

# breast cancer *info exchange*

SHARING INFORMATION ABOUT BREAST CANCER ACTIVITIES IN ONTARIO

## **Ontario Breast Cancer Information Exchange Partnership (OBCIEP)**

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*Breast Cancer Info Exchange* is the semi-annual newsletter of the Ontario Breast Cancer Information Exchange Partnership (OBCIEP). The OBCIEP is a coalition of organizations committed to ensuring that information about breast cancer is available to all people in Ontario.

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## Winter/Spring 2004

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# Quest for Life

by Eleanor Nielsen



I had the privilege of sharing a week in the Alberta Rockies in the fall of 2003 with 15 other people who had endured the cancer experience. Quest for Life is a seven-day Outward Bound Canada expedition for men and women survivors of cancer. It provides an opportunity for participants to renew their belief in their physical and emotional strength and to extend their support network by working closely with others who have walked the cancer path.

The setting is one of astounding beauty and the physical challenge nurtures the soul.

The main activity was mountaineering. You carry your own 40 to 55 pound backpack, help set up camp and prepare meals, while learning more about environmental sensitivity. Your bed at night is a sleeping bag on firm ground, under a tent. With any luck, you are asleep within a short time of turning in! Rock climbing, a seven-kilometre run and one night sleeping “solo” make up the remainder of the week’s activities. It is an experience of a lifetime. In 2004, Outward Bound plans a sea kayaking Quest for Life in British Columbia and a canoeing Quest for Life in Ontario.

The tuition for Quest for Life was \$1,295 in 2003, but tuition bursaries are available. You will be asked to complete a financial aid application to apply for assistance. Outward Bound will let you know what clothing you require. You may need to buy some equipment and a few incidentals. Many items of clothing are available on loan from the course. Our leaders were experienced mountaineers who eagerly share their love of the environment with each new course.

For more information about Quest for Life, contact Gavin Bulgajewski at 1-800-254-6244 or [gavinb@outwardbound.ca](mailto:gavinb@outwardbound.ca).

*Eleanor Nielsen is a member and co-founder of the Toronto Dragon Boat Team Dragons Abreast, a peer support volunteer and the inspiration behind the book **How to Ride a Dragon**.*

## In Kenora The Breast Health Forum

by Barbara Pernsky R.N. CON (C ),  
Public Health Nurse, Chair of Kenora Keeping Abreast Coalition

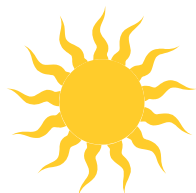
On Thursday, October 16th, 2003, Kenora Keeping Abreast Coalition in partnership with the Northwestern Health Unit presented a Breast Health Public Forum. This event proved to be very informative and successful in increasing awareness of the supports and services available in Kenora regarding breast health. We were fortunate to have three speakers volunteer their time. Jan Lewkin, from the Breast C.A.R.E.S. Program in Thunder Bay spoke of the services that her agency provides throughout Northwestern Ontario. Dr. Dimitrios Vergidis, medical oncologist from Northwestern Ontario Regional Cancer Centre kindly gave of his time to give an

informative talk of chemotherapy with the breast cancer patient. Kathy Thompson, the Project Coordinator from the Thunder Bay Breast Health Coalition presented the new web site [www.breasthealthnw.ca](http://www.breasthealthnw.ca) which has current information regarding the supports and services available in each community throughout the region.

The Kenora Keeping Abreast Coalition was pleased to have 14 different displays of services available to the community of Kenora. This forum would not have been successful without the support of Astra Zeneca and the interlinking of regional and community partnerships throughout Northwestern Ontario.

*"Never doubt that a small group of thoughtful committed citizens can change the world....indeed, it's the only thing that ever does." Margaret Mead*

Thunder Bay HRT Forum - January 2004



# The Estrogen Question: It's Still a Hot Topic!

by Rhonda Usenik

Following the success of last year's forum, the Thunder Bay Breast Health Coalition hosted another menopause forum on January 24, 2004. "The Estrogen Question: It's Still a Hot Topic!" was attended by over 200 women from the Thunder Bay area and provided information on the process of menopause, hormone replacement therapy (HRT) and breast cancer. To ensure that the forum was accessible to all, the event was held at a central location in Thunder Bay, and tickets were sold for a nominal fee of \$5.

Following the release of the results from the Women's Health Initiative (WHI) study in July, 2002, many changes have taken place regarding the treatment of menopausal symptoms. This landmark study showed that the rates of breast cancer and cardiac events were much higher than previously thought. As a result, HRT is not prescribed nearly as often as it was prior to this study. This, in turn, has left many women experiencing menopausal symptoms that can affect quality of life. Today, the demand for up-to-date, research-based information on menopause is greater than ever before.

The forum's speakers included three health care professionals from Thunder Bay. Ms. Vivian Johnston, Nurse Practitioner with the Thunder Bay District Health Unit, reviewed the physiology of menopause and its symptoms. She later spoke about the value of healthy lifestyle with menopause and the importance of breast and cervical screening. Ms Anna Miele, a pharmacist with Shopper's Drug Mart (Centennial Square), discussed HRT and other treatments in use today for the symptoms of menopause. She also discussed commonly used alternative treatments which have been proven helpful through research. Dr. Margaret Anthes, a radiation oncologist with the Northwestern Ontario Regional Cancer Centre, spoke on behalf of her colleague, Dr. Conrad Falkson. Dr. Anthes presented on the impact of menopause and HRT on breast cancer rates and the impact these have on screening and early detection.



The Thunder Bay Breast Health Coalition used the same format as past forums. The presentations were followed by a brief intermission. During this time, members of the audience were asked to write down any questions they had for the speakers and place them in a box. The questions were numerous and a selection was posed to the panel of speakers. A variety of groups

with an interest in women's health were invited to set up displays at the forum. Topics covered by the displays include breast health/screening, cervical screening, nutrition, falls prevention among others. At the end of the intermission, Ms. Anne Ostrom, Health Promotion Planner at the Thunder Bay District Health Unit, lead the audience in a five minute long "Fit Break."

Evaluation forms were supplied to all in attendance, and, by far, most were completed. The feedback was very positive and clearly states that up-to-date, reliable information on this topic continues to be needed. To support this, the forum was taped, and copies will be distributed to libraries and health agencies throughout Northwestern Ontario.

This year's forum was funded by the Ontario Chapter of the Canadian Breast Cancer Foundation, the Northwestern Ontario Breast Screening Program and the Thunder Bay District Health Unit. Many individuals, groups and businesses donated time, expertise and items for door prizes to help make this event the success that it was.

Based on feedback from members of the audience, the coalition is considering expanding the forum in the future to host a large women's health event. Women attending this year expressed an interest in seeing a variety of women's health topics addressed. The coalition will explore funding opportunities for such an event.

For further information about "The Estrogen Question: It's Still a Hot Topic!" call Rhonda Usenik at the Thunder Bay District Health Unit at (807) 625-5914 or Bonnie Lindberg at the Northwestern Ontario Breast Screening Program at (807) 343-1690.

## Breast Cancer Action Nova Scotia (BCANS) - Breast Cancer Online

### *In Our Own Words and How We Told Our Children*

BCANS has two produced is two booklets comprised of postings and stories from participants of the BCANS support forum. *In Our Own Words* is a collection of postings and stories from participants of the [BCANS Support Forum](#). *How We Told Our Children* was compiled in response to requests to help parents and families better cope with a new diagnosis or recurrence of breast cancer. It is through stories that women living with breast cancer can learn that they are not alone with this terrifying disease. To view both booklets see the BCANS web site at [www.bca.ns.ca/booklets/online.htm](http://www.bca.ns.ca/booklets/online.htm).



## BCANS Online Support

Since 1996, BCANS has provided an online support forum. Open 24/7, the forum provides a caring and knowledgeable environment for those affected by Breast Cancer. Visit the BCANS support forum at: <http://forum.bcans.net>.

[www.bca.ns.ca](http://www.bca.ns.ca)

## A New Look New Willow Web Site • [www.willow.org](http://www.willow.org)



Willow Breast Cancer Resource and Support Services is pleased to present an exciting new web site with easy access to resources and services. Features include Peer Support (includes link to online "Living" newsletters for people living with metastatic breast cancer, list of support groups in Ontario and a list of groups in Canada is in preparation), Resources, Facilitator Information, Communications (conferences and shows), Special Events (plus news on ongoing initiatives) and a list of Sponsors and community partners.

Visit the newly designed site at the same address, [www.willow.org](http://www.willow.org) and send any comments to [info@willow.org](mailto:info@willow.org). You can also contact Willow at **416-778-5000** or toll free at **1-888-778-3100**.



**Ontario Breast Cancer Community Research  
Initiative Update Spring 2004**

## Lesbians and Breast Cancer Study

by Chris Sinding and Pam Grassau

*The Lesbians and Breast Cancer Project is interviewing lesbians from across Ontario who have experienced breast or gynecological cancer.*

As of February - and with thanks to all of the people who promoted the project - we have interviewed 30 lesbians with breast or gynecological cancer. We've learned a great deal about what it's like to experience cancer and cancer care as a lesbian.

We asked several women who took part in the research to review an early draft of the Lesbians and Breast Cancer Project research report and met for two half-day meetings to talk about the changes it needed. Those two meetings transformed the report, and also showed us all just how important it is for lesbians with cancer to have a chance to come together to talk about their experiences.

At a workshop in February (a collaboration between Willow Breast Cancer Support and Resource Services and the LBCP), research participants will hear about and respond to the findings and recommendations from the research. The workshop will also be a chance to build community among lesbians in Ontario who have been diagnosed with breast & gynecological cancer, and provide energy and direction for improving mutual support and care.

In April and May we'll be taking part in a series of community events to share findings from the research (see box). We'll also make sure the report is made available to staff at each cancer centre in the province.

### **Wild applause for the Partner Agencies in the Lesbians and Breast Cancer Project**

- The 519 Church Street Community Centre
- The DisAbled Women's Network Ontario
- The Coalition for Lesbian & Gay Rights in Ontario
- Gilda's Club
- The Metropolitan Community Church of Toronto
- The Ontario Breast Cancer Community Research Initiative
- The Rainbow Health Network
- Sherbourne Health Centre
- Sunnybrook & Women's College Health Sciences Centre - Social Work & Professional Advisory Committee
- Willow Breast Cancer Support & Resource Services

**This project is made possible with the generous support of the  
Canadian Breast Cancer Foundation, Ontario Chapter.**

On **April 2<sup>nd</sup>** at **Buddies in Bad Times Theatre in Toronto**,  
we'll launch the Lesbians and Breast Cancer Project report.  
You'll hear voices of women who participated, and see what we learned about  
'what's lesbian' about lesbians having breast and gynecological cancer.

We hope to see you there!

*Buddies is wheelchair accessible, and sign language interpretation will be available.*



Findings from the Lesbians and Breast Cancer Project will be presented at several other community events in April and May. For details, contact [Pamela.Grassau@sw.ca](mailto:Pamela.Grassau@sw.ca)

## ***Appel de participation:* Femmes francophones et cancer du sein**

Êtes-vous une femme francophone avec le cancer du sein?

Connaissez-vous des femmes francophones qui ont le cancer du sein?

Êtes-vous curieuses au sujet de la santé et des soins de soutien qui sont disponibles pour les femmes de cette minorité culturelle et linguistique?

Voulez-vous participer à un projet de recherche-action-participative sur les besoins des femmes francophones avec le cancer du sein?

Pour mieux comprendre les besoins des femmes francophones qui vivent avec le cancer du sein, une analyse critique du contexte minoritaire des francophones de l'Ontario est nécessaire. Bien

que l'accès aux services de santé et aux soins de soutien soit assuré par la loi, ces services ne sont pas toujours disponibles.

Au cours de cette étude, l'accent portera sur les besoins des femmes francophones en ce qui concerne leurs soins de soutien, sur l'identification des faiblesses quant à l'accessibilité des services pour les femmes francophones, et sur les actions qui peuvent être prises pour remédier à ces faiblesses.

Cette recherche sera dirigée par un groupe aviseur composé de femmes affectées par le cancer du sein, de professionnels de la santé, et de chercheurs avec une implication communautaire.

Pour plus de renseignements sur ce projet, veuillez communiquer avec

Stephanie Austin, OBC CRI  
790 rue bay, suite 950  
Toronto, Ontario, M5G 1N8  
tel (416) 351-3809  
courriel [stephanie.austin@sw.ca](mailto:stephanie.austin@sw.ca)

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## ***Call for Participation:*** **Francophone Women Living with Breast Cancer**

Are you a Francophone woman who is living with breast cancer?

Do you know a Francophone woman living with breast cancer?

Are you curious about what health and supportive care services are available to women from this cultural and linguistic minority?

Do you want to get involved in a participatory action research project on the needs of Francophone women with breast cancer?

To understand the needs of Francophone women living with breast cancer, the minority context of living in French in Ontario needs to be critically examined. Access to health and supportive care services among Francophone women who have a diagnosis of breast cancer is assured by law, but is not always readily available.

In this study, attention will be placed on Francophone women's support service needs, the barriers they face in accessing health and supportive care services, and actions that can be taken to address the gaps between policy and practice in health services for Francophone women in Ontario.

The research will be led by an advisory committee composed of Francophone survivors of breast cancer, health and social service professionals and community researchers.

For more information about this project, please contact

Stephanie Austin, OBC CRI  
790 Bay St. Suite 950  
Toronto, Ontario, M5G 1N8  
Tel (416) 351-3809  
Email [stephanie.austin@sw.ca](mailto:stephanie.austin@sw.ca)

### New Study

## **Women of Colour Living with Breast Cancer: Barriers and Bridges to Supportive Care**

The purpose of this study is to better understand the barriers to psychosocial support for women of colour in Canada who have received a breast cancer diagnosis. There is a disparity in research on the health concerns of women of colour and immigrant women in Canada. In particular, investigations of the support needs of breast cancer patients of colour have been neglected. To this end, Dr. Jennifer Nelson is speaking with women of colour from a Toronto area support network. The study will explore how and whether women of colour access support services, and what problems they face. The research aims to educate



healthcare workers and communities about the impact of racism on breast cancer experiences. Partners in this project include The Olive Branch of Hope Breast and Ovarian Cancer Support Services, an advisory consultant from Sunnybrook and Women's College Health Sciences Centre, and a collaborator and interviewer from the Immigrant Women's Health Centre, Toronto.

For more information please contact Jennifer J. Nelson, Ph.D., Social Scientist, Centre for Research in Women's Health, University of Toronto and OBC CRI at 416-351-3807 or by e-mail at [jennifer.nelson@sw.ca](mailto:jennifer.nelson@sw.ca).

### Update

## **70+ Women and Cancer**

Wanda Risso, Project Co-ordinator,  
Christina Sinding, Research Associate OBC CRI

When funding was received for this study, a timeline was established and an Advisory Committee formed. Our team



includes representatives from Breast Cancer Support Services, The Older Women's Network, the Hamilton Regional Cancer Centre and McMaster University.

An interview workshop was held to brainstorm ideas and do some role playing. Three interviewers and a project co-ordinator were hired.

We plan to interview 15 women diagnosed at age 70 or older with breast or gynecological cancer. As of February 2, 2004, 11 women have had first interviews completed and 3 women have had second interviews as well. Shortly after the first few interviews had been completed and transcripts studied, it was decided to personalize the second interview questions as well as the standard questions asked of everyone. Key informant interviews within the health care community are also being planned.

In or about May, 2004, a Workshop is planned comprising all participants, the Advisory Committee, and representatives of the health care community and community-based organizations. The workshop will bring everyone up-to-date on the study and offer a chance to brainstorm ways to support 70+ women diagnosed with breast and gynecological cancers.

The 70+ Project is part of a research program called Intersecting Vulnerabilities: Gender, Poverty, Age and Aboriginal Identity in Women's lived experience of breast and gynecological cancers. The study is funded by the Canadian Institutes of Health Research.

## Spirituality and Breast Cancer

Researchers from the OBC CRI and Ryerson University have interviewed 27 women with breast cancer from across Canada about the role of spirituality in their lives. Demographically diverse and from a wide variety of religious and non-religious backgrounds, the women were asked to describe what spirituality means to them, how they practice spirituality and if it pertains to them, how they describe their relationship with God, a higher power or deity. The interviews took place at approximately one year after the women's initial diagnosis, and the researchers intend to conduct follow-up interviews three and five years post-diagnosis to track any changes in the women's ideas, practices and beliefs. These findings will help determine what, if any, spiritual resources women would like made available at community-based cancer agencies and cancer treatment centres. The researchers are currently analysing the interview transcripts and expect to disseminate results to the research participants in the Spring, 2004. Please contact Judy Gould at [judy.gould@sw.ca](mailto:judy.gould@sw.ca) if you have any questions.

## Good Food at Home - A Program Evaluation



The OBC CRI, in partnership with Cancer Care Ontario and the Toronto Sunnybrook Regional Cancer Centre, has begun an evaluation of a FoodShare initiative for women in active breast cancer treatment. Funded by the Ontario

Chapter of the Canadian Breast Cancer Foundation, the *Good Food at Home* program is an initiative that was created to support women to consider/maintain healthy eating after a cancer diagnosis. The first component of this program includes the home delivery of fruits and vegetables over a period of six months. The OBC CRI researchers are currently qualitatively evaluating this component of the program. Researchers from Cancer Care Ontario are quantitatively evaluating this component. In Phase 1 of the qualitative evaluation, OBC CRI researchers conducted telephone interviews with ten women before they received their first food box understand their beliefs about health eating; their food experiences related to cancer and/or treatment; dietary change (or maintenance); and, their expectations of the home delivery program.

Initial findings reveal that women have myriad responses to beliefs about food/diet following a cancer diagnosis and most were committed to making healthier choices (or were committed to maintaining health eating) in order to tolerate side effects and/or to increase a sense of control over recurrence. Women identified a few barriers to healthy eating which included a lack of food knowledge and lack of time for food preparation.

During the next set of interviews, which will occur at the conclusion of the home delivery program, participants will be asked to describe their thoughts about preparing and eating health food, and the program's impact on their quality of life and sense of social support.

Please contact Judy Gould at [judy.gould@sw.ca](mailto:judy.gould@sw.ca) if you have any questions.

## Dragon Boat Study Update



Thank you to the individuals who recently participated in the Dragon Boat Provincial Survey. Over 400 surveys from across Ontario were returned! Analysis of both the survey and interview data is currently underway. Findings will be released in the coming months.

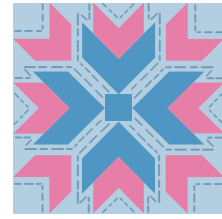
For further information about the study, please contact Dr. Terry Mitchell at [tmitchel@wlu.ca](mailto:tmitchel@wlu.ca) or by phone at 519-884-0710, ext. 2052.

*This study was made possible by the generous support of the*



## Generating Dialogue with Health and Income Security Professionals about the

# Experiences of Low-Income Women with Breast Cancer



The Low-Income Study is one of three projects included in the recently funded Canadian Institutes for Health Research grant entitled: *Intersecting Vulnerabilities: Gender, Poverty, Age and Aboriginal Status in Women's Lived Experience of Breast and Gynecological Cancers*.

Low-income women are diagnosed with breast cancer less often than are higher income women however, once diagnosed low-income women have higher mortality rates and lower five-year survival rates. This current study is building on the results of a pilot study conducted by Judy Gould (2002) that investigated the cancer care experiences of low-income women. This next phase involves discussing the results with health and income security professionals in order to understand the role of institutional barriers for low-income women with breast cancer.

Advisory Committee includes:

- Pamela Bowes, Financial Consultant (for individuals with AIDS, Cancer), Ontario AIDS Network
- Lucie Chauvette, Survivor, The Anemia Institute
- Barbara Fitzgerald, Advanced Practice Nurse, Toronto Sunnybrook Regional Cancer Centre
- Margot Lettner, Consultant, formerly of Ministry of Enterprise, Opportunity and Innovation
- Irene Nicoll, Coordinator OBCIEP
- Ito Peng, Assistant Professor, Department of Sociology, University of Toronto
- Kate Sigurdson, Coordinator, Good Food at Home, FoodShare
- Cathy Cameron, Research Consultant, OBC CRI
- Judy Gould, Researcher, OBC CRI

The researchers have held focus groups/interviews with: staff of community-based cancer agencies; oncology nurses; oncology social workers; oncologists; and, a pharmaceutical company representative (re: compassionate drug release programs). They also plan to interview representatives of government-supported insurance programs, an institutionally-based pharmacist, a community-based pharmacist, government health policy representatives (to be determined), and individuals involved in cancer advocacy. The research will be analyzed between March and May and then they plan to host a community consultation workshop early in the summer.

Thank you to all who have participated and supported this project in its first few months. We look forward to sharing our findings with you in the next issue of the OBCIEP *Info Exchange* newsletter.

Please contact Judy Gould at [judy.gould@sw.ca](mailto:judy.gould@sw.ca) if you have any questions.



**Ontario Breast Cancer Community Research Initiative**  
Contact: Angela Sardelis (416) 351-3811 or by e-mail at [angela.sardelis@sw.ca](mailto:angela.sardelis@sw.ca)

## Canadian Breast Cancer Network's

# Community Partnership Initiative Projects

The Canadian Breast Cancer Network (CBCN) recently announced funding was available for Community Partnership Initiatives. This program provides co-funding or resources to groups partnering with CBCN on the National Strategy and Action Plan, Young Women and Breast Cancer or the National Strategy and Action Plan, Rural, Remote and Northern Women with Breast Cancer. Projects lead to the implementation of activities or short-term pilot projects that will enable groups or communities to increase their capacity to address the needs of young women with breast cancer, or rural, remote and Northern women with breast cancer.



The Sudbury Regional Breast Health Coalition and the Thunder Bay Breast Health Coalition applied and were each approved grants of \$5,000 to increase contacts and linkages with rural communities in northern Ontario, to increase information resources for young and rural/northern women, and update web links to local resources. The Sudbury Coalition is also planning a visioning day session to formalize its work to date and to expand the group's mandate to address ongoing community issues around breast cancer through education, information and support, advocacy, and fund raising.

Look for updates and more information on their web sites at [www.BreastNorth.info](http://www.BreastNorth.info) (Northeastern Ontario) and [www.BreastHealthNW.ca](http://www.BreastHealthNW.ca) (Northwestern Ontario).

For information on CBCN's projects and information visit their web site at [www.cbcn.ca](http://www.cbcn.ca).

## New Resource for Young Women

CBCN recently launched its dedicated web site for young women with breast cancer. The new site is featured in CBCN's Winter 2004 edition of Network News. It includes many resources and information sought by young women who participated in the study **Nothing Fit Me: The Information and Support Needs of Young Women with Breast Cancer** produced by CBCN and the Ontario Breast Cancer Community Research Initiative in 2002. Topics include:

- Careers/work life
- Dating
- Sexuality and intimacy
- Fertility and pregnancy
- Support for children
- Support for spouses and caregivers
- Prevention
- Spirituality

Online features include news (Canadian and international), resources, bulletin boards, young women's support groups, and links. There is also a "community" section being developed for personal stories, tips, resources, or any information that would be useful to young women who are living with or who have survived breast cancer.

Visit the new site at [www.cbcn.ca/youngwomen](http://www.cbcn.ca/youngwomen).



# ***Spring Breast Cancer Events***

## **The Young and the Breastless: A Networking Event for Young Women with Breast Cancer May 14-15, 2004, Vancouver, British Columbia**

A unique networking event for young women experiencing breast cancer launched by the British Columbia Cancer Agency.

Women under the age of 50 made up 22% of all new breast cancer cases diagnosed in Canada in 2003. Often the disease can be more aggressive in young women. There is a pronounced need for resources that can offer help and hope to younger women and the conference provides opportunity to connect with other young women. It will be the first of its kind in Canada.

The goals for this event are twofold: to provide up-to-date information and to be a forum for young women with breast cancer to meet and gain a sense of community. Presentations and discussions will focus on four main topics: Sexuality, Fertility, Emotional Realities, and Support.

The program includes panel presentations by professionals (doctors, nurses, therapists, etc.) and a series of concurrent workshops over the two days. counselors. Throughout the two days, we will also offer short break-out sessions during which women can participate in meditation, yoga, and art therapy.

This experience is designed to provide inspiration, comfort, and knowledge -- to enable young women to go on living their lives after cancer with a renewed intensity, a fresh sense of community and, ideally, hope, wisdom and joy.

For more information contact:

**The Young and the Breastless**  
c/o Family and Patient Counselling  
BC Cancer Agency  
600 West 10th Avenue  
Vancouver, BC V5Z 4E6  
[young\\_and\\_breastless@shaw.ca](mailto:young_and_breastless@shaw.ca)

## **The First Annual Run, Walk & Roll for Cancer Prevention May 29-30, 2004, Ottawa, Ontario**

Stop Cancer Now with the Breast Cancer Prevention Coalition (one of many partners) and Women's Healthy Environments Network are pleased to announce the first annual fund raising event for breast cancer prevention. The "Run, Walk & Roll" is being held in conjunction with the National Capital Race Weekend in Ottawa the last weekend in May. The purpose of the event is to raise \$200,000 to educate all Canadians and to learn about and then take action for cancer prevention. Proceeds will be directed towards a publication and major conference on cancer prevention as well as other worthy projects.



For more information see the Women's Healthy Environments Network (WHEN) web site at [www.whenvironments.ca](http://www.whenvironments.ca) or contact by e-mail [runwalkandroll@rogers.com](mailto:runwalkandroll@rogers.com). WHEN will be issuing receipts to all donors.

## Spring Events in Kingston

For more details call 613-531-7912 or see the web site [www.brcanceractionkingston.com](http://www.brcanceractionkingston.com).

Tuesday, April 13

**Occupational and Environmental Risk Factors for Breast Cancer** presentation by Jim Roberts and Margaret Keith, Ongwanada Resource Centre, 191 Portsmouth Avenue, Kingston. Free admission, parking and refreshments.

Saturday, May 8

Breast Cancer Action Kingston's 11<sup>th</sup> Annual Walk to Raise Awareness of Breast Cancer, MacDonald Park (King and Barrie Streets registration at 8:45 am. This fund raising walk for BCAA is \$15 per registration and includes a T-shirt (registration is free with \$30 in sponsorship pledges).

## The 4th World Conference on Breast Cancer June 8-12, 2005, Halifax, Nova Scotia

*Connection ... Community ... Culture ...*

[www.worldbreastcancerconf.ca](http://www.worldbreastcancerconf.ca)

Approximately 1,000 people from more than 60 countries will unite in Halifax, Nova Scotia, Canada, on June 8-12, 2005 connecting communities and culture from around the world, so that no one has to feel alone or isolated in their battle against breast cancer

The conference is being developed around these potential central themes: **Communities of Practice** (Clinical, Alternative Healing, Nursing); **Communities of Survivorship** (Quality of Life issues, Laughter); **Communities of Research** (E-Health, participatory research); and, **Communities of Support** (Living Wall, Partners and Caring).

*Contact:* Terry Gilmer, Promotions  
World Breast Cancer Organization, Inc  
841 Princess Street, Kingston, ON K7L 1G7

Tel 613-549-1118 Fax 613-549-1146

E-mail: [wbcwbc@cogeco.net](mailto:wbcwbc@cogeco.net) (Terry Gilmer)

E-mail : [wbcadmin@cogeco.net](mailto:wbcadmin@cogeco.net) (General Inquiries)