



Sarcoma Cancer
Foundation of Canada

Sarcoma Cancer Awareness Week



A Message From Our Chair

Dear Friends,

Happy Sarcoma Cancer Awareness Week! Though our events and initiatives across the country look different this year, one thing remains the same - the spirit of our community is resilient in the face of challenge. Whether navigating a new cancer diagnosis or treatments amidst a global pandemic, all of you across the country continue to inspire us with your stories of strength. The third week of June is always a time for us to find opportunities to create awareness of this still little-known disease and I'm happy to say that over the 10 years since SCFC was founded, we've continued to make great progress in that area. Awareness is important for many things - research funding, creating partnerships, education, but at SCFC we have always felt that one of the critically important benefits of building awareness is that in the process, we create a community so that sarcoma patients know they are not alone.

Our community has never been more important than it is today. Though you may not have the opportunity this year to physically stand shoulder to shoulder and bring attention to sarcoma cancer, please join us as we share stories and information through social media and in conversations across the country. Many of you have told us that the last few months have been a time of reflection and new perspectives, of slowing down and being grateful for life's blessings amidst the challenges and the unknown. We'd love to hear how you're doing - please reach out anytime to let us know your thoughts and your questions. We're always looking for patients who want to connect to others on their sarcoma journey and to share the learnings along the way. Through these conversations, we can bring awareness and education from kitchen tables and neighbourhoods to the halls of research institutions and government offices. As we celebrate another Sarcoma Cancer Awareness Week in Canada, lend your voice to the many fighting to be

heard, and remembered. Every voice counts. And every story brings us closer to a shared understanding of this disease. We will continue to provide a platform and lend an ear as long as there are stories to tell.

Yours,

Diana Arajs
Founder & Chair
SCFC

SCFC Reflects on a Decade of Research, Education, Support and Advocacy

Press Release:
TORONTO, ON, June 16, 2020

As Canadians recognize the annual Sarcoma Cancer Awareness Week during the third week of June, the Sarcoma Cancer Foundation of Canada (SCFC) is proud to stand alongside our network of patients from coast-to-coast, to celebrate 10 years of collaboration and support.



“Ten years ago if you were diagnosed with sarcoma cancer, there were little to no Canadian resources to help patients during a time of great uncertainty, anxiety and fear,” says Founder and Chair of the SCFC, Diana Arajs. “It is remarkable to reflect back on just how much this volunteer-run organization has accomplished in such a short amount of time... We are entering a very exciting time in the research of cancers generally, with new and innovative approaches to treatment. Sarcoma cancer, which has been disproportionately under-funded and under-recognized is making significant progress on the world-stage from a research perspective and we will continue to advocate on behalf of Canadian patients to ensure equitable access to the new frontier in cancer care.”

[Read The Full Press Release](#)

Get Involved!

One of the biggest tools we have to fight sarcoma is the power of human connection. And while there may be physical challenges for getting together during this awareness week, we've already proven that the new digital space we find ourselves in connects us to each other at lightning speeds. This awareness week, we encourage you to harness the



power and connectivity we all have to help create a ripple effect of positivity and empowerment for not only those living with sarcoma, but their loved ones too.

We encourage you to take action through social media by educating and engaging with your communities, to bring awareness to the unique experiences, challenges, and successes experienced by those living with sarcoma cancer. As always, use our hashtag [#knowsarcoma](#).

The face of fundraising may have changed, but if you or someone you know would like to host an awareness building or fundraising event, get in touch with us. We're here to help you navigate the new and different ways you can help raise money for sarcoma.

Follow Us



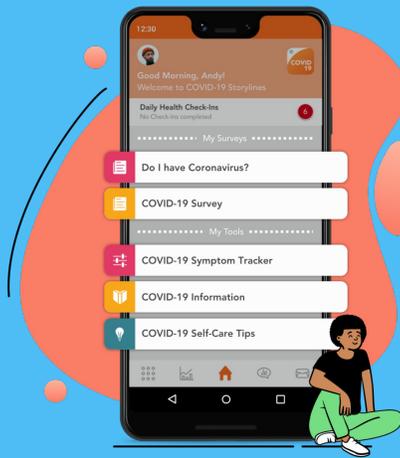
We Need YOU for a National Survey

Rare cancers are a group of cancers with one unifying characteristic: they affect a small number of people - less than 6 per 100,000 people per year. Today, poor understanding of the basic biology of rare cancers, high-mortality rates and ineffective treatments make these diseases a pressing and underfunded health issue in Canada.

We're going to be conducting a national survey on rare cancers and want your thoughts as we design it! From a patient perspective, what would you like to know or understand? Developing a shared understanding can help us identify the solutions that will work to support patients and families. Send us an email with what you're interested in learning!



Health Storylines COVID-19 Tracker



Check out the free Health Storylines COVID-19 Tracker app to help you prevent infection, know what to do if you believe you're infected, and how to protect your mental health.

Download the free app at healthstorylines.com. By donating your data, users share de-identified data with frontline researchers and public health systems to develop better health outcomes for everyone.



Groundbreaking Canadian Research



During Sarcoma Cancer Awareness Week, and throughout the year, we support Canadian discoveries and innovations and wanted to share with you an emerging treatment area.

Some cancers are caused by specific changes in genes and their associated structures (referred to as 'genomic alterations'). Genes carry instructions for proteins in cells and an abnormal change to the genes can lead to an alteration of the proteins, which can cause uncontrolled cell growth and formation of a tumour. One type of

genomically-driven cancer is tropomyosin receptor kinase (TRK) fusion cancer. Neurotrophic tyrosine receptor kinase (NTRK) genes provide instructions for TRK proteins. When an NTRK gene joins or "fuses" with an unrelated gene, it starts to produce an altered TRK fusion protein. This TRK fusion protein can become constantly active and cause a tumour to grow.

Early in his career, Dr. Poul Sorensen of the BC Cancer Agency discovered several new genetic alterations in solid childhood cancers (like Ewing's sarcoma), which typically have less genetic complexity than adult tumours. He used these findings in an innovative way to better understand the biology of adult cancers. For example, Dr. Sorensen identified the ETV6-NTRK3 gene fusion in both childhood sarcoma and a form of breast cancer, which pointed to a new treatment strategy.

TRK fusion cancer is a unique disease defined by this specific genomic alteration. It is estimated that it affects between 200 and 300 Canadian patients per year. Diagnosed only via genomic testing, the cancer is not associated with a certain type of tissue or the age of the patient; it can occur in any organ or tissue type in the body, in both children and in adults. For patients that test positive for an NTRK gene fusion, there is now a class of treatments called TRK inhibitors. These treatments are tumour-agnostic therapies, in that they target tumours based on their genomic makeup, regardless of their location in the body, and regardless of the patient's age.

This is a game-changer in our understanding of cancer – and treating cancer - as a whole. SCFC congratulates Dr. Sorensen and his team on these critical advances of our understanding of rare forms of sarcoma that will have a large and ongoing impact on Canadian patients well into the future.

Beat the Heat Popsicles

Summer is here and it's time for all the popsicles! Homemade popsicles are a summer staple and a healthy alternative to the store-bought variety, made from fruit (and sometimes veggies, too!), that don't have any added refined sugars or dyes. They're a snack you can feel good about eating any time of day. We're sharing with you two of our favourites!



Strawberry Popsicles

Ingredients

- 2 pounds ripe fresh strawberries washed and hulled
- Popsicle sticks

Cut about 5-6 of the strawberries into thin slices and reserve to decorate the molds.

Cut the rest of the strawberries into halves or quarters and blend them until you have a puree.



Peaches and Cream Smoothie Popsicles

Ingredients

- 1 cup vanilla greek yogurt
- 4 ripe peaches
- 1 tablespoon honey
- 1 peach sliced thin

In a blender blend ingredients until smooth. Pour into popsicle molds and freeze!

Optional: add sliced thin peaches into the popsicle molds before pouring in the smoothie liquid.

Place the sliced strawberries in the popsicle molds, try to stick them to the edges, this will give the strawberries popsicles a fun fruity look.

Pour the strawberry puree into the popsicles molds, cover and insert the popsicles sticks. If you are using small cups as popsicle molds you can cover them with foil and insert the popsicle stick thru the foil to keep them in place. Or let them freeze for about an hour and then add the sticks.

Place the popsicles in the freezer for about 3-4 hours or until fully frozen. To make it easier to remove them you can dip the bottom of the mold in lukewarm water for about 10-20 seconds.

Recipe by Laylita:

[Full Recipe Here](#)

Recipe notes:

If peaches are out of season you can use canned or frozen peaches in place of fresh peaches. They sometimes will be over sweet (peaches canned in syrup) or not sweet enough (frozen peaches) so make sure to adjust the amount of honey you add to the blender. Here are a few tips to having a stick straight handles:

Let the popsicles freeze for 30-60 minutes. The liquid will firm up and then you can add the stick.

Purchase a mold with a lid.

Add fresh fruit. Adding the fruit holds up the stick!

Recipe by OhSoDelicioso:

[Full Recipe Here](#)

[Donate Today](#)

2 St. Clair Avenue West, 18th Floor
Toronto, Ontario M4V 1L5