

The Wellness Report—Winter 2014 Report



Workout to Conquer Cancer



The ladies at The Dupuis Langen Group will be participating in the *Workout to Conquer Cancer*, an event in aid of cancer research.

Our team (**Fast & Furious**) has registered for this event to help support research initiatives at the BC Cancer Agency (through the BC Cancer Foundation) to dramatically improve cancer care and the lives of those diagnosed with cancer.

We all know someone whose life has been touched by it. Every year, over 24,000 British Columbians will be diagnosed with cancer. Cancer remains the number one cause of death across our country. It is also the number one cause of non-accidental death of children from the ages of six months to young adulthood.

Advances in cancer research and treatments have significantly improved the chances of survival for children in resource-rich countries like Canada. In Canada today, about 80% of children diagnosed with cancer will survive, but survival comes at a price.

Despite advances in research, 60% of children who survive cancer live with permanent side effects, which may include but are not limited to deafness, blindness, growth is-

sues, motor impairments, cognitive difficulties, heart, kidney and fertility issues, psychological, neurological and endocrine disorders

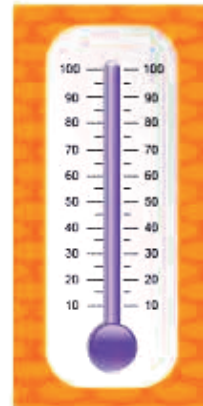
Childhood cancers are consistently underfunded and account for only 3-5% of all cancer research funding.

Source: [BC Cancer Agency & MedicineNet.com](#)



210-13900 Maycrest Way
Richmond BC V6V 3E2
Tel 604.270.1142
Toll Free 1.888.766.6390
Fax 604.270.3662
Toll Free Fax 1.888.636.1430
Website: www.dupuislangen.com
E-mail: info@dupuislangen.com

If you know of others who may like to receive our newsletter please let us know!



DONATE

Group Life and Health Plans * Registered Pension Plans * Group RSPs * Tax Free Savings Account (TFSAs) * Critical Illness Plans
Long Term Disability Plans * Integrated Benefit Solutions * Private Health Services Plans (PHSPs) * Health Spending Accounts (HSA)

Leading Cancers in Women, Men

For Women: Breast Cancer is the leading form of cancer in women.

- An estimated 23,800 Canadian women will be diagnosed with breast cancer and 5,000 will die from it. Approximately 65 Canadian women will be diagnosed with breast cancer every day.
- Risk factors for developing breast cancer include female gender, age, certain inherited genetic mutations, and personal or family history of the condition.
- Most breast cancers are of the infiltrating ductal type.



For Men: Prostate cancer is the number 1 cancer for men, followed by lung and colorectal cancer.

- An estimated 23,600 men will be diagnosed with prostate cancer and approximately 3,900 men will die from it. On average, 65 Canadian men will be diagnosed with prostate cancer every day and 11 Canadian men will die from it every day.
- While the causes of prostate cancer are still unknown, some risk factors for the disease,



such as advancing age and a family history of prostate cancer, have been identified.

- Prostate cancer is often initially suspected because of an abnormal PSA blood test or a hard nodule (lump) felt on the prostate gland during a routine examination.
- Research is under way to identify the genes that cause prostate cancer.



Source: BC Cancer Agency & MedicineNet.com

Event Information

The event takes place on **Saturday March 8, 2014**, *Workout to Conquer Cancer* benefiting the BC Cancer Foundation. This event will feature a full-day of upbeat group exercise classes at the Richmond Olympic Oval in support of life-saving cancer research taking place at the BC Cancer Agency.

The Ladies of The Dupuis Langen Group will be participating in seven upbeat group workout activities: **Zumba, Fusion Kickboxing, Hip Hop, Rock Your Core, Retro Aerobics, Yoga** and TV Fitness trainer Tommy Europe's **SHRED Bootcamp!**

Start time: 8:00am – 4:00pm

We have our work cut out for us but it's for a good cause and we are willing to help make a difference. If you know of anyone with cancer, or if you have been touched by cancer yourself, and would like to make a donation please visit the Workout to Conquer Cancer website @ http://donate.bccancerfoundation.com/site/TR/TR/Events/BAM2014?fr_id=2210&pg=entry



DONATE

Team FAST & FURIOUS

This newsletter is provided with the understanding that it does not render legal, accounting, tax, human resource, or professional advice. The information and articles in this newsletter are obtained from various sources believed to be reliable but their accuracy cannot be guaranteed. Readers are urged to consult their professional advisors before acting on the basis of material contained in this newsletter. The performance of mutual funds or other investment vehicles is not guaranteed. Values will fluctuate and past performance is not necessarily indicative of future returns. Dupuis Langen Financial Management (1985) Ltd. does not assume liability for financial applications based on any article herein, even where an error or omission occurs. Reproduction of this newsletter or any part thereof without written permission of Dupuis Langen Financial Management (1985) Ltd. is strictly forbidden. e&oe