

No one should hear the words “you have a brain tumour”

MONTREAL, May 25, 2015 "The results of the biopsy from a few weeks before indicated that the mass found in my brain was cancerous, and the nurse told me that she wanted my family to be present for the discussion about treatment options. Words cannot describe the shock, anger and sadness that have overcome my friends, family and me since the diagnosis."

These are the words of Mr. **Aris Tridimas**, a 35 year old diagnosed with a brain tumour in October 2014. "I always considered myself a healthy person, but my frequent headaches were becoming difficult to manage and would occur at the weirdest times of the day" Ari continues. "Regular headache medications were no longer helping me cope, and I thought that work-related stress didn't make things any better."

Brain tumours: unpredictable, complex and devastating, but more and more patients are surviving

Every year, across Canada, 10,000 people are diagnosed with a brain tumour. It is estimated that 55,000 Canadians are living with a brain tumour.

"Every day, 27 Canadians hear the words 'You have a brain tumour.' In Quebec, due to the lack of a functional national cancer registry, it is impossible to obtain exact data on the number of brain tumour patients in the province. This complicates the work both of researchers and health care professionals," states **Tanya Giannelia**, Quebec Programs Officer, Brain Tumour Foundation of Canada. "There are very few effective treatments for brain tumours. And even if the treatment may be effective, patients still require specialized programs and services, such as support groups, educational conferences, and brain tumour patient resource handbooks, which help relieve distress and offer hope and support to patients and their loved ones."

There are more than 120 different types of brain tumours. Unpredictable and complex, and considered a rare disease, brain tumours are nonetheless the leading cause of solid tumour death among children with cancer, and the third most common cause of cancer-related death among young adults. Brain tumours affect sight, hearing, memory, balance and mobility. Their effects are physical, emotional, psychological, financial and last a lifetime.

A glimmer of hope, thanks to advances in research

However, due to advances in new, innovative research conducted by researchers and neurologists, many of whom come from Quebec, brain tumour patients are starting to join thousands of other cancer survivors, and are able to have some hope.

"Brain cancer is a dramatic disease, in its presentation, in the impact it has on patients and their loved ones, in the nature of the recommended treatments and in their results..." said **Dr. Thierry Muenza**, Clinician Scientist and Director of Translational Radiation Oncology Laboratory at the Jewish General Hospital and the Segal Cancer Centre, "but the continued efforts of multidisciplinary research teams, and organizations such as Brain Tumour Foundation of Canada, allows us to gain ground over this disease and to hope to progress even further, not only in the treatment of the disease, but also with the support that is offered to our patients so they can best navigate this difficult time in their lives".

Spring Sprint: the movement to end brain tumours

Every year, Brain Tumour Foundation of Canada organizes community fundraising walks across the country. This year thousands of walkers and runners in 22 cities across Canada, including Montreal, will participate in the movement to end brain tumours, by walking or running 2.5 km or 5 km.

This year, registration for the Montreal Spring Sprint opens at 8:30 am at Angrignon Park. The walk/run will start at 10:00 am.

All funds raised are in benefit of Brain Tumour Foundation of Canada, who distributes the funds to provide critical programs and services for brain tumour patients, such as support groups, patient education conferences, and patient resource handbooks, here in Montreal and across Canada. The national fundraising goal is \$1,7 million, and the goal for Montreal is to raise \$60,000.

"No one should hear the words 'you have a brain tumour', states Mr. Tridimas, spokesperson for the event. "This is why I am proud to be involved with the Spring sprint. Patients and their families need resources and information. We also need to continue research. Together, we can transform lives".

For more information about brain tumours and Brain Tumour Foundation of Canada, and to participate in the **Spring Sprint**, go to www.BrainTumour.ca

About Brain Tumour Foundation of Canada

Brain Tumour Foundation of Canada is a national non-profit organization and an active member of the *Coalition Priorité Cancer au Québec*, whose mission is to reach every person in Canada affected by a brain tumour with support, information and education, as well as funding brain tumour research. Each year, the organization allows thousands of Canadians affected by a brain tumour to find support and comfort, as well as learn more about their disease.

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SOURCE Brain Tumour Foundation of Canada

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