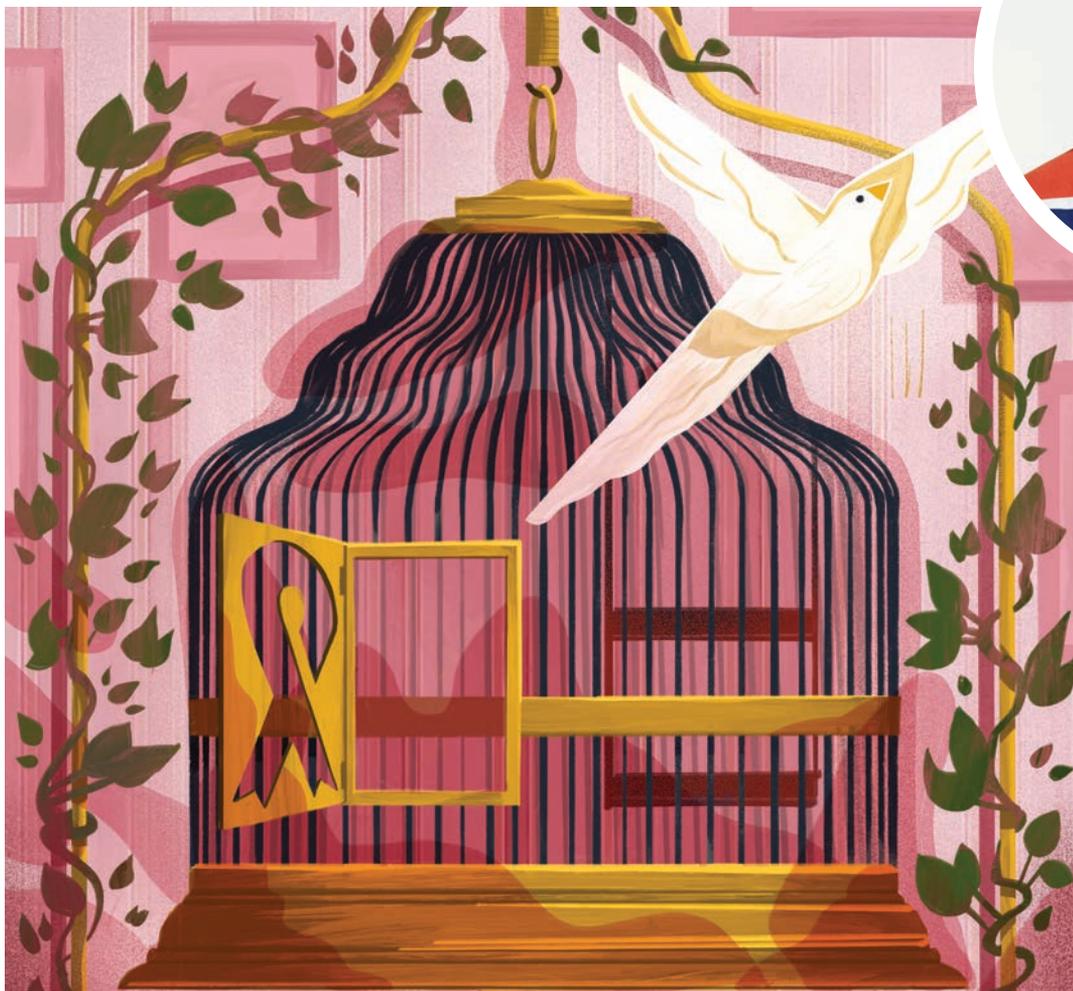


# CONTENTS



32

## 29 HAVE BIKE, WILL RIDE

We take a look back at the 2020 Virtual Ride.

## 30 LIVING WITH CANCER

Randy Thompson has found meaning and hope through sharing his cancer journey with others.

## 32 RESEARCH ROCKSTAR

Dr. John Lewis is leading a variety of clinical trials that promise game-changing treatment options for cancer patients.

## 35 MY LEAP

Team Vermilion may come from a small town, but this team of six has donated big for the Enbridge Ride to Conquer Cancer.

## 36 TRUE CALLING

Social worker Tricia Hutchison practices care and compassion in all aspects of her role.

## 39 IMPACT

Artist Rahmaan Hameed shares the story behind his painting Chadwick Forever.

## 40 WHY I DONATE

Meet Gelaine Pearman, a member of the Alberta Cancer Foundation's Board of Trustees and a passionate fundraiser.

## 42 GAME CHANGER

Through its drive-in movie event, ENMAX joined forces with the Alberta Cancer Foundation to celebrate its employees and raise funds for Albertans facing cancer.

## FEATURES

### 18 EXPLORING SURVIVORSHIP

For many Albertans facing cancer, their journey doesn't end when treatment does. Cancer survivors and thrivers require specific care and support to help them navigate their new normal, and the Alberta Cancer Foundation helps fund many of these essential resources.

## COLUMNS/DEPARTMENTS



### 6 FRONT LINE

PhD candidate Julie Deleemans investigates the connection between gut health and chemotherapy. Plus, meet a local artist who found inspiration through treatment.

### 11 YOUR DONATION MATTERS

Your donation to the Alberta Cancer Foundation supports Albertans facing cancer during COVID-19.

### 12 WORKOUT

Hit the road with ease with tips and tricks for how to prepare for a long-distance cycling event.



### 14 FOOD FOCUS

Curious about milk alternatives? We explore the potential benefits and things to consider when swapping out dairy.

### 16 EXPERT ADVICE

Understanding the early warning signs of skin cancer and how to preserve fertility during cancer treatment.