

April 2007



AN OUNCE

A CANADA-WIDE MOVEMENT TO ELIMINATE THE PREVENTABLE CAUSES OF CANCER

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EARLY BIRD RATE EXTENDED

\$250 until April 22, 2007 (Regular rate is \$300).

REGISTER TODAY!

CANCER: IT'S ABOUT PREVENTION. IT'S ABOUT TIME!

University of Ottawa, May 24-27, 2007

Over half of all cancers are preventable. Prevent Cancer Now and the Saunders-Matthey Cancer Prevention Coalition are co-sponsoring this national conference to develop practical plans for action to stop the cancer epidemic in Canada. Outstanding keynote speakers, regional organizing, 18 participatory workshops, plus the launch of New Society Publishers' book, *Cancer: 101 Solutions to a Preventable Epidemic*, and more.

Click [HERE](#) for more information on accommodations at the University of Ottawa, or to make an email reservation at the University.

IMPORTANT!!!!

NO guaranteed rooms after Tuesday, APRIL 24!

Please book your [accommodation](#) at the University of Ottawa IMMEDIATELY.

CONFERENCE CHILDREN'S PROGRAM

A special children's program is offered for children of participants, provided by environmental educators [CanaDIANA UnlimiTED](#). The Children's program will feature a complementary curriculum exploring the links between the environment and human and other species health. The program is offered FREE for children 5-12 years of age, but children must be pre-registered in order to attend.

Please be sure to list your children's names and ages when you are registering.

CANADIAN CANCER SOCIETY RELEASES LATEST CANCER INCIDENCE STATISTICS

On April 11, 2007, the Canadian Cancer Society released its annual compilation of statistics on cancer incidence in Canada.

Their media release states, "According to the special report, the age-standardized death rate for breast

cancer for Canadian women has fallen 25 per cent since 1986. The five-year relative survival rate is 86 per cent (for women diagnosed between 1996-1998), excluding Quebec."

While that may sound like good news, the bad news is that the number of women diagnosed with

breast cancer has increased over the years. Dr. Warren Bell argues that this interpretation of the statistics amounts to a "lead time bias". He puts it this way, "What has changed is that with diagnosis taking place earlier in the trajectory of the disease (through

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aggressive programs of detection), the *illusion* of prolongation of life is created."

"Say the course of the average breast cancer is — as has been estimated — about 9 years on average, from the

first cancerous cell to enlargement enough to allow detection by manual exam. If mammography results in detection on average, say, two years before manual exam could pick up the cancer, then the illusion is created that women with breast cancer whose

cancer is found by mammography live an extra two years longer — i.e. mammography is prolonging life."

To get a copy of the report, send an [e-mail](#), or call 1 888 939-3333

IN MEMORIAM

(From Donna Ell, Tanya's Mom. This is appearing the the Saskatoon Star Phoenix this week):



In memory of Tanya Lynn Thomas on what should be your 25th birthday
April 17, 1982 - June 29, 1999

The 'war' on cancer will never be won with mere money and a military mentality.

Rather than a myopic focus on cure we need a change of strategy.

We need the political will, and not for profit research to to locate and legislate
the carcinogens out of our environment.

www.preventcancer.org.ca/

Primus Non Nocere First do no harm.

Our lives go on without you and nothing is the same.

We have to hide our heartache when someone speaks your name.

Sad are these hearts that love you.

Silent are the tears that fall.

Living our lives without you is the hardest part of all.

Love forever your family

IN THE NEWS:

[Click on title to follow link to more information](#)

[Breastfeeding Cuts Breast Cancer Risk: Study Shows Protective Effect Even in Women Who Delay Childbirth](#)

Breastfeeding can offset the increased risk of breast cancer faced by women who have their first baby after they turn 25, new research suggests.

"Breastfeeding offers protection against breast cancer for all women, even those who have their first full-term

pregnancy later in life," says Giske Ursin, MD, PhD, associate professor of preventive medicine at the Keck School of Medicine of the University of Southern California in Los Angeles.

The findings were presented at the annual meeting of the American Association for Cancer Research.

[Soy, broccoli anti-cancer link explained](#)

Eating foods like broccoli and soy has been linked to lower cancer

rates, and researchers say they may have discovered the biological mechanism behind the protective effect.

Using cells in a lab dish, researchers at the University of California, Los Angeles, found that diindolymethane (DIM), a compound resulting from digestion of cruciferous vegetables (those from the Brassica family, such as sprouts, broccoli and cabbages), and genistein, an isoflavone in soy, reduce the production of two proteins needed for breast and ovarian cancers to spread.

ABOUT PREVENT CANCER NOW (PCN)

Our purpose is to build and sustain a Canada-wide movement that will generate the resolve and the actions required to eliminate the preventable causes of cancer.

Our goals are:

- To create a broadly-based, national movement for cancer prevention and environmental health promotion encompassing environmental, labour, business, health, science, aboriginal, women's, children's, and other sectors of Canadian society.
- To work toward the eradication of environmental and workplace exposures to carcinogens and other health hazards that cause thousands of Canadians to become ill and die from cancers that could be prevented.
- To educate the public on the dangers of cancer-causing exposures, and actions that individuals, businesses, governments, and society as a whole can take to reduce or eliminate these exposures.
- To promote and improve existing and new federal, provincial and municipal legislation, standards, regulations, and policies that will protect both public health and the health of workers exposed to carcinogens on the job.
- To promote the use of the precautionary principle to protect Canada's people and environment from exposures that cause cancer and undermine immunity.
- To foster local, provincial, national, and international connections to broaden and deepen Canada's cancer prevention movement.

THANK YOU FOR YOUR INTEREST IN CANCER PREVENTION.

We hope you will join us in making cancer prevention a priority in Canada and around the world.

With your donation, Prevent Cancer Now will be a leading advocate for changing the way we all approach the cancer issue. Together, we can shift the focus from dealing with the tail end of the problem of cancer at the expense of preventing it.

PLEASE support our work so that we can continue to advocate for cancer prevention with government and other decision makers, to foster a growing network of groups and individuals sharing a common goal of prevention, and to bring together the latest research and experts at our national Cancer Prevention Conference in 2007.

Thanks so much, and keep in touch!

Angela Rickman
PREVENT CANCER NOW