

# 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

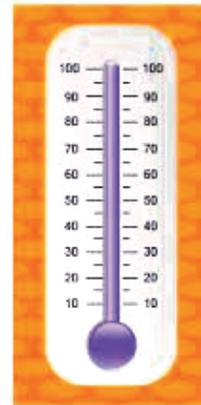
Childhood cancers are consistently underfunded and account for only 3-5% of all cancer research funding.

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



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## 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](http://donate.bccancerfoundation.com/site/TR/TR/Events/BAM2014?fr_id=2210&pg=entry)



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