

CCAC Newsletter



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**Keep your kitchen
festive and healthy!**

Issue: Holiday Issue

December 2011



*Get behind the holiday spirit of
giving, make a donation today!*

Together we can make a difference.

[Click here to make a donation!](#)

Greetings ,

Fall has come and gone and despite the dark days of winter ahead, tis the season to be jolly! A time where loved ones come together, embrace the holiday spirit and take the time to reflect upon and celebrate the year that has gone by. It is also that time when New Year's resolutions that were shelved sometime in the spring resurface from the backs of our



CRANBERRY MUFFINS

Ingredients:

- 1 1/2 cups all-purpose flour
- 2/4 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 2/3 cup non-fat plain yogurt
- 2/3 cup skim milk (or soy)
- 1 cup fresh cranberries (frozen or not)
- 1/2 teaspoon lemon zest
- 1 teaspoon ginger powder
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon vanilla
- 1 tablespoon white vinegar

Mix dry ingredients and moist ingredients in separate bowls. Once completed, combine the moist and dry ingredients before adding the fresh cranberries.

Bake at 400 degrees F for 20-25 minutes.

Shake your body into shape!

ZUMBA!



minds.

The CCAC proudly strives to encourage the practice of various prevention techniques to its Canadian and global audience. Simple tips like reducing alcohol, quitting smoking, eating better and becoming more active have been proven to reduce the risk of contracting colorectal cancer.

We encourage you to continue to visit our [Blog](#), [Facebook](#), and [Twitter](#) on a regular basis for healthy new recipes and a wide range of exercise and activity ideas for all ages and fitness levels...it is never too late to start!

"An Evening of Luxury" - Annual Fashion Gala

Over 240 distinguished guests flocked to the CCAC's annual fundraising gala, a fashionable success, at Le Windsor on Nov. 15 raising over \$150,000.

The event held true to its title, as sophistication and opulence filled the air. Attendees, dressed to the nines, perused luxurious silent auction items and nibbled on delectable canapés during the cocktail-dînatoire, while being treated to the musical stylings of the Moondance Jazz Trio.

The European style fashion show featured 33 Lundström outfits in its Quebec line premiere.

Artistic Director Hans Koechling masterfully compiled the evening's collection to fully represent Lundström's Collection of classic couture. Showcased garments included gloves, hats, impeccably tailored suits, and lavish gowns, exuding a sense of timeless elegance.



The Giant Colon Update

And the beat goes on..

The Giant Colon's (GC) Autumn season did not fall short on touring and attracting thousands of new viewers. Our most interactive educational tool continued to inspire awareness on various pathologies of the colon and encourage primary prevention and screening.

Thanks to all our wonderful volunteers and community partners in Winnipeg, Manitoulin Island, Ottawa, Oshawa, Toronto, Edmonton and Vancouver for making these visits possible.

September's visit to Winnipeg was held in conjunction with yet another amazing annual Kick Butt Run. Congratulations to the entire Kick Butt team! The GC stopped on Manitoulin Island and was an integral part of the first-ever Aboriginal Cancer Prevention Symposium for Northern Ontario.



Ditch the Workout...Join the Dance Party!

What is a Zumba fitness class like? It's a very exciting dance party atmosphere full of Latin and international music. You'll forget you're actually working out with simple moves to dance music like Cha Cha, Salsa, reggaeton, rumba and more. Best feature, you don't need any previous dance experience, all you have to do is move!

It's fun and effective, using interval training combining fast and slow rhythms for an sweat proof aerobic workout while at the same time targeting your legs, abs, glutes and arms.

The workout is basically watch and follow. The moves are repeated often enough for you to catch on and they're not complicated and the routines are generally repeated week after week !

According to the Zumba website, "Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be 'FUN AND EASY TO DO' in order for Zumba

Our President, Barry Stein, was the keynote speaker at the first annual Toronto Cancer 2011, that focused on addressing the needs of health care management in Toronto, where the GC was graced with the presence of Dr. Sandy Buckman, Regional Primary Care Lead for Cancer Care Ontario.



Awareness and Advocacy

HIPEC Meeting - Oct. 14

Newly formed by the CCAC, the Canadian HIPEC Collaborative Group (CHiCG) held a meeting in Montreal to discuss Hyperthermic Intraperitoneal Chemotherapy (HIPEC), a surgical procedure involving the removal of metastatic disease to the abdominal lining (peritoneum) followed by infusion of heated chemo to the organs in the abdominal cavity. Some of Canada's most influential oncology surgeons in this field worked tirelessly to produce a consensus document soon to be published in a prominent medical journal to be used for HIPEC awareness, education and advocacy. The CHiCG is committed to expanding their HIPEC efforts so colorectal cancer patients diagnosed with peritoneal mets are provided the best care possible.

participants to stick to the Zumba fitness program to achieve long-term health benefits. Zumba is not only great for the body, but it is also great for the mind. It is a 'feel happy' workout."

Today, Zumba is offered at most gyms as part of their aerobic curriculum or you can purchase a DVD online and dance those access holiday calories off in the comfort of your own home.



Group photo taken at the HIPEC Conference

March Awareness & Upcoming Events



In 2006, the CCAC lobbied for and successfully achieved the introduction of the **National Colorectal Cancer Month Act** to ensure that the month of March would be recognized as the official awareness month in Canada. Patient information sessions, advocacy drives and awareness campaigns occur across the country to remind all that colorectal cancer is Preventable, Treatable and Beatable!

Our full events schedule will be posted

Hereditary Colorectal Cancer Registry Meeting - Oct. 28

The CCAC held an important conference on the establishment of Hereditary Colorectal Cancer Registries throughout Canada, which will help to provide critical information and support to people affected by hereditary colorectal cancer, their family members who may be at risk, and the physicians overseeing the management of their care. Through a multidisciplinary approach, the brightest scientific experts across the country had an opportunity to come together to dialogue about the issues surrounding the management of hereditary syndromes. The outcomes of the meeting will be published and utilized for awareness, education and advocacy, as well as help pave the way to the timely establishment of Registries nationwide.

Edmonton Patient Information Session - Nov. 4

The Colorectal Cancer Association of Canada (CCAC) hosted a colorectal cancer Patient Information Session on November 4, 2011 in Edmonton, Alberta. Three leading experts in colorectal cancer treatment presented content in the areas of colorectal surgical, medical, and radiation oncology to patients and caregivers at the Cross Cancer Institute. The experts highlighted the standards of care in the medical treatment of advanced colorectal cancer by bringing to the forefront the integration of personalized medicine and the biological treatment of metastatic colorectal cancer through the use of agents such as avastin and erbitux, which have been reported to improve patient outcomes. The session was very well attended and we extend sincere thanks to the experts who delivered both thoughtful and informative presentations.

Simultaneously the GC attracted thousands of visitors at the West Edmonton Mall.

Third Party Events

on our website in the new year. Some highlights include:

Get Your Butts in the Seats!

The Toronto Marlies hockey team will be donating 5\$ of every ticket sold to their March 25th game against the Texas Stars to the CCAC.

The Ricoh Coliseum, home of the Marlies, will also host The Giant Colon pre-game, giving spectators the chance to take the educational tour.

Upcoming Events

Optimize Live 2012
Jan. 21-22
Halifax, NS

Salon Sante Equilibre et Forme
Jan. 28-29
Quebec City, QC

20th Annual Wellness Show
Feb. 17-19
Vancouver, BC

Red Lake-GoldCorp Campbell Rec Ctr.
Mar. 12-13
Red Lake, ON

Alderville First Nation
Mar. 20
Sioux Lookout, ON

National Women's Show
Mar. 23-25
Montreal, QC

A Night to Remember: The Life and Times of Adam K. Beldycki

On December 1, Robert Kovacic hosted a fundraising event to celebrate the life and times of his dear friend and talented photographer, Adam K. Beldycki, who sadly succumbed to colorectal cancer.

The event titled, "A night in honour and celebration of the memory of Adam K. Beldycki" was held at Charlie's Gallery in Toronto and featured a photo exhibit of Adam's work as well as a silent auction that raised just shy of \$2800 for the CCAC.



Run or Walk for the Cause

2011 marked yet another year in which the CCAC and its official "Get Your Butt Seen" team participated in the Mississauga and Scotia Bank Toronto Waterfront marathons. Our dedicated walkers and runners showed up with tremendous enthusiasm to raise funds for a great cause while creating awareness for colorectal cancer by sporting the CCAC running shirts featuring our famous black and white "photocopied butt".

Other great CCAC teams ran in Calgary, Halifax, Montreal and Vancouver. We would like to thank everybody who participated and are looking forward to next year's events!



Scotia Bank Toronto Marathon - Oct. 16, 2011

A well-supported patient...is a well coping patient

Patient Support Groups

The CCAC has numerous colorectal cancer networking and support groups across Canada. Information and support are



offered through these [groups](#) to patients and their families.

Courage, Hope and Determination are paramount.

Action is imperative!

Support is the key!

To find out more about the Colorectal Cancer Association of Canada and how you can become involved in our Cancer Coach Program, please see www.colorectal-cancer.ca or contact us at:

Info@colorectal-cancer.ca or 1 877 50 COLON (26566)



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