

THE DIGITAL EXAMINER



Number 127 – April 2010

Address changes, comments should be sent to
info@pccncalgary.org or
Call 403-455-1916
www.pccncalgary.org

PCCN Calgary's
next

monthly meet-
ing will be held
at

7:30 PM on
Tuesday

April 13, 2010 in
the Foothills
auditorium in
the Foothills

Hospital.

Our meeting will
feature a video
presentation by
Dr. John Mulhall
entitled:
"Saving your
Sex Life"

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

Tuesday April 20,
2010 at Wellspring
1404 Home Road NW
@ 7:30 PM
and

Tuesday April 27,
2010 at
South Calgary
Health Centre
31 Sunpark Pl. SE
@7:30PM

No pre-registration
required-
Free parking at both
locations

Talk to someone who has been there

Prostate Cancer Affects More Than Just Men

By: Bradley Foster

Sometimes partners overlook their own needs when caring for their husbands. A coach who has counselled many men and women through the ordeal has some advice for the partners of men with PC.

Having experienced prostate cancer first hand I can attest to the shock of the diagnosis, the fear of staring death in the face, the anger of "why me?", the grief of possibly having my life shortened, the sadness of realizing how alone I am facing the uncertainties of treatment and recovery.

Prostate cancer is a disease that affects not only its victims but those close to them. It's a cruel ordeal for men, but it's often made worse for their partners when they refuse to talk about it. Partners experience the same feelings of anger, fear and grief as their husbands, but when men refuse to openly discuss their feelings, their partners also feel helpless, frustrated, resentful and guilty. Unresolved feelings between a couple can seriously impair the communication in their relationship at a time when they need each other the most.

As we know, most men avoid talking about personal issues and even the most willing of us shut up tighter than clams when it has to do with our sexual health. To compensate we men get busy with technical matters and are usually willing to discuss the merits of surgery versus radiation or laparoscopic versus brachytherapy treatments as if we were talking about lawn mowers at Canadian Tire. When hit by the careening bus of irrationality and uncertainty, we retreat to the safety of logic and a rational choice of technology.

So what can you do if your spouse has opted to go through prostate cancer hell without you? Seeing cancer as a challenge to overcome rather than as an insidious disease eating away at your spouse is a good start. My advice is to support yourself and realize that thousands of women in Canada have gone through the same test as you. At times the dark thoughts and feelings can be overwhelming but try to take one day at a time and realize that with time things will become clearer and less uncertain.

Many prostate cancer support groups, (like PCCN Calgary) offer help and advice to the partners of men with prostate cancer. It is important

and advice to the partners of men with prostate cancer. It is important to talk to someone knowledgeable who can help you work through feelings that come up for you. Health care professionals, therapists, coaches, or religious leaders are there to help support you in your time of need. Your doctor or local hospital may also be able to direct you to someone who will listen. Don't think twice to reach out .

Wanted-A Few Good Men and Women

Over the last 15 years PCCN Calgary has grown to be a well-respected organization with a reputation for providing education and support to men and their families dealing with prostate cancer.

- We currently send the Digital Examiner to almost 1000 subscribers.
- We have one general meeting per month, a Warriors meeting and two sets of smaller peer group meetings.
- We promote awareness both of our organization and of the need for early detection at trade fairs, mall displays and at presentations to service clubs and corporations

The next few years promise to be very exciting for PCCN Calgary. In November we created a strategic plan to set out some goals and strategies. The Board of Directors will play a central role in this important work.

We are looking for people who are passionate about our organization and the role we can play in the fight against prostate cancer, enthusiastic and willing to share their story and their time. Please consider putting your name forward as a board member at our Annual General Meeting on May 11.

If you would like more information, please contact Karen Whiteman, Executive Director at karen.whiteman@pccncalgary.org 403-455-1916.

Comparison study of open and laparoscopic surgery found few differences in outcome

MONDAY, Feb. 22 (HealthDay News) -- Results are similar for men with prostate cancer whether they have open surgery or laparoscopic surgery, a new study has found.

Currently, open radical prostatectomy (ORP) is considered the standard treatment but the use of laparoscopic radical prostatectomy (LRP), with or without robotic assistance, is becoming more widespread.

In the new study, researchers at Memorial Sloan-Kettering Cancer Center in New York City compared ORP and LRP outcomes in nearly 6,000 men, age 66 or older, with localized prostate cancer.

After they adjusted for patient and tumor characteristics, the researchers found no differences in the rates of general medical/surgical complications, genital/urinary/bowel complications, or in use of postoperative radiation and/or androgen deprivation.

Patients in the LRP group had a 35 percent shorter hospital stay and a lower rate of bladder neck/urethral obstruction, the study authors noted.

"All men considering radical prostatectomy should be clearly informed about the differences between the two techniques and similarities in their expected outcomes, and make treatment decisions in collaboration with an experienced surgeon," Dr. William T. Lowrance and colleagues wrote in their report, which is published in the Feb. 22 issue of the *Journal of Urology*.

-- Robert Preidt SOURCE: *The Journal of Urology*, news release, Feb. 22, 2010

**Prostaid Calgary Society (Prostate Aid)
 Official Notice of the Annual General
 Meeting
 is hereby given.**

**The meeting will be held:
 Tuesday, May 11, 2010
 7:30 PM
 Foothills Auditorium,
 Foothills Hospital**

**At the meeting the members will be
 asked to:**

**Receive the financial statements of the
 Society for the year ended December
 31, 2009 and the auditor's report on the
 statements;**

Appoint the auditor;

Elect directors;

**Consider and, if deemed fit, approve a
 special resolution to change the name
 of the Society to:**

**Prostate Cancer Canada Network
 Calgary Society (PCCN Calgary)**

**Transact any other business properly
 brought before the meeting.**

**By order of the Board of Directors
 March 17, 2010**

Breast and Prostate Cancer Patients

We want to hear about your treatments

- ✓ Standard Medical Approach
- ✓ Self-Care Choices
- ✓ Complementary or Alternative

**Seeking participants:
 Understanding cancer patients'
 pathways of care**

What is the purpose of the study?

- To better understand which treatment pathways may improve health outcomes

At each 3 months of study participation, you will receive a small honorarium for your time.

You may be eligible for this study if:

- In the past year you were diagnosed, for the first time, with Stage I-III breast or prostate cancer

Participation will involve telephone interviews and easy questionnaires (up to 8 hrs over 1 year)



**Principal Investigator:
 Dr. Marja Verhoef
 Faculty of Medicine**

If you are interested please call Emily at:
 1-866-834-4369 (Toll-free) or in Calgary call (403) 210-8696

Ethics ID: 21902 FINAL

Pathways of Cancer Care Study Please call Emily at (403) 210-8696 or toll-free 1-866-834-4369	Pathways of Cancer Care Study Please call Emily at (403) 210-8696 or toll-free 1-866-834-4369	Pathways of Cancer Care Study Please call Emily at (403) 210-8696 or toll-free 1-866-834-4369	Pathways of Cancer Care Study Please call Emily at (403) 210-8696 or toll-free 1-866-834-4369	Pathways of Cancer Care Study Please call Emily at (403) 210-8696 or toll-free 1-866-834-4369	Pathways of Cancer Care Study Please call Emily at (403) 210-8696 or toll-free 1-866-834-4369	Pathways of Cancer Care Study Please call Emily at (403) 210-8696 or toll-free 1-866-834-4369	Pathways of Cancer Care Study Please call Emily at (403) 210-8696 or toll-free 1-866-834-4369
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“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”
Margaret Mead



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! For more information call Fred McHenry at 403.282.3920

Officers of the Society:
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www.pccncalgary.org

Women and Prostate Cancer
(WAPC) and Men's Peer Group meetings will be held:
Tuesday April 20, 2010 at Wellspring 1404 Home Road NW @ 7:30 PM
and
Tuesday April 27, 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

Many thanks to our many friends and supporters!

PCCN Calgary has many generous individuals and companies who support our community work. We do not get government funding. On behalf of our 900+ members, thank you for your generosity. With your support we will continue our good work in 2010, our fifteenth year, and onward!

Newsletter * General Meetings * One-On-One visits * Speakers * Website

Charitable Number: 86926 1602 RR 0001

Name: _____

Address: _____

City: _____ Postal Code: _____



Please make cheques payable to
Prostaid Calgary Society
(aka PCCN Calgary)
PO Box 72126
RPO Glenmore Landing
T2V 5H9

**Canada Revenue Agency: <http://www.cra-arc.gc.ca/>
or donate online through www.canadhelps.org**