

Awareness on the Rise

Calgary Leads in Prostate Cancer Awareness

Each month that passes brings increased awareness to prostate cancer, the need for early detection, and the search for a cure. Without question this September was a strong reminder of the support and acknowledgement prostate cancer is receiving. This is very fitting since September was Prostate Cancer Awareness Month.

September began with our regular monthly meeting, except the meeting was not so regular. It was an evening of Gratitude and Celebration in honour of our many friends who do amazing work and allow us to do the work we do.

At this meeting we presented W. Brett Wilson with the Prostate Cancer Advocate Award as nominated by you our readers and members. Following the presentation Mr. Wilson delivered a captivating talk on his personal connection with prostate cancer.

Other award presentations include the True Leader Award to Bob Shiell, and the Founder Award to Ron Gorham. We also presented our very much appreciated videographer Rhett Miller, the Videographer Excellence Award. These three awards were very well deserved by three individuals who continuously go **continued on page 3**



Above: W. Brett Wilson receiving the Prostate Cancer Advocate Award

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Monthly Meeting

Our next monthly meeting will be held at 7:30 PM Tuesday October 11th, 2011

We meet at

Venu1008 (Fireworks)
1008 14 Street SE
in Inglewood

PCRI Conference 2011 Highlights

Stewart Campbell and Gary Kingsep present their notes from the 2011 PCRI Annual Prostate Cancer Conference.

This annual conference features important information on quality of life issues for all prostate cancer patients, caregivers, medical professionals and advocates.



Jason's Notes

October is shaping up to be an eventful month, especially for myself. First is our exciting monthly meeting to plan for.

This meeting is on October 11th, the second Tuesday of the month. This month we have our own Stewart Campbell, and Gary Kingsep presenting. Stewart and Gary attended the September Annual Prostate Cancer Conference in California. These two are like hawks for interesting detail and tidbits. As such you can be assured of an interesting presentation and discussion.

Immediately following this meeting I fly to Halifax for the Prostate Cancer Canada Network annual National Leaders Conference. This is where the leaders from all across Canada meet to learn and exchange notes on what brings the most value to local support groups. This year I will be presenting to other Canadian groups just what makes Calgary so successful. Here's the secret I will let them in on. It's you. Building a group of active members like yourself is what makes Calgary's group stand out amongst the over seventy groups across Canada. This is something for us all to be very proud of.

I'll be sure to let you know what I learn, and what we can expect to see in the coming year.

Once back from Halifax I will be mobilizing our team and our members, you included, to start thinking about November. Why November? Because this November is the fifth year that Canada participates in Movember. This is the annual month long event where men grow mustaches. By growing mustaches the awareness around prostate cancer also grows. Much money for is raised in the process too, going towards national programs.

This year Prostate Cancer Canada Network Calgary has partnered with Calgary's own Wild Rose Brewery for the month of November. What this means is that we directly receive twenty-five cents for every pint of their WRed Wheat Ale sold in their Tap Room for the entire month of

November. That's quite a deal for us, and helps Wild Rose in their effort to give back to the community.



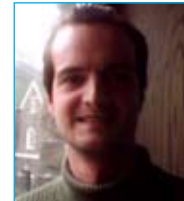
I encourage you to join me and the Directors of Prostate Cancer Canada Network Calgary at the Wild Rose Tap Room on Tuesday November 1st, 6pm. We will be kicking off Movember with fresh shaved faces and satisfied thirst. All are welcome.

Before signing off I would like to thank everyone who attended our most enjoyable September meeting, and to W. Brett Wilson who reworked his schedule to attend and speak. I also want to give congratulations to the Prostate Cancer Centre for their amazing Guinness World Record event. Incredible turnout and most inspiring.

Jason Bedard

Executive Director

Prostate Cancer Canada Network Calgary



The Digital Examiner
a publication of



Prostate Cancer
Canada Network
Calgary

www.pccncalgary.org

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Queen's Pioneers Prostate Cancer Breakthrough

9/20/2011

Scientists at Queen's University have pioneered a new combination treatment for prostate cancer. The treatment, which has been successful in phase one of trials, will now be tested for efficacy in a second phase.

The treatment, aimed at men with an advanced and aggressive form of prostate cancer which has spread to the bone, is the first of its kind to be developed. It combines traditional chemotherapy treatments with two doses of a radioactive chemical which can target areas of the bone affected by prostate cancer.

Aggressive and advanced prostate cancer is responsible for around 10,000 deaths each year in the UK. Chemotherapy is often used to treat the disease; however, benefits of this treatment are usually short-lived. An ability to combine two different types of drugs against prostate cancer may help improve outcomes including survival for these men.

The results of the first phase of the trial, which are published in the *European Journal of Nuclear Medicine and Molecular Imaging*, demonstrate that it is safe and feasible to combine multiple injections of the radioactive chemical (Rhenium-186 HEDP) along with standard chemotherapy in men with an aggressive form of prostate cancer.

Dr Joe O'Sullivan, Consultant and Senior Lecturer in Clinical Oncology at the Centre for Cancer Research and Cell Biology at Queen's University, and leader of the study, said: "This is a significant development in the fight against prostate cancer. While this combination treatment still has to go to phase two of trials, to know that

this combination is safe and feasible as a treatment is a huge step forward.

"Traditional chemotherapy treatments aren't always effective in treating aggressive and advanced forms of prostate cancer, so we needed to develop a new treatment which will provide better outcomes for patients with this type of cancer. The combination of chemotherapy with the radioactive chemical Rhenium-186 HEDP has the potential to improve outcomes, including survival, for men with this form of cancer.

"The second phase of the trial has already commenced in The Netherlands and will start in the UK within six months. The trial will involve up to 100 patients from Northern Ireland and the Netherlands and it is hoped that results should be known within two years."

Original Article:

<http://www.medicalnewstoday.com/releases/234626.php>

New research strategy puts patients first

8/24/2011

St. John's, NL (August 22, 2011)

-Today the Honourable Leona Aglukkaq, Minister of Health announced Canada's Strategy for Patient-Oriented Research (SPOR), a transformative research initiative that places patients at the centre of health care.

Developed by the Canadian Institutes of Health Research (CIHR), in collaboration with provinces and territories, health charities, academic healthcare organizations, and industry representatives, the strategy is based on an overall vision of how the federal government will work with provincial and territorial health ministries and partners to ensure that the right patient receives the right treatment at

the right time.

"By putting patients first, we are making sure that research will have a greater impact on treatments and services provided in clinics, hospitals and doctors' offices throughout Canada," said Minister Aglukkaq. "Better integration of research evidence and clinical practice means improved health outcomes and a better health-care system in Canada."

"The Strategy for Patient-Oriented Research will help attract, retain, train and mentor the best scientific minds," added Dr. Jeff Turnbull, President of the Canadian Medical Association. "It will help make sure medical professionals hear about what's working in different parts of the country, and allow all Canadians to benefit from these successes. It will create clinical research infrastructure, identify the most pressing research priorities, and help improve patient recruitment and funding for clinical trials."

"The Strategy aims at strengthening organizational, regulatory and financial support for clinical studies in Canada to improve translation of innovative diagnostic and therapeutic approaches to the bedside," said Dr. Alain Beaudet, President of CIHR. "It will bring together a vast coalition of clinical researchers and stakeholders to help the provinces and territories meet the challenge of delivering high quality, cost-effective health care." Minister Aglukkaq also announced the membership of a National Steering Committee, composed of national and international partners from both public and private sectors. The Committee will implement the Strategy and encourage collective engagement and ownership.

The Canadian Institutes of Health Research (CIHR) is the Government of Canada's health research investment

Continued on reverse

agency. CIHR's mission is to create new scientific knowledge and to enable its translation into improved health, more effective health services and products, and a strengthened Canadian health care system. Composed of 13 Institutes, CIHR provides leadership and support to more than 14,100 health researchers and trainees across Canada.

Vegetable and fruit intake after diagnosis and risk of prostate cancer progression.

Richman EL, Carroll PR, Chan JM. Source - Department of Epidemiology, Harvard School of Public Health, Boston, MA; Department of Nutrition, Harvard School of Public Health, Boston, MA; Department of Urology, School of Medicine, University of California, San Francisco. richmane@urology.ucsf.edu.

Abstract

Cruciferous vegetables, tomato sauce, and legumes have been associated with reduced risk of incident advanced prostate cancer. In vitro and animal studies suggest these foods may inhibit progression of prostate cancer, but there are limited data in men. Therefore, we prospectively examined whether intake of total vegetables, and specifically cruciferous vegetables, tomato sauce, and legumes, after diagnosis reduce risk of prostate cancer progression among 1,560 men diagnosed with non-metastatic prostate cancer and participating in the Cancer of the Prostate Strategic Urologic Research Endeavor, a United States prostate cancer registry. As a secondary analysis, we also examined other vegetable sub-groups, total fruit, and sub-groups of fruits. The participants were diagnosed primarily at community-based clinics and followed from 2004-2009. We assessed vegetable and fruit intake via a semi-quantitative food frequency questionnaire, and ascertained pros-

tate cancer outcomes via urologist report and medical records. We observed 134 events of progression (53 biochemical recurrences, 71 secondary treatments likely due to recurrence, six bone metastases, four prostate cancer deaths) during 3,171 person-yrs. Men in the fourth quartile of post-diagnostic cruciferous vegetable intake had a statistically significant 59% decreased risk of prostate cancer progression compared to men in the lowest quartile (hazard ratio (HR): 0.41; 95% confidence interval (CI): 0.22, 0.76; p-trend: 0.003). No other vegetable or fruit group was statistically significantly associated with risk of prostate cancer progression. In conclusion, cruciferous vegetable intake after diagnosis may reduce risk of prostate cancer progression.

Patient reported incontinence after radical prostatectomy is more common than expected and not associated with the nerve sparing technique: Results from the center for prostate disease research (CPDR) database.

Peterson AC, Chen Y.

Source

Duke University Medical Center, Durham, North Carolina. drew.peterson@duke.edu.

Abstract

AIMS:

The reported incidence of urinary incontinence (UI) after radical prostatectomy (RP) ranges from 2.5 to 87%. We reviewed data from the Center for Prostate Disease Research (CPDR) to determine the incidence of patient reported UI after RP (postRPUI) and establish risk factors for postRPUI.

METHODS:

We obtained IRB approval to query the CPDR database on all patients undergoing RP between 1990 and

2007. We assessed patient age, nerve sparing status, blood loss, margin status, stage, and patient self-reported incontinence status as entered into the database. Patients were counted as having UI only if the database showed patient reported UI in every follow-up encounter. Patients were counted as permanently dry if at any time in the follow-up they answered that they had no UI.

RESULTS:

Four thousand three hundred seventy four patients underwent RP without radiation therapy or hormonal ablation between 1990 and 2007. Complete data were available for 1,616 (37%) and 1,459 (90.3%) reported UI more than 1 year after RP with a median follow-up of 50.7 months. Older age is an independent risk factor for UI (OR = 1.021, $P \leq 0.0003$). Nerve sparing, blood loss, stage of cancer, and margin status were not predictive for UI.

CONCLUSIONS:

Our data indicate that patient reported post-RPUI is higher than expected but is not related to the nerve sparing technique, stage of cancer nor blood loss at the time of surgery. *Neurourol. Urodynam.* © 2011 Wiley-Liss, Inc.

The above news excerpts are for informational purposes only.

Please always speak to your Doctor about all your concerns and questions related to your health.

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above and beyond to advance Prostate Cancer Canada Network Calgary.

On September 21st our friends at the Prostate Cancer Centre achieved outstanding success. This success was with their attempt to set a Guinness World Record™ for the Largest Prostate Cancer Screening.

The Prostate Cancer Centre tested 988 men and found themselves overwhelmed by the turnout and support for this event.



Endless line of men at the Southern Alberta Institute of Urology to get their PSA blood test

The official acceptance as a Guinness World Record™ takes some time to process, but the immediate result is very clear. The Prostate Cancer Centre has done an amazing job in raising awareness of prostate cancer and the need for early detection, not just in Calgary, but worldwide.

Just a few days later on September 25th our national partner Prostate Cancer Canada hosted



Above: The team of the All Stars Game

the Stick-it to Prostate Cancer Ball Hockey Tournament at Cross Iron Mills.

This was very well attended and the organization of the event was superb. Nobody went hungry, and certainly not thirsty, with the beer garden only feet away from the ball hockey action.

This years' tournament raised over forty-five-thousand dollars that will go towards research and prostate cancer support groups throughout Canada.

This amount represents a fifty-percent increase of dollars raised per team over last year. While I'm sure Prostate Cancer Canada appreciates the fundraising efforts, it is without question more important the level of awareness raised. This means more to Calgarians than dollars alone.

With November and therefore Movember just around the corner we can all expect to see even more in the nightly news about prostate cancer.

More importantly we will see more of our friends and fellow Calgarians just like you. People doing the rewarding work to spread awareness.

This outpouring of support brings value to each of our lives and the results gained by all is very direct. With people like you this disease will be beat and those already affected will feel their burdens lifted. *f*



PCCN Calgary President Willem Smink stands ready on defense.



MOVEMBER

Above: The Movember Shield

Upcoming Events

2nd Tuesday - October 11th - 7:30pm

Our October Monthly Meeting

Venu1008 (Fireworks) 1008 – 14 Street SE

Annual Prostate Conference 2011 Highlights

Stewart Campbell and Gary Kingsep present their notes from the 2011 PCRI Annual Prostate Cancer Conference. The Annual Prostate Cancer Conference features important information on quality of life issues for all prostate cancer patients, caregivers, medical professionals and advocates.

2nd Tuesday - October 11th - 6:00pm

PCCN Calgary Warriors

Venue1008 (Fireworks) 1008 - 14 Street 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. The Warriors meet on the second Tuesday of each month at the new time of 6:00 pm prior to the main PCCN Calgary meeting.

2nd Tuesday - October 11th - 5:00pm

Pre-meeting Dinner Get-together

1413 9th Avenue SE

Before our October meeting one of our featured speakers, Stewart Campbell, is dining at the Salt & Pepper Restaurant Mexicano. Stewart welcomes you to join him for pre-meeting social time, good food and drink. The restaurant is only one block from Venu1008 where we hold our monthly meeting. With a good turn out Stewart may make this a monthly tradition.

Tuesday - November 1st - 6:00pm

November 2011 Kick-off

Wild Rose Brewery - Tap Room

Bldg AF23 2-4580 Quesnay Wood Drive SW (CFB Calgary)

Our friends at Wild Rose Brewery are donating twenty-five cents from every pint of their WRed Wheat Ale sold in the Tap Room over the entire month of November. What better way to kick-off November then by joining us for a pint.

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

Sleeping Well with Cancer and Beyond

I-CAN Sleep: A Program For Individuals with Insomnia and CANcer. From the University of Calgary Department of Psychosocial Resources. These 8-week group programs run regularly throughout the year in the Fall, Winter and Spring/Summer. To determine your eligibility for these programs please contact:

1-877-SLEEP40

or email icansleep@ucalgary.ca

www.icansleep.ca

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