



Sarcoma Cancer
Foundation of Canada

Summer Update

A Message From Our Chair

We hope this summer issue of our newsletter finds you in good spirits and hopeful for what's to come.

As COVID restrictions lift and vaccination rates increase, we all hope that we'll be able to do and enjoy things as we did before the pandemic. This re-engagement in social and physical activities will affect everyone differently and SCFC is here to support you in any way that we can. We have recently increased the resources in our peer support program so please reach out if you would like to speak to a fellow patient or survivor who is on a similar journey. Our toll free line at **1-800-487-1364** and our support e-mail info@sarcomacancer.ca are always here for you.

In the spirit of collaborating to build a better future, we are happy to support and highlight the work of CanSaRCC in this issue, as well as new groundbreaking research on leiomyosarcoma. These are just some of the ways that our sarcoma experts across Canada are working together to improve outcomes for patients. On behalf of everyone in Canada's sarcoma community we would like to extend our deepest gratitude to our medical community that has continued to provide incredible care to sarcoma patients throughout the pandemic. These doctors and nurses have gone above and beyond to ensure that patients received the care they needed despite the ever-changing environment and ongoing uncertainty. Your thoughtfulness, creativity and sheer determination will be remembered by all of us. Thank you to each of you who worked on the front lines every day to ensure that sarcoma patients could continue to receive treatments, scans, surgeries, and appointments over the last year and a half.

Please reach out to us if you need access to information or resources outside of what is available at www.sarcomacancer.ca. We are here to support, connect and listen.

Stay safe,

Diana Arajs
Founder & Chair

#LittleThingsAddUp



This year's Sarcoma Cancer Awareness Week was all about focusing on the little things! Throughout the third week in June we shared some of the unique ways that the members of our community help make a difference in the fight against sarcoma, from community bottle drives and peer support to memorial GoFundMe fundraisers. Thank you to everyone who participated and engaged through social media!

While we know that awareness week is over and there are still physical challenges in getting together, the

community has proven that our digital space connects us together in ways not previously imagined. We encourage you to use this space to make a difference! Let us know how the #LittleThingsAddUp for you throughout the year. And if you or someone you know would like to host an awareness building or fundraising event, please get in touch with us. We're here to help you navigate the new and different ways you can help raise money for sarcoma.



CanSaRCC Update

In our last newsletter we introduced the CanSaRCC project, an investigator-initiated effort to collect data on Canadian sarcoma patients and facilitate virtual bio-banking. In this newsletter, Founder and Director of CanSaRCC, Dr. Abha Gupta, shares the genesis and outlook for the project.

Q. What was the inspiration for the CanSaRCC project?

Sarcoma is a rare disease, and each subtype of sarcoma represents an 'ultra-rare' disease. A young patient, Patrick Wilson, came forward with a simple question and asked 'Why isn't the data and tissue captured for every sarcoma patient across Canada...[in order to help further research]?' The sarcoma medical community has always been a friendly tight-knit group of physicians and scientists, and as soon as a consortium was suggested, all were eager to collaborate.



Q: How do you see CanSaRCC's work changing the landscape for Canadian researchers? For patients?

CanSaRCC has enabled researchers across Canada to gather information from all sarcoma patients into one centralized database. This will help us develop a deeper understanding of how sarcoma behaves, allowing us to better characterize treatment decisions and how patients should be followed. This national effort is working towards increasing the quality and quantity of sarcoma data.

Q: What early milestones have you set out to accomplish?

We have successfully completed legal agreements with 9 centers across Canada and 6 centers have obtained research ethics approval. We're hopeful that by the end of 2021, we can show that at least 5 centers will have entered data on tens of patients! One of our goals is to stimulate collaborations between scientists and clinicians. We've also been working on a number of active projects, all of which can be seen on our website at <https://www.cansarcc.ca/about-cansarcc>. We hope to continue these efforts and look forward to collaborating with different centers across Canada in the near future.

Q: What most excites you for the future of this work?

This is the first Canadian national effort to further our understanding of sarcoma. We have brought together a team from across the country, all of whom share our enthusiasm for this work.

I believe that with this collaboration, we will be able to learn more about sarcoma and offer better care to our patients.

Dr. Gupta is an associate professor in the Department of Pediatrics at the University of Toronto and is cross appointed as a staff oncologist at the Hospital for Sick Children and Princess Margaret Cancer Centre. Her entire career has been dedicated to the study of sarcoma in children, adolescents, and young adults.

[Learn More About CanSaRCC](#)

New Research Shows Sarcoma's Origins Could be Decades in the Making

Toronto scientists say they have pinpointed potential triggers of an aggressive form of soft tissue sarcoma cancer that can begin to develop decades before a patient is ever diagnosed or



seeks treatment for the disease.

In a new study published July 23, 2021, in Nature Communications, scientists from Sinai Health and The Hospital for Sick Children (SickKids) provide an extensive look at the origins of leiomyosarcoma, or LMS, a sarcoma common in adults and how it spreads and forms different genetic subtypes of LMS tumours.

The research team performed molecular profiling to highlight the very early origins of LMS by testing multiple tumours throughout the body. Dr. Rebecca Gladdy, co-lead author and surgeon-scientist at the Lunenfeld-Tanenbaum Research Institute (LTRI) at Sinai Health, said they uncovered three specific subtypes of LMS that likely develop from smooth muscle cells.

“We really want to better understand what this whole disease is like,” Dr. Gladdy said. “What we’ve uncovered is that there are three subtypes that differ by survival rates and what makes them tick.”

[Full Article Here](#)

Monthly Donor Profile Judith Ritchie

Monthly giving is a great alternative to one-time gifts, and an easy way to include charitable donations in your budget, as it allows you to spread the financial impact of your giving across the entire year. Monthly donor Judith Ritchie shares with us why she chose to become a monthly donor and how it makes a difference.



"It is said that cancer will affect the life of everyone, either directly or indirectly, at some point. For me, this point came when my dear friend Fiona was diagnosed with an incredibly rare sarcoma.

Not only was she facing an uncertain future, but she learned that cancers such as hers receive little attention, funding, or research, rendering the possibility of improved treatments and prognoses for those living with them almost an impossibility. For what is essentially the cost of a weekly latte, I chose to become a monthly donor. By making this commitment there is an assured stream of funds that can be allocated to research, not only for my friend, but for everyone, present and future, who may find themselves facing a similar battle. One day, due to the efforts of organizations such as The Sarcoma Cancer Foundation of Canada, cancer will be something we study only as a part of our history."

[Set up Your Monthly Donation Here](#)

Stay Healthy and Happy!

Feelings of wellbeing are fundamental to the overall health of individuals young and old. Studies show that taking part in creative activities and regular exercise can help keep us well, aid our recovery, and support long lives lived better. Below is both a fun activity for you and your family, and tips on how to get started on a regular exercise routine to help you feel better mentally and physically.



Science Experiment: Glitter Volcano Eruption

Young scientists will love engineering their own eruption and watching their creation bubble before their eyes.

Equipment

- Glitter
- Baking soda
- Dish soap
- Vinegar
- Cups or other containers (1 per child)
- Pipettes
- Small cup/container for each child

Instructions:

- Scoop two tablespoons of baking soda into each beaker. Add a squirt of dish soap and a generous sprinkle of glitter.
- Stir with the pipette or a spoon. Fill each child's container with vinegar and give them a pipette. Show the kids how to squeeze the pipette into the vinegar to pick some up, then squeeze it into the container to make



Home Workouts

Exercise can seem intimidating, but it doesn't have to be! No matter what your age or current fitness level, there's something for everyone.

Experts recommend three different types of exercise for overall physical fitness: cardiovascular activity, strength conditioning, and flexibility training. If you're not comfortable with all of them, that's ok, start small with one, and work your way up!

Cardiovascular Activity

- Start by doing an aerobic activity, like walking or running, for a sustained 20-30 minutes, 4-5 times a week. To ensure you're working at an optimum level, try the "talk test": Make sure you can carry on a basic level of conversation without being too winded. But if you can easily sing a song, you're not working hard enough.

Strength Conditioning

the volcano erupt.

- Watch as the volcano erupts in glitter lava flow! Keep adding more and more vinegar until the volcano no longer erupts. This can take quite some time.

After the eruption, try repeating the experiment with other ingredients around the house. What does pepper look like in the volcano? Does adding salt alter the results? Play around with different materials and follow your child's lead!

Want to know the science? When vinegar and baking soda mixes, it creates a chemical reaction due to the pH rating of each ingredient. Vinegar is an acid, and baking soda is a base. When the two react, carbon dioxide is produced. This causes the dish soap and other ingredients to rise out of the container quickly as the other ingredients get carried away with the carbon dioxide gas.

[Full Instructions Here](#)

- Start by doing one set of exercises targeting each of the major muscle groups. Start with bodyweight, or a weight at which you can comfortably perform the exercise 8-12 times in a set. When you think you can handle more, gradually increase either the weight, the number of repetitions, or number of sets. To maximize the benefits, strength train least twice a week.

Flexibility Training

- It is recommended to do slow, sustained static stretches 3-7 days per week. Each stretch should last 10-30 seconds.

Note:

Whenever you begin an exercise program, it's wise to consult a doctor. Anyone with major health risks, males aged 45 and older, and women aged 55 and older should get medical clearance.

[Full Beginner's Guide Here](#)

[Donate Today](#)

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