

THE DIGITAL EXAMINER

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IT'S OUR TIME.

Local information and personal support for those diagnosed with prostate cancer.



Contact
pccncalgary.org

A new meeting place

After much consideration and research the directors of PCCN Calgary have decided to change the location of our monthly meetings.

Starting **November 13, 2012** all future meetings will be held at KERBY CENTRE, 1133—7th Ave. SW.



Kerby Centre offers many advantages including a much lower rental rate, lots of free parking, LRT access at the door, on-site food services, rooms that accommodate 10 to 500 and a warm, hospitable atmosphere.

We look forward to welcoming you to our new home in **November**.

Our October 9th meeting will be the last at venu1008.

Thank You Janssen

PCCN Calgary acknowledges and thanks Janssen for a recent generous donation that will help us provide awareness, education and support for those with prostate cancer.



Movember is near!

It's that time of year... you can probably feel it already. Upper lips tingling, gentlemanly conduct abound, Movember approaches and the website is live for registration. Last year, Canadians showed true dedication and pride with over 254,000 Mo Bros and Mo Sistas participating. Together we raised \$42 million, making Canada the top fundraising nation in the world. Making us proud Canada! Those funds go towards programs run directly by Movember and our men's health partner, Prostate Cancer Canada, in the areas of prostate cancer awareness and education, survivorship and research.

Over the past two years, Movember has paid homage to the Modern Gentleman and Country Gentleman, exploring his appreciation and penchant for luxury items, etiquette, craftsmanship, pride and honour. In 2012, we are getting down to the raw hard truths of the past two years and taking a look, quite simply, at what it

Our next meeting is
Tuesday October 9 at venu1008 1008 14th St SE

Dr. Eric Hyndman will discuss Active Surveillance at 7:30 PM

Warriors and Active Surveillance groups meet at 6:30 PM

"Information you can use, free parking, refreshments, peer-to-peer support and fellowship."

Thanks West Canadian for your support in printing and distributing the Digital Examiner.



PCCN Calgary meets on the second Tuesday of the month, every month.

means to be a better man. 2012 is the year of Movember & Sons.

Knowledge shared from one generation to the next and wisdom passed down by one's dad or father figure, plays a meaningful role in shaping who we become. This learning continues throughout life, but also reaches a point at which the exchange is reversed and insight is passed back up the chain.

The collective knowledge of generations gives us great power to avoid mistakes of the past, plan thoughtfully for the future and to become the best version of one's self.

This Movember, we will encourage all men to seek and share knowledge and wisdom with loved ones, to learn their family health history and predispositions and to understand the risks they face. These simple actions can have a significant impact of the quality and longevity of your journey through this life. Last year, Movember had its most successful year to date with over 850,000 Mo Bros and Mo Sistas across the globe raising a phenomenal \$CAD 125.7 million for prostate cancer. The hairy movement will continue to grow in 2012, as 21 countries across five continents unite to have an everlasting impact on the face of men's health.

Knowledge is power; the time to learn and grow is now.

<https://www.movember.com/ca/register/>

New hope for Advanced PCa

Sanofi is pleased to announce that the provinces of Alberta, Saskatchewan and Ontario have listed JEV-TANATM (cabazitaxel) on their provincial formulary so that it is now eligible for reimbursement for patients with advanced prostate cancer. JEV-TANATM (cabazitaxel) is indicated as a second line treatment of castration resistant (hormone refractory) metastatic prostate cancer (mHRPC) in combination with prednisone in patients who have received prior treatment with a docetaxel containing regimen.

"JEVTANA fills a critical treatment gap, since it is the novel treatment approved for patients with this stage of metastatic hormone-refractory prostate cancer. The ability to access JEV-TANA and to know that Alberta, Saskatchewan and Ontario are funding the treatment is

a major gain for men dealing with the disease and their families," said Dr. Stan Glezer, Vice President of Evidence, Value and Access. "Sanofi is strongly committed to bringing new innovative therapies to the cancer community and to working in cooperation with the provincial health agencies to demonstrate the value of medicine the patients and for the increasing the sustainability of the healthcare system."

The combination of Jevtana and prednisone is the first and only chemotherapy to have shown a significant survival benefit for men with mHRPC previously treated with a docetaxel-containing regimen.

Intermittent ADT

The Canadian Cancer Society has posted a release in reaction to findings from a Canadian study published in this week's issue of the NEJM. The NCIC Clinical Trials Group-led study concluded that men with prostate cancer who are treated with intermittent courses of androgen-suppressing therapy will live as long as those receiving continuous therapy. The study further concluded that men may also experience greater quality of life with fewer side effects from continuous exposure to androgen-suppressing therapy.

Dr Juanita Crook, principal investigator and radiation oncologist with the BC Cancer Agency, comments, "We have known since the mid-1990's that androgen-suppressive therapy could be used in an interrupted fashion, but we didn't know until now that men were not sacrificing length of life in the hopes of having a better quality of life. The results of this trial will change the standard of care." Dr. Crook co-led the study with Dr Laurence Klotz, a clinical urologist at Toronto's Sunnybrook Health Sciences Centre.

Patients in the trial were randomized into 2 different groups: a control group received slow-release injections of an LHRH blocker. Injections of the drug were given every 3 months and lasted for 3 months to provide continuous suppression of testosterone. The experimental group received the same drug but in treatment cycles that were 8 months long, interrupted for extended "drug holidays" lasting several months to years.

Our meetings feature medical speakers and peer to peer interaction. Join us!

These men were monitored every 2 months using the PSA test. If a patient's PSA levels rose while off treatment, he would then resume treatment with the LHRH blocker for another 8-month cycle until his PSA levels dropped again, and so on.

The follow-up period of the trial was stopped early because a planned mid-trial analysis, reviewed by an independent data and safety monitoring committee, "unequivocally demonstrated no difference in survival outcome between the two groups of men."

Intermittent ADT

Hash House Harriers



Harrier's Bob Mathison and PCCNC president Willem Smink at a special cheque presentation.

PCCN Calgary received a very generous donation of \$5,500 from Calgary's **Hash House Harriers**.

The Hash House Harriers, a drinking club with a running problem, was started in 1938 in Kuala Lumpur, Malaysia. Their original meeting place was in a hash house or restaurant and they were harriers or runners, hence the name of the club.

Today, clubs exist in almost every major city around the world. The idea of "hashing" is based on the old British game of Hare and Hounds. It includes both runners and non-runners gathering for a short fun run which consists of a trail with false leads, double backs, branch offs and shortcuts which keeps everyone together in one confused pack until they all meet later for a few beers and socializing.

The Calgary Hash House Harriers was founded in 1983 and is the oldest hash in Canada. They meet every Monday evening at 7 pm for a bit of exercise, a few beers and a lot of laughs. To find out more about this group, check them out at www.onon.org.

We thank the Hash House Harriers most sincerely for their donation.

It's generous donations from organizations like this, from individual donors and like minded businesses that allow us to continue our outreach and educational programs.



The **Calgary Real Estate Board (CREB)** is awarding 25 difference charities a \$25,000 grant each .

Your support group, PCCN Calgary has successfully completed the submission requirements and will be competing for a \$25,000 grant, to be awarded at the CREB Holiday Luncheon on December 13th.

The catch, the winners will be determined by votes cast by CREB members.

Here's how you can help PCCN Calgary be one of the lucky ones to receive a grant.

Get in touch with, and encourage **your realtor** to vote for PCCN Calgary. Each realtor is allowed 10 votes per day and can double that to 20 if they become 'a friend of the foundation'.

The voting period closes at noon Sunday October 21st and the 5 groups with the most votes in each category will be our finalists.

You can get more information at:

<http://cf25for25.creb.com/signin.php>,

Only CREB members are permitted to vote and publish comments.

Please help us be one of the finalists by contacting your realtor and asking them to vote for your support group, PCCN Calgary!



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www.pccncalgary.org

Our October 9th meeting at 730PM welcomes Calgary urologist Dr. Eric Hyndman who will discuss Active Surveillance as a possible option for those newly diagnosed with prostate cancer. Dr. Hyndman's presentation will be followed by a Q and A session and following that, there will be time for interaction between members.

The PCCN Calgary Warriors meet at 6:30 PM as do those interested in Active Surveillance. Both groups meet in separate rooms.

Note that the October 9th meeting will be the last at venu1008. All future meetings will be held at Kerby Centre, 1133—7th Ave. SW

GETCHECKED.CA

The Man Van™ is a valuable resource offered by the Prostate Cancer Centre to provide on-site free baseline PSA blood tests for men over 40. The Man Van™ makes appearances at select events, but can also be found around the community each month. For the current schedule please visit GETCHECKED.CA



Meet Bill Moir, treasurer of PCCN Calgary



I joined PCCNC in 2007. Although I've been very fortunate in not having prostate cancer to date, in 07 my wife's brother was diagnosed with PC which prompted me to learn about the illness and its treatments. In my internet search, I came across (at the time) Prostaid Calgary which I found to be an outstanding organization that provided up-to-date information from leading international researchers and treatment facilities, to a local audience. Since 2007 additional friends (in other provinces) have been diagnosed with PC and I have readily advised them of the value of PCCNC's website (www.pccncalgary.org) to augment the information provided by their care givers.

I am neither an accountant nor a bookkeeper, however, I have taken a number of financial management and accounting courses in various administration programs, and in the absence of someone more qualified with available time and opportunity, I am pleased to serve as PCCNC's Treasurer. To this end, I must thank my predecessor, Merle Richardson, for the excellent tutoring ("and ongoing mentoring, Merle") that she has given me.

I grew up in Montreal and at the age of 17 enlisted in the Royal Canadian Air Force. I was an Air Navigator for the first 18 years of my service, followed by 6 years as a Medical Administrator. In 1984 I took an early retirement to pursue an opportunity as a civilian in Calgary. For the following 22 years I served as a Human Resources and Occupational Health, Safety & Environment Manager with a number of organizations in a variety of industries. I am currently retired and fortunate to have my children, grandchildren and great grandchild living within an hour and a half drive.

I must confess to having been a passive member of PCCNC to date, and have not met many members. I hope to rectify that in future and look forward to meeting many of you.