

Physical Activity & Cancer

Explore a healthier lifestyle at this month's meeting

You are invited to attend our annual Healthier Lifestyle event.

Each spring PCCN Calgary hosts a large event related to healthier living. This event is held in place of our regular monthly meeting and is open to the public.

We bring in experts to share the latest health research and information.

This year we are pleased to present a lineup of speakers from the University of Calgary.

Our speakers include:

Exercise for Surviving and Thriving

Dr. David Smith will discuss the physiology of exercise for cancer survivors. Research conducted in the Faculty of Kinesiology will be highlighted.

Serving Underserved Populations- Building Community Resources

Currently available community programs and resources for all cancer groups will be discussed, and Lauren will cover practical ways to 'Get Moving' so that you can feel empowered to start your own physical activity plan!

Yoga for Cancer Survivors

Mike Mackenzie will discuss the research supporting Yoga as a complementary intervention in cancer care, including current work on potential mechanisms. Local resources for Yoga Thrive will be presented.

Physical activity in cancer prevention and control

Dr. Friedenreich will discuss the research evidence on the role of exercise for breast cancer survivors, including the observational studies linking exercise to survival and the randomized controlled trials of exercise in breast cancer patients. Current recommendations for exercise during treatment will be presented.

Two Thriving Stories

Two thriving survivors will share their stories with you and what they did to beat all odds.

Please save this date and invite your friends. This event is open to everyone and all will find the evening to be interesting and inspirational. Admission is free with a donation to the Food Bank.

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Monthly Meeting

Our next monthly meeting will be held at 7:00 PM

Tuesday April 12, 2011

We will be meeting at

**St. David's United Church
3303 Capitol Hill Cres NW**

Important Notice:

Our April monthly meeting will be held at

St. Davids United Church - 3303 Capitol Hill Cres. NW

This is for the April meeting only and is being held here to handle the larger turn-out for this event. Please also note that we will be starting at 7:00pm.

Our May meeting will be held at our regular location and time.

Jason's Notes

I am really looking forward to our big April event that we are holding in place of our regular monthly meeting. At St. David's United Church we are bringing in some amazing speakers to discuss healthy living and the effect this has on surviving cancer.

I have had the opportunity to meet with a few of the speakers and I am confident you will enjoy their presentations.

I also want to give you the opportunity to volunteer at one of our upcoming booth displays. These are information tables that we setup around Calgary to spread awareness of prostate cancer, and also our organization. If you are interested please contact me. I will promise that your time will not be wasted, and very much appreciated.

With our fast approaching AGM I am looking for some good men and women to join our Board of Directors. Ask any of our current or past directors and they will tell you how much of a joy this is to serve such a great cause.

Yours,

Jason Bedard

President - Prostate Cancer Canada Network Calgary

NOTICE OF ANNUAL GENERAL MEETING

In accordance with Bylaw 10.1 of the Prostate Cancer Canada Network Calgary Society Official Notice of the Annual General Meeting is hereby given.

The meeting will be held:

Tuesday, May 10, 2011

7:30 PM

Fireworks Co-operative

1008 – 14 Street S.E.

At the meeting the members will be asked to:

- Receive the financial statements of the Society for the year ended December 31, 2010 and the auditor's report on the statements.
- Appoint the auditor
- Elect directors
- Transact any other business properly brought before the meeting.

By order of the Board of Directors

March 2, 2011

H. E. Ripley, Secretary, PCCN Calgary

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The Digital Examiner

a publication of

Prostate Cancer

Canada Network Calgary

www.pccncalgary.org

CRA Charitable Number: 869261602RR0001

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Contact Jason Bedard to subscribe, to provide comments, suggestions, and editorial ideas.

In The News

PSA Velocity No Help for Predicting

Prostate Cancer - Findings from Memorial Sloan-Kettering Cancer Center researchers find PSA velocity that is commonly used in conjunction with a standard PSA test is no help for predicting prostate cancer. The researchers suggest guidelines for prostate cancer risk based on how fast PSA rises should be removed from screening guidelines. PSA velocity measurement leads to unnecessary anxiety and biopsies.

PSA velocity determines how rapidly prostate specific antigen levels are rising, but can also lead to overdiagnosis, unnecessary biopsies, treatment and anxiety for men.

Researchers studied more than 5000 men who were part of the Prostate Cancer Prevention Trial. The men were over age 55, had baseline PSA levels of 3.0 (normal is <3.0) and without previous history of prostate cancer. The men were either given a placebo or the drug finasteride used to treat benign prostate hypertrophy (BPH) for seven years.

Andrew Vickers, PhD, Associate Attending Research Methodologist in the Department of Epidemiology and Biostatistics who led the study said, "We have found no evidence to support the recommendation that men with a high PSA velocity should be biopsied in the absence of other indications. In other words, if a man's PSA has risen rapidly in recent years, there is no cause for concern if his total PSA level is still low and his clinical exam is normal."

The National Cancer Center Network and the American Urological Association recommend that men with a rapid rise in PSA, undergo surgical biopsy for prostate cancer, even when the prostate gland is not palpably enlarged and PSA levels are not above normal.

The study shows PSA velocity is not a good predictor of prostate cancer. Based on the findings, the researchers say it should not be a determinant for treatment.

<http://www.emaxhealth.com/1020/psa-velocity-no-help-predicting-prostate-cancer>

Avodart May Slow Prostate Cancer

Growth - Among men who choose active surveillance for early-stage prostate cancer, treatment with Avodart® (dutasteride) may slow cancer growth. These results were presented at the 2011 Genitourinary Cancers Symposium.

The management of early prostate cancer may involve

surgery, radiation therapy, or active surveillance (close observation but no treatment until the cancer shows signs of worsening). Because not all prostate cancers are life-threatening, active surveillance allows some men to avoid (or at least delay) the side effects that accompany surgery and radiation therapy.

Avodart is a 5-alpha reductase inhibitor. The 5-alpha reductase enzymes convert testosterone to another hormone known as dihydrotestosterone (DHT). DHT is the most potent male hormone in the prostate. Avodart is currently used to treat benign prostatic hyperplasia (BPH); it has not been approved for the treatment or prevention of prostate cancer. Researchers hypothesize, however, that 5-alpha reductase inhibitors may reduce prostate cancer growth.

To explore whether Avodart slows cancer growth among men who choose active surveillance for early prostate cancer, researchers conducted a study among 302 patients. Men were assigned to receive either Avodart or a placebo for three years. All men had prostate biopsies at the mid-point and end of the study, or as needed.

Men treated with Avodart were less likely to experience cancer progression (a worsening of their cancer): cancer progression occurred in 38% of men in the Avodart group and 49% of men in the placebo group.

Men treated with Avodart were more likely to have a final biopsy that was free of cancer: the biopsy was free of cancer in 36% of men in the Avodart group and 23% of men in the placebo group.

Men in the Avodart group also reported lower levels of prostate cancer-related anxiety.

These results suggest that Avodart may slow prostate cancer growth among men undergoing active surveillance for early disease. It is important for men to remember, however, that Avodart has not been approved for this purpose.

In a prepared statement, the lead researcher for the study said "I'm hoping that these results, showing that men may be able to take a drug that slows the cancer's growth, may allow more men to pursue active surveillance for even longer periods."

Reference: Fleshner N, Lucia MS, Melich K et al. Effect of dutasteride on prostate cancer progression and cancer diagnosis on rebiopsy in the REDEEM active surveillance study. Presented at the fourth annual Genitourinary Cancers Symposium; February 17-19, 2011; Orlando, FL. Abstract 2.

Upcoming Events

April 12, Tuesday

Healthier Lifestyle Event

This meeting is in place of our regular monthly meeting. See the cover article for complete information.

Meeting will be start at 7:00PM

St. David's United Church
3303 Capitol Hill Cres NW

Also on April 12

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.

For April only the Warriors will be meeting in the Steinhauer room of St. David's United Church. 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.

April 22, 2011

Men & Women's 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 April 22,

Meetings are held at both

Wellspring 1404 Home Road NW

and at South Calgary Health Centre-31 Sunpark Plaza SE

Choose the location that works best for you.

May 10, Tuesday

Dr. Richard Baverstock &

PCCN Calgary Annual General Meeting

The meeting will be held at 7:30 PM

Fireworks Co-operative 1008 – 14 Street SE

PCCN Calgary is looking for new directors to serve on our Board of Directors. If you are interested in helping us achieve our goals and being part of a great team, please contact Jason at 403-870-6170, or jason.bedard@pccncalgary.org

vesia: Alberta Bladder Centre

An Innovative, Multidisciplinary Centre Dedicated to Bladder Care will Open its Doors this Fall

Located in the Southern Alberta Institute of Urology at the Rockyview Hospital, vesia: Alberta Bladder Centre officially opened its doors January 2011 as a dedicated centre of excellence expressly established to support the diagnosis, treatment, and education of male and female patients with neurological and non-neurological conditions affecting bladder and voiding function. Male incontinence and the management of male erectile dysfunction with implantable devices will also be a highlight of the new centre. The clinic space will be used for clinical assessments and outpatient urodynamics.

The centre began as the vision of Co-Medical Directors, Dr. Kevin V. Carlson, MD, FRCSC and Dr. Richard J. Baverstock, MD, FRCSC, who saw an opportunity to improve the access, quality and cost of care for this complex group of patients by bringing together a multidisciplinary team of professionals in one place. The team will include urologists, general practitioners, a urogynecologist, a physiotherapist and registered nurses. vesia: Alberta Bladder Centre practitioners also envision a role in educating in the medical community and the population at large about bladder health.

Initial funding to launch the centre came from corporate donations and The Alberta Bladder Foundation will be established in the near future to allow the acceptance of private donations which will be directed to support research and educational initiatives related to bladder function. The Alberta Bladder Centre website (www.vesia.ca) is currently under development and will launched soon.



The Man Van is a valuable resource offered by the Prostate Cancer Center to provide on-site PSA tests to men who have never before been tested. The Man Van makes appearances at select events, but can also be found around the community each month. Below is the current schedule.

Wednesday April 20, 2011 - 11:00 to 2:00

Calgary Police District #1 - 1010-26 AVE SE

Tuesday April 26, 2011 - 11:00 to 2:00

Health Plus - 290 Midpark Way SE

Wednesday April 27, 2011 - 12:00 to 3:00

Health Plus - 290 Midpark Way SE