

Hello Pages,

Hope this finds you well. You come highly recommended as the best bookstore in Calgary from my cousin, Melanie Boyd, who is a head librarian at UofC, and a talented writer herself.

I'm a Radiation Oncologist / Associate Professor of Medicine at Dalhousie University who leads a registered Canadian Charity called The Healing and Cancer Foundation ([www.healingandcancer.org](http://www.healingandcancer.org)) I'm partnering with WellspringCalgary ([www.wellspringcalgary.ca](http://www.wellspringcalgary.ca)) to provide a weekend retreat for people affected by cancer on the weekend of June 11-13 in Calgary. On the Thursday June 10 we're organizing a free public talk / video presentation and will be selling a book we recently produced called The Healing Circle (see the attached PDF of the cover). Mike Finch of Self Connection has kindly agreed to sell this book at the public talk on our behalf with the proceeds split between the two charities (Wellspring and HCF).

I'm hoping Pages would consider selling our book on the standard consignment basis, around and beyond this event. We will be organizing an extensive media campaign in Calgary like the one we had here in Halifax (see <http://thechronicleherald.ca/Opinion/1180706.html> for a local newspaper article). Bottom line is the book is receiving rave reviews and I believe can help many people affected by cancer. So your support in getting to others would be invaluable.

If you're interested at looking at our book, Melanie could drop off a copy. Thanks for the consideration.

Have a great day! robr

Dr. Rob Rutledge, MD, FRCPC  
Radiation Oncologist, Nova Scotia Cancer Centre  
Chair and CEO, Healing and Cancer Foundation  
Associate Professor, Dalhousie University

<http://thechronicleherald.ca/Opinion/1180706.html>

There is surely no place more in need of the steady skills and healing heart of Dr. Rob Rutledge than Nova Scotia.

The radiation oncologist with the Capital district health authority's cancer-care program brings not only much-needed technical skills for Nova Scotians facing a cancer diagnosis, but also a refreshing program aimed at empowering patients to help them deal with their illness.

The province has the highest cancer rates in Canada.

About 8,400 Nova Scotians are diagnosed with cancer each year and as many as 28,000 are living with an invasive cancer, says Cancer Care Nova Scotia. Each day, 23 Nova Scotians receive a cancer diagnosis.

Still, amidst all of the "turmoil and chaos" that patients face, it is critical that they find the emotional strength to "still care for yourself and still be able to express your love and compassion in your world, despite being shattered from the cancer diagnosis," Rutledge said in an interview.

Emotional healing can help patients deal with the stresses that come with cancer and can also help to bring about changes that lead to better outcomes, says the associate professor at Dalhousie University's faculty of medicine who came to Nova Scotia in 1996.

Ten years ago, he partnered with psychologist Tim Walker, whom he describes as "an incredibly wise person who has so much to give." They offered their first Skills for Healing weekend retreat for cancer patients and saw "amazing transformations" among the patients.

What began as one small session spread across Canada and beyond. They have conducted 25 retreats and created a non-profit charity, the Healing and Cancer Foundation, to further their projects, which include video materials to help patients who cannot attend retreats.

On Thursday at 7 p.m. in the McCain Building on the Dalhousie campus, they will launch their new book, *The Healing Circle*. It captures the retreat experience, including stories from many cancer patients. It also is aimed at making the benefits of psychological healing available to a wider number of patients.

And Rutledge, who has travelled extensively to conduct retreats, does it all without collecting fees. "I've made zero money from this. . . . That's just how it's going to be."

All profits stay in the foundation "to continue that work and just to help people."

Most people who come to the retreats arrive feeling "kind of shaky," but through an intense three-day program, they find new ways to challenge themselves.

"They discover new relationships and discover strengths in others, see their courage and humanness, then start to see the same strengths in themselves."

The emphasis is on living life fully, "whether you've got two more years or 52 more years," he says.

The retreats are free, but \$50 deposits are requested from patients who can afford it to reduce no-shows. Refunds are provided at the end of the weekend.

About 50 per cent of cancers are preventable, says Cancer Care Nova Scotia. Rutledge says his program encourages better self-care. High cancer rates here should be addressed primarily through prevention, he says.

"The issues are lack of exercise, poor diet and obesity," he says, noting that patient health is generally better as he moves westward across Canada.

"Sorry, but that's the truth." He says "key issues in developing cancer in the first place — exercise, diet, weight maintenance and sleep — in some cancers can . . . make a difference in terms of cure rates."

Rutledge says treating the emotional side of illness is also growing in popularity, but most health-care resources are still, by necessity, directed toward front-line care.

He has treated more than 3,000 patients in Nova Scotia and has recently faced cancer in his family after his mother was diagnosed with a brain tumour.

Rutledge says he cherishes his relationships with his patients.

"They have this amazing perspective on life and see incredible beauty in small things. It's a reminder that life is short and sacred."

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