



# Thunder Bay Breast Cancer Support Group



Newsletter September 2016 Issue

## Opportunities to Give

Caribou Charity Ride

[More Info](#) | [Donate](#)

## Cooking Class Update

On June 28th and 29th, Jenn Miller, chef extraordinaire, shared her talent with several ladies of the Support Group at the Regional Food Distribution Association. 10 ladies in total took advantage of the 3-hour classes that included 6 recipes, with take home treats! Thanks to the Butterfly Story Fund, participants were only charged \$5.00 to participate. From all accounts, it was a great learning experience and everyone enjoyed themselves!

2 more classes will be held in September - dates to be announced via email and on the Facebook Forum when confirmed. Each class can hold 6 people and there will be a \$5.00 charge per person. For more details, please phone the support group line at 475-0025.

## Luncheon of Hope

The Luncheon of Hope is Friday, October 7th from 10:30 to 2:00 p.m. at the Victoria Inn. This year's speaker is a 3-time cancer survivor, Becky Olson. Becky is co-founder of Breast Friends as well as a published author of "The Hat that Saved my Life". Tickets are \$65 each and can be bought online at [www.healthsciencesfoundation.ca](http://www.healthsciencesfoundation.ca) or by phoning 345-4673. As always, money raised at this event supports the needs of breast cancer patients in Northwestern Ontario.

If you'd like to donate, [click here](#) or go to <https://12149.thankyou4caring.org/luncheon2016>

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**Next  
Meeting  
September  
14<sup>th</sup>**





Discover and Ignite your inner-dancer, within a safe, respectful atmosphere of creativity! Happy-Feet Dance Community celebrates and encourages each individual's ability to move and express themselves through the art of dance. With over 30 yrs. of teaching and dance experience in multiple genre's, Saira is passionate about teaching and inspiring other's to find their "happy feet"! All abilities are always welcome.

# Happy-Feet Dance Community

Located in Lunan Hall, St. Paul's United Church  
349 Waverley St. (Across from Waverley Park)

**Registration: Wednesday Sept., 7/16 6-9 p.m.**

**Fall Semester - Sept 14/16 - Dec. 14/16**

**Rhythm & Tap: Level - beginner (no experience required) Wednesday's: 6:15-7:15 p.m.**

**Expressive Contemporary Dance:**

Level- beginner (no experience) to experienced. Wednesday's 7:30-8:45 p.m.

**Special - "creative movement in dance" class for breast cancer survivors also available.**

**Call Saira @ 251-0601 for more info.**

Discounts available for both classes and semesters

## Highlights from the American Society of Clinical Oncology (ASCO) Conference 2016

McCormick Place | Chicago Illinois

June 03, 2016 - June 07, 2016

### Extending aromatase inhibitor (AI) therapy with letrozole from 5 to 10 years proves beneficial for early stage breast cancer patients

A new study showed that postmenopausal women with early stage breast cancer benefited from taking the AI letrozole for 10 years instead of 5 years and there wasn't a decrease in their quality of life. This study showed a 34 percent reduction in recurrences for women who took the AI for 10 years. [Read more.](#)

### Phase 3 study results confirm benefit of adding pablociclib to letrozole for estrogen receptor positive, HER2-negative metastatic breast cancer

Phase 3 results from the PALOMA-2 trial were presented at ASCO and showed that adding the CDK 4/6 inhibitor pablociclib to letrozole reduced the risk of disease progression by 42 percent compared to using letrozole alone. [Read more.](#)

### Combination of atezolizumab with chemotherapy has interesting results for triple negative metastatic breast cancer

Atezolizumab is an immunotherapy in a class of drugs known as PD-L1 inhibitors that counteract a tumour's ability to hide itself from the immune system. In this study, 42 percent of patients responded to treatment with the majority of responders achieving stable disease. [Read more.](#)

### Ribociclib Phase 3 MONALEESA-2 study ends early due to significant improvement in progression free survival for hormone receptor positive, HER2-negative metastatic breast cancer

The combination of ribociclib and letrozole significantly improved progression-free survival compared with letrozole alone in patients with HR+, HER2-negative metastatic breast cancer. [Read more.](#)

### Abemaciclib continues to show a good overall response rate for people with HR+ metastatic breast cancer

Phase 1 trial results show that abemaciclib, another CDK 4/6 inhibitor, can be taken on a continuous schedule and achieve good clinical activity against HR+ metastatic breast cancer tumours. Because this is given as a single agent and has greater selectivity for CDK4, it doesn't affect white blood cell counts as severely as other CDK 4/6 inhibitors. [Read more.](#)

### Utidelone shows improvement in progression-free survival for heavily pretreated women with metastatic breast cancer

Utidelone, a genetically engineered epothilone analog, shows improvements in progression-free survival when used in combination with capecitabine. The median progression-free survival was 6.9 months versus 4.76 months with capecitabine alone. [Read more.](#)

#### Boobie Blunders

We all know that Breast Cancer is a serious disease and we in no way want to minimize the struggle that each of us face in our own way. However, we also know that our meetings are often filled with laughter as we share stories of humorous things that happen from time to time. And so, we are calling all members to share such stories in the newsletter. You can submit with or without your name and we will publish your funny stories. You can email them to [bcsg@tbaytel.net](mailto:bcsg@tbaytel.net).

#### Butterfly Story Fund

We are so excited to announce that the Butterfly Story fund is now accepting applications! Looking for ways to thrive as a survivor but need a little financial help? The Butterfly Story is here for you! Want to attend the Luncheon of Hope, We-Did exercise classes or another great event? Fill out an application and it will be considered for funding. It can be challenging to ask for help sometimes, but please know the applications are kept in the strictest confidence! If interested, please check out the application form [here](#) OR email [thebutterflystory@hotmail.com](mailto:thebutterflystory@hotmail.com) OR contact Michelle or Shannon to discuss privately.

## For Support and Encouragement



### Dragons of Hope 2016

This year 23 ladies paddled in the local festival which was held on August 13<sup>th</sup> at Boulevard Lake. Despite the weather and the low number of teams participating, fun was had by all. A hand-made quilt by Agnes Lammi, the Mother of one of the paddlers was

raffled off and was won by Yvette Kwandibens one of our own paddlers.

Eighteen paddlers travelled to Superior Wisconsin on Friday August 26<sup>th</sup> to participate in the Lake Superior Dragon Boat Festival. This was the 7<sup>th</sup> time that the Dragons of Hope have participated. Our team came in 6<sup>th</sup> out of 11 women's teams and 36 overall. We are already preregistered for next year's festival to be held August 25<sup>th</sup> and 26<sup>th</sup> 2017 and we will be looking for paddlers.

Our many thanks go out to our new coach, Saira Vanderwees and to our steerspersons Wayne Vanderwees and Brad Mosel for our success as a team this year.

### A Look Ahead

#### Happy-Foot Dance Community

Registration – September 7<sup>th</sup>, 2016  
Classes - September 14<sup>th</sup> to December 14<sup>th</sup>, 2016  
St. Paul's United Church

#### Luncheon of Hope

October 7<sup>th</sup>, 2016,  
Victoria Inn

**Meetings**  
September 14<sup>th</sup>  
October 12<sup>th</sup>

7:00 pm at  
St. Michael's  
Church on Red  
River Road



As fellow support group members, we would be happy to hear from you.

435 Heather Cres  
Thunder Bay, ON P7E 5K8

(807) 475-0025 (Voice Mail)  
bcsg@tbaytel.net  
breastcancersupporttb.com



#### Breast & Hereditary Cancer Support

www.willow.org  
1-888-778-3100



Supportive Care  
(807) 684-7310  
Toll Free  
(877) 696-7223  
No Referral Needed

**Sharing the Journey**

Along your journey you have found support and encouragement from our support group. If you have two hours to spare a month, we encourage you to consider becoming a Steering Committee Member. The wisdom gained from your experience can help us strengthen the group and will help to ensure the continued success of the Breast Cancer Support Group. Call a Steering Committee Member at 475-0025 to learn how you can take part or email [bcsg@tbaytel.net](mailto:bcsg@tbaytel.net).



Thunder Bay Regional  
Health Sciences  
Foundation

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[healthsciencesfoundation.ca](http://healthsciencesfoundation.ca)