

FOR A GOOD CAUSE

Making a Difference for Cancer Patients



**HEIDI
VINCENT**

Your hair is getting so long!" "I love your hair." "Have you always had long hair?"

Vanessa Forstbauer hears these comments a lot these days, many times from complete strangers. Some of these strangers are battling cancer and ask if she would consider donating her hair to make wigs for patients.

"I have donated my hair many times," said Vanessa. "I am excited to donate it again, but I want to do more this time, which is why I am raising money. The amount raised will determine how much hair I cut off.

If I raise \$1,000, I will cut off 10 inches, \$5,000 I will cut 20 inches, and for \$10,000 I will shave my head!"

All the money raised through Vanessa's Hair for Cancer Care Fundraiser will be donated to a subsidized cancer care fund at the Ottawa Integrative Cancer Center (OICC), a regional centre of the Canadian College of Naturopathic Medicine. By contributing to this fund Vanessa will be providing patients with access to OICC care which they may not otherwise afford.

Most cancer patients undergo conventional treatments which produce many side effects, including hair loss. A real hair wig can make a big difference to the way a patient feels. An even bigger difference in the lives of people living with cancer - and their families - is having access to complementary cancer care therapies.

Working in conjunction with conventional treatments, complementary cancer care therapies improve the lives of cancer patients and helps prevent recurrence. Therapies offered at the OICC include: naturopathic medicine, nutritional counseling, acupuncture, lymphedema and massage therapy, yoga, exercise therapy, physiotherapy and counselling.

Cancer has a catastrophic financial impact on individuals and their families. The OICC established a subsidized care fund to give as many patients as possible access to complementary therapies, regardless of their income. As a nonprofit charitable organization, receiving no government funding, the OICC's capacity to provide

subsidization is limited. The fund must be kept replenished and growing to provide for the increasing number of patients.

A second year student at the Canadian College of Naturopathic Medicine, Vanessa is passionate about supporting the OICC.

"Naturopathic physicians are becoming a key part of our healthcare system because Canadians are rethinking health and searching for better ways to live. I chose to study naturopathic medicine because I want to help people thrive, no matter their situation. I want to help people be their best and being your best can be difficult when you are not healthy."

"The first time I cut my hair to donate, I was in grade 12. I had hair slightly longer than it is now, and I cut off a

each. The cut will take place during Women's Health Week at the Canadian College of Naturopathic Medicine, on March 14th."

Visit Vanessa's "Hair for Cancer Care" Facebook: www.facebook.com/hairforcancercare

Donate now at: www.canadahelps.org/gp/32343

Heidi Vincent, MBA

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ponytail that was about two feet long. Throughout my time at the University of Victoria, studying Kinesiology, I cut my hair to donate every year and a half, for a total of three times before deciding to let it grow long again."

Vanessa is with the OICC because she wants to do more than simply cut and donate her hair. The subsidized cancer care program gives people to access complementary and integrative therapies and Vanessa is pleased to run a campaign that can contribute to the OICC's fund.

"My dream is to be a difference maker for naturopathic medicine, because I know it can make a huge difference for so many. Please consider donating to this campaign and help me meet my goal. \$10,000 is attainable - 500 donations of \$20

CLINICAL TRIAL PARTICIPANTS NEEDED

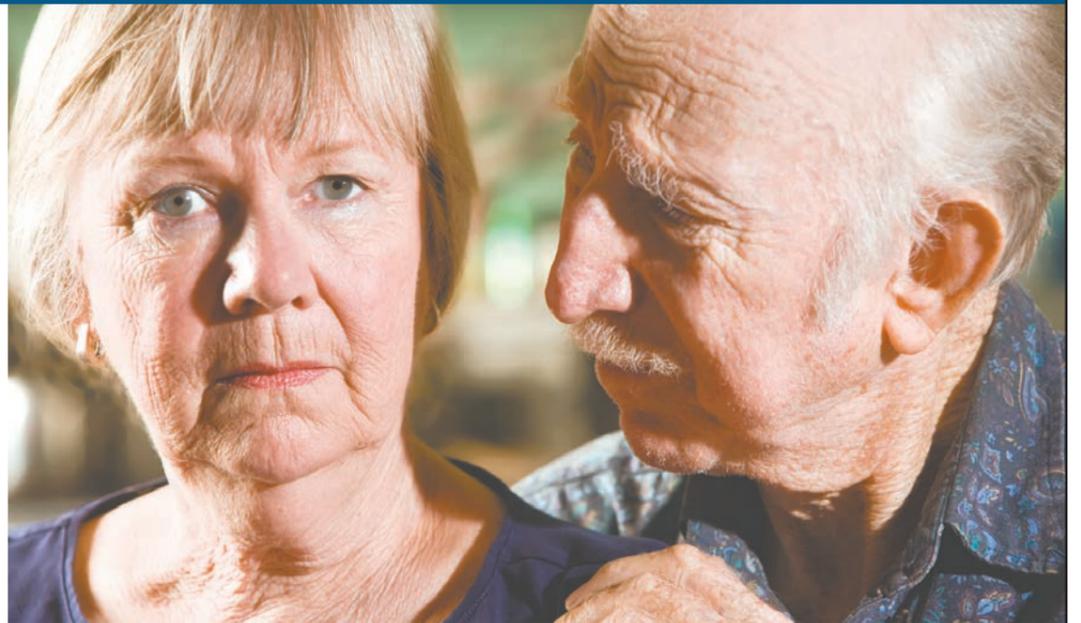
Do you have a loved one suffering from a memory disorder?

If they:

- Are a man or woman, between 55 and 90 years;
- Are in good physical health;
- Are currently taking Aricept (donepezil) or Exelon (rivastigmine) for the treatment of Alzheimer's Disease

They may qualify to participate in a clinical research project led by

Dr. Richard Bergeron.



Qualified participants may receive:

- Study-related medical exams
- Study-related investigational medication

For more information, please contact the team of:

**Dr. Richard Bergeron
819-776-8027**

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