

BRAINSCAN

NEWS & INFORMATION FOR

PATIENTS AND FAMILIES LIVING WITH BRAIN TUMORS

VOLUME 4 · NUMBER 2 · SPRING 2002

THE GERRY &
NANCY PENCER
**BRAIN
TRUST**



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

A Message from the Director



Holly Pencer Bellman

Spring has finally sprung. We can't really complain with our relatively mild winter but still, who doesn't like to hear the birds chirping and see the flowers beginning to bloom? Most of all, everyone's in a better mood when the sun is shining!

This issue, as always, is filled with great tips and information for patients and families living with brain tumors. Check out, "Ask the Expert" for good advice from one of our pharmacists Jeffrey Doi. And, don't miss important information about a brand new program at The Pencer Brain Tumor Centre. Intrigued? Read on!

Are you faced with the overwhelming task of caring for a family member or friend who is living with a brain tumor? The Gerry & Nancy Pencer Brain Tumor Centre can help. On May 25-26, 2002, the Pencer Centre staff will be hosting a special, two-day, free workshop to help caregivers get a handle on the many responsibilities and obstacles they are faced with in caring for a loved one who is ill. The workshop is open to any caregivers of brain tumor patients in the Southern Ontario area. There is no cost to participate, but space is

limited so please call 416-946-2820 to reserve your spot now. For more information, check out the article in this issue.

Looking for things to do over the next few months while supporting your favourite charity? Look no farther, because we have some great events in store this summer!

Put on your dancing shoes for "Solid Gold Saturday Night" featuring celebrity DJ **Brian Master**. Enjoy 'greatest hits' from the last five decades at this event, which will raise money for brain tumor research at The Gerry & Nancy Pencer Brain Tumor Centre, at Toronto's Princess Margaret Hospital. And, don't miss your chance to win great prizes including an all-expenses paid trip courtesy of Signature Vacations! In honour of their late father Paul Macdonald, Angela and Michael McGauley are hosting this fundraiser on Saturday, May 25, 2002 at River Grove Community Center. Tickets are only \$20/person and space is limited, so reserve your spot now by calling Angela at (905) 272-8068.

Brain tumor research gets another helping hand on June 13th, 2002, when **The Gerry & Nancy Pencer Brain Trust** hosts "**Circus Circus**" at the beautiful **Liberty Grand Entertainment Complex**. "Circus Circus" promises to be a magical evening, featuring 3-ring circus entertainment, elegant circus fare, a fabulous silent and live auction, music, and much more! Guests can look forward to bidding on exciting silent and live auction

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



**3 Ring Circus Entertainment
Elegant Circus Fare
Live Auction · Silent Auction
Dancing...and more**

June 13, 2002 @ 7:30pm

LIBERTY GRAND ENTERTAINMENT COMPLEX
EXHIBITION PLACE, THE GOVERNOR'S ROOM
25 British Columbia Road, Toronto

 ALL PROCEEDS FROM **Circus Circus**
WILL SUPPORT RESEARCH AND PATIENT
CARE AT THE PENCER BRAIN TUMOR CENTRE
AT PRINCESS MARGARET HOSPITAL

 **Cott**
evening sponsor

FOR TICKETS CALL **416.923.2999**



Ask the Expert

PATIENT & FAMILY SERVICES



THE GERRY & NANCY PENCER BRAIN TUMOR CENTRE

State-Of-The-Art Care



Physical Rehabilitation Consultation



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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.



Jeffrey Doi Pharmacist

QUESTION:

"My doctor has recently prescribed Dilantin for me in order to help control my seizures. What do I need to know about this medication?"

ANSWER:

Jeffrey Doi, pharmacist, Outpatient Pharmacy, Princess Margaret Hospital, answers:

Dilantin®, also known as *phenytoin*, is a medication that inhibits brain seizure activity. To help monitor your response to this medication, a "seizure diary", which records the frequency of seizure episodes, is a useful tool. When you start Dilantin or when your dose is changed, you may be required to have blood tests that measure the levels of Dilantin in your blood to ensure that your dose is appropriate.

The following are the most common side effects of Dilantin:

- ☀ **Stomach upset** (including nausea, sensation of heartburn, or loss of appetite) generally occurs early in therapy. Take Dilantin with food and start your doses gradually. If these symptoms occur, it may be helpful to take smaller doses spread out over the day.

- ☀ Dilantin may make you **drowsy and unsteady** on your feet in the first few days of treatment. While these effects frequently decrease or disappear during continued therapy, they may be further minimized if you start with low doses and take your daily dose at bedtime. Avoid using Dilantin with alcohol or other drugs that are central nervous system (CNS) depressants (e.g. Benadryl, Graval).

- ☀ **Thickening of the gums** may occur with long-term use of Dilantin. Good oral hygiene, using a soft toothbrush, and regular dental visits may help prevent gum tenderness or enlargement.

You should immediately contact your physician if you develop unexplained weakness, blurred vision, repeated vomiting, loss of seizure control, or a rash. Do not stop taking Dilantin or reduce the dose without advice from your physician, since abruptly stopping this medication may cause seizures.

Tell your physician and pharmacist about other prescription, nonprescription, or herbal medications you may be taking since there are drug interactions that can occur with Dilantin. When taking any medication, it is always important to ensure that you are well-informed about its use and what to expect from it. Feel free to ask your pharmacist any questions you may have about your drug therapy – we are here to help you get the most out of it! ☀

Clinical Trials Update



Neetu Malik Clinical Trials Coordinator

In the winter issue of *Brainscan*, I had updated you about the status of ongoing trials at the Pencer Brain Tumor Centre. At that time, I had spoken of a projected trial. I'm pleased to say that this trial: The Phase II Study of SarCNU in Patients with Malignant Glioma (Anaplastic Astrocytoma or Glioblastoma Multiforme), is now open to enrollment at our Centre.

This is a trial sponsored by the National Cancer Institute of Canada and is being done to improve on the preexisting treatments we have for Malignant Glioma at recurrence. At present, when a patient has a progression of their malignant glioma after Radiation therapy, we consider starting one of two chemotherapies- CCNU (Lomustine) or temozolomide. In the presence of a clinical trial such as this, we are given a third choice. Provided that a patient is eligible for the trial, we now have one more option at the outset of that progression.

SarCNU is a drug similar in action to CCNU. They are both oral chemotherapies that fall into the category of nitrosoureas. SarCNU is being tested because it may have fewer side effects than CCNU, and the mechanism by which it is transported into the brain may be more active than CCNU. Most importantly, with this trial we aim to learn the extent of activity this treatment has in malignant glioma.

The side effects are similar to ones patients would experience with standard chemotherapy, in that it causes the blood counts (hemoglobin, platelets, and white cell count) to decrease and requires a 6 week period in between treatments. The other more common side effect is nausea and vomiting, which we can control with anti-nausea medication. Although there are other side effects associated with the medication, they are less commonly expected.

If you think you might be eligible for this trial, feel free to contact me or speak with your oncologist at your next visit. I will be happy to provide you with more detailed information regarding this and other trials. You may call me at 416-946-4624. ☀



Staff Profile

Top 10 Reasons to Have a Pencer Centre Hat (or Two!)

1

There are styles to fit every size and lifestyle... imagine a day at the beach wearing your navy blue "bucket-style" hat, or a night at the Opera wearing your best pearls and your "basic black" Pencer Centre toque.

2

It's an excellent way to raise public awareness about brain tumors and show your support for those affected by this disease.

3

They provide stylish protection from the harmful rays of the sun in the warm weather.

4

They provide stylish protection from frostbitten ears in the cold weather.

5

Sporting your Pencer Centre Hat in some exotic location can get your picture published in the next issue of *BrainScan*.

6

BAD HAIR DAYS

7

Great (washable) protection from low flying flocks of birds.

8

They are great looking hats at a great low price.

9

Proceeds from the sale of Pencer Centre hats helps to support the work of the Centre.

10

Everyone is wearing them... get in on the latest fashion fad, before they're all gone!



Michelle Lough
R.N. Case Manager

It goes without saying that the first visit one makes to the Pencer Centre as a patient is an overwhelming experience. There are diagnoses to discuss, treatment options to consider and overall, too much information to try and understand. That's where Michelle Lough comes in. Michelle is the R.N. Case Manager who works with Dr. Laperriere in his weekly clinics. Many who have visited the Pencer Centre will already be familiar with Michelle's quiet, confident and friendly manner, and will have benefited tremendously from her knowledge and experience.

After graduating from the University of Toronto in 1999, Michelle accepted a position as a staff nurse on the Solid Tumor Unit (17B) at Princess Margaret Hospital. Having gained valuable experience working with people who were hospitalized with a diagnosis of cancer (many of whom were patients living with brain tumors), Michelle joined Dr. Laperriere and the rest of the staff of the Pencer Centre in the autumn of 2000.

As the R.N. Case Manager for Dr. Laperriere, Michelle fulfills many functions. She provides follow-up advice to patients and families regarding common symptoms and side effects of treatment and medication. She also provides empathetic counselling as needed, or additional information about diagnosis and treatment. In addition, she works as a liaison between patients and families, and the often times confusing hospital system. She can help clarify appointment times for investigative tests or treatments, as well as provide referrals to other members of the healthcare team both within the hospital or in the community. Not only does Michelle do all this when she is working in the clinic, but she is available by telephone or email to help with these issues as well.

Michelle finds working with patients living with brain tumors both challenging and uplifting. As she says herself, the biggest challenge is "knowing how and when to help. Every person deals with this diagnosis and the treatments in a different way and at a different speed. What was helpful for one person may not be helpful for another," explains Michelle. "As a nurse working in this setting, there can be many rewards." adds Michelle, "This type of nursing offers a great opportunity to provide comprehensive nursing care. When you are helping to provide care for patients and families living with a brain tumor, you need to be aware of all of their needs; medical, psycho-social and spiritual, and how they can best be addressed."

Should you wish to contact Michelle for assistance, you can have her paged through

the main switchboard at Princess Margaret (416-946-2000), Monday to Friday between the hours of 9:00 am and 5:00 pm. You can also reach her via email at: Michelle.Lough@uhn.on.ca Having supremely capable and compassionate staff is central to the philosophy of the Pencer Centre. Michelle Lough certainly fits that description! 🌟



Stephanie Phan, our occupational therapist and her husband Louis To, were recently spotted on Yellow Mountain, Anhui Province, China, wearing their Pencer Centre Hats!

Hats On!

SUPPORT THE GERRY & NANCY PENCER BRAIN TUMOR CENTRE

Hats are \$17 each tax included

Two for \$30 tax included

All proceeds go to support patient care and research at The Pencer Brain Tumor Centre at Princess Margaret Hospital.

Sponsored in part by: Schering-Canada



Dr. Warren Mason
Medical Director

A primary mandate of the Pencer Centre is to stimulate clinical research aimed at discovering better treatments that improve the prognosis of patients suffering

with brain tumours. The Pencer Centre is at the forefront of clinical trials and a major centre where new therapies for brain cancer are tested. Most recently, we have just completed a large study where patients with glioblastoma were treated with the chemotherapy drug temozolomide during their radiation treatments, and for a period of time after that. This study was important for a number of reasons. Firstly, its purpose was to

determine whether early treatment with temozolomide improves prognosis for this serious disease. If this turns out to be the case, this will be the first time

Although progress in clinical cancer research often moves slowly, we are entering a very exciting era where new drugs against cancer are increasingly available.

that a drug has been shown to affect the course of newly-diagnosed glioblastoma, and this will change the way we treat this disease. This study was also important because it represented a national and international collaboration with many hospitals in Canada and Europe. Cooperation of this sort is important because the

diseases we are trying to cure will require the combined efforts of many people if there is to be any success. For this reason, the National Cancer Institute of Canada will be hosting a workshop at the Pencer Centre in July to promote further international collaboration. This workshop will bring together brain tumor experts from Canada, the US and Europe, and the goal will be to identify promising new treatment approaches that will serve as a focus for our efforts for the next few years. Although progress in clinical cancer research often moves slowly, we are entering a very exciting era where new drugs against cancer are increasingly available. It is our hope that we can make real advances in the fight against brain cancer by organizing events such as this workshop to increase international cooperation. 🌟

I view life as a journey. Within it, lies a road that travels to surprising places. Some of life's pathways draw in attention and joy, and others instantly fill your body with sadness and fear.

On January 23, 2001, I had surgery on a brain tumor. This intruder was resting deep inside my frontal and temporal lobes, and was quite visually apparent on the MRI. What an unexpected occurrence.

In the months leading up to the diagnosis, occasional instability, and increasing fuzziness on my right hand side had become apparent. I, inexperienced with illness, was emotionally and physically confused.

A slowly growing tumor (Oligodendroglioma) lived within me. This visitor finally introduced itself, changing my life. My journey suddenly twisted down another path: one that encouraged me to continue positively in a world of surprises.

I have always been a healthy woman, intent on pursuing activity and adventure. Certainly, while this was unexpected, I was reminded that one must continually work towards a life purpose.



LIFE'S JOURNEY

by Mary-Lynne Ashby-Cornell

My purpose became clearer after receiving this unexpected news: continually make the most of each moment. When you fall, get up, brush yourself off and continue forward.

Casey, my fiancé, had proposed to me just before this personal anxiety and unexpected news. We were eagerly planning our wedding and future life. Like innocent



children, we clung to each other as the news plunged us into an unknown valley of fear and unfamiliarity. Our lives had never been exposed to such incidents.

Casey rested by my side as I quickly recovered from this complex surgery. My loved ones shared delightful words and encouragement, reinforcing my deeply hidden strength. Although some of my tumor was unable to be removed, I deeply feel more personal gain than pain.

Casey and I were married on the date that we had planned: May 5, 2001. This was merely months after the surgery occurred.

Happiness and the meaning of life have certainly taken on greater definitions for both of us. The joyful emotions are not immediate, but are certainly achieved through patience and trust. The times have educated us about the beauty of life's simplicity.

Today, one year later, I value life as a journey that enables one to grow personally.

For Casey and me, it is not over. Yet, our true spirits, released through this experience, are ones that we are extremely proud of. They confidently lead us supportively on our pathway ahead. 🌟

The diagnosis of a brain tumor brings with it many things - fear, anxiety, disability, loss of income earning potential and increased dependence. For the family and loved ones of most brain tumor patients, the tasks can be equally daunting and become progressively more difficult as the disease relentlessly robs patients of their physical, cognitive and emotional abilities. In many instances, caregivers can be plagued with fear, guilt, anxiety, anger and extreme fatigue.

The Gerry & Nancy Pencer Brain Tumor Centre at Princess Margaret Hospital in Toronto is organizing a special two-day workshop to help caregivers prepare for and work through difficult times without suffering from "burn out."

"We are very excited to be offering this new program in the Pencer Centre," explains Maureen Daniels, Coordinator of the Pencer Centre. "The topics presented by various professionals will range from symptom and side-effect management to issues related to legal and financial affairs and will be pertinent to individuals in this care-giving situation." Maureen goes on to add that "there will also be many opportunities throughout the two-day workshop, for participants to meet other caregivers and share experiences." In addition, written resource material will be provided to compliment the various presentations.

According to Henriette Breunis, who was a devoted

CARE FOR THE CAREGIVER

HOW IS THIS POSSIBLE?

This special two-day workshop is designed to help caregivers prepare for and work through difficult times without suffering "burn out."

This free workshop will explore such issues as:

- ◆ Brain tumor basics
- ◆ Symptom & Side-effect Management
- ◆ Instruction in proper body mechanics and how to provide basic nursing care to home-bound patients
- ◆ How to build a personal support network for the caregiver
- ◆ How to access community resources
- ◆ Legal and financial issues
- ◆ End of life care

SATURDAY, MAY 25
& SUNDAY, MAY 26

The Courtyard Marriott Hotel
475 Yonge Street, Toronto, Ontario

To reserve a hotel room at a discount rate, call 416-924-0611.

This program is made possible through the generous support of the Princess Margaret Hospital Foundation, and is open to all caregivers of brain tumor patients in the Southern Ontario area. There is no cost to participate, however, space is limited so advanced registration is a must.

THE GERRY &
NANCY PENCER
BRAIN
TUMOR
CENTRE



The Princess Margaret
Hospital Foundation

caregiver to her partner Breunis throughout his illness, "Being the caregiver of a loved one with a brain tumor and taking care of yourself as a caregiver are learning processes that run simultaneously. The Care for the Caregiver Workshop intends to provide learning tools, sharing information and experience of professionals and caregivers alike. Access to and knowledge of these resources would have saved precious time in my own quest to become a healthier caregiver by taking better care of my spiritual as well as physical needs."

The free workshop is open to any caregivers of brain tumor patients in the Southern Ontario area and is sponsored by the generous support of the Princess Margaret Foundation. Space

is limited so advanced registration is a must.

The workshop will take place on Saturday May 25th and Sunday, May 26th 2002, at the Courtyard Marriott Hotel, 475 Yonge St. in Toronto. A limited number of rooms at the Marriott are available at a discounted rate for participants who may wish to stay at the hotel. Reservations should be made before April 26, 2002, by calling the hotel directly and asking for the Pencer Centre Caregiver Workshop rate of \$159.00.

For more information, or to register for the workshop, please call the Pencer Brain Tumor Centre at 416-946-2820. 🌻

Director's Message, *cont. from pg. 1*

items that include, "Flying with the Traffic Guys" in the MIX 99.9 helicopter; an "All-Expenses Paid" Weekend for two in New York City, including first class airfare, Saturday Night Live tickets, a two day stay at the luxurious Four Seasons Hotel, and Roots luggage; a Ski Vacation for four to the Laurentians; A Private Home Dinner Party for eight guests, catered by celebrity Chef Mark McEwan of North 44; a kids Birthday Party at Greg's Ice Cream with 'all the fixins' and much, much more!

The best part is, all proceeds from the evening will go to The Gerry & Nancy Pencer Brain Tumor Centre at Princess Margaret Hospital. This year, with your help, we are aiming to raise in excess of \$350,000 to help brain tumor patients and their families cope with this devastating disease. Once again, Cott Corporation has shown their tremendous support by becoming our Evening Sponsor. Please show your support too, by buying tickets (which are priced at \$125 each) or by becoming a corporate sponsor. To get on our invitation list, or to order your corporate package, call our "Circus Circus" hotline at 416-923-2999.

Finally, "tee up" on August 26th, 2002, at The

Second Annual Gerry Pencer Golf Tournament, held at the historic Scarboro Golf and Country Club. Cott Corporation will be hosting this exciting tournament, with all proceeds going to the Pencer Brain Trust. Enjoy a great game of golf on one of Canada's top courses, an exciting silent auction, fabulous prizes, and unwind afterwards over dinner and drinks with your buddies. Space is limited, so book your foursome now by calling Linda at 416-923-2999.

Now that the sun is shining again, you'll want some 'shelter' - don't forget to keep your head covered with a cool and comfortable Pencer Centre Hat. Once again, our very own Patient and Family Advisory Committee (PFAC) will be selling these stylish hats in the lobby of Princess Margaret Hospital, in Toronto. Beginning in May, come down on Wednesdays and pick up a hat for only \$17/ea or 2 for \$30. Stock is limited so, there's no time like the present to make your way down to the hospital to check out our booth.

As always, I want to extend a heartfelt thanks to all of our supporters, and to everyone who contributed to this issue. If you have any ideas or suggestions about the newsletter, if you would like to get on our mailing list, or if you have a story to share, please feel free to contact me directly, by phone or by e-mail. 🌻



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 multi-disciplinary care, treatment, and support 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 include:

- **Lawrence Bloomberg**, CFA, Co-Chairman and Co-CEO, National Bank Financial Ltd.
- **Richard Cole**, President, R.J. Cole Financial Consulting Limited
- **David Cynamon**, Chairman and CEO, KIK Corporation
- **Lloyd Fogler**, Q.C., Partner, Fogler, Rubinoff, LLP
- **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?

Please note that many of the programs running at the Pencer Centre are drop-in programs. This allows people the flexibility to attend when they are able to. On rare occasions, programs may be cancelled on short notice. Therefore, it is always wise to call ahead prior to coming to the Centre, to ensure that the program is running on the day that you may be planning to attend. Please feel free to call Maureen Daniels at 416-946-2240.

Caregiver Workshop: If you are a Caregiver to someone living with a brain tumor, this is the program for you! Please join us on May 25th and 26th for an information filled workshop on the many issues surrounding caregiving. In addition, this program will offer a valuable opportunity to meet with other fellow caregivers who are coping with similar situations. For further information about this program, see the article in this issue of BrainScan. There is no cost to participate in this program; however, space is limited, so registration is a must! Please call 416-946-2820 to register.

Support Groups for Brain Tumor Patients and Families. Our support groups run the second Tuesday of each month from 7:00-8:30 pm. These groups are facilitated by Cheryl Kanter, Neetu Malik, Stephanie Phan and Maureen Daniels at the Pencer Centre. Patients meet as one group while caregivers meet separately in another room. This is a drop-in program and no prior registration is required. Simply come to the Centre on the evening the group meets.

Relaxation Therapy. Summer is on the way! Learn how to relax and enjoy the lazy days of summer by attending one of our drop-in relaxation therapy sessions. This program takes place each Wednesday afternoon from 1:00 pm to 1:45 pm. Led by our occupational therapist Stephanie Phan, it offers patients and family members an opportunity to learn a number of useful techniques for relaxation. This is a drop-in program and no prior registration is required, simply come to the Centre at the above noted time.

Art Therapy. Our Art Therapy program is more popular than ever! Led by well know 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. Space is limited for this no cost program so for a complete list of dates or to register, please call Maureen at 416-946-2240.

Patient Information Binder. Our Patient Information Binder has a new look and additional useful information. Included in the new edition is a copy of "Brainspirations," a treasury of inspiring stories, poems and recipes, published by our own Patient & Family Advisory Committee (PFAC). If you are a patient of the Pencer Centre, and have not received a copy of our Patient Information Binder, or want to update your existing copy, please contact Maureen Daniels at 416-946-2240. 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.

Radiation Therapy Information Sessions: Every other week in the Radiation Therapy department on level 2B of Princess Margaret Hospital from 11:00-11:30 am, our dedicated Radiation Therapists provide an information session on Radiation Therapy to the Brain. Take this opportunity to learn more about this form of treatment, how it works, and what the expected side effects might be. Time is also provided for questions. This program is a drop-in program so no prior registration is required. For a complete list of upcoming dates, please contact Maureen, at 416-946-2240.

Our highly acclaimed **CD-ROM**, which contains over 20 hours of information on brain tumors, available treatments, supportive care services and even real-life patient experiences, is now accessible via the computer in the Resource Centre in the Pencer Centre. In addition, copies are also available to borrow through the main Patient & Family Library at Princess Margaret Hospital. The staff at the Centre or one of our Resource Volunteers would be happy to help you learn how to use this wonderful tool. If you would like to book a time to come in please call Maureen, at 416-946-2240 or drop by the Resource Centre.

Quarterly quote

*The past is history
The future a mystery
Today is a gift
that's why it's
called the present*

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

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

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