

THE DIGITAL EXAMINER



Number 136 – January 2011
Address changes, comments should be sent to
info@pccncalgary.org or
Call 403-455-1916
www.pccncalgary.org

Our next meeting
will be held on
Tuesday
January 11,
2011

At 7:30PM

Dr. Bryan Donnelly of the Southern Alberta Institute of Urology and Pam Heard, Executive Director of the Prostate Cancer Centre will be our guests.

They will be updating us on their work with Prostate Cancer patients.

Our meetings are held in our new location which features lots of space for socializing and FREE parking behind the building.

The address is 1008-14 St SE and is centrally located in Inglewood. Please join us!

Happy New Year!

President's Message for 2011

I am very excited about what you can expect to see more of in this New Year.

Some of our key goals for 2011 can be summarized as follows:

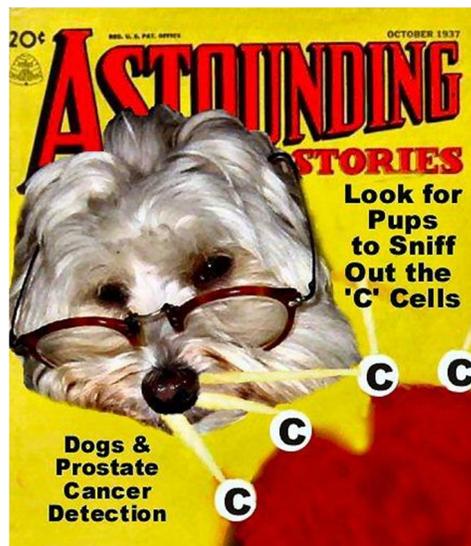
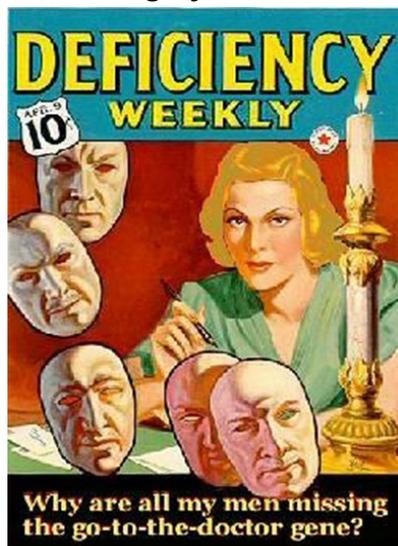
1. Double the average attendance at our monthly meetings
2. Find new corporate partners to sponsor our programs and activities
3. Work closer with other prostate cancer related organizations

With members such as yourself I am confident we will exceed all our expectations. As always we really value the ideas you bring forward.

I encourage you to share your thoughts and help in any way that you can to surpass our goals. By doing so you share in an organization that you can truly be proud to be a member of.

I look forward to conversations you and I may have at future meetings and events and I wish you the very best for 2011.

Jason Bedard, President
PCCN-Calgary



Prostate cancer treatment is put to the test

By PATRICIA ANSTETT
FREE PRESS MEDICAL WRITER

In what a leading doctor hails as a new era of prostate cancer treatment, a Detroit-area man became the first in the world last month to undergo single-dose radiation for prostate cancer, a temporary implantation of a higher dose of radiation with the promise of fewer side effects.

The outpatient procedure was performed on a Beverly Hills man at Beaumont Hospital in Royal Oak on Nov. 29. It is part of a research study by Dr. Alvaro Martinez, chairman of radiation oncology, to chart the effectiveness of the treatment.

Martinez describes it as a new era of prostate cancer treatment in which less is more. Men go home the day of the procedure.

The treatment temporarily places a radioactive pellet the size of a grain of rice into the tumor. The pellet releases radiation when a computerized machine moves it across tiny plastic needles placed in the prostate. Unlike other pellets, or seeds, that are placed in the prostate permanently, the procedure leaves no radioactive material behind, Martinez said.

It also holds the promise of fewer complications associated with other types of radiation and surgery for prostate cancer, he said.

The operation takes three hours to place the pellet, but the radiation treatment is only 15 minutes, Martinez said. The pellet is removed right after the treatment.

Martinez since has treated four other Michigan men. He has devoted the last 18 years of his career to refining methods of brachytherapy – placing radiation inside the body to kill tumour cells. Men with early and intermittent-stage tumours are eligible for the study.

panstett@freepress.com

US FDA Adds Warning to Drugs Used in the Treatment of Prostate Cancer

The U.S. Food and Drug Administration (FDA) has requested that new warnings be added to the labels of gonadotropin-releasing hormone (GnRH) agonists (hormonal therapy drugs used primarily for the treatment of prostate cancer).[1] The warnings would inform patients and healthcare professionals of the potential risks of heart disease and diabetes.

After skin cancer, prostate cancer is the most common form of cancer diagnosed in men. In 2010, more than 217,000 men in the United States will be diagnosed with the disease.

Hormonal therapy for prostate cancer, also known as androgen deprivation therapy, is designed to prevent testosterone from stimulating the growth of hormone-dependent types of prostate cancer. Androgen deprivation can be achieved through the use of medications such as GnRH agonists or by surgically removing the testicles (bilateral orchiectomy).

GnRH agonists include leuprolide (Eligard®, Lupron®, Viadur®), triptorelin (Trelstar®), histrelin (Vantas®), and goserelin (Zoladex®).

In May, the FDA reported that data indicated that patients undergoing treatment with GnRH agonists were at a “small increased risk for diabetes, heart attack, stroke, and sudden death.”

Prostate cancer patients undergoing androgen deprivation therapy may wish to speak with their physician about the risks and benefits of treatment with GnRH agonists.

Reference:

[1] FDA News Release. FDA: Include warnings on risk for class of prostate cancer drugs. October 20, 2010.

YOGA THRIVE Therapeutic Yoga for Cancer Survivors

Are you interested in a 7-week yoga program for cancer survivors (on or off treatment) and your support person? No previous yoga experience is needed. Cost is \$60 per participant. Minimum of 6 people needed to run the class. Registration is required five (5) days prior to the start date .

North West

□ WellSpring

1404 Home Road NW

Tuesdays, 7:30-8:45pm (level 2)

Jan. 18th – Mar. 1st

Saturdays, 9:30-10:45am (level 1)

11:00- 12:15pm (level 2)

Jan. 22nd – Mar. 5th

South East

□ Yoga Dot Calm

3217, 380 Canyon Meadows Dr. SE

Fridays, 12:15-1:30pm (level 1)

Jan. 21st – Mar. 4th

South West

□ Gagne Fitness

2525 Woodview Dr. SW

Saturdays, 1:15-2:30pm (level 1)

Jan. 22nd – March 5th

□ Holy Cross Hospital Gym

2210 – 2nd St. SW

Mondays, 5:00-6:15pm (level 1)

Jan. 17th – Feb. 28th

□ Yoga Studio – Wellington Sq.

#110, 1330 – 15th Ave SW

Mondays, 1:30-2:45pm (level 1)

Jan. 17th – Feb. 28th

Wednesdays, 1:30-2:45pm (level 2)

Jan. 19th – Mar. 2nd

To register for a class please call Campus Recreation (UofC): 403-220-7749

Upcoming Casino!

PCCN Calgary is proud to have been approved for a casino. It will be held on Tuesday April 19 and Wednesday April 20, 2011. This is a wonderful opportunity to raise \$65-70,000 to continue our work. We are looking for 34 volunteers to fill various shifts, both day and night. Please contact Karen at karen.whiteman@pccncalgary.org or 403-455-1916 to book your shift. You do not have

to know anything about casinos or about volunteering at a casino. We have wonderful casino advisors who will help us with all of that.

A Poem From an Oncology Magazine.

Author unknown.

News breaks, my journey begins
Unlike other journeys I can find no map
Confused by networks of roads,
My destination is an unknown

Exhausted by the magnitude of my journey
I enter dark tunnels,
Blinded by the darkness,
The dim light of hope beckons me on.

Supported by those who love me
I feel strength of mind
Held hostage by a weak and trembling body
My eyes open to the essence of life.

My window to life is constrained and small
There is monotony to my view
New landscapes become medical centers
I fear what lies beyond each curve in the road ahead

Crisscrossing roads go in every direction
It is a bumpy road surfaced with many travelers
Stories of mirages, miracles and stark realities
Stories of journeys that end

After many months of unrelenting travel
The road still goes on forever
I recognize that this is an endless journey
This is a journey into my soul.

The Man Van Schedule

Friday January 07, 2011 Calgary Motorcycle Show-
BMO Centre - Stampede Park 6:00pm - 9:00 pm

Saturday January 08, 2011 Calgary Motorcycle Show-
BMO Centre - Stampede Park 1:00 pm - 8:00 pm

Sunday January 09, 2011 Calgary Motorcycle Show-
BMO Centre - Stampede Park 1:00 pm - 4:00 pm

Tuesday January 18, 2011 BSEI Municipal Engineer-
Centre Eight Ten Suite 110-777 10 St NE 11:00 - 2:00

Tuesday January 25, 2011 Ralph McCall School
1505-1 Ave NW -Airdrie 11:00 - 2:00



Officers of the Society:

President

Jason Bedard
403-873-2284
jason.bedard@pccncalgary.org

Past President

Bob Shiell
Bob.shiell@pccncalgary.org

Secretary:

Harry Ripley
403.256.7746
harry.ripley@pccncalgary.org

Treasurer

Daniel Garrison
Daniel.garrison@pccncalgary.org

Executive Director:

Karen Whiteman
403.455.1916
karen.whiteman@pccncalgary.org

www.pccncalgary.org

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 in a separate room at the new location, 1008-14St SE. Signs will be posted. Men with advanced prostate cancer, their partners and family members are most welcome to attend!** For more information call our office at 403-455-1916.

PCCN Calgary Peer Network Meetings

Prostate cancer is often a very personal disease so we are pleased to offer smaller peer group meetings for those who would like to connect with others dealing with the same issues.

Men and women meet in separate rooms at the same

location at 7:30PM

January 18, 2011 at Wellspring 1404 Home Road NW

January 25, 2011 at South Calgary Health Centre-31 Sunpark Plaza SE

Many thanks to our many friends and supporters!

HELP US CONTINUE OUR WORK

Did you know that, if you donate more to registered charities like PCCN Calgary, you have an opportunity to receive a higher tax credit on your income tax return? As part of the Alberta government's Community Spirit Program, an enhanced charitable tax credit will allow you to do just that. Through this tax credit, when the provincial and federal tax credits are combined, Albertans now receive a 50% non-refundable tax credit for every dollar donated over \$200. These credits reduce taxes payable when you complete your annual income tax return.

All tax receipts for the 2010 tax year will be issued by mid-January 2011.

Thanks so much for all of your support. We could not do it without you.



Please make cheques payable to
**Prostate Cancer Canada Network
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**