



BRIGHT RUN

Funding breast cancer research

Register today at

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BRIGHT Run 2019 - September 7, 2019.

January 10, 2019

Ring in a BRIGHT New Year

Welcome to 2019! We hope our BRIGHT family had a terrific holiday season and that the new year will be a happy and healthy one for all of you.

We know the back to school/return to work period after the holidays can be a busy and, perhaps, stressful one, so we're keeping this month's eNews as BRIGHT and brief as possible.

Mark Levine, our own doc with pink tights, has some exciting research news to share this month. Take a look at how a research project that started right here could have widespread impact.

We've included a reminder of the terrific events taking place this week as McMaster University's David Braley Athletic Centre turns pink to raise money for the BRIGHT Run to fund local breast cancer research.

And we have a great way for you to declutter your house a bit post-holiday season - and support the BRIGHT Run Silent Auction, which raised more than \$9,000 last year.

Remember, if your team is holding a fundraising event, we want to let people know it's happening. Email eNewsletter content coordinator Lee Prokaska (lprokaska@outlook.com) with details.

Together, let's make 2019 the BRIGHTest year ever!

REGISTER NOW!



From Mark Levine, the Doc with Pink Tights

The Broad Impact of Local Research

Season's greetings. My editor has asked me to keep this article brief.

I am enjoying "semi-retirement." Having put clinical practice and administration in the rear-view mirror, I am focusing on my research. I love it and I am quite busy. I am very fortunate to have such an opportunity. If you ask my wife about my retirement she says, "What retirement?"



I am excited to share with you results of one of our research studies, led by one of our star researchers, Dr. Tim Whelan. He has been practicing radiation oncology at the Juravinski Cancer Centre (JCC) for more than 25 years and his research is world-renowned.

The trial was conducted by my research group called the Ontario Clinical Trials Group (OCTG), which is located between the JCC and the Juravinski Hospital. The study is called the RAPID trial.

Radiation is standard following lumpectomy for early breast cancer. The goal of RAPID was to evaluate whether usual radiation, which takes about one month, can be shortened to improve patient convenience. The trial was supported by grants from the Canadian Breast Cancer Foundation and the Canadian Institutes for Health Research.

Between 2005 and 2011, 2,135 women were randomized to one of two radiation regimens after surgery at 33 participating centers in Canada, Australia and New Zealand.

Half the women received standard daily radiation to the whole breast for approximately three and a half weeks and the other half received twice-a-day treatment for only five days to the area of the breast where the tumour was removed. This is called accelerated partial breast irradiation

(APBI).

After an average follow-up of eight and a half years, we performed an analysis. The results show that there is no difference in recurrence of the cancer in the breast between the two treatments.

However, there were more side effects after six months such as pain and swelling of the breast with APBI compared to the usual radiation. In addition, the long-term cosmetic affect, for example the appearance of the breast, was found to be worse in patients who received the APBI. Note, post-treatment appearance, also referred to as cosmesis, was measured both by the patient and a study nurse.

In December 2018, the results were presented by Dr. Whelan at the San Antonio International Breast Cancer Meeting. These results will have a significant influence on radiation treatment, not only locally but nationally and beyond.

Although there was no loss of effectiveness with the APBI, there is significant concern about adverse cosmesis. Hence it cannot be recommended as routine treatment and more research is needed. I look forward to getting back to my series on the new normal next month.



The Silent Auction Needs Your Stuff!

The BRIGHT Run Silent Auction has been an exciting part of event day for the past five-plus years and it keeps growing!

The BRIGHT Run 2018 auction, for example, offered a record 114 items and raised more than \$9,000 – in only a few hours.

You've likely bid on a special something or two. If you were lucky – and/or persistent - you came out on top with the highest bid and took one or more of your treasures home.

The auction team works year-round to solicit auction items from individuals and businesses, putting together packages the team thinks will appeal to participants young and old.

You can help.



Many of us find we have a surplus of stuff at this time of year. Maybe we over-shopped for the holiday season. Maybe we received duplicate gifts or items that aren't quite our taste. Rather than risking embarrassment by regifting, consider a donation to the Silent Auction.

We are open to a wide range of things, big or small. Larger items may stand on their own at the auction, while smaller items will likely be combined with other items to complete a themed package. Either way, the Silent Auction is a wonderful home for your unwanted gifts and excess stuff.

As well, feel free to solicit friends, relatives and business owners you know for items, gift cards or services to contribute to the auction. We are happy to display business cards and/or brochures for companies or individuals who donate to the auction.

The first month of the new year is a great time to cull through your stuff and when you do, think of us and contact auction coordinator Lee Prokaska at lprokaska@outlook.com



BRIGHT Events



MON JAN 7 - SAT JAN 12 2019

MCMASTER THINK PINK

McMaster Athletics & Recreation's 2019 Think Pink Week brings together McMaster & Hamilton community members to raise funds for the local breast cancer research. During the week, from 12:00 pm - 3:00 pm, the David Braley Athletic Center turns from maroon to pink with T-Shirt Sales, a Raffle Table, and Daily Fundraising Events. On the weekend, our varsity athletes will be decked out in pink, with their games also focused on support local breast cancer research!



Welcome 2019 with Mac Athletes Think Pink Events

There's still time to see how McMaster University's David Braley Athletic Centre has turned from maroon to a lovely shade of pink for the first week back to classes!

McMaster Athletics and Recreation's 2019 Think Pink Week aims to raise money for the BRIGHT Run to

support local breast cancer research.

Each day of the week from noon to 3 p.m., the Braley Centre will host T-shirt sales, a raffle table and daily fundraising events.

As well, Mac's varsity teams will bring the pink to their games, with two games scheduled for Sat. Jan. 12 that will focus on raising money for local breast cancer research.

Many thanks to fifth-year Mac student Mackenzie Wiens, the Think Pink Week coordinator, who hopes the 2019 events will raise \$15,000.

follow @mcmastersports on Instagram to stay up to date on Think Pink!



Make a **BRIGHT contribution!**

JOIN OUR TEAM OF VOLUNTEERS

Are you interested in helping to organize and plan BRIGHT Run 2019? If so, please contact Nancy McMillan nancy@brightrun.ca



Thank You to our Community Partners

The BRIGHT Run would not happen without the dedication of our community partners. Because of the support of those partners, we can ensure that every single dollar raised by participants goes directly to research.

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