

BRAINSCAN

NEWS & INFORMATION FOR

PATIENTS AND FAMILIES LIVING WITH BRAIN TUMORS

VOLUME 2 • NUMBER 1 • SPRING 2000

THE GERRY &
NANCY PENCER
**BRAIN
TRUST**



*"Making a Difference
in the Quality of Life
of People Living
with Brain Tumors"*

"BrainScan is a great source of information for brain tumor patients and their families, donors, the medical community, like-organizations, and volunteers in Canada and the United States, about our progress at The Brain Trust and activities at The Gerry & Nancy Pencer Brain Tumor Centre."

Remember
to hold the date
**August 10th
2000**
for our first
**Fundraiser
at PLAYDIUM**

A Message from the Director



Holly Pencer Bellman

Spring has finally sprung! Our activities at The Brain Trust are on over-drive, even since our last issue! Here's a bit of what's been going on... and what's to come.

The North American Brain Tumor Coalition, (of which The Brain Trust is a member) is gearing up for the American Brain Tumor Awareness Week (BTAW), April 30-May 6, 2000. BTAW is the result of the efforts of the brain tumor community, including patients, families, friends, physicians, and others - to educate the public about brain tumors. Our goal is to get the word out about this disease and convince others to join us in the fight for increased investment in brain tumor research, and the development of better therapies for those who live with brain tumors. BTAW is also a great opportunity for patients and their families to get together and share information with one another. The major event of the week occurs in Washington D.C, with a congressional luncheon on May 2, followed by visits to Members of Congress on May 3. You can join in and help out by raising awareness about brain tumors in your local community, whether in Canada or the USA. Just check out the enclosed brochure and order your free Brain Tumor Action Guide today!

In other news, a special thanks to Angela and Michael McGauley for organizing such a successful fundraiser back in January. To celebrate what would have marked their father's 50th birthday, Angela and her family boogied the night away and raised over \$8,000 for The Pencer Brain Tumor Centre in the process.

Angela has since established a named fund in memory of her late father, Paul MacDonald,

which she and her family plan to build over time with a goal of reaching \$25,000 or beyond. This type of fund, called an endowed fund, is a wonderful way to honor and remember loved ones in a permanent way. Here's how it works: Gifts at the \$25,000 level or more that are made on a one time basis, annually or cumulatively (built over a few years) can be designated as endowment funds and invested by The Princess Margaret Hospital Foundation (PMHF). The fund can then be specified for use in a particular cancer site (in this case, The Pencer Brain Tumor Centre), or unrestricted by the donor, for use at Princess Margaret Hospital's (PMH's) discretion. Either way, the interest raised from the principal amount invested is spent annually, making your endowment fund an annual gift in perpetuity. It's a permanent tribute to your loved one. Gifts of \$25,000 or more are acknowledged with a special plaque in the lobby of Princess Margaret, in the PMH Annual Report, and will be displayed on our donor wall at The Pencer Brain Tumor Centre. Gifts of \$10,000 and more (called expendable gifts) will be acknowledged in the PMH annual report, and recognized at The Centre. If you want more information about establishing a named fund at The Pencer Centre, please call me anytime at (416) 946-4565.

Thanks again to Angela and Michael McGauley, their families and friends for such a successful first event. We look forward to see what they're planning for next year!

I would also like to extend a public thank you to the family of the late Frank Barbetta for establishing the Frank Barbetta Memorial Golf Classic, benefiting patients and families at The Pencer Brain Tumor Centre. And a final thank you to Mark Halperin, Senior Vice President at Cott

Corporation for securing a \$5,000 donation from Destination Products International. For more information about our donors, don't miss our annual Donor List included in this issue.



*Angela McGauley (l) with her mother and sister,
Marion and Lee MacDonald.*

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PATIENT & FAMILY SERVICES



THE GERRY & NANCY PENCER
BRAIN TUMOR CENTRE

State-Of-The-Art Care



Physical Rehabilitation
Consultation



Participation in
Clinical Trials



Social Worker and
Psychiatrist



Resource Library



Live and Learn Program



Patient and Family
Advisory Committee



Complementary Therapies



Links to Hospital and
Community Support
Services



Patient Information
Binder



Art Therapy



Support Group Meetings



Internet Access



Translational Research



A Calm and Positive
Environment for Patients
and Families

OUR MISSION:

To be a
"Centre of Excellence"
which provides
multidisciplinary care,
treatment, and support for
brain tumor patients and
their families.

To promote clinical and
translational brain
tumor research.

Medical News



Dr. Warren Mason
Medical Director

Recently, the new chemotherapy, temozolomide, was approved in Canada and the United States for the treatment of recurrent malignant glioma. The decision to grant approval of this drug was based largely on two studies, one demonstrating a significant response rate to temozolomide chemotherapy in patients with recurrent anaplastic astrocytomas, and the other showing a prolonged 6-month progression free survival for patients with recurrent glioblastoma multiforme receiving temozolomide versus procarbazine. The approval of this new chemotherapy was great news for patients with malignant brain tumors, for whom treatment options remain too few. Moreover, efforts are underway at many cancer centres to explore further the role of this drug in the management of malignant gliomas. Studies using temozolomide for newly diagnosed malignant gliomas, and in combination with novel biologicals, are planned or ongoing at the Centre.

Surprisingly, despite intense research in brain tumors and their treatment, temozolomide is the first new drug approved for this disease in approximately 20 years. From a scientific perspective, the release of

temozolomide, which exerts its anticancer effects in a way that is similar to conventional older drugs such as lomustine and carmustine, signifies a limited advance in the field. Over the past decade, advances in the molecular biology of brain tumors have identified an array of potential targets for new drug development. The first such drug to enter clinical trials was the tyrosine kinase inhibitor SU101, an agent that was studied for recurrent glioblastoma and anaplastic astrocytoma here and elsewhere. Unfortunately, despite promising early clinical results, and an abundance of supportive laboratory research, SU101 has not proven itself to be a sufficiently beneficial agent for these diseases, and will not likely continue in clinical development. This outcome is disappointing for the failure of what appeared to be a sound and unique scientific approach to combating this illness. Nonetheless, SU101 is the first of dozens of new and potentially effective drugs that work through novel mechanisms, and this early setback must not diminish our enthusiasm for searching for better treatments for brain cancers. Ultimately, these treatments will arise from advances in basic science, with agents, such as SU101, designed to inhibit signaling pathways, tumor invasion and migration and angiogenesis.

*Life consists not in
holding good cards,
but in playing those
you hold well.*

**Quarterly
Quote**

J. Billings

**brai n s c a n
J O K E S**

An old lady went to the doctor complaining of swollen ankles. After giving her a thorough examination he reassured her:
"It's only a bit of fluid. There is nothing to worry about. I'll give you some water tablets. Just take one every alternate day and see me in two weeks"
"I am not quite with you doctor. Can you explain how to take the tablets"
"Oh, it's quite simple. Take the first one this morning, skip tomorrow, take another day after tomorrow and skip the next day and go on doing that until you see me again"
When the patient came back two weeks later her ankles had gone down completely.
"Well it's marvellous, said the doctor, there is no swelling at all. You don't have to take any more tablets!"
"Thank God for that" said the old lady, "the SKIPPING was killing me."
Submitted by
Guy Morrison, 2-year survivor

**Brain
CONTEST**

We have a winner! The answers to last issue's Brain Teaser are: Potatoes and Parallel Bars
Congratulations to
Dennis Clark
Dennis will take home a copy of "The Ride of My Life", by Gerry Pencer. Check out our summer issue for another great contest.

TOP 10 BOOKS

The following reading material has been suggested by patients for patients.

If you have any questions regarding this or any other reading material, please consult your health professional.

1. *The Ride of my Life.*
Gerry Pencer
2. *Tuesdays with Morrie.*
Mitch Albom
3. *What you Really Need to Know About Cancer.*
Robert Buckman
4. *Peace, Love & Healing.*
Bernie Siegel
5. *On Death & Dying.*
Elisabeth Kubler-Ross
6. *The Brain Tumor Patient Resource Handbook.*
The Brain Tumor Foundation of Canada
7. *50 Essential Things to Do When the Doctor Says It's Cancer.*
Greg Anderson
8. *Navigating Through a Strange Land.*
Tricia Ann Roloff
9. *The Relaxation Response*
Herbert Benson, M.D.
10. *Roller Coaster at Riverview.*
Mary Lo



PROMOTING PARTNERSHIPS Challenges For The Internet Age



By Dr. Alejandro R. Jadad

Last fall, as a kick-off to The Pencer Brain Tumor Centre's Open House, Dr. Alejandro R. Jadad, Assistant Professor of The Health Information Research Unit, Department of Clinical Epidemiology and Biostatistics, and a cancer epidemiologist at McMaster University in Hamilton, gave an illuminating lecture for patients and clinicians called "Patients As Partners: 10 Challenges to Meet in the Age of the Internet."

For those of you who could not be there in person, here is a brief overview of the 10 key points of the lecture. To view a transcript of the complete lecture, please visit Dr. Jadad's website: <http://www.bmj.com/cgi/content/full/319/7212/761>. If you don't have access to the web at home, we invite you to access the internet from the computer in our library at The Pencer Centre.

The internet is transforming health care. It is creating a new conduit not only for communication but also in the access, sharing, and exchange of information among people and machines. Although it is impossible to predict its evolution, recent developments indicate that the internet will have a profound effect on the way that patients and clinicians interact. Below, please find a brief description of the 10 key challenges that must be met to allow optimal partnerships to develop between patients and clinicians:

- ☀ Collaboration between consumers and professional organizations is important for patients and clinicians to work together as partners.
- ☀ Understanding how patients and clinicians use the internet will require a large scale examination of what distinguishes people who have access to the internet and use it to seek out health information, from those who do not.
- ☀ Systems need to be easy to access and use if patients and clinicians are to take full advantage of the resources available on the internet to foster partnerships.

- ☀ Rapid Access to information will result in improved interactions between patients and clinicians across long distances, in the rapid exchange of information between them, and in easier implementation of applications that facilitate telepresence and telecommuting.
- ☀ Easy access to relevant, ready to use information will allow the internet to be valuable in promoting efficient partnerships in health care.
- ☀ Integrating Information with values and circumstances is key
- ☀ Balancing virtual and face to face interactions will require major modifications to the structure of traditional clinical practice
- ☀ Redefining the roles of patients and clinicians will require study to determine the implications of the internet on the role of patients and clinicians, and to ensure that this relationship is strengthened rather than undermined.
- ☀ Balancing privacy and connectivity is crucial for patients and clinicians to feel comfortable exchanging sensitive information over the internet.
- ☀ Ensuring equitable access to technology and information so that all people have the same opportunity to access, share and exchange information.

Conclusions

The internet will undoubtedly change the way in which we communicate, relate, learn and think. Only through innovative alliances will we succeed in achieving optimal communication and access to high quality, relevant health information at the right time, in the right place, and in the right format, regardless of who we are. ☀

Remembering Those We've Lost



On Thursday, February 24, 2000, over 50 family, friends, and staff gathered at the Pencer Centre, for our first memorial service remembering those who have passed away since the Centre opened its' doors in November, 1998. Here's a first hand account by Jo Bell, one of the attendees:

I was invited by my daughter Janice Crichton to attend the memorial service at The Pencer Brain Tumor Centre. It was a privilege to meet Nancy Pencer and her family, and the wonderful staff and caregivers who had done such a great job, and had become an important part of the lives of my daughter, and late son-in-law, David.

I was given a tour around the Centre, and

found it to be a very comfortable and relaxing place. The Centre was very "homey", designed to put the patients and their families at ease. The resources are there so that patients may read or access the computer, giving them an opportunity to research their own illness.

I understand that this memorial service was the first, and there will be two more this year. I was honored to have had the opportunity to take part in this tribute to those whom we have lost and to be able to say thank you to those who cared for them. ☀

Jo Bell is the mother of Jan Crichton, who lost her husband David to a brain tumor on September 15, 1999.

TOP 10 WEBSITES



The following websites have been suggested by patients for patients. If you have any questions regarding information you may gather from these websites please consult your health professional.

1
Brain Surgery Information Centre: Excellent website providing information on brain surgery and brain tumors.
www.brain-surgery.com

2
Whole Brain Atlas: Informative website which gives examples of MRI's and in-depth information on how to read them and what the terminology means.
www.med.harvard.edu/AANLIB/nav.html

3
Clinical Trials and Noteworthy Treatments for Brain Tumors: This site provides specific information on clinical trials in North America by tumor type.
<http://www.virtualtrials.com/>

4
The Brain Tumor Foundation of Canada: This Canadian site offers a wealth of information for those recently diagnosed with a brain tumor as well longer-term survivors.
<http://www.btfc.org/>

5
Brain Tumor Mailing List: This site provides a worldwide e-mail bulletin board for people living with brain tumors. Participants include patients, caregivers and healthcare professionals. To subscribe send an e-mail message to listserv@mitvma.mit.edu.

6
Leave the subject line empty, and then type: subscribe braintmr followed by your first and last names.

7
The National Brain Tumor Foundation: This website is familiar to many, but recently has a brand new look. Excellent site!
<http://www.braintumor.org/>

8
Canadian Health Network: A new and growing network, providing access to the resources of leading Canadian health organizations and international health information providers.
<http://www.canadian-health-network.com/>

9
Drug InfoNet: This website provides information on many types of drugs, both by generic and brand names.
<http://www.druginfonet.com/>

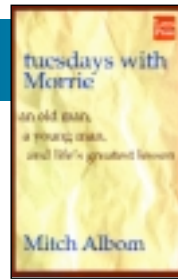
10
Discern: This website is designed to provide health consumers with a useful tool for assessing health information on the internet.
<http://www.discern.org.uk/>

Serene Website: This beautiful site inspires tranquility and has lots of links to equally peaceful sites.
<http://www.geocities.com/RainForest/canopy/5681/stillwater/water.html>

Book Review

TITLE: *tuesdays with Morrie*

AUTHOR: Mitch Albom



Reviewed by
Guy Morrison

This is a story about a young college student named Mitch and a professor named Morrie who became friends. Mitch often worked with Morrie on various projects in his final years of college before he graduated and went headlong into the world of journalism. Meanwhile as Mitch went about his life, his old professor and friend, Morrie, was experiencing the onset of ALS (Lou Gehrig's) disease.

Being the curious person he was, Morrie learned as much as he could about his disease, and decided to look both backwards and forwards at his life, especially about how people can influence each others lives.

One night Mitch saw Morrie being interviewed by ABC's Ted Koppell. He noticed that Morrie was sitting in his chair, much weakened by his medical problems, yet alive with the spirit of life. Mitch decided to make it a priority in his life to rekindle his relationship with Morrie. Thus began Mitch's Tuesday visits with Morrie. As a result of these visits, Morrie's life and

subsequent death was their last work, their last thesis together.

Using a tape recorder and his journalistic skills, Mitch would ask questions about life, love, forgiveness and death. And Morrie would answer. In a strange and life-affirming twist, Morrie's disease was not the focus of their talks. Instead it was the catalyst to bring about his feelings about life. As their time together continued, the questions got harder for both men to answer, but their relationship deepened.

Mitch often helped with Morrie's physical care, pounding his back to keep his lungs clear, all the while talking about life and love, things simple and complex.

Ted Koppell asked to visit Morrie in his final hours. Morrie agreed to a short talk. Even though he was sick he wanted to get his message out to all people.

As Morrie lay in bed talking his last time with Mitch after having starting 14 weeks earlier, he asked Mitch to touch his face. He said "we need to touch and not to be afraid of tears as they are the tools of love." Morrie died the next Tuesday.

This story is not a gruesome tale. Instead it is a celebration of dignity, thoughtfulness and love of life. In reading this book it has prompted me to ask many of these questions - it is an ongoing journey. 🌻

*If you are interested in reviewing one of your favorites, please call or email
Holly Pencer Bellman.*

Where to begin! My husband Guy left his job of 22 years with NCR Canada, on his 48th birthday, August 29, 1997. On November 25th, just before registering his own company, twitching started in his left hand and along the left side of his face.

An MRI confirmed bad news. Surgery on December 16th resulted in the worst possible results - a malignant brain tumor called Glioblastoma Multiforme. Average life expectancy was said to be a year to 18 months. Guy never did get to register his business.

The 25 sessions of radiation went well. Although radiation shows good results 80% of the time, in Guy's case it did not work and basically we were told to start getting his affairs in order. The next step was chemotherapy which, we had heard, only works in about 20-30% of cases.

On October 29, 1998, feeling totally desperate, I called a neurologist at Mississauga Hospital, Dr. Stephen McKenzie. He contacted our Oncologist at Princess Margaret Hospital, Dr. Mason, and a number of his colleagues. A bone marrow test and blood tests were ordered and Guy was admitted into the hospital. Politics did not allow Dr. Stevens, our family doctor, to practice at Mississauga hospital and Dr. Anthony Proctor was assigned.

During most of his three weeks in the hospital, Guy could not eat, was diagnosed with pneumonia, and hope was waning. The support



DON'T GIVE UP

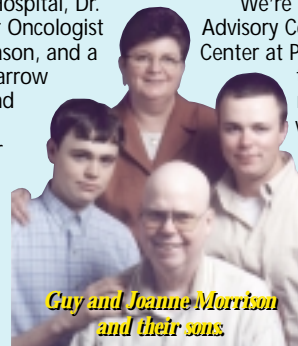
by Joanne Morrison

of family and friends was non-stop. Our sons Rob and Scott sometimes accompanied by their girlfriends, Kate and Kristina, spent the nights sleeping on chairs or on the floor by his bed.

Finally Guy started to eat a bit more and was a little more alert. One day after not speaking at all, he announced that the unsweetened jello he was eating tasted like "s..." — We knew he was on the mend.

So we took him home by ambulance November 20, 1998. Those first few weeks were a blur, with a constant entourage of nurses, homemakers, family and friends, Dr. Proctor, and Rod the Hospice volunteer. All were terrific. With much determination, and help from caregivers, Guy learned to walk again, one step at a time. He tells anyone who'll listen that his morning routine includes picking up after the dog - and he loves it.

We're members of the Patient and Family Advisory Committee at the Pencer Brain Tumor Center at Princess Margaret Hospital and attend the Mississauga Support Group every month. We've learned to go after help when needed and give help to others whenever we can... and to never, ever give up. We know there is no known cure for malignant brain tumors but we're currently sitting on top of the rollercoaster and plan to be there for a long time.



Guy and Joanne Morrison and their sons

*Joanne Morrison,
wife of Guy, 2 year survivor*

Clinical Trials Update



Charlene Cruz
Clinical Trials Nurse

In November 1999, Schering Canada Inc. announced the approval of Temodal (temozolomide), a new oral chemotherapy indicated in the treatment of adult patients with recurrent glioblastoma multiforme (GBM) and anaplastic astrocytoma (AA).

Temodal is a pill which is taken at home once daily for 5 consecutive days with repeat dosing every 28 days after the first dose. Temodal is rapidly

absorbed into the bloodstream and readily passes through the blood brain barrier. It converts spontaneously to a highly reactive agent that kills tumor cells and interferes with tumor growth.

Phase II trials in Europe and North America have shown that Temodal improves overall health-related quality of life, prolongs survival, and has fewer and milder side effects than other standard chemotherapeutic agents for brain tumor patients. It has become an important treatment for a number of types of brain tumors. The research team of the Gerry and Nancy Pencer Brain Tumor Center is committed to bringing better treatments to our patients, and we believe that Temodal represents an exciting new approach to controlling brain tumors. As a result, we are currently investigating new methods of administering this promising drug.

In addition to the use of Temodal alone as a treatment for glioblastoma multiforme (GBM), a new trial using Temodal and another drug, Prinomastat, has

recently been approved at Princess Margaret Hospital for patients who are newly diagnosed with GBM. The purpose of this study is to compare the efficacy and safety of a combination treatment of Prinomastat with Temodal against the treatment of patients with Temodal alone. Prinomastat is an inhibitor of a family of enzymes linked to the invasiveness of malignant gliomas. These enzymes are known as the matrix metalloproteases (MMPs). In the laboratory and in early clinical trials, Prinomastat has demonstrated optimal inhibition of tumor growth, tumor invasion, metastasis, and angiogenesis (the formation of new blood vessels that feed growing tumors). This trial is what is known as a randomized, double-blind, placebo-controlled study. This means that all patients are randomized to receive one of two treatments. The randomization is done in an impartial manner by a computer. Participants have a 50% chance of receiving either Temodal plus Prinomastat, which we'll call treatment A, or Temodal plus a placebo or dummy pill, which we'll call treatment B. Neither the patient nor the health team knows whether the patient is receiving treatment A or treatment B; as a result, both the patient and the health team is "blinded," with the outcome that any response to treatment will be viewed with greater impartiality. We are also investigating the efficacy of Temodal in the treatment of patients with recurrent Primary Central Nervous System Lymphoma.

To find out if you are eligible for any of the above trials, or if you would like further information about this column, please contact the following members of our research team, Rosemary Cashman at 416-946-4624, Charlene Cruz at 416-946-4501 x.4932, and Dr. Warren P. Mason at 416-946-2277. 🌟

Note: Part 2 of "Managing the Side Effects of Chemotherapy", will appear in the next issue of BrainScan.

Director's Message continued from page 1

Are you getting the itch to organize your own fundraising event? If you have a great idea and need to know how to get started, please contact me for your free copy of "Steps to a Successful Event". This is an information package written by the special events department of The Princess Margaret Hospital Foundation to help people like you to organize events ranging from bake sales, to car washes, to celebrity-hosted galas. The Pencer Brain Tumor Centre needs your support, so think about how you can help out AND have a blast at the same time.

Speaking of having a blast, the Brain Trust is having a blow-out fundraising event this summer. On the evening of **Thursday, August 10th, 2000, The Brain Trust will be holding its first annual fundraiser at Playdium**, with all proceeds going to improve the quality of life of brain tumor patients and their families. Escape your everyday world and live out your childhood fantasies with over 11 acres of adrenaline-rushing activities including rock climbing, go-carting on the Andretti Grand Prix Raceway, miniature golf, beach volleyball, basketball, and more. The evening will include live music and the best outdoor BBQ, contests, sports attractions, and a long list of fun events! So, mark August 10th in your calendars and stay tuned for how you can buy tickets to the "ultimate" fundraising event!

HATS ON 2000 is on the way!! In early summer, The Pencer Centre will be re-launching HATS ON with two exciting new hats guaranteed to see you through

those hot summer months. Both styles can be purchased for only \$17 each or 2 hats for \$30 (incl. tax) with all proceeds going to support the activities of The Pencer Brain Tumor Centre. Special thanks to **Schering Canada** for co-sponsoring **HATS ON 2000**.

If you are planning an event for which you would like to purchase a bulk quantity of hats, be sure to place your orders early so that we can ensure your hats arrive in time. As usual, hats will be on sale at The Brain Tumor Centre, the PMH gift shop, and at our special HATS ON kiosk in the PMH Lobby. If you are interested in selling hats to raise money for the Pencer Centre, please call me to get on our sales force! By the way, the person who sells the most hats will win a beautiful dinner for two, and 2 tickets to *The Lion King* musical. Remember to watch for our new styles on sale in early summer.

Thanks to all our supporters and everyone who contributed to this issue and as always, if you have any ideas or suggestions about the newsletter, or you would like to get on our mailing list, or have a story to share, please feel free to contact me by phone or by e-mail. 🌟



Best Regards,
Holly Pencer Bellman
Executive Director,
The Gerry & Nancy Pencer Brain Trust



The Gerry & Nancy Pencer Brain Trust is a not-for-profit organization that was developed by the late Gerry

Pencer to make a difference in the quality of life of people who live with brain tumors. This private family foundation is the catalyst in the establishment of **The Gerry & Nancy Pencer Brain Tumor Centre** at Princess Margaret Hospital, Toronto. The Centre is dedicated to providing multidisciplinary care, treatment, support, and education for brain tumor patients and their families. Additionally, the Brain Trust, in collaboration with **The Brain Tumor Centre** will seek to facilitate and fund the best local, national, and international brain tumor research in the hopes of finding a cure for brain cancer.

The Board of Advisors of The Gerry & Nancy Pencer Brain Trust:

- **Dr. Alan Bernstein, PH.D.**, Director, Samuel Lunenfeld Research Institute, Mount Sinai Hospital
- **Lawrence Bloomberg, CFA**, President & CEO, First Marathon Inc.
- **Richard Cole**, President, R.J. Cole Financial Consulting Limited
- **David Cynamon**, Chairman & CEO, KIK Corporation
- **Lloyd Fogler, Q.C.**, Partner, Fogler, Rubinoff (Law Firm)
- **Dianne Lister, LL.B., CFRE**, President & CEO, The Sick Kids Hospital Foundation
- **Dr. Christopher Paige, PH.D.**, Vice President Research, The University Health Network
- **Holly Pencer Bellman**, Executive Director, The Gerry & Nancy Pencer Brain Trust
- **Nancy Pencer**, President, The Gerry & Nancy Pencer Brain Trust
- **Dr. Daniel Silver, M.D., FRCP (C)**, Consultant to the Department of Psychiatry, Mount Sinai Hospital
- **Larry Tanenbaum**, President, Kilmer Van Nostrand Co. Limited

For more information about The Brain Trust contact **Holly Pencer Bellman** at (416) 946-4565.

What's On?

The following activities are scheduled over the next few months at **The Gerry & Nancy Pencer Brain Tumor Centre**. If you would like further information about any of these activities, please contact **Maureen Daniels** at (416) 946-2240.

Our first memorial service in the Centre was a moving experience. It provided an opportunity for families and Centre staff to join together in a celebration of the lives of those patients who have passed away since the Pencer Centre opened in November 1998. Our next memorial service will take place in the Pencer Centre on Thursday, May 25, 2000 from 7:00 to 8:00 pm. If you plan to attend, would like more information, or are unable to attend but would like your loved one remembered, please call **Maureen Daniels** at 416-946-2240

Make sure you mark Friday, October 27, 2000 on your calendars, as the Pencer Centre will host our second annual Open House. Details regarding guest speakers and other activities will be made available in upcoming issues of **BrainScan**. Last year's Open House was a big success and we will be looking forward to seeing an even better turnout this year!

Relaxation Therapy. Our drop in relaxation therapy sessions continue each Wednesday morning from 11:00 – 11:45 am. This group is led by our occupational therapist **Beth DiMattio**, and offers patients and families an opportunity to learn a number of useful techniques for relaxation. This is a drop in program and no prior registration is required.

Art Therapy. Our art therapy program continues to be one of our most popular programs! Led by well-known art therapist **Gilda Grossman**, this program uses art as a means to explore and share feelings. No prior art experience is necessary to benefit from this program. However, space is limited, so please register to hold your spot in the next available group. The next session will begin on Thursday,

April 27, 2000. The class runs from 10:30 am to 12:30 pm. To register call **Maureen Daniels** at 416-946-2240.

Live & Learn Information Sessions. These brief information sessions are offered each Wednesday from 12:00 – 12:30 pm in the Pencer Centre. Topics range from chemotherapy and radiation therapy to nutrition and memory strategies. These sessions provide an opportunity for patients and families to learn more about brain tumors as well as the treatments and support services available. Time is also allotted in these sessions for a question and answer period. This is a drop in program and no prior registration is required.

Patient Information Binder. If you are a patient of the Pencer Centre, and have not received a copy of our Patient Information Binder, please contact **Maureen Daniels** at 416-946-2240 to arrange to get a copy. This binder is an excellent organizational tool for keeping track of appointments and all the other information you need during your ongoing treatment. It also contains a wealth of information on brain tumors, treatment, available support services and much, much more.

The Gerry & Nancy Pencer Brain Tumor Centre Website. We are now on-line! You can visit our website through the University Health Network website at www.uhealthnet.on.ca. Once you reach this site, click on the Hospital Programs, then under University Health Network Core Programs click on Cancer and scroll down until you see **The Gerry & Nancy Pencer Brain Tumor Centre** and click. Now you can get up to date accurate information about the Centre and all our activities and programs at the click of a mouse!

If you have any ideas or suggestions about the newsletter, or would like to get on our mailing list, or have a story to share, please feel free to contact **Holly Pencer Bellman** at (416) 946-4565 or holly.pencer@uhn.on.ca

Did you know? The Brain Trust has a toll-free number! 1-(877)-282-HOPE

BRAINSCAN

BrainScan is published quarterly by The Gerry & Nancy Pencer Brain Trust. Inquiries or requests to reprint any of the articles should be directed to **Holly Pencer Bellman**, Executive Director, The Gerry & Nancy Pencer Brain Trust, c/o Princess Margaret Hospital, 610 University Avenue, 18th Floor, Room 712, Toronto, Ontario M5G 2M9 Tel.: (416) 946-4565 or email: holly.pencer@uhn.on.ca

Editors: Holly Pencer Bellman, Maureen Daniels, Joanne Rosenberg
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