

BRAINSCAN

NEWS & INFORMATION FOR

PATIENTS AND FAMILIES LIVING WITH BRAIN TUMORS

VOLUME 5 · NUMBER 4 · SUMMER 2004

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

The last few months have been over the top exciting at The Gerry & Nancy Pencer Brain Tumor Centre.

In June, a research breakthrough was announced at the annual meeting of the American Society of Clinical Oncology in New Orleans. In the first advance in brain tumor research in 35 years, the chemotherapy drug, temozolomide administered with and following radiotherapy has been shown to dramatically improve the prognosis for patients with newly-diagnosed glioblastoma multiforme tumors. I am proud to announce that The Pencer Centre played an important role in this finding, with our very own Dr. Warren Mason involved in the study at national and international levels! See 'Medical News' on

page 3 for the whole story. A heartfelt thank you to every one of our donors for giving so generously of your time and money – it is because of your support that we are able to make these giant leaps forward. Together, we will find a cure for this devastating problem.

In other news, South Beach, the Brain Trust's gala event was all-consuming but the hard work paid off. The evening was an undeniable success hosting a 'wall-to-wall' crowd of 850 at Liberty Grand Entertainment Complex and, once again, netting half a million dollars for our great cause, research and patient care at The Gerry & Nancy Pencer Brain Tumor Centre at Princess Margaret Hospital. The evening was 'hot and sexy, cool and sophisticated' as celebrity designer Nicholas Pinney brought the magic of South Beach to Toronto with a stunning art-deco style bar and lounge featuring dancers, models and other 'beautiful people' in sexy club wear; guests dancing to the rhythms of live Latin music by 'Samba Squad' and 'Caché'; Cuban-style tapas treats,

continued on page 2



@ The Pencer Centre

Friday, October 29, 11:30^{am} - 2:30^{pm}

The Gerry & Nancy Pencer Brain Tumor Centre, 18th Floor Princess Margaret Hospital

-  **Admission is Free**
-  **No Prior Registration Required**
-  **Drop-In and See Us!**
-  **Everyone is Welcome!**

The Gerry & Nancy Pencer Brain Tumor Centre invites patients, families and staff to join us for our annual Open House.

Come by and see the exciting displays put on by the various healthcare disciplines involved in the care and treatment of patients and families living with brain tumors.

This will be a great opportunity to learn more about brain tumors and the latest information on treatment and support services.

*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.*



**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.

October 2004 is Brain Tumor Awareness Month



*Not just any hat, but one that pays tribute to someone diagnosed with a brain tumor.

WHOSE HAT?

Send us a hat that pays tribute to someone diagnosed and living with a brain tumor, or who has passed away after battling a brain tumor.

WHAT KIND OF A HAT?

Any kind of a hat – caps, turbans, beanies, baby bonnets, ten-gallon hats (please don't send a hat of great sentimental value as we cannot return them).

SAY A FEW WORDS

Enclose a card with the person's name (if you wish) and a few words to describe the individual, his or her journey with a brain tumor, or include a photo. Attach the card and/or photo securely to the hat.

HATS WILL BE IN A TRAVELING DISPLAY

The hats will become a traveling display and a tribute to the amazing individuals who have struggled so bravely with this disease. The display will be featured at Brain Tumor Awareness Month events around Canada in October.

Please send hats before Friday, September 17, 2004.

NEED MORE INFORMATION ABOUT THE TRAVELING HATS DISPLAY?

Call 1-800-265-5106, visit www.braintumour.ca You can also contact Maureen Daniels at The Pencer Centre by calling 416-946-2240.

Director's Message *from page 1*

including cool and colourful South-Beach inspired cocktails; a spectacular silent auction, a 'South Beach' raffle and lucky key event and much more. We were thrilled when our very own Jan Crichton, a founding member of PFAC and wife of the late David Crichton was drawn as our \$25,000 grand prize raffle winner! Now that's what I call, lucky.

As usual, the success of South Beach would not have been possible without your support. Special thanks to the corporate community, especially our Evening Sponsor, Cott Corporation and our Entertainment and Magazine Sponsor, David & Stacey Cynamon and Family. We thank them for their leadership and generosity along with every one of our sponsors, and of course, all our guests. My heartfelt thanks also goes out to the gala committee, Brain Trust staff and all our volunteers for a job well done. Special thanks also to the great team at Liberty Grand for helping us achieve great success for the third year in a row. The generosity of Liberty Grand continues to ensure that more dollars from our

events are able to go to our bottom line. Again, a final thank you to EVERYONE INVOLVED. If you would like a full listing of everyone who contributed to South Beach, please call 416-923-2999 and request a souvenir programme.

Just when one ends, another is beginning. The 4th Annual Gerry Pencer Golf Tournament is being held on **Monday, August 30th, 2004** at the historic Scarborough Golf Club! We're praying for another glorious day, filled with sunshine. The jam-packed day will include a delicious BBQ lunch, 18 holes of golf, a cocktail reception and dinner plus exciting contests and a fabulous silent auction. Over 100 golfers are expected and all proceeds will go to The Gerry & Nancy Pencer Brain Trust. To register your foursome or make a donation, please contact Karen McBain at (905) 672-1900.

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. ☀



Creating A Difference Through Research

After years of avid research and with the generous support of brain tumor patients willing to participate in clinical trials a major leap has been made in the treatment of Glioblastoma Multiforme (GBM) – the most malignant of brain tumors.

The National Cancer Institute Of Canada's (NCIC) Clinical Trials Group in conjunction with the EORTC in Europe sponsored the study entitled, "A Randomized Phase III Study of Concomitant and Adjuvant Temozolomide and Radiotherapy for Newly diagnosed GBM", (fondly referred to as "CE.3"). 573 patients from 85 centres participated in this study. Dr. Warren Mason played a prominent role in the execution of the study. Under his guidance, his clinical trials team at the Pencer Brain Tumor Centre enrolled 26 patients – making us one of the biggest contributing centres where the study was carried out.

To date the standard treatment for GBM at diagnosis was radiation therapy alone. Chemotherapy with Temozolomide was given when the tumor showed signs of regrowth. During the study this standard was compared to the experimental treatment, which included treating patients with a low dose of Temozolomide daily during the course of the radiation treatment for a period of 6 weeks. Following a month's rest period, chemotherapy treatment with Temozolomide at a higher dose was resumed for 6 cycles. Each cycle consisted of giving Temozolomide daily for five days followed by a 23-day rest period. Patients were followed for an average of 2 years

and from analysis of this data, it has been determined that 8% of the patients who received 'radiation alone' were surviving at 2 years from diagnosis, whereas, 26% of the patients who received 'radiation and Temozolomide' were surviving at 2 years from the point of diagnosis. This is a significant advancement, given that the overall survival of this group has been quoted to be 9-12 months on average. The treatment has also improved the time during which patients' disease remains in control. Radiation kept the tumor from growing for 4.2-5.5 months but combined with Temozolomide that length of time was increased to 5.8-8.3 months.

Why the advantage over radiation alone? Temozolomide is known to be effective in this disease but the presence of the drug in the brain while the radiation treatment is delivered heightens the effects of the radiation treatment.

What does this all mean? While, this is not a cure, it certainly reinforces our belief that we are moving in the right direction. The treatments are able to give patients a longer life without added disability over what is experienced with radiation alone. According to Dr. Mason, "Finally we have something that's a positive that's going to make an important impact on survival for patients who suffer with this disease". This research will likely change the standard of care for treatment of Newly Diagnosed Glioblastoma Multiforme, and in fact, is the treatment we are currently recommending at the centre. To have it recognized as the standard treatment, an application will be submitted to Health Canada.

The results of this study highlight the importance of clinical trials and are a tribute to all who have participated in it, professionally and especially, personally. Although, the process of clinical trials is long and arduous, the results bring us ever closer to one day finding a cure. 🌟



Key Lime Pie

- | | |
|------------|---|
| 1 1/2 cups | graham-cracker crumbs |
| 6 tbsp | unsalted butter, melted and cooled |
| 5 tbsp | sugar |
| 1 can | sweetened condensed milk |
| 4 | large egg yolks |
| 1/2 cup | freshly squeezed key-lime juice |
| 1 tbsp | grated key-lime zest, plus more for garnish |
| 1 1/2 cups | heavy cream, chilled |

Those people, who attended the South Beach Gala on May 27th, will know that the Key Lime pie was out of this world. What a fabulous summer treat! Follow Martha Stewart's recipe below to produce your own dazzling and delicious dessert.

1. Heat oven to 375°. Combine graham-cracker crumbs, butter, and 3 tablespoons of sugar in a medium bowl; mix well. Press into a 9-inch pie plate, and bake until lightly browned, about 12 minutes. Remove from oven, and transfer to a wire rack until completely cooled.
2. Lower oven temperature to 325°. In a medium bowl, gently whisk together condensed milk, egg yolks, key-lime juice, and zest. Pour into the prepared, cooled crust.
3. Return pie to oven and bake until the centre is set but still quivers when the pan is nudged (15-17 min). Let cool completely on a wire rack.
4. Shortly before serving, combine cream and remaining 2 tablespoons of sugar. Using an electric mixer on medium speed, whip until soft peaks form, 2-3 minutes. Spoon over cooled pie; garnish with zest. Serve. 🌟



Dr. Kim Edelstein
Neuropsychologist

For many people living with a brain tumor, the challenges associated with changes in memory and thinking ability can be some of the most difficult to deal with. Understanding these problems, why they exist and how to develop strategies to cope with them can be of tremendous help to both patient and family members.

A neuropsychologist plays an instrumental role in helping patients to identify their various cognitive strengths and weaknesses, and can help them develop a plan for coping. This can have real benefits for improving one's quality of life. That is why The Pencer Centre is pleased to welcome Dr. Kim Edelstein to our staff.

Dr. Edelstein completed her Ph.D. in Psychology at Concordia University in Montreal in 1998. Since that time she has completed a postdoctoral fellowship at the University of Toronto, and most recently has been a Clinical Research Fellow in the Department of Psychology at the Hospital for Sick Children. She is the recipient of many academic awards and scholarships and is the author of numerous articles.

When asked by *BrainScan* about her reasons for wanting to come and work at The Pencer Centre, Dr. Edelstein explained that during her time at The Hospital for Sick Children, she became very interested in the long term effects of pediatric cancer. This led

to an interest in working with adult survivors of cancer, and The Pencer Centre provides an excellent environment in which to do that.

Dr. Edelstein's position at The Pencer Centre is a multifaceted one which involves both research and clinical work. With respect to her research, Dr. Edelstein explained that

"A neuropsychological assessment can provide a picture of someone's strengths and weaknesses, both individually and in comparison to others. It can help one to use their strengths to bolster their weaknesses."

she has three areas of particular interest. She is interested in what happens to adult survivors of pediatric brain tumors. There is currently very little research available on this group of people, and what happens to them many years out from their treatment is an important question to answer. Dr. Edelstein is also interested in working with adults with low grade brain tumors in an effort to identify how this illness impacts on their quality of life, thinking, learning and memory abilities. In addition to that, she is also

interested in comparing the effects of tumor type, location and treatments such as radiation therapy and chemotherapy, on cognitive function.

By completing neuropsychological assessments on a variety of patients, Dr. Edelstein hopes to be able to add to our knowledge of how different treatments impact on thinking ability. She says that "while we are concerned about helping patients to survive with this illness, it is equally important that patients and their families maintain a good quality of life".

In addition to her research, Dr. Edelstein will see patients for neuropsychological assessment on a referral basis. "Neuropsychological testing can provide an indication of an individual's cognitive functioning in a way that an MRI cannot." Dr. Edelstein goes on to explain, "A neuropsychological assessment can provide a picture of someone's strengths and weaknesses, both individually and in comparison to others. It can help one to use their strengths to bolster their weaknesses." For both patients and families, this can be very valuable information.

The Pencer Centre is very excited to have Dr. Edelstein as part of the team. Her expertise and enthusiasm for her work will add a new and important dimension to the support we are able to offer our patients and families.

If you would like to find out if a neuropsychological assessment may be beneficial for you, be sure and ask your oncologist. 🌟

Ask the Expert



QUESTION

I was diagnosed with a brain tumour 2 years ago. Although I recently completed treatment, I feel like my memory isn't the same as it used to be. I have heard that a neuropsychological assessment may be helpful. What can I expect from the assessment, and how can I find out more?

ANSWER

Dr. Kim Edelstein

The location and treatment of a brain tumour can have effects on memory distinct from those that occur as part of the normal aging process. A neuropsychological assessment can help clarify whether this is the case for you. A neuropsychological assessment is conducted by a psychologist who specializes in the relationship between brain and behaviour. An assessment typically takes 4-6 hours, and can evaluate skills such as language, learning, memory, reasoning, and

problem solving. The neuropsychological assessment does not involve a physical examination. Test results are evaluated by comparing your results with those of healthy people with your age and educational background. This allows you to find out about your performance relative to your peers. In addition, by examining the pattern of your own test scores, you can learn more about your own strengths and weaknesses. The psychologist will then meet with you to explain the results of the assessment in the context of your medical history, with emphasis on how these results may affect your daily life. The psychologist may also be able to provide recommendations for areas of specific weakness. Because neuropsychological test scores are intended to provide an estimate of underlying cognitive functioning, it is not appropriate to undergo the assessment while on active treatment, when fatigue and other factors can impact performance. For more information, contact Dr. Kim Edelstein, 416-946-2820, or ask your doctor for a referral. 🌟

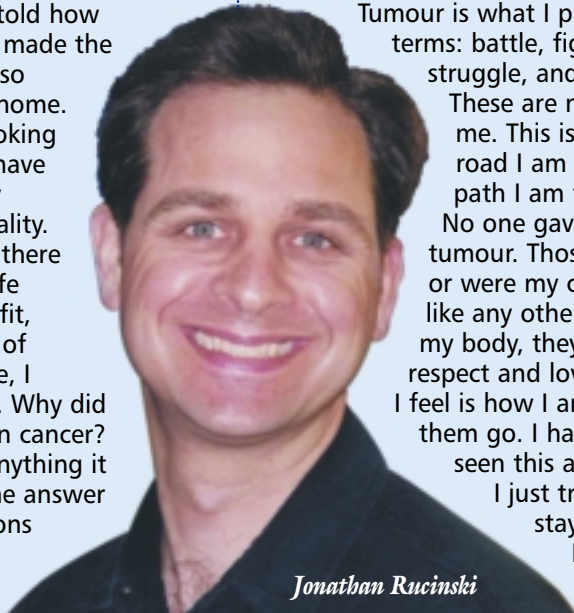


The Path I'm Travelling

by Jonathan Rucinski

Like many of us who have a brain tumour, I, too, had no idea I had one. May 18th, 2004 was my anniversary. Slamming into a light standard at 100 km/h, ambulance to hospital, CAT scan, was how I find out. Wow! What a ride the past year has been. The details of things like surgery, radiation, chemotherapy, et cetera, most of us with a tumour can relate too. But the experience and way our lives have forever changed...this is what I would like to share.

Being diagnosed with brain cancer and being told how long I have to live made the room spin. I cried so much when I got home. I felt so numb. Looking back, those tears have been helpful. They helped me face reality. Somehow, I knew there was more to my life than that. Young, fit, healthy. Took care of myself. No, not me, I thought to myself. Why did I end up with brain cancer? If I have learned anything it is this: knowing the answer to the why questions doesn't make any difference.



Jonathan Rucinski

I decided then and there to just accept it and get on with my life.

My use of language has changed, too. I do not like the word cancer.

Tumour is what I prefer. The terms: battle, fight, struggle, and survivor.

These are negative to me. This is just the road I am on; the path I am traveling.

No one gave me this tumour. Those cells are or were my cells. Just like any other part of my body, they deserve respect and love. This, I feel is how I am letting them go. I have never seen this as a battle.

I just try and stay positive.

I woke up today.

That is good enough for me.

I could not have done this without the love, care, respect and support from my family and countless friends. All health care providers, allopathic and alternative have helped me to forge a path by which I am healing. I thank them, too. Being forthright and open, sometimes being the "squeaky wheel", is, at times, necessary. We Canadians are often looked on as timid. Whereby, our needs and emotions become secondary. I have learned that when it comes to a brain tumour, my needs come first. I do not know where my path will take me next. But, I do know that wherever my God wants me to go, I am ready.

Presently, I have decided to take the rest of this year off, during my chemotherapy, and heal. Next spring I hope to return to work as an Educational Interpreter at the Pickering Museum Village. I miss dressing up as a pioneer, teaching students about our past. Teachers have said to me: "You get paid to do this?" Yes, it's that rewarding. It's been quite a ride, and my journey has just begun. Never lose track of what makes you happy, brings you love, and makes life worth living. 🌟

The Canadian Alliance of Brain Tumour Organizations (CABTO) Celebrates Brain Tumor Awareness Month

October is Brain Tumour Awareness Month. So what does this really mean? For individuals and families living with a brain tumour, it's an opportunity to get support and information.

The Canadian Alliance of Brain Tumour Organizations (CABTO) is an alliance of volunteer organizations, dedicated to enhancing the quality of life of brain tumour patients and their families. The Gerry & Nancy Pencer Brain Trust is pleased to be an active and contributing member of CABTO.

Formed in 1999, our mandate is to advocate for better patient care and increased funding for research. Member organizations believe that by

working together, we can accomplish these goals more effectively than by working alone.

Across Canada, member organizations of CABTO, support groups, cancer centres and hospitals are talking about brain tumours and hosting events throughout the month of October to raise awareness about this often devastating disease.

Here is a list of activities that are going on across the country during October. Take some time to participate in one or more of these events and pass the information along to others as well. Together we can make a difference! 🌟

Upcoming Events for Brain Tumor Awareness Month October 2004

October 15th & 16th
Brain Tumour Foundation of Canada
Information Day, London, Ontario.
For more information contact
support@btfc.org

October 22nd
Toronto Sunnybrook Regional Cancer
Centre Brain Tumor Information Day,
Toronto. For more information contact
Rosemary Cashman at RosemaryC@sw.ca

October 29th
The Gerry & Nancy Pencer Brain
Tumor Centre Annual Open House,
Princess Margaret Hospital, Toronto.
For more information contact
Maureen.Daniels@uhn.on.ca



Dr. Warren Mason
Medical Director

Glioblastoma multiforme (GBM) is one of the most devastating cancers. For decades, the best treatment for a patient with a newly diagnosed GBM has been limited to surgery and radiotherapy. Countless trials, some dating to the late 1960's, have tried to improve outcome for this disease by adding various chemotherapies, but unfortunately, all have been negative. Finally I can report on a positive chemotherapy trial for newly

diagnosed GBM—a trial that Canadian investigators, including those at The Pencer Centre, were significant contributors. In June we presented our data at the annual meeting of the American Society of Clinical Oncology in New Orleans. Many of you might know something about this study because it has received considerable media coverage. Briefly though, this trial evaluated temozolomide chemotherapy during and following radiation therapy for patients with newly diagnosed GBM. The results are dramatic: at two years patients who receive chemotherapy have a 26% survival, and those treated with radiotherapy alone have an 8% survival. This means that for a patient with a newly diagnosed GBM, the odds of being alive at two years from diagnosis have increased from less than

one in ten to more than one in four. Amazing news! Importantly, the use of chemotherapy did not reduce patient quality of life—so living longer in this case does not come with a high cost in terms of side-effects. The results of this study are so impressive that we are all confident that temozolomide with and following radiotherapy will become the new treatment for patients with newly diagnosed GBM worldwide.

This trial was a joint effort between Canadian and European neurooncologists. Canada contributed one-third of all patients, and The Pencer Centre was the second highest patient contributor worldwide. Although it is personally gratifying to be so involved in what is a landmark study, more importantly we are all indebted to our patients who participated in the hope of finding better treatments for this disease—really, for making the outlook for future patients less grim.

The world of clinical trials for GBM has until now been depressing. With this positive study, and the enthusiasm and optimism that follows a success, we hope to find new drugs to add to this treatment, all in the hope of improving survival further, eventually to develop a treatment that cures this disease. With this goal in mind, we have a number of new trials that are soon to open at The Pencer Centre, but I will discuss these in a future column. 🌟

DID YOU KNOW?

The Brain Trust has a toll-free number!

1-877-282-HOPE 4673



Mike Daniels + Dave Mitges were spotted taking in the sights "Down Under" in their Pencer Centre hats.



On March 7, 2004, The Cardio Loft on Dundas Street East, held the first annual “Spin For Ed” Spin-a-thon; a six hour spinning marathon to celebrate the life of Ed Poty, raise awareness about brain cancer, and raise funds.

Ed was my husband and loved cycling, not only long early morning weekend road rides, but also off-roading on the Don Valley Trails. He started taking spinning classes at the Loft and loved them so much, he became certified as a spinning instructor.

In February 2000, Ed had his first seizure. He was, shortly thereafter, diagnosed with brain cancer.

From the beginning, the doctors advised Ed to watch it and wait since it was very small and didn’t appear to be active. We lived in limbo, afraid to get back to our lives, afraid of seizures that might strike without warning. I was afraid to leave him alone for fear that something might happen to him. Afraid of whatever news the next doctor’s appointment or MRI would bring. Fear – it is debilitating and so is the invisible stress that is the by-product.

Life got very serious. We were always very childlike together, and loved to laugh and be goofy, but we lost that ability for a while. We had to learn to be silly again. Times would get tense around doctor’s appointments; tempers would flare. Then when there was still nothing to do but wait, we would eventually lighten up. Ed continued to be active in

Written by Sharon Bernbaum

SPINNING FOR ED!



spite of his medications, treatments and surgeries. He was determined to stay healthy and fit.

Over the course of three and a half years, and after a series of ups and downs, two surgeries and many, many discombobulated days, Ed died on May 15, 2003.

The owners of The Cardio Loft (Daryl and Dorothy) wanted to celebrate Ed’s life and love of activity and fitness, as well as raising awareness of brain cancer, by bringing active people together, and raising funds. As a bystander at the event, I can say that it was amazing to watch all those cyclists sweating it up, working hard, and having fun, all knowing that they were a part of something very special. It wasn’t just a long ride, it was a collective effort to mark a life lost and raise hope for the future.

The “Spin For Ed” Spin-a-thon was a huge success. Twenty-three riders paid \$100.00 per bike. One woman rode a rowing machine for the 6 hours! Riders could either ride the entire 6 hours themselves or have a team of up to 4 riders to share the time. \$2,300 was raised by the rental of the bikes. \$3,240 was raised in a silent auction of donations from local businesses and items donated from individuals. More than \$7,000 was raised in personal fundraising and donations. Food was donated by companies such as: Tango Palace, Beretta Organic Farm, Loblaws Leslie Street Store, Front Door Organics, and the Ontario Natural Food Co-op.

All in all, an amazing \$12,647.00 was raised in total. The money was donated to The Gerry & Nancy Pencer Brain Tumor Centre at the Princess Margaret Hospital. The Pencer Centre is a beautiful centre within PMH geared specifically to patients living with brain tumours. To Ed and me, The Centre became our second family and welcomed us with open arms. It gave us the support and treatment Ed and I needed to cope with this disease.

My congratulations to all those who helped get the first annual “Spin For Ed” off the ground. The dedication and hard work of the individuals who organized the event, deserve much praise. The success of the event bodes well for “Spin For Ed” Spin-a-thons in the future. 🌟



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 S. Bloomberg**, Director & Advisor, National Bank of Canada
- **Richard Cole**, President, R.J. Cole Financial Consulting Limited
- **David Cynamon**, Chairman & CEO, KIK Corporation
- **Lloyd S.D. Fogler, Q.C.**, Partner, Fogler, Rubinoff LLP (Law Firm)
- **Dianne Lister, LL.B., CFRE**, Past President & CEO, The Hospital for Sick Children 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**, Chairman & CEO, Kilmer Van Nostrand Co. Limited

For more information about The Brain Trust contact Linda McKie at 416-923-2999.

WHAT'S ON?

Please note that many of the programs offered at the Pencer Centre are on a drop-in basis, allowing 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, to confirm that the program is running on the day you are planning to attend. Please feel free to call Maureen Daniels at 416-946-2240.

Open House 2004. Be sure and mark **Friday, October 29, 2004** from 11:30 am to 2:30 pm on your calendars, and join us for our Annual Open House event. As always, The Centre will be jam-packed with educational displays and a chance to speak one on one with the many healthcare professionals and community partners who provide care to our patients and families. Lunch and loot bags will also be provided. The Pencer Centre is also pleased to welcome **Karlene Nation**, well known CFTO News Reporter and brain tumor survivor, as our Guest Speaker immediately prior to our Open House. We hope you will join us for what promises to be a dynamic and inspiring presentation by Karlene. Seating for the presentation is limited, so please call 416-946-2240 to reserve a seat in the 6th Floor auditorium from 10:30 am-11:30 am.

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 Nadia Feerasta, 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. The groups provide a wonderful way to gain support by connecting with others who are going through a similar experience.

Relaxation Therapy. The lazy, hazy days of summer are just around the corner. Time to relax and we have just the program to teach you how. Consider attending our weekly drop-in relaxation therapy program. This program takes place each Wednesday afternoon from 1:00 pm-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. Dates for our next two art therapy programs have been finalized. Two six-week sessions are set to start September 23, 2004 and November 11, 2004. 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. This program is free but space is limited. To register, please call Maureen at 416-946-2240.

Patient Information Binder. Our Patient Information Binder is as popular as ever. Included in each binder 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 require additional sheets for 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 and You Video: If you are about to undergo radiation therapy, or have already done so and would like additional information about the treatment, our educational video "Radiation Therapy and You" is a must see. This 20 minute video contains information about how the treatment is planned, what types of side-effects are typical and who to contact should you have questions or concerns. The video may be borrowed from the library in the Pencer Centre and is also available on the radiation therapy treatment units on level 2B. You can also obtain a copy by contacting Maureen at 416-946-2240.

CD-ROM: Our highly acclaimed CD-ROM contains over 20 hours of information on brain tumors, available treatments, supportive care services and even real life patient experiences and is accessible via the Pencer Centre Resource Library computer. 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.

Pencer Centre Website: Our recently renovated website is a hit! In fact it is a big hit. Our website people tell us that we are getting over 2000 hits a month. We hope you will visit this site soon too. It is an excellent source of information about our Centre, the programs we offer and other valuable information. To go directly to the site simply visit www.uhn.on.ca/programs/pencer

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BRAINSCAN

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