

# THE DIGITAL EXAMINER



Number 124 – January 2010

Address changes, comments should be sent to  
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or call 403-455-1916

More information at [www.pccncalgary.org](http://www.pccncalgary.org)



PCCN Calgary is celebrating its 15th birthday this year. Recently the board of directors met for a planning session to explore where we were and where we needed to go. In addition, over 150 people responded to the survey we sent

out in November. This survey offers you the opportunity to tell us how we are doing and to update your information on our database. If you would like the opportunity to complete the survey we have enclosed another copy with a self-addressed envelope. If you have already completed the survey, please accept our thanks.

We take your comments very seriously and we will be incorporating them into our organization during this year. Watch for the changes and let us know what you think.

Karen Whiteman  
Executive Director

## A New Feature: One Man's Story

*Get Your Ass Down There*  
by Vic Germaniuk

"This commentary is based around my own personal journey with prostate cancer.

Of the number of priorities that I have learned since the disease, this would be the utmost. If you care about yourself and

others who are in your life, get your ass down to the doctor and have regular checkups.

Having gone through this now, I think the most bizarre part about having prostate cancer is feeling so good and physically fit. I am slim, I happen to be a hard working guy who actually enjoys work, I do not smoke, 36 years as a vegetarian, I haven't drank coffee in about thirty years, my alcohol intake amounts to about four bottles of beer per year. I am quite an active cyclist, kayaker, cross country skier, climber and hiker, snowshoer, and love to do landscaping where I can push boulders around for hours. After working the usual nine or ten hour day in my woodworking shop, I would have my typical large supper and continue to cycle or canoe until dark. I felt so good that I could hardly wait to do it again the next day and the next. But what I didn't know was that my prostate was slowly being eaten away by cancer, while I felt so strong and healthy. How could this be, you ask? Wake brothers, this is cancer.

When a man contracts this disease and does not get regular checkups, he will go on with his usual routine for many years feeling quite healthy, happy and content, thinking that life is so wonderful.

One day he wakes up and there are signs of fatigue, sluggishness and maybe blood in the urine. At that point the chances are great that the cancer may have spread too far and his life may be over very shortly.

By taking an apathetic approach to regular medical check-ups, seems to me like

PCCN Calgary's  
next

monthly meeting  
will be held at

7:30 PM on Tuesday  
January 12, 2010

In the auditorium at  
Foothills Hospital

Our speaker

will be Calgary dietitian and nutritionist-

**Samara**

**Felesky-Hunt**

"Nutrition and wellness are synonymous. When our nutritional intake is not meeting our individual needs, the body wears down."

**Women and Prostate Cancer (WAPC) and Men's Peer Group meetings will be held:**

**Tuesday January 19, 2010 at Wellspring  
1404 Home Road NW  
@ 7:30 PM**

**and  
Tuesday January 26, 2010 at  
South Calgary Health Centre  
31 Sunpark Pl. SE  
@7:30PM**

**No pre-registration required-  
Free parking at both locations**

a sort of death wish suicide mission that some people are on. Do they care so little about themselves, their family and their friends that they would sooner die?

For days I watched my dad die slowly with prostate cancer, yelling and screaming for help while writhing in pain because the cancer had advanced beyond the strongest drug available to relieve his agony. He did not believe in regular check-ups and that was his choice. If I could have asked him whether he had made the right choice, I can only guess what his response would have been.

Early detection for prostate cancer most likely means living another twenty, thirty or forty more good healthy years. If you wish, you can choose to die early and perhaps experience what I witnessed with my dad, but really, if you saw what I did, I think you would change your mind. You have choices. Which one will you choose? One man in seven will get this disease. Think about that for a moment would you? Count how many men you know. It might be twenty-five, thirty-five, or forty. Five or six of them will get prostate cancer. Will it be you? It might be, but, with early detection the recovery may hardly be an issue and you could live on to be a healthy and strong senior watching your grandchildren grow and finally marry.

If I'm scaring you, GOOD. This is my intent. Make an appointment with your doctor right away. Have your prostate checked and your blood work done. In other words, GET YOUR ASS DOWN THERE.

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## **YouTube As Source Of Prostate Cancer Information**

Article Date: 06 Dec 2009

UroToday.com - Half of patients faced with a decision related to prostate cancer (CaP) will use the Internet for information. YouTube is a popular Internet video site with over 100 million viewers daily. Sources and quality of data on sites like YouTube are not disclosed. In the online edition of Urology, Dr. Peter Steinberg and colleagues assessed the accuracy, quality and bias of English language CaP related videos that appear on YouTube.

The authors searched YouTube for videos on PSA testing, radiotherapy, and surgical therapy for CaP. Videos were abstracted if they were ten minutes or less in length and not patient testimonials. Two urology residents analyzed each video's informational and scientific content, rating it as excellent, fair or poor. Bias was graded as for, against, or neutral. Disagreements were arbitrated by a third, more senior urology resident. Cri-

teria were applied as definitions for each of the rating scores. Inter observer agreement was calculated as a kappa score.

A total of 228 videos were found. Of those, 26 on PSA testing, 28 on radiotherapy, and 123 on surgery were excluded primarily due to content unrelated to CaP. This left 14 videos on PSA, 5 on radiotherapy and 32 on surgery for analysis. The need for the senior resident to arbitrate was relatively common. Information content was rated as fair or poor in 73% of all videos and the interobserver agreement was well above that expected by chance alone. Regarding bias, 69% of videos were rated as having bias for surgery, radiotherapy, or PSA testing. No video was biased against treatment or PSA testing. The length of surgery and PSA testing videos correlated with the content. Video length was associated with a bias favoring surgery. The authors conclude that YouTube is not a reliable source of CaP information.

Steinberg PL, Wason S, Stern JM, Deters L, Kowal B, Seigne J

Urology. 2009 Oct 6. (Epub ahead of print)  
doi:10.1016/j.urology.2008.07.059

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## **ProUroCare Medical device monitors prostate cancer**

ProUroCare Medical Inc. is trying to get FDA approval for a device that monitors prostate cancer through 3D images.

By **THOMAS LEE**, Star Tribune  
November 29, 2009 - 4:19 PM

Lifestyle changes only does so much. People will still get cancer and other serious conditions. We need better ways to monitor so we know when treatment is needed and appropriate.

ProUroCare Medical Inc. is doubling down on prostate cancer detection.

The Eden Prairie-based start-up recently filed an application urging the Food and Drug Administration to approve a device that produces low-cost 3D images of the prostate gland. By measuring tissue elasticity, ProUroCare says its device can help doctors perform initial biopsies and then track how the cancer progresses over time.

"Prostate cancer is all about monitoring what happens," said CEO Richard Carlson. "If you make the assumption that you won't die from cancer unless it leaves the [gland], the most important element for treating the patient is to follow the disease over time."

But experts say the company needs large studies that track thousands of patients over years, if not decades, to prove its theory that such long-term "prostate maps" can produce better medical outcomes, a key compo-

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ment to winning reimbursement from Medicare and private payers.

Earlier this year, the New England Journal of Medicine published two separate ongoing studies that suggested digital rectal exams (DREs) and prostate-specific antigen (PSA) blood tests, two of the most common methods doctors use to screen for prostate cancer, did not significantly reduce mortality rates.

"It's not enough to just image the prostate," said Dr. Elizabeth Brown, medical director of Argenta Advisors in Woodbury, a consulting firm that specializes in reimbursement issues. "You have to show meaningful impact on the patient."

### Of hops, prostate cancer, beer, exercise, and coffee

A report presented at a cancer prevention conference in Houston this week suggests that a compound found in hops — xanthohumol — might have activity as a prostate cancer preventive agent.

According to Time magazine, at least some researchers are "enthusiastic" about this new discovery. It has previously been shown that xanthohumol can bind to estrogen receptors, blocking estrogen and potentially helping to prevent breast cancer. Now, early findings in a rat model suggest that xanthohumol may have a similar effect in blocking testosterone and thereby interrupting the development of prostate cancer.



The "New" Prostate Cancer InfoLink emphasizes that this is very early research, and we would need to know a great deal more before we could even consider testing xanthohumol in man. In the meantime, how-

ever, perhaps just one more beer wouldn't hurt!

In other presentations at the same conference, other groups of researchers showed that men with prostate cancer who exercised vigorously for at least 5 hours per week could actually extend their prostate cancer-specific survival, and that men who drank large quantities of coffee each week were at lower risk for prostate cancer than those who drank no coffee.

The problem with the two latter studies, of course, is that they are retrospective, epidemiological analyses, and their ability to draw conclusions with any level of clinical utility is small. However, regular exercise is always a good idea for aging males. It helps to keep you "young" and healthier than a couch potato! Coffee addiction is probably not such a great idea!

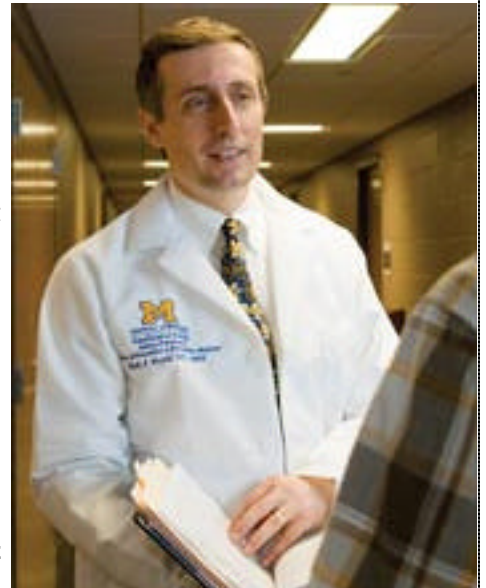
<http://prostatecancerinfolink.net/2009/12/09/of-hops-prostate-cancer-beer-exercise-and-coffee/>

### Thank You Canon Canada

**PCCN Calgary would like to take this opportunity to thank Canon Canada, David Horan and Roy Hermanson for their eight years of printing the Digital Examiner for us free of charge. Your contribution to our organization had been invaluable during our growth period and has helped us to mature and prosper. You have helped us reach our 900+ mailing list and we are truly grateful for your support, encouragement and friendship.**

### Save the date! Tuesday March 2, 2010

Once again, PCCN Calgary is happy to announce an event of interest to all health related groups! After last year's successful presentation with Dr. Robert Buckman, we have invited Dr. Mark Moyad, to speak on "**Fad diets and dietary supplements from A to Z: What Works and What is Worthless?!**"



Mark A. Moyad, MD is the Phil F. Jenkins Director of Preventive & Alternative Medicine at the University of Michigan Medical Center, and a practicing physician. Dr. Moyad is known for his no holds barred presentation that is both educational and very funny.

Dr. Moyad has published hundreds of articles and books and is a speaker in world-wide demand.

**This free event will be held at the Beth Tzedec Synagogue, 1325 Glenmore Trail SW @7:30 PM on Tuesday, March 2, 2010. This will replace our monthly general meeting normally held on the second Tuesday of the month, in this case, March 9th.**



## PCCN Calgary Warriors

The Warriors are a caring and compassionate group, well organized and full of information for those men and their families dealing with advanced prostate cancer. The Warriors serve the very important needs of hormone refractory PCCN Calgary members and all those who have an interest in management of advanced prostate cancer. The Warriors meet on the second Tuesday of each month at 6:14 pm prior to the main PCCN Calgary meeting. Warriors meet just outside the auditorium at Foothills Hospital in room #AGW2. Signs will be posted. Men with advanced prostate cancer, their partners and family members are most welcome to attend. **You will be made welcome!**

For more information call Fred McHenry at 403.282.3920

### Women and Prostate Cancer

(WAPC) and Men's Peer Group meetings will be held:  
Tuesday January 19, 2010 at Wellspring 1404 Home Road NW @ 7:30 PM  
and

Tuesday January 26, 2010 at South Calgary Health Centre  
31 Sunpark Pl. SE @ 7:30 PM

These informal meetings allow women to share their concerns and experiences in a friendly non-threatening environment. Meetings for men are held in separate rooms at both locations.

No pre-registration required- Free parking at both locations  
If you would like more information about either meeting please contact Karen Whiteman at 403.455.1916

#### Officers of the Society:

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## Many thanks to our many friends and supporters!

PCCN Calgary has many generous individuals and companies who support our community work. On behalf of our 900+ members, thank you for your generosity. With your support we will continue our good work in 2010 and onward!

**Newsletter \* General Meetings \* Hospital Visits \* One-On-One visits \* Speakers \* Website**

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