side of the body; some may feel pain all the way down the back of their leg to their foot.

WHAT'S HAPPENING: The sciatic nerve is the largest nerve in the body, starting in the lower back and running down the back of the legs to the feet. When something puts pressure on this nerve or it becomes damaged, you feel pain. It’s a warning sign because sciatic pain can signal another condition such as a herniated disc or a pelvic injury.

WHAT'S NEXT: Your physician will want to pinpoint the underlying cause and come up with treatment based on that finding. In general, though, your options include applying hot and cold packs and taking over-the-counter medications. A lot of the time, the pain will disappear on its own.

Move
Your Way
to a Healthier
Spine

Preventing back pain boils down to one simple goal: Get out of that chair.

“Sitting stresses your back more than standing,” says Dr. Hamilton Hall, executive director of the Canadian Spine Society and a professor in the department of surgery at the University of Toronto. “It’s smart to get up every half-hour or every hour.”

Here are a few tips to keep your body moving.

1» Put 15 sticky notes on your computer and pull one off every time you get up. And make sure you literally lean away from your computer, so that you give your spine a chance to change positions and extend in the opposite direction.

2» When checking email or watching TV, sit on an exercise ball, which will engage muscles in your core and force you to focus on your posture.

3» Wear a pedometer to gauge how much activity you log each day. Aim to reach 10,000 steps daily.
7 ways to ease financial stress and improve your health
Find a penny. Pick it up. All day long, you’ll have good luck. If only managing our finances was this simple. But for many of us, paying the bills can bring stress—stress that can wreak havoc on our relationships, our home life and our health.

Even though the economy appears to be looking up, that hasn’t eased the burden for many of us. The Association for Canadian Studies reported earlier this year that 44.2 per cent of people were worried about meeting their expenses. In lower income brackets, that percentage was even higher.

The negative health effects of stress are well documented. High blood pressure, problems with digestion, trouble sleeping, headaches, depression and more can accompany stress.

Sure, you can’t control some things. Unexpected expenses—cars break down, kids need braces, major appliances give out—are going to happen. But there are things you can do to manage your money and your health at the same time. >

BY STEPHANIE R. CONNER
Cooking at home is always going to save you money as well as sodium and sugar,” she says. Plus, adds registered dietitian Nancy Guppy, a member of Dietitians of Canada, “families who eat dinner together tend to have more nutritious diets.” Guppy recommends buying whole foods rather than processed foods to save money and eat healthier. “Don’t buy french fries; buy potatoes,” she says. Beans and legumes, Chuey adds, are affordable sources of protein. And while buying canned beans is more convenient, you can save money by buying dried beans and cooking them yourself.

A lot of us turn to cereal in the morning, but, Chuey points out, boxed cereal is not cheap. “The healthiest cereal of all happens to be the cheapest,” she says. “Those are the cereals you make yourself, like oatmeal and cream of wheat. You can buy a month’s worth of oatmeal for a super-good value.” She adds that buying in bulk, especially if you find a sale, is a great way to save cash. “Buy big blocks of cheese when they go on sale,” she advises. “Then, grate the whole thing and put it in the freezer.” Bread, she says, is another item that freezes well.

She also suggests signing up for coupon programs and checking advertisements for sales. And if you shop at the same place every week, pay attention to the prices so that you know when a sale is actually a good deal—and when it’s just a marketing ploy.

#1 TALK ABOUT MONEY.

Money causes anxiety, and if we’re struggling financially, it can be hard to talk about it, says clinical psychologist Brad Klontz, co-author of Mind Over Money: Overcoming the Money Disorders That Threaten Our Financial Health. “So, we avoid thinking about it and talking about it, which makes the stress worse in the long run,” he notes.

He advises that people examine their financial values and where those values stem from. Those insights, he says, can be extremely valuable as you prioritize your spending and relate to your partner.

#2 TAKE RESPONSIBILITY AND CONTROL.

A big mistake, Klontz says, is externalizing the problem. It’s easy to demonize banks or corporations and to blame others for our situation. If you acknowledge and take responsibility for your finances, you might be surprised at the effect.

“When you identify your own role in your financial stress, rather than making you feel down, it’s actually going to make you feel empowered,” he says. “If we don’t look at our role, we’re doomed to repeat it.” Rather than playing the role of the victim, you can recognize that you have control over your financial destiny. One area where we have control is a monthly budget—a “spending plan,” as Klontz calls it.

Understand your monthly expenses, such as housing, food, insurance, transportation, entertainment, student loans and credit cards. And, when possible, budget for your rainy-day fund and retirement, which can ease stress later.

#3 SHOP SMARTER.

Registered dietitian Patricia Chuey, the chair of the board of directors for Dietitians of Canada and author of The 101 Most Asked Nutrition Questions: Including the 7 Steps to Eating for Energy and Eating for Energy Without Deprivation: The 80-20 Cookbook, often hears the argument that eating healthfully is expensive.

“Cooking at home is always going to save you money as well as sodium and sugar,” she says. Plus, adds registered dietitian Nancy Guppy, a member of Dietitians of Canada, “families who eat dinner together tend to have more nutritious diets.” Guppy recommends buying whole foods rather than processed foods to save money and eat healthier. “Don’t buy french fries; buy potatoes,” she says. Beans and legumes, Chuey adds, are affordable sources of protein. And while buying canned beans is more convenient, you can save money by buying dried beans and cooking them yourself.

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#4 PLAN AHEAD.

Chuey understands that planning every meal isn’t realistic. Try to plan two or three meals a week and shop for those meals, she says.

To cut down on waste, buy only what you plan to eat. That means making a grocery list and being honest with yourself about your time.

On those nights you cook, Chuey says, make enough to have what she calls “planovers.” Then, you’ll have lunch or dinner for the next day, or you can get creative.

For example, she says, you can make a healthy stir-fry with brown rice and veggies. Make extra rice, and the next night add eggs and tofu for “fried” rice.

When you eat out, remember that restaurant portions are large. Request a container as soon as you order, and plan to take half home for another meal. Controlling portion sizes is a way to be healthier and save money, too, Chuey notes.
#5 EXERCISE WITHOUT THE GYM.

Exercise is one of the healthiest ways to cope with stress, but the thought of a monthly payment for a gym membership is daunting if you’re pinching pennies. Of course, the thing that makes the gym membership “expensive” is paying $30 a month for something you don’t use, says JJ Virgin, a fitness expert and co-star of TLC’s *Freaky Eaters*.

If you use your membership, it’s worth the investment in yourself. “But you do not need to have a gym membership,” she says. “In fact, people who work out at home tend to be more disciplined.”

Make sure you’re already building activity into your day—things like walking the dog, taking the stairs and parking farther from your destination.

For more intense workouts, jog around your neighbourhood, hike or bike along local trails, or find a park for tennis or other activities. There are also a number of fitness DVDs on the market in addition to smartphone apps that take you through cardiovascular and weight-training workouts for all fitness levels.

“With all these free and cheap things you can do, there really aren’t any excuses,” Virgin says. “Overall … the bottom line is, if you’re healthier, you’ll save on medical costs long term.”

#6 SLEEP.

One of the best things you can do for your health, Virgin says, doesn’t cost a cent: “That’s getting a good night’s sleep.” Sleeping seven to nine hours nightly has been shown to help with diabetes control, weight loss, improved mood, better focus and other health benefits.

To improve the quality of your sleep, experts recommend a few simple steps. First, don’t drink caffeine or alcohol late in the day as both can disrupt deep sleep, and leave a few hours between your workout and bedtime, too.

If you’re coping with financial (or any) stress, don’t go without sleep, because even though stress can lead to sleep loss, not getting enough sleep fuels stress, too.

#7 BE SOCIAL.

“In times of stress, we might have a tendency to isolate, which is the wrong thing to do,” Klontz says. “Make an effort in the midst of stress to reach out.”

One social activity that does wonders, he says, is volunteering. “Nothing can change your mood quicker than having the sense that you’re helping someone else,” he says.

Virgin echoes his sentiments: Make sure you take the time to see friends and do other things you enjoy. “The stuff that really makes the difference,” she says, “doesn’t cost money.”
With tablets and smartphones, you and your kids can play with food, mess-free. More important, these three apps help start a family discussion about healthy eating.

**AWESOME EATS** *(Available for iPad, iPhone and iPod Touch, free)*

Learn how your food goes from farm to shelves with this game from the Whole Kids Foundation, a non-profit organization operated by Whole Foods Market that aims to help children reach optimal health by making nutritious food choices.

**HOW IT WORKS:** Children stock, pack and plate fresh-from-the-garden foods with the swipe of their fingers for 32 levels that get progressively more difficult. Between each level, there is a tip about eating or preparing food.

**SMASH YOUR FOOD** *(Available for iPad, $2.99)*

As the name implies, you and yours will smash foods—burgers, french fries and entire meals—and discuss how much sugar, fat and sodium is in each food item.

**TOCA KITCHEN** *(Available for iPad, iPhone and iPod Touch, $1.99)*

This app lets toddlers feel your feeding pain as they try to guess what the game's characters, including a cat, like to eat.

**HOW IT WORKS:** Children pick ingredients from the fridge and prepare them using common kitchen appliances and tools, such as pots, pans and knives. Then, they serve them up to the character, who either gobbles it up or spits it out. Sound familiar?

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**Virtual Health**

Get your heart racing without stepping into a gym or spending hundreds of dollars on a personal trainer. The BeFit channel on YouTube brings you workouts from celebrity trainers, such as Jillian Michaels, Denise Austin and Jane Fonda, for free. Whether you're in the mood for yoga, dance, cardio, Pilates, interval training, toning or a boot camp workout, Lionsgate BeFit is the one-stop shop for fitness on your computer.

And if you are looking for a regimen that will help take away extra pounds, consider taking the BeFit in 90 challenge, a workout program that promises to deliver dramatic results in 35 minutes, five days a week. For more information, go to www.youtube.com/befit.
Do you turn to Facebook or Twitter for health information? You’re not alone. According to a survey by the National Research Corporation, about 20 per cent of us use social networks for this purpose. And as long as we’re consulting reliable sources, we should be getting accurate information.

If you’re looking for doctors who tweet, check out the list at www.twitterdoctors.net, which includes the likes of Mehmet Oz, CNN’s Sanjay Gupta, Andrew Weil and more.

Source: usnews.com

Winter often brings bouts of the flu, but it doesn’t have to. Want to stay out of bed and avoid the stuffy head, achy muscles and fever associated with flu? Check out the step-by-step guide at www.fightflu.ca. This resource, sponsored by the Canadian government, reminds you when to wash your hands and provides other tips for preventing the spread of influenza.

Create your own feel-good playlists at www.spotify.com, or create music channels based on your favourite musical artists at www.radiotuna.com or www.last.fm. Both Spotify and Last.fm offer mobile apps so that you can take your music (and your groovy mood) with you.

There is a reason your favourite song puts a smile on your face; it releases feel-good chemicals in the brain. This is according to a study published in the journal Nature Neuroscience that used brain imaging to find that at peak moments of enjoying music the brain released dopamine, a chemical associated with reward, motivation and reinforcement. Specifically, levels of dopamine were found to be 9 per cent higher when study participants listened to music they enjoyed compared with when they listened to music they felt neutral about.

Do you turn to Facebook or Twitter for health information? You’re not alone. According to a survey by the National Research Corporation, about 20 per cent of us use social networks for this purpose. And as long as we’re consulting reliable sources, we should be getting accurate information.

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Source: usnews.com
Like Mother, Like Daughter

She walks like you, talks like you—wants to be you. Give her a positive example to emulate, and you’ll set her up for a lifetime of good health.
On-screen vampire
Charlie Bewley ran in the seventh annual Underwear Affair in support of the BC Cancer Foundation

Packed for the airport and ready to wrap up his vacation in Vancouver, Charlie Bewley, big screen vampire star from the popular Twilight saga, stumbled upon the start line of the seventh annual Underwear Affair.

“I literally turned up about half an hour before the race [started] and asked if I could join,” Bewley told local reporters.

He immediately self-pledged the $300 fundraising requirement, stripped down to his barely there underpants—in keeping with the event’s underwear themed attire—and set off to run 10 km to help raise awareness for cancers below the waist.

Thirty-seven minutes later, Bewley had won the race and captured more than a few glances while running in his orange and black briefs along the bustling seawall route.

“They’re surprisingly easy to run in,” he shared with reporters. “As soon as you get permission to run in your undies, it’s very liberating.”

Bewley was one of more than 1,000 participants to take part in the Underwear Affair, helping to raise over $640,000 in support of research and enhancements to care for cancers below the waist.

And, it wasn’t his first time running to raise funds for cancer research. Bewley raised $20,000 for the BMO Vancouver Marathon race in 2011 in honour of a close friend who was being treated for lung cancer.

Bewley and fellow Underwear Affair participants help to fuel innovative research for cancers below the waist. The Vancouver event has enabled researchers to discover new cancer genes involved in ovarian cancer—a deadly and difficult to treat disease.

Current studies are looking into the effectiveness of new early detection methods for colorectal and cervical cancers. The research wouldn’t be possible without support from the Underwear Affair.

“I [hope I] can inspire more people to run and get fit, get in shape and raise money for awareness, like the BC Cancer Foundation,” Bewley said in an interview with the Province.
How did your career path lead to personal training?

**Tommy:** I was a professional Canadian Football League player and fitness was always a part of what made me a better player. When I was contemplating retirement in 2003, I was already certified to be a trainer. It was something I enjoyed and I jumped into it full steam ahead.

Why do you think your popular TV shows, *The Last 10 Pounds Bootcamp* and *Bulging Brides*, appeal to audiences?

**Tommy:** I think the shows really took hold because people can relate to those in the episodes who want to start a weight loss journey, have the last 10 pounds to go, or are stuck on a plateau. It shows that it’s real and if you work hard and do everything right, you can lose a lot of weight in a short amount of time in a healthy way.

What is it about *Bust a Move* that inspired you to get involved?

**Tommy:** When the opportunity came up for me to get involved, it was a no brainer—we’re talking about cancer, one of the major killers worldwide and a disease that touches everyone. The funds raised for *Bust a Move* will support breast cancer research and finding a cure.

Have you ever been personally touched by cancer?

**Tommy:** I’ve lost relatives and friends to cancer. Cancer can happen to anybody; it takes the young, it takes the old and the faster we can get rid of it altogether or figure out exactly what we need to do to save lives the better—that’s the ultimate goal.

Can you share any hints around the fitness session you’ll lead at *Bust a Move Vancouver*?

**Tommy:** My signature SHRED bootcamp will be appearing at *Bust a Move* and Team Tommy will be in full effect! Whether you’re superfit or you’re coming out to support the cause, it’s going to be something that everyone can do and enjoy.

The popular fitness coach and host of *The Last 10 Pounds Bootcamp* and *Bulging Brides* brings his enthusiasm to the BC Cancer Foundation’s *Bust a Move* as Fitness Chair.
What tips can you offer to those trying to stay fit during the dark and rainy months ahead?

Tommy: Everyone has an excuse; it’s all about what you decide you want to do and how seriously you take your fitness.

• Get outside! Go run through the trails, sometimes when it’s raining they can be dry and the scenery is beautiful.

• Get to a gym or do a home workout. You can do 4 Weeks to a New You, which is my new online video workout, that only uses body weight; some of these moves will be in my Bust a Move session.

What is your mantra to keep people movin’?

Tommy: “I Can. I Will.” Reinforce these words over and over and you’ll be surprised how much more you can do and how much harder you’ll push yourself.

Why should people consider taking part in Bust a Move?

Tommy: You can’t beat the cause: cancer affects just about everybody in one way, shape or form. Come out and be a part of this event with top fitness people. It’s going to be an electric time and something special … jump into the MOVement!

Bust a Move is more than just a daylong fitness fundraising extravaganza with six exhilarating workout sessions designed for all fitness levels. It’s a celebration and an opportunity to support the BC Cancer Foundation and life-saving breast cancer research taking place at the BC Cancer Agency.

Join the MOVement at www.bustamove.ca.

Tommy’s Tips to Get Ready for Bust a Move!

1. Start Movin’! Don’t wait until the day before the event. If you’re inactive, start moving now, even if you start exercising two or three times a week. You want to be able to participate in every session.

2. Come with a great attitude. Be ready to learn, be ready to inspire and be ready for the MOVement!

3. Watch what you’re eating!

   Follow the 80/20 rule. Eat well at least 80 per cent of the time. There’s often a big spike in weight gain between Thanksgiving and the new year ... don’t let a few months of holiday season cheer cause you six months of despair.
The **GIFT of SECURITIES**

A tax-effective way of giving back

Donating securities can be one of the most tax-effective ways to make a charitable gift. Not only can stocks and mutual funds be transferred directly to the BC Cancer Foundation, but this form of charitable giving can provide you with welcome tax benefits.

By donating securities instead of cash, you may be able to make a larger gift than you thought possible. Here are some common questions about giving securities:

**Q** What are the benefits of giving securities directly to charity?
**A:** Gifts of securities can help you make a significant charitable gift at less cost than a comparable gift of cash. If you donate securities directly to a registered charity, like the BC Cancer Foundation, no capital gains tax will be payable on the transfer. You will also receive a tax receipt for the fair market value.

**Q** How is the donation valued?
**A:** The value of your gift, for donation and receipting purposes, is determined as the average of the high and low trading prices on the day we receive the security in our broker’s account.

**Q** What if the securities have dropped in value?
**A:** When you donate depreciated securities to the BC Cancer Foundation, you receive a tax receipt for their fair market value and you realize a capital loss, which you can then apply against any other capital gains. The capital loss can be carried back three years and forward indefinitely.

**Q** What do I need to do?
**A:** Donating securities is easy. Contact us at 604-877-6040 or toll free 1-888-906-2873 to discuss whether we are able to accept the specific securities, then download and complete the BC Cancer Foundation Securities Transfer Form at: www.bccancerfoundation.com/ways-donate/gift-securities.

**Q** How long does it take to transfer the securities?
**A:** In some cases, it could take up to a few weeks to complete the transfer. If you are donating close to year-end and want a tax receipt for that calendar year, you’ll need to start the process as early as possible, so that the gift can be completed before December 31. The BC Cancer Foundation can only issue a tax receipt after it receives the transferred securities.

**Q** I don’t have a broker. I use a discount brokerage firm. Can I still donate securities?
**A:** Yes. However, if the timing of the transfer is important to you, please discuss with your discount broker. We recommend you inquire if they have their own donation to charity form. If so, it may expedite the process.

**Q** Is it possible to donate securities through my will?
**A:** Yes, a gift of securities through your will is a meaningful way to make a lasting commitment and receive tax savings for your estate. For more information, or if you are the executor of someone else’s will and would like to distribute securities from the estate, please contact us.

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**How to Donate**

For more information about donating publicly listed securities, please contact a BC Cancer Foundation representative at: 604-877-6040, toll free at 1-888-906-2873 or by email at legacy@bccancer.bc.ca.
More Than a Spectator in Cancer Discovery

Sharing your shares with the BC Cancer Foundation supports life-saving research.

Don Watson was born and raised in Victoria. He and his wife, Noreen, raised their family—including four boys and nine grandchildren—in Tsawwassen. Over the years he and his family were involved in many sports: soccer, baseball and skiing.

Don can attest to the statistic that one in three British Columbians will be affected by cancer in their lifetime. “I had melanoma years ago. It was removed and I got lucky, thanks to my doctor who detected it early,” he says. Many of Don’s friends and family have been affected by cancer, too, most recently Noreen.

Noreen and Don were on vacation in Phoenix, Arizona, when she wasn’t feeling well. Don says, “We didn’t know she had cancer until she went into emergency, which is of course too late.” They soon learned she had lung cancer, and the growth had spread to her liver and her bones. “We returned home to B.C. immediately,” he says, and over the coming months Noreen received treatment at the BC Cancer Agency and Vancouver General Hospital.

Sadly, despite her treatments, Noreen passed away from lung cancer in November 2011.

Don says, “My main concern is being able to detect cancer earlier, and that’s why I made a donation.” He adds, “I promised my wife I’d support cancer research. “All of my friends and family have been affected by cancer. It’s an epidemic, and we have to do something about it,” Don says, and he believes supporting cancer research is the way.

Don had saved some money in the form of stocks and chose to make a gift of securities to the BC Cancer Foundation. He also learned that he could make a larger gift by simply transferring shares to the BC Cancer Foundation, rather than selling them and donating the cash.

WORKING TOGETHER

“I know the doctors and researchers are all working on finding answers, but if everyone can help out, then we’ll get there faster,” says Don. “Maybe even save my life, and if not mine, I’m sure they will save my kids’ lives and my grandchildren’s lives.”

He adds, “If we could have detected it early, we could have saved my wife’s life.”

Don says making the gift “makes you feel like you’re doing something, and you’re not a spectator.” Through his experience, Don believes the cancer treatment system in Canada and at the BC Cancer Agency is great but it takes time to research and treat.

Don wants others to join him in making a donation to the BC Cancer Foundation. He says, “It’s for your own benefit, if not directly for you, it will indirectly benefit you.”

Lung cancer is the leading cause of cancer death in B.C. The BC Cancer Agency estimates 3,224 British Columbians will be diagnosed with lung cancer in 2013, and over 80 per cent will not survive.
IN THE NEWS

Highlights & Happenings

Showcasing people making a difference

SEVEN-YEAR-OLD DONATES HER BIRTHDAY FOR A CURE

Emma Linsley of North Vancouver turned seven this year. Rather than accepting gifts for her birthday, she celebrated by making a donation to the BC Cancer Foundation. She collected $7 donations from friends to help researchers at the BC Cancer Agency. To help boost the contribution, Emma and her three-year-old sister, Julia, emptied their piggy banks to bring the grand total donation to $81.

COLLIERS INTERNATIONAL CELEBRATES 24 YEARS OF CANCER FUNDRAISING

The Colliers International 24th Annual Charity Golf Tournament raised $72,000 towards its $250,000 five-year pledge. In addition to the tournament, a silent and live auction and raffle tickets were featured. The funds support the BC Cancer Foundation’s Inspire the World campaign, a fundraising initiative to renovate and expand the BC Cancer Agency Vancouver Island Centre. This is the second major contribution from Colliers, who in 2000, donated $100,000 to the Daring to Believe campaign, which helped build the Vancouver Island Centre.

CIBC SUPPORTS BREAST CANCER RESEARCH

CIBC celebrated the grand opening of the new CIBC Oakridge Banking Centre earlier this year, and the ribbon cutting ceremony included a gift to the BC Cancer Foundation, representing CIBC’s annual installment of a $500,000 commitment to breast cancer research.

AN EVENING TO CONQUER ORAL CANCER

Seeing the need to increase awareness about oral cancer and the importance of early diagnosis, Brenda Currie set out to raise funds supporting the BC Oral Cancer Prevention Program at the BC Cancer Agency. She held the inaugural Evening to Conquer Oral Cancer with generous support from family and friends, resulting in a highly successful and entertaining evening. The gala-style event featured a musical performance by Hedley lead singer Jacob Hoggard (pictured above with Currie) and raised over $51,400. Plans are already underway for the second annual Evening to Conquer Oral Cancer, in April 2013.

From left: Wayne Berg, Dave Ganong, Steve Blair and Russ Syme

From left: Alex Fan, Vice President, CIBC; Kirsten Nicholson, BC Cancer Foundation; Jennifer Leung, Branch Manager, Oakridge, CIBC; Mike Stevenson, Senior Vice President, Western Region Retail Markets, CIBC
DONORS LEADING THE WAY: FUNDING RESEARCH THAT FINDS SOLUTIONS

The BC Cancer Foundation connects donors to the research they generously support at the BC Cancer Agency. Donors were recently recognized at appreciation events in the Southern Interior, Fraser Valley, Abbotsford, Vancouver and Vancouver Island, where they got a “behind-the-scenes” look into the collaborative work of Agency scientists and clinicians through informative panel sessions. We look forward to next spring’s events and thank our donors for their continued partnership and commitment to our shared cause—a world free from cancer. To learn more about the annual recognition event in your region, contact Cathryn Wilson at: cathryn.wilson@bccancer.bc.ca.

CANCER WEEK AT KELOWNA SECONDARY SCHOOL RAISES $20K!

The 12th Annual Kelowna Secondary School’s Cancer Week raised more than $20,000, pushing its 12-year fundraising efforts to over $250,000 in support of cancer patients and research at the BC Cancer Agency Sindi Ahluwalia Hawkins Centre for the Southern Interior in Kelowna. With over a thousand peers cheering them on, more than 30 students shaved their heads to cap the Cancer Week events.

ABBOTSFORD HEAT CUTS FOR THE CURE

The Abbotsford Heat hockey team held its second annual Cuts for the Cure event, raising $30,000 for the BC Cancer Foundation, including a $10,000 donation from a single donor, Henry Braun. Abbotsford Heat goalie Leland Irving, whom the Calgary Flames drafted in 2006, is a childhood cancer survivor and spearheads the fundraising event. Abbotsford’s Mayor Banman, known for his nice locks, also pledged support of the event and participated by shaving his head.

DELTA-SCOTTSDALE LIONS SUPPORT CANCER RESEARCH EQUIPMENT

The Delta Scottsdale Lions club is a long-time supporter of the BC Cancer Foundation and research and enhancements to cancer care at the BC Cancer Agency Fraser Valley Centre. The club’s recent gift of $7,000 supports equipment needs at the Fraser Valley Centre.

MALCOLM JONES, RICK HAMMER AND ARMINDO VERDE

Leland Irving shaves young fan Caleb Mitchell’s head.

Vic & Vigour • WINTER 2012
A pilot project in prostate cancer research was accelerated at the BC Cancer Agency Sindi Ahluwalia Hawkins Centre for the Southern Interior thanks to a $50,000 boost from the BC Cancer Foundation's inaugural Discovery Luncheon. The high dose-rate (HDR) brachytherapy pilot project is taking prostate cancer research to new heights and has opened the opportunity to explore this new therapy further.

Dr. Ross Halperin, Professional Practise Leader in Radiation Oncology at the BC Cancer Agency in the Southern Interior, says of the study’s progress, “We’ve treated 25 men who had advanced and aggressive prostate cancer with HDR brachytherapy, which can deliver the equivalent of a whole week's worth of conventional treatments in one 10-minute session.”

HDR brachytherapy is a type of radiation therapy that sends a precise dose of radiation directly to a patient’s tumour through tiny catheters, over one or two treatments.

Dr. Halperin says, “It avoids delivering radiation to sensitive neighbouring structures and can safely deliver a very high dose per treatment. Its delivery is precise, accurate and strong.” The dose rate is 1,000 times greater than standard brachytherapy practices.

HDR brachytherapy has promise to become a superior treatment alternative for prostate cancer patients with fewer side effects than standard treatments. The treatments have the added benefit of being more comfortable and convenient for patients.

“The success of HDR brachytherapy in our pilot has allowed us to expand this treatment option to breast cancer patients,” Dr. Halperin explains. This novel research and treatment initiative is made possible through support of BC Cancer Foundation donors.

EXPANDING TO BREAST CANCER
Because of its potential to reduce side effects and improve patient convenience, research into HDR brachytherapy for breast cancer is now underway in the Southern Interior. This research is fueled by a generous donation of $200,000 from The Colin & Lois Pritchard Foundation.

Alison Moscrop, the foundation’s director and daughter of Colin and Lois Pritchard, says, “We are happy to support the BC Cancer Agency in Kelowna, and are comforted to know that patients are in excellent care.

“We hope this donation can help by supporting HDR brachytherapy research and one day making this new type of treatment a mainstream option for patients.”

The Pritchards were inspired to support cancer research at the BC Cancer Agency after touring their local centre and seeing the life-saving research taking place. Alison says that after meeting the doctors involved in the study, they knew it was a quality investment.

A part of the Pritchards’ gift will support a partnership with the University of British Columbia Faculty of Medicine’s Southern Medical Program, providing medical students an opportunity to participate in this exciting research project.

“With the generous support from The Colin & Lois Pritchard Foundation, our clinical research will continue working towards enhancing patient care,” Dr. Halperin says.

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2012 Second Annual Discovery Luncheon
The 2012 Discovery Luncheon will support PREDICT (Personal Response Determinants in Cancer Therapy), an exciting program that is expanding to the Southern Interior and will allow patients to play an active role in cancer research. Contact Chantelle Funk at chantelle.funk@bccancer.bc.ca or call 250-979-6652 for details.

2012 DISCOVERY LUNCHEON
Wednesday, November 14, 2012
Coast Capri Hotel, Kelowna, B.C.
www.bccancerfoundation.com/discoveryluncheon
Alzheimer Disease

Dispelling the myths

There are many myths surrounding Alzheimer Disease — about the cause, the prevention and the people who have it.

Get the facts.
Visit our Web site at www.alzheimer.ca or contact your local Alzheimer Society.

Help for Today. Hope for Tomorrow.

Alzheimer Society

Myth 6: Alzheimer Disease is preventable.

Reality: Because there is no known cause for Alzheimer Disease, there is no conclusive evidence that Alzheimer Disease can be prevented. There is, however, a growing amount of evidence that lifestyle choices that keep mind and body fit may help reduce the risk. These choices include physical exercise, a healthy diet including fresh fruits, vegetables and fish, as well as keeping your brain active.
Everyone has it.
Velocity is your speed and direction taking you somewhere.

But where?

Join the Enbridge Ride to Conquer Cancer benefiting the BC Cancer Foundation and find out.

- 2 exhilarating days
- Over 200 fully supported kilometres
- 1000s of kindred cyclists
- 1 life-changing destination:
- The conquest of cancer.

Identify the velocity within yourself — your speed, your passion, your journey.

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This event will reach capacity and registration will close. Get your spot today.

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