



BRIGHTRUN

Funding breast cancer research

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BRIGHT Run 2019 - September 7, 2019.

November 14, 2018

Stepping BRIGHTLY into Fall

There's a bite in the air these days. There can be no doubt that wintery weather is around the corner.

And despite the rain we've been getting, our BRIGHT spirits cannot be dampened. We're still riding high over the success of BRIGHT 2018 and we hope you are too.

In this month's eNewsletter, Mark Levine, our favourite doc with the pink tights, returns with Part III of his "new normal" series of columns. Mark provides compassionate and helpful insights into the challenges breast cancer patients can face after treatment has ended and real life begins again.

Get to know one of our super volunteers, Laura Milligan, in our Five BRIGHT Questions feature. Laura, a nurse for more than 25 years, has been involved in BRIGHT for a decade and continues her dedication to raising funds for local breast cancer research.

And learn about a couple of great fundraisers that took place well after the pink left the Dundas Valley Conservation Area. Thank you to Navneet Sharma and her team Cancer Warrior and to Mark Morgenstern and the folks at Charred on James Street North.

Happy fall to all!



Five BRIGHT Questions For: Laura Milligan

Laura Milligan has been a nurse for over 25 years; she has been in a family practice setting for over 15 years. She works in a private, solo practice. She loves her job, doing women's health nursing, prenatal, well baby/child care, geriatrics, diabetes and more. She has volunteered for different organizations for many years. She has been married to Jeff for 23 years. They have two children and a very large extended family.

When, how and why did you get involved in the BRIGHT Run?

My sister-in-law, Nancy Milligan, died 10 years ago of pancreatic cancer and we wanted to find something that took place around the same time as the anniversary of her death. At first, we were just BRIGHT Run participants/fundraisers, then we started hearing and responding to the call for help. My daughter was spending a lot of time volunteering when she was young and I often accompanied her just for safety. Then I started having fun myself. As a women’s health nurse, I have been the one to “find a suspicious lump” on a patient. I get the need for the BRIGHT Run.

How does your work for the BRIGHT Run fit with your job, if it does?

It totally goes with what I do. I promote women’s health, and talking about the BRIGHT Run at work is natural, fundraising is easy. I have the best patients ever and they always donate. I work Monday to Friday, so volunteering opportunities are limited.

What do you do for the BRIGHT Run?

Basically, whatever event chair Nancy McMillan tells me to (haha!). I think I have volunteered myself to take over managing the parking lot and I listened to the feedback of participants this year (my first in the role) plus made my own observations and have made plans to make it a much smoother, safer experience. I have also helped at festivals where the BRIGHT Run has promotional tables, raised money, worked the registration booth and at kick-off events.



Edward Rolfe, Brooke and Laura Milligan

[Read more from Laura](#)



From Mark Levine, the Doc with Pink Tights



In my last article about the “new normal,” I indicated I would discuss several cases to illustrate issues that can arise in women who have completed their primary treatment and are continuing on with their lives.

Some may have completed their treatment within the last 12 months, while for others the breast cancer was treated five years previously. For some, the breast cancer is a distant memory, while for others, it is never far from mind. Below is an example:

A 34-year-old teacher has undergone chemotherapy, a mastectomy and radiation six months ago. Her hair is growing back, her energy level has improved, and she has tingling in her fingers. Her periods have stopped and she is suffering from hot flashes. She has a two-year-old daughter and a very supportive husband. She has gained 15 pounds since she first was diagnosed with breast cancer. She is hoping to go back to work in a few weeks, but is not sure she will be able to manage.

There is no doubt that this individual’s life has been disrupted by the cancer experience. She has a supportive family, which is very important in her recovery. In a young woman with breast cancer, issues of intimacy, body image, and fertility arise.

The woman in the scenario has undergone premature menopause. She suffers from vaginal dryness and pain on intercourse. Her partner is patient and loving. In the last visit to the cancer centre, they talked with the nurse about the issues around sexual relations. The nurse explained that during the cancer treatment, there is often a lack of interest in sex because of side effects and low energy.

However, as physical wellbeing improves, so does energy and potential interest in sex. The nurse recommended lubricants such as Replens. Sometimes, this is not enough. Then, interventions that supply estrogen to the local vaginal area are sometime discussed, such as Vagifem and Estring. The former is a tampon with estrogen that is inserted several times per week in the vagina and the latter is a ring that is inserted in the vagina and lasts about 12 weeks.

Women often wonder whether any of the estrogen can leak into the blood stream and cause cancer cells to grow. I tell them I don’t think so, but I am not 100% sure. For many of these women, any doubt steers them away from these approaches. I encourage patients to raise issues of sexuality with either me, my nurse or with their family physician.

[Read more from Dr. Mark](#)



BRIGHT Events

Diwali Dazzler

Congratulations to BRIGHT Run team captain Navneet Sharma and her amazing Cancer Warrior team members on the hugely successful second annual Diwali Celebrate Life with Lights dinner and dance gala fundraiser.

The Nov. 2 event at the Apollo Convention Centre in Mississauga was a sell-out, with an estimated 1,000 people in attendance.

It was a colourful evening of music, dance performances, a fashion parade of cancer survivors and spectacular food.

Organizers haven't yet finalized the amount raised for local breast cancer research at the Juravinski Cancer Centre and McMaster University.

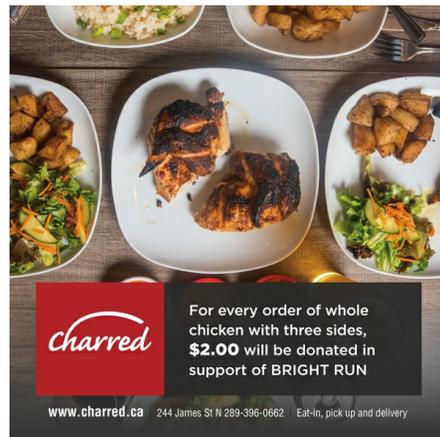


Food and Fundraising

Many thanks to Mark Morgenstern and his Charred team for their October promotion to raise funds for the BRIGHT Run.

For the third year, the folks at Charred on James Street North contributed directly to the BRIGHT Run and filled customers' tummies with very yummy chicken.

The restaurant donated \$2 for every whole chicken with three sides combo purchased during the month of October. The BRIGHT Run thanks you for your chicken and for your support!



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.

On September 8th, over 1000 participants took part in BRIGHTRun 2018, raising funds for local breast cancer research at the Juravinski Cancer Centre.



BRIGHTRUN

This event was made possible by partners like you.

Thank you.



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