

Working Towards the Future, Together

More minds put to the task

Prostate cancer has become very top of mind to many Canadians, especially men. This shift in the social conscience is due largely in part to the tireless work of our national partner, Prostate Cancer Canada.

Joining the Canadian battle against prostate cancer is a new foundation out of Vancouver, British Columbia called The Coalition to Cure Prostate Cancer. The nonprofit organization has identified unique strategies to invest in the most promising research programs that generate life-saving results.

Shortly after formation, the Coalition secured \$1 million in donations and began collecting applications from the country's leading prostate cancer researchers.

The Coalition to Cure Prostate Cancer has announced four Young Investigator awards. These competitive research awards are designed to identify, fund and promote innovative research projects within Canada.

The winning Young Investigators were recommended to the Board from the Coalition to Cure Prostate Cancer Scientific Advisory Committee and were approved during a first quarter Coalition Board of Directors meeting. Each Young Investigator recipient receives funding over a three-year period, which is also matched dollar-for-dollar by each recipient's research institution.

This is certainly an organization to watch and one that hopefully Alberta based prostate cancer research can tap into and one that all Canadian prostate cancer organizations can work with hand in hand. 

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Monthly Meeting

Our next monthly meeting will be held at 7:30 PM Tuesday, May 8th, 2012
We meet at
Venu1008
1008 14 Street SE
in Inglewood

Dr. Rutledge: Complete Prostate Cancer Care

Join us for our Annual General Meeting followed by a video presentation of Dr. Rob Rutledge on Complete Prostate Cancer Care: How to integrate the best of conventional and complementary medicine. See Dr. Rutledge's Bio on the back page of this newsletter.



President's Notes

You may have noticed that this week's column is titled the President's Notes. Jason Bedard who normally writes this column has chosen to step down from his position as our Executive Director and pursue other opportunities.

On behalf of the board of directors I would like to thank Jason for all the great work he has done over the last year and to wish him all the best on his future endeavors. I would also like to thank him for all the help while serving on the board.

Bob Shiell has taken over the position as Executive Director. Bob is a long time member of this support group and held the position of President for 10 years. He was managing director of the Prostate Cancer Canada Network and a vice-president of Prostate Cancer Canada for two years, he retired from these positions last year. His skills and knowledge related to the prostate cancer community have been, and will be, greatly appreciated.

With a new Executive Director there will likely be some changes in the Digital Examiner as everyone has their own individual style. Not to worry it will continue to be the great newsletter it has always been.

On a different topic I would like invite everyone to the upcoming AGM to be held on our usual second Tuesday of the month (May 8th). Don't let the AGM deter you as this will only be a short portion of the meeting. We will still have a DVD presentation by Dr. Rutledge entitled "Complete Prostate Cancer Care".

In addition to our regular meeting on June 12th we will also have an additional meeting on the evening of Monday, June 25. Our special guest will be Dr. Mark Moyad. Mark is Director of Preventive and Alternative Medicine at the University of Michigan Medical Center. He is the author of over 100 articles and 5 books, and, arguably, no doctor has educated more physician

and health-care professionals around the world on the subject of diet and dietary supplements. The last time Mark spoke to us in Calgary we attracted over 400. Hold the evening of June 25th and stay tuned for more information. You do not want to miss this return presentation by Dr. Mark Moyad!

That's it for now I hope to see you at the May meeting. In the meantime enjoy the spring weather.



Willem Smink
President
Prostate Cancer Canada Network Calgary

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CALL FOR VOLUNTEERS

We are looking for volunteers to join us at two upcoming events. Those who have volunteered with us before know that we treat our volunteers very well and ensure everyone enjoys their time.

2012 Annual Show & Shine

Sunday, July 1, 2012

10AM to 3PM

Parking Lot of the Gray Eagle Casino

Needed: Registration table, Ticket sellers, Vendor booking. Contact Ron Gorham: rongor@shaw.ca

Casino Fundraiser Nights

September 27th & 28th

Stampede Casino

Various shifts available

Needed: Chip runners, Count room, Cashiers room. No previous experience necessary. This really is a fun evening spent with fellow members that also raises significant funding for our ongoing activities and programs. Contact Bob Shiell: 403-455-1916 or bob.shiell@pccncalgary.org

Friends of The Digital Examiner

This monthly publication is made possible by the kind generosity of donations from caring businesses and people like you.

Our monthly costs related to this newsletter include printing, postage, design, and editorial.

If you or your business are interested in becoming a friend of Prostate Cancer Canada Network Calgary you can support the Digital Examiner through donation. Just **write The Digital Examiner in the memo line** of your donation made **payable to Prostate Cancer Canada Network Calgary**. Your donation will be dedicated directly to this publication.

A Special Thank You

Prostate Cancer Canada Network Calgary would like to extend a warm thank you to Keri Adams.

Keri was the speaker at our April monthly meeting and presented an informative talk on Nutrition & Eating Healthy. A very well received presentation and a great discussion following.

If you missed her presentation you can watch it on our website at pccncalgary.org.

Keri is a private practitioner and if you would like to learn more about the services Keri offers please feel free to visit her website at

www.ingoodhealth.ca

Did you know there is an online group for prostate cancer survivors?

This group allows men from all across Canada to connect, learn, and share.

There are sub-groups for discussions on subjects such as Incontinence, Hormone Therapy, and more.

Chat with other live, or leave questions for others to answer.

See what you are missing at prostatecancercanada.ning.com

Upcoming Events

2nd Tuesday - May 8th

5:00pm - Pre-meeting Dinner Get-together

Salt & Pepper Restaurant - 1413 9th Avenue SE

Join fellow members for a pre-meeting social time, good food and drink at the Salt & Pepper Restaurante Mexicano. The restaurant is only a very short walk from Venu1008 where we hold our monthly meeting.

6:00pm - PCCN Calgary Warriors

Venue1008 - 1008 - 14Street SE

For those men and their families dealing with advanced prostate cancer we have the Calgary Warriors. The Warriors are a caring and compassionate group, well organized and full of information. The Warriors serve the very important needs of hormone refractory and all those who have an interest in management of advanced prostate cancer.

6:30pm - Active Surveillance Group

Venue1008 - 1008 - 14Street SE

Men under active surveillance often have a whole set of questions and fears often not well addressed. This group will give men the opportunity to learn from others who chose the same course for managing their prostate cancer. If you are under active surveillance, or if you are deciding on treatment and active surveillance is an option, this group is for you.

7:30pm - Our May Monthly Meeting

Venu1008 - 1008 - 14 Street SE

Dr. Rutledge: Complete Prostate Cancer Care

Join us for our Annual General Meeting followed by a video presentation of Dr. Rob Rutledge on Complete Prostate Cancer Care: How to integrate the best of conventional and complementary medicine.

Speaker Bio

Dr. Rob Rutledge, MD, FRCPC

Dr. Rob Rutledge is a Radiation Oncologist in Halifax, Nova Scotia, specializing in breast, prostate and pediatric cancers. He is also an Associate Professor in the Faculty of Medicine at Dalhousie University.

In 1999, Rob co-created the 'Skills for Healing' Cancer Weekend Retreats. These weekend support groups teach a powerful and integrated approach to the cancer diagnosis and ways to heal at levels of body, mind and spirit. To date, more than 1,200 people have attended the retreats in over 20 cities across Canada and abroad.

Rob also leads the Healing and Cancer Foundation, a Registered Charity, that freely offers educational videos, documentaries, and webcasting seminars - and he is co-author of a book called The Healing Circle, which captures the teachings and inspirational stories from the weekend retreats.

In 2010, Rob received Cancer Care Nova Scotia's Award for Excellence in Patient Care and, in 2006 Doctors Nova Scotia presented him with the Health Promotion Award in recognition of his contribution to physician health and health promotion in cancer patients.



GETCHECKED.CA

The ManVan™ is a valuable resource offered by the Prostate Cancer Centre to



provide on-site free baseline PSA blood tests for men over 40. The ManVan™ makes appearances at select events, but can also be found around the community each month. For the current schedule please visit GETCHECKED.CA