

**MEDIA
PLANET**

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Cancer: Cured?

UNDERSTAND THE DISEASE, REDUCE YOUR RISK, AND LEARN ABOUT TREATMENT OPTIONS



CANADIAN
BREAST CANCER
FOUNDATION™  FONDATION
CANADIENNE DU
CANCER DU SEIN™

LEADING THE WAY TO A FUTURE WITHOUT BREAST CANCER.

The Canadian Breast Cancer Foundation is a recognized leader in funding innovative research and effective treatment. Over the years, we've been instrumental in supporting education and awareness programs, early detection and a positive quality of life for those living with breast cancer. To learn more, visit www.cbcf.org/action.

Canadian Breast Cancer Foundation:

Creating a Future Without Breast Cancer™

Since its inception in 1986, the Canadian Breast Cancer Foundation has invested over \$170 million to collaboratively fund, support and advocate for relevant and innovative breast cancer research, meaningful education and awareness programs, early diagnosis and effective treatment, and a positive quality of life for those living with breast cancer.

Quality of life research, also known as psychosocial aspects of breast cancer, has been made a priority by the Canadian Breast Cancer Foundation. To address this, the Foundation funds research that focuses on a whole-person approach to cancer care, addressing a range of human needs that can improve quality of life for affected individuals and their networks.

As the number of breast cancer survivors continues to grow, largely as a result of increased participation in screening programs and advances in treatment options, this field of research has become increasingly vital to the well being of thousands of Canadian breast cancer survivors and their families.

Psychosocial research explores the social, psychological, emotional, spiritual and functional aspects of cancer, at all stages of

the disease from prevention to bereavement. Psychosocial factors exert powerful effects on health-related behavior, response to treatment, and quality of life. This work is expected to contribute new cutting-edge knowledge and help develop innovative new programs that enhance quality of life for those touched by this disease. Leaders in the field have

commended the Foundation for its dedication towards quality of life funding as a vital aspect of the breast cancer journey.

Recently, the Foundation awarded a total of \$2.4 million to five research teams in the Canadian Breast Cancer Research Alliance/Canadian Breast Cancer Foundation Special Research Competition on Psychosocial Aspects of Breast Cancer, as follows:

Lynda Balneaves

*University of British Columbia,
Vancouver, BC*

Development of a NHP decision aid for menopausal symptoms after breast cancer treatment: \$560,974

In this study, the researchers will develop and test a computer-based tool to help breast cancer survivors understand the risks and benefits of using natural health products to alleviate menopausal symptoms.

This system will help

women become active and informed participants in the treatment decision-making process surrounding the use of natural health products following breast cancer.

Joan Botorff

*University of British Columbia,
Okanagan, BC*

Chris Richardson

*University of British Columbia,
Vancouver, BC*

Supporting Tailored Approaches To Reducing Tobacco (START)—decreasing breast cancer incidence: \$307,035

Young women who smoke or are exposed to secondhand smoke are at increased risk of developing breast cancer later in life. In this study, public-health messages, aimed at aboriginal and non-aboriginal adolescent girls and boys, will be designed and evaluated for their ability to promote smoke-free lifestyles. Successfully educating adolescent girls and boys about the breast cancer risk related to smoking and secondhand smoke at this early age could contribute to lowering the incidence of breast cancer.

Tavis Campbell and Linda Carlson

University of Calgary, Calgary, AB

An objective comparison of cognitive behavioral therapy and mindfulness-based stress reduction for the treatment of insomnia in breast cancer survivors using wrist actigraphy: a randomized noninferiority trial: \$449,703

This study will investigate the effect of two psychosocial programs on insomnia symptoms in women with breast cancer. Mindfulness-Based Stress Reduction (MBSR) teaches meditation and yoga and has shown promise for reducing sleep disturbance. MBSR will be compared to an already established treatment, Cognitive-Behavioural Therapy for Insomnia (CBT-I), to determine whether it produces similar

effects with the added benefit of reduced stress and mood disturbance. Disrupted sleep can affect women in all stages of their cancer treatment and into survivorship, which can have a negative impact on overall quality of life. Establishing the degree of efficacy of both treatments will provide more options for patients and work towards the alleviation of a serious health risk.

Karen Fergus

York University, Toronto, ON

A multisite randomized controlled trial of couplelinks.ca: the first online intervention for young women with breast cancer and their male partners: \$457,084

This study will assess the effectiveness of an innovative online course geared to the unique needs and concerns of young couples affected by breast cancer. The ultimate impact of the study will be the creation of an accessible, cost-effective tool that could help improve the quality of life of young couples coping with breast cancer, regardless of geographic location.

Joanne Stephen

BC Cancer Agency, Vancouver, BC

A randomized controlled trial testing efficacy of professionally-led online support groups for young Canadian breast cancer survivors: \$582,995

In this study, researchers in several provinces will evaluate two online support group options (professionally-led and peer-led) to determine whether they help to improve the women's mood, feelings of loneliness, confidence and overall life satisfaction. It is hoped that these support groups will also help women re-engage in valued activities and commitments.

“...breast cancer survivors continues to grow, largely as a result of increased participation in screening programs...”

