

# myGUT<sup>TM</sup> feeling

STOMACH CANCER FOUNDATION OF CANADA



*Who We Are & What We Do*

*Presented by: Ekaterina Kosyachkova*

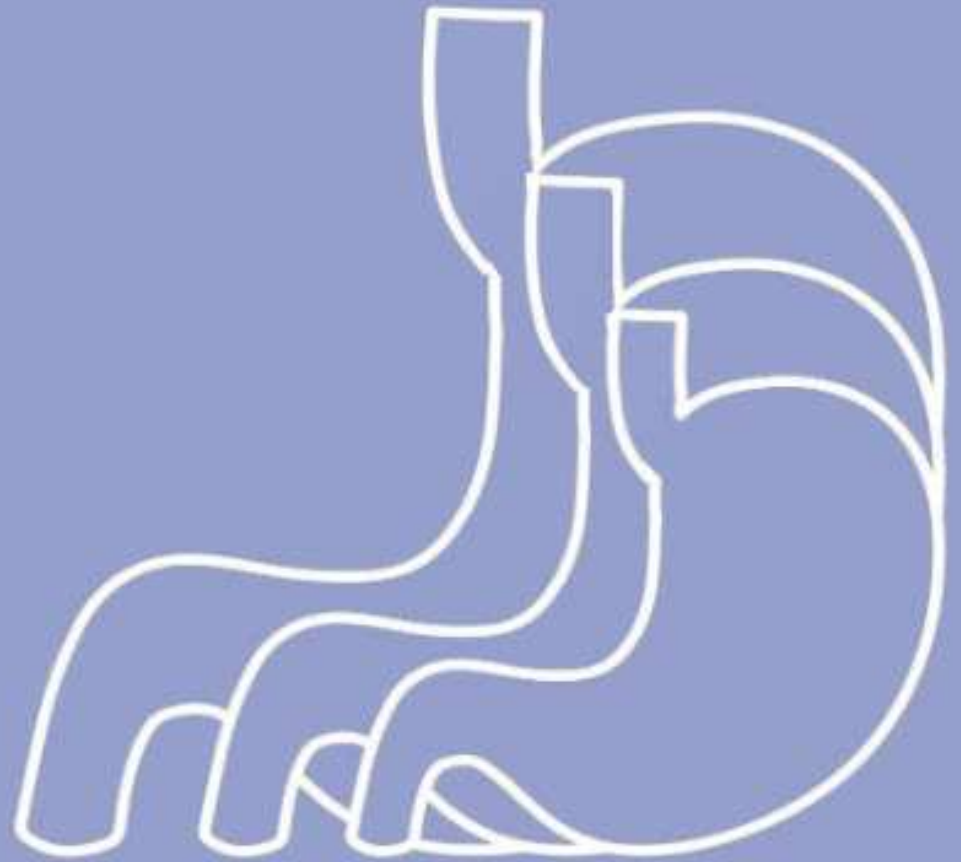
---

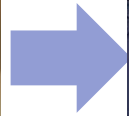
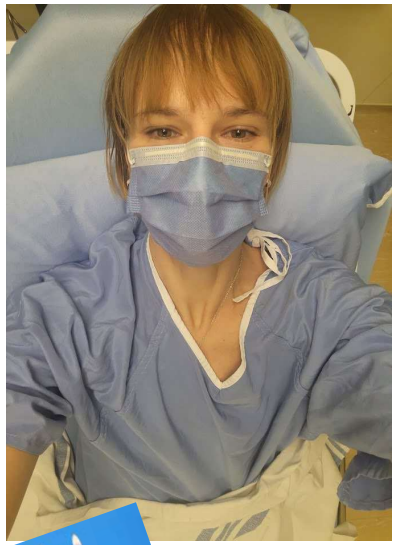
*June 29, 2024*



- *Support*
- *Education*
- *Awareness*
- *Advocacy*

*By survivors, for patients, survivors and caregivers*





March 8, 2011 - Total gastrectomy+ chemoradiation



2024 - working in GI Medical Oncology at Princess Margaret Hospital

# Board of Directors



**TERESA TIANO**  
CHAIR, CO-FOUNDER



**KATY KOSYACHKOVA**  
VICE-CHAIR, CO-FOUNDER



**RAMIN DERAVIAN**  
DIRECTOR



**EMMA BERNARDO**  
DIRECTOR



**DR CHRISTINE BREZDEN-MASLEY**  
DIRECTOR



**IRIS SAWICKI**  
DIRECTOR



**RAMANDEEP SINGH BAGGA**  
DIRECTOR

# Medical Advisory Board



**MELYSSA  
ARONSON**



**DR. SAVTAJ  
BRAR**



**DR. CHRISTINE  
BREZDEN-MASLEY, CHAIR**



**DR. LORENZO FERRI**



**DR. CHRISTIAN  
SCHULZ-QUACH**



**DR. NATALIE  
COBURN, VICE-CHAIR**



**DENISE  
GABRIELSON**



**DR. TERENCE  
LEE (D)**



**DR. HOWARD  
LIM**



**DR. STEPHANIE  
SNOW**

# SUPPORT – The HEART of our Foundation



- **Patient Support Group**: : every 2nd Wednesday of the month at 6:30pm
- **Caregiver/Bereaved Group**:: every last Monday of the month at 7:30pm
- Confidential peer-support
- Free virtual access
- Support across the stomach cancer journey
- For more information email: [info@mygutfeeling.ca](mailto:info@mygutfeeling.ca)

myGUT<sup>™</sup>  
feeling

STOMACH CANCER FOUNDATION OF CANADA

**SUPPORT IS THE HEART OF OUR ORGANIZATION**

Are you, or someone you love, having difficulty coping with the physical, emotional and spiritual challenges associated with stomach cancer?

Join stomach cancer patients, survivors, and caregivers in a safe space

Our FREE virtual support groups take place the 2nd Wednesday of every month at 6:30pm ET.

To register:  
<https://www.mygutfeeling.ca>

myGUT<sup>™</sup>  
feeling

STOMACH CANCER FOUNDATION OF CANADA

**ARE YOU A CAREGIVER IN NEED OF SUPPORT?**

Join our private online Facebook Group, where you can meet and share with other caregivers.

This group meets virtually the last Monday of every month at 7:30pm ET

To Join:  
<https://www.facebook.com/groups/stomachcancerfamilysupport>

# EDUCATION -Annual Stomach Cancer Conference

SAVE THE DATE: Saturday November 30th, 2024



## Past speakers/panelists:

**Medical oncologists:** Dr. Sam Klempner, Dr. Elena Elimova, Dr. Christine Brezden-Masley, Dr. Florian Lordick, Dr. Filippo Pietrantonio, Dr. Stephanie Snow, Dr. Caroline Hamm, Dr. Howard Lim

**Surgeons:** Dr. Lorenzo Ferri, Dr. Natalie Coburn, Dr. Han-Kwang Yang, Dr. Yanghee Woo, Dr. Howard Lim, Dr. Savtaj Brar, Dr. Carol Swallow, Dr. Christopher Teshima, Dr. Bilal Alkhaffaf

**Radiation oncologists:** Dr. Jolie Ringash, Dr. jelena lukovic

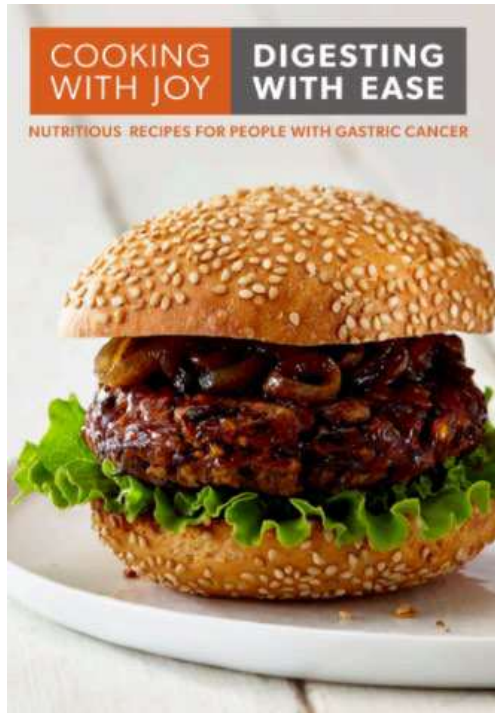
**Psychosocial & upportive care:** Dr. Christian Schulz-Quach (psychiatrist), Dr. Kien Dang (psychiatrist), Emily Barca (MSW), Joanne Siu (MSW), Dr. Camille Rowe (clinical psychologist), Denise Gabrielson (dietitian), Hans Rueffert (Stomachless Chef), Dr. Breffni Hannon (palliative care)

**Genetics:** Dr. Trevor Pugh (Geneticist), Melyssa Aronson (genetic counsellor)

**patients, survivors and caregivers** - sharing lived experiences

- **Goal:** bridge the gap between patients, caregivers, healthcare professionals and research
- In-person and virtual
- International speakers
- Topics have included psycho-social, nutrition, genetics, fertility

# EDUCATION - Series & Website Resources

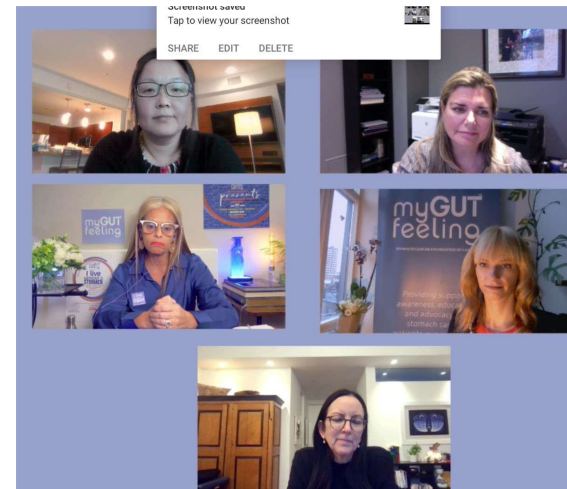
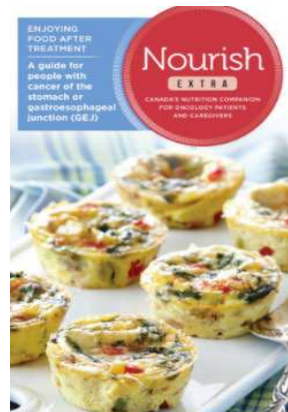
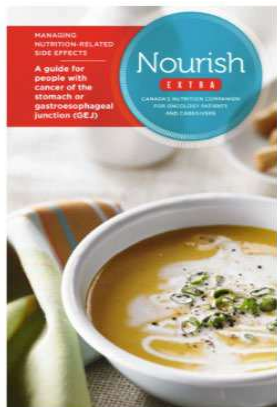


## Ongoing Trials



## QUESTIONS FOR YOUR HEALTHCARE TEAM INITIAL VISIT QUESTIONS

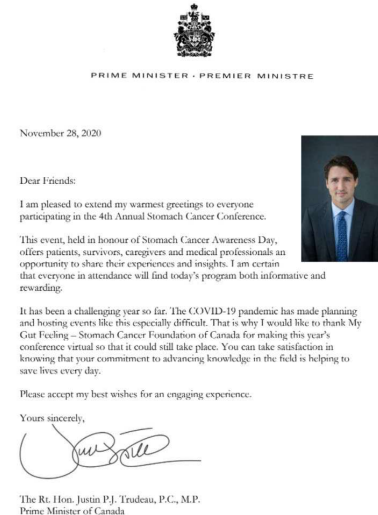
- ❑ **Can you determine the stage of my cancer at this time? What further tests are needed for staging?**  
-Rationale: oftentimes staging cannot be determined from a CT scan alone, further testing may be needed for the most accurate diagnosis which will guide treatment decisions.
- ❑ **Has the cancer spread (or "metastasized")? Where has it spread to? How does it change the treatment plan?**  
-Rationale: cancer can spread locally or distantly. Local spread infiltrates tissues near the stomach (e.g. the lymph nodes), distant metastasis means that the cancer has spread to distant organs (e.g. the liver). The degree of spread can affect treatment options
- ❑ **How much experience do you have in treating stomach cancer?**  
-Rationale: This is an important question to ask your healthcare team and particularly your surgeon. An experienced healthcare team will improve the quality of your care. It is important to be your own advocate and request care from a qualified team. Please note that in more remote areas, your team may have limited experience in treating stomach cancer. It is up to you as the patient to decide how to proceed. For example, a technically skilled surgeon can improve your survival but to get access to this surgeon you may have to travel or wait on a wait list.
- ❑ **Do I qualify for surgery? Is the goal of surgery curative or palliative?**  
-Rationale: patients with early stage stomach cancer may be eligible for stomach removal surgery, called a gastrectomy. Later stage patients may need to get "neo-adjuvant chemotherapy" which is chemotherapy given before surgery to try to shrink the tumor size. Palliative surgery may be needed to remove a tumor that is causing symptoms.
- ❑ **Will I need to stay in the hospital during/after my treatment? How should I prepare for hospitalization? How long do I need to stay? How can I arrange home care?**  
-Rationale: Certain treatments may require hospitalization. Some hospitalization may be planned (e.g. after surgery), whereas other hospitalization may be unplanned (e.g. complications). Home care may be arranged in certain instances.





# ADVOCACY

- **pCODR** (pan-Canadian Oncology Drug Review) and **CADTH** (Canadian Agency for Drugs and Technologies in Health) - patient input advocating for drug approval
- **Government** - recognized by several members of the Canadian parliament including by Prime Minister Justin Trudeau, mayor John Tory, and premier Doug Ford
- **Partnerships** - e.g. Debbie's Dream Foundation, Vivre Senza Stomaco, Canadian Gastric Cancer Association, Canadian Cancer Survivor Network, Gastric Cancer Alliance, etc.), CCRAN, GI Cancer Alliance
- **Conferences** - International Gastric Cancer Congress Upper GI Congress, Gastrointestinal Cancer Consensus Conferences American Society of Clinical Oncology, Canadian Gastric Cancer Association.



## Proclamation

### Stomach Cancer Awareness Day

November 30, 2023

WHEREAS an estimated 4,200 Canadians will be diagnosed with stomach cancer this year. While the exact causes of stomach cancer are not yet known, some factors such as diet, heavy consumption of alcohol, cigarette smoke, chronic occupational exposure to cancer-causing chemicals, and genetics can increase your risk of being diagnosed with stomach cancer.

It is important that we raise awareness of this disease in the hopes of encouraging people to understand the risk factors, notice signs and symptoms that may lead to an early diagnosis and effective treatment options, and to consult a doctor if they feel unwell.

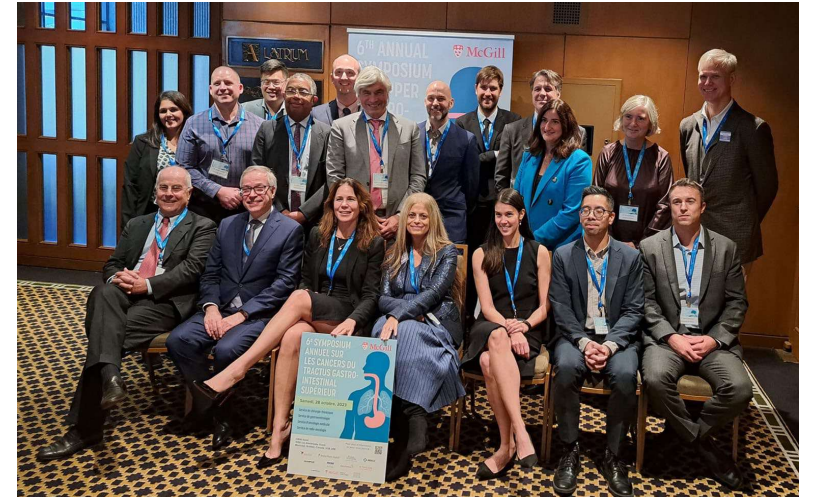
The City gratefully acknowledges organizations that help raise awareness of diseases and conditions that impact our residents, while offering them supports to live with these diseases.

NOW THEREFORE, I, Mayor Olivia Chow, on behalf of Toronto City Council, do hereby proclaim November 30, 2023, as "Stomach Cancer Awareness Day" in the City of Toronto.



  
Olivia Chow  
Mayor of Toronto

The Office of the Mayor, Toronto City Hall, 100 Queen Street West, 2<sup>nd</sup> Floor



# RESEARCH & ADVOCACY

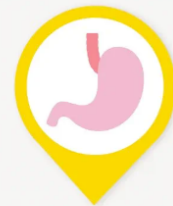


## Current Projects:

- 1) **CCS Grant - Impact of Nutritional sTatus and micronutriEnts in patients with Gastric cancer: a study to Raise survival And quality of Life (INTEGRAL)** - Dr. Natalie Coburn, Brezden, Elimova et al. - \$ 1.4 million
- 2) **CCS Grant - Identifying causes treatment resistance in esophageal cancer and identify new methods and treatment options** - Dr. Lorenzo Ferri, Jon Yeung et al. - \$7.5 million
- 3) **CCS Grant - cfDNA in Hereditary And High-Risk Malignancies (CHARM) study** - Dr. Trevor Pugh, Melyssa Aronson, et al. - \$ 7.5 million
- 4) **CIHR - GA4 randomized phase II study of ramucirumab and paclitaxel +/- zanidatamab in HER2 overexpressing advanced gastroesophageal adenocarcinoma.** - Dr. Elimova et al. - \$3.8 million
- 5) **CIHR - TEAM cancer prediction tool** - Dr. Natalie Coburn - \$2 million
- 6) **STrOmal ReprograMing (STORMing Cancer) Provides New Directions to Prevent and Revert Chronic Inflammation** - Dr. Thea Tlsty, Ferri et al. - \$34 million



Canadian  
Cancer  
Society



**Engaging patients in improving nutrition for people with stomach cancer**



**Tailoring treatments for people with esophageal cancer**



**Engaging people with gene mutations to detect cancer earlier with a blood test**



# ADVOCACY - Drug access/QI publications

*CADTH (Canada's Drug and Health Technology Agency) & pCODR (pan-Canadian Oncology Drug Review): Patient input submitted by My Gut Feeling helped approve Nivolumab and Pembrolizumab for the following indications in Canada:*

- 1) **Nivolumab** - adjuvant esophageal/GEJ cancer following prior neoadjuvant chemoradiotherapy (CRT).
- 2) **Nivolumab** + chemotherapy - metastatic gastric, GEJ or esophageal adenocarcinoma.
- 3) **Pembrolizumab** - locally advanced unresectable or metastatic, carcinoma of the esophagus or HER-2 negative gastroesophageal junction adenocarcinoma in combination with platinum and fluoropyrimidine based chemotherapy, in adult patients
- 4) **Pembrolizumab + Trastuzumab** + chemo in HER2 positive GEC
- 5) **Lonsurf** in patients with metastatic gastric cancer or adenocarcinoma of the gastroesophageal junction, who have been previously treated with at least two prior lines of chemotherapy
- 6) **Trastuzumab Deruxtecan** in HER-2 positive GEC

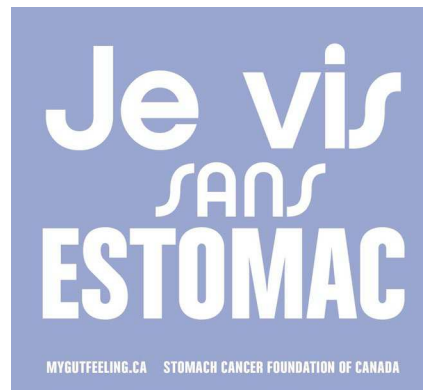
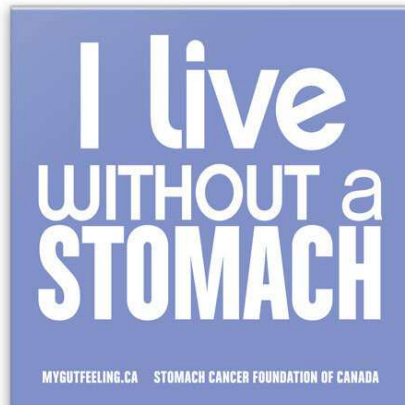
## Recent publications/research involvement:

- 1) Barriers and unequal access to timely molecular testing results: addressing the inequalities in cancer care delays across Canada
- 2) Social Determinants of health and health disparities in GEC
- 3) Patient-Reported Symptoms in Metastatic Gastric Cancer Patients in the Last 6 Months of Life
- 4) A prospective evaluation of patient-physician concordance and satisfaction following the initial medical oncology consultation.
- 5) Enabling shared decision-making and improving outcomes in patients with gastrointestinal malignancies: Applications of predictive analytics for personalized care
- 6) Novel patient-centred outcome in cancer care, days at home: a scoping review protocol
- 7) De novo metastatic versus recurrent gastroesophageal cancers: a single centre retrospective analysis

# Advocacy through Patient Empowerment

## I live without a stomach pin

- Empowerment pin being worn with pride since 2019
- Available in 4 different languages (English, French, Italian and Spanish); soon to be in Mandarin and Cantonese for patients and survivors living without a stomach to show strength



# AWARENESS DAY - Nov 30th

## #thePowerofPeriwinkle



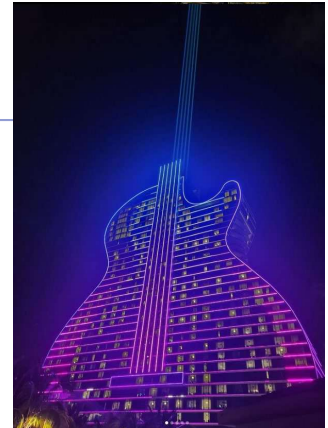
It all started in 2017 with **6** landmarks in **Canada**



In 2023, over **170** landmarks illuminated **internationally!**

To partner with us in this incredible event: [info@mygutfeeling.ca](mailto:info@mygutfeeling.ca)

# **AWARENESS** - Nov 30th is Stomach Cancer Awareness Day (#powerofperiwinkle)



YOU ARE NOT  
**ALONE**

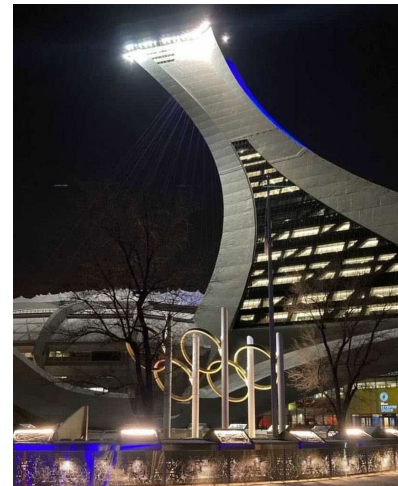
I live  
WITHOUT a  
**STOMACH**

MYGUTFEELING.CA STOMACH CANCER FOUNDATION OF CANADA



# **AWARENESS** - Nov 30th is Stomach Cancer Awareness Day (*#thepowerofperiwinkle*)

---



# Thank you for your attention!

## Questions?



**Partner  
with us**

[www.mygutfeeling.ca](http://www.mygutfeeling.ca)  
[info@mygutfeeling.ca](mailto:info@mygutfeeling.ca)  
[e.kosyachkova@mygutfeeling.ca](mailto:e.kosyachkova@mygutfeeling.ca)

**myGUT<sup>TM</sup>  
feeling**  
STOMACH CANCER FOUNDATION OF CANADA