

PRESS RELEASE

For Immediate Release

Rappelling Down the Château Frontenac to Raise Awareness of a Cancer That Is Too Often Overlooked

Quebec City — On February 12 at 1:30 p.m., Nicolas Bergeron will take on a significant challenge: he will rappel down the Château Frontenac as part of Cholangiocarcinoma Awareness Month, a rare cancer of the bile ducts. World Cholangiocarcinoma Awareness Day is observed annually on February 19.

Originally from the Côte-de-Beaupré region, Nicolas received his diagnosis at the age of 45, after six months of medical uncertainty. During this time, his symptoms were not taken seriously, and some essential tests, including an MRI and screening for the CA 19-9 tumor marker, were not performed promptly.

Cholangiocarcinoma is the second most common liver cancer in Canada, yet it remains poorly understood and receives very little funding for research. The disease is difficult to detect and is often diagnosed late, which, in most cases, makes it incurable and associated with a poor prognosis. Raising awareness remains a crucial challenge, including within the medical community, where this disease is still poorly understood in primary care.

In recent months, Nicolas has been publicly committed to giving voice to the realities faced by patients. He first spoke out in the media last fall to denounce the complexities of accessing primary care for orphaned patients, notably in a column by Mylène Moisan published in *Le Soleil* and on the show *Gravel dans le retour on BLVD*. These public statements helped spark public reflection on the obstacles faced by many patients within the healthcare system and brought to light realities that are often overlooked. His story was also featured in the mini-documentary *Ma dernière Expédition* (My Last Expedition), which recounts a human and symbolic adventure undertaken with his loved ones. Nicolas also acts as an ambassador for OQPAC, an organization that supports people with cancer and their families. He shared his story in an interview on the radio program *Ici Première heure* last January.

Through this symbolic gesture, Nicolas wants to break the silence surrounding cholangiocarcinoma and draw attention to a reality that is too often invisible. He lives with stage 4 metastatic cholangiocarcinoma—an advanced and incurable form of this cancer—where every treatment aims to buy time, preserve quality of life, and delay the inevitable progression of the disease. Through his challenge, he hopes to raise awareness, highlight the urgent need to better recognize symptoms to prevent other patients from being diagnosed too late, and emphasize the urgent need for more research funding to provide real options for those affected by this disease.

“If my action can help raise awareness of this disease and contribute to saving even one life, then it will have immense meaning for me,” explains Nicolas.

Beyond the sporting challenge, this descent aims to bring the community together around a message of hope, solidarity, and awareness.

The media and the public are invited to attend the event.

Event Details

- Location: Château Frontenac, Quebec City
- Date: February 12, 2026
- Time: 1:30 PM

Media Resources

- Interview on Ici Première heure :
<https://www.facebook.com/share/r/1ANiomE9MC/?mibextid=wwXlfr>
- Interview with Gravel on BLVD
<https://youtu.be/ZC2CxK3gVOo?si=ccYzzYm73eky215F>
- Mini-documentary: My Last Expedition
<https://www.icilinfo.ca/article/1247/nicolas-bergeron-marcher-encore-malgre-tout>
<https://youtu.be/y8ypHFMvY6A?si=Q7zk-lu2u2-XKRyw>
- Columns by Mylène Moisan in Le Soleil A Death Announced Too Late
<https://www.lesoleil.com/chroniques/mylene-moisan/2025/10/02/chronique-dune-mort-annoncee-trop-tard-GMSC5BO5IRHKJMA3R3LJYSZQIU/>
- Medical assistance in dying: are you tempted?
<https://www.lesoleil.com/chroniques/mylene-moisan/2025/10/18/laide-medicale-a-mourir-ca-vous-dit-JYOV2YTD6JCCXGUGMKFSFQX774/>
- GoFundMe Campaign
<https://gofund.me/03990438a>

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