

## Urologists Are Not Swayed

### PSA tests are still the best tool available

Urologists gathered recently for the annual Joint Advocacy Conference. An invited speaker was Michael LeFevre, MD, co-vice chair of the U.S. Preventive Services Task Force. This task force is the group recommending against routine PSA testing. The urologists listened to Dr. LeFevre's reasoning for the decision, but there didn't seem to be any minds changed that PSA tests are still an essential tool for the detection of prostate cancer.

Arthur E. Tarantino, MD, President of the American Association of Clinical Urologists said, "We greatly appreciate Dr. LeFevre taking time away from home and work to attend the Urology Joint Advocacy Conference,"

"Although his appearance was much like sending Daniel to the lion's den, he was very effective at educating us as to the mission of the USPSTF, and we are extremely appreciative of his time.", he continued "Although there are undoubtedly still serious disagreements between practicing urologists and the task force recommendations, we come away from this meeting better informed. However, our concern going forward is the message we send to our patients, especially those at high risk: African-Americans, Caucasians with a family history, and our veterans exposed to Agent Orange."

The debate will undoubtedly continue but one thing is clear, most, if not all, Urologists in North America agree that PSA testing is still the best tool available. Especially in the hands of MD's who understand best practices for use and also treatment consequences for not testing.

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- **Details on our March 13th meeting entitled The Politics of Prostate Cancer**
- **Notice of 2012 Wake Up Call Breakfast**
- **Notice of Guy Corneau event in Calgary March 30th**
- **Notice of online group for survivors**
- **Full schedule of upcoming events and meetings.**

### Monthly Meeting

Our next monthly meeting will be held at 7:30 PM Tuesday March 13th, 2012

We meet at **Venu1008**

**1008 14 Street SE  
in Inglewood**

### The Politics of Prostate Cancer

#### What Can We Do?

Join us for a presentation on the Politics of Prostate Cancer. We will be examining the debate around PSA testing, funding for new treatments, and a look at what we can all do to have our voices heard.



## Jason's Notes

March is here and I suspect so is the snow that we haven't been receiving all Winter.

First I want to thank everyone for the strong support of our monthly meetings. The turnout at each meeting has been amazing. The positive feedback suggests we are on the right track. As always though, if you have suggestions to help improve the meetings please feel free to tell us.

I have a number of volunteers that I would like to thank for really helping us out last month. A big thank you to Terry Finn & Marvel Miller, our greeters at the February meeting. They did an amazing job ensuring everyone felt welcomed and comfortable.

I also want to thank four gentlemen who jumped in to help at the Calgary Home & Garden Show. Tom Church, David Lunn, Louis Chow, and Jim Swaile. It was a very last minute event for us and they really came through.

The 2012 Alberta general election is but weeks away from being called. Some of our readers must be wondering if this election will bring with it any change to the Alberta health care system. Let us hope it does. But let us also more than hope and ensure those we elect support the care and services we receive from Alberta hospitals and Clinics. When candidates come to your door be sure to ask them where they stand on health care. It is us as citizens and voters to let them know what is most important.

On that note, be sure to come out to our Tuesday March 13th meeting as it happens to be on the subject of the Politics of Prostate Cancer. I hope to see you there.

  
Jason Bedard

Executive Director

Prostate Cancer Canada Network Calgary

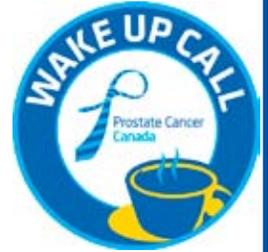


## Prostate Cancer Canada's Wake Up Call Breakfast

The most important meal of the year!

The Wake Up Call Breakfast is Canada's only country-wide business focused breakfast series dedicated to the fight against prostate cancer. Thank you to all that participated and for your very generous support. Since 2001, the event has attracted more than 18,000 registrants and with the great success of this year we have raised over \$2.3 million to fund prostate cancer research, education, support and awareness initiatives.

Wednesday, April 11th  
Fairmont Palliser  
To learn more visit  
[prostatecancer.ca](http://prostatecancer.ca)



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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.

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.

See what you are missing at [prostatecancercanada.ning.com](http://prostatecancercanada.ning.com)

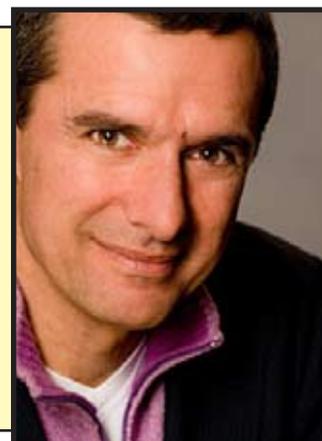
## Guy Corneau, Live in Calgary

### To Live Again!

**Friday, March 30th, 2012 at 7:30pm**

After being diagnosed with a grave illness, one is greatly tempted to close down or to become completely identified with the disease. In my presentation I want to talk about my own experience of Stage Four Cancer. I will discuss the meanings of the disease on the physiological, psychological and spiritual levels, as well as a way to dialogue with the diseased elements from a psychological perspective. I will also address some concrete ways to alter our interior states through this ordeal since these states strongly open us to joy and interior renewal, in their influence on our day-to-day lives. I will comment on my preference for a holistic approach that combines words of Dr Matthew Budd : **“Cancer is too good an opportunity for transformation to waste it”**.

Guy Corneau is the best-selling Canadian author of several books on the subject of personal development. He is also a survivor of Stage Four Cancer.



**This event is presented by the C.G. Jung Society of Alberta in Calgary**

**A special rate of \$20 is available to members of PCCN Calgary**  
**To learn more visit**  
[www.CalgaryJungSociety.org](http://www.CalgaryJungSociety.org)



## Upcoming Events

### 2nd Tuesday - March 13th

#### 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 Restaurant 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 March Monthly Meeting

**Venu1008 - 1008 - 14 Street SE**

### The Politics of Prostate Cancer

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Join us for a presentation on the Politics of Prostate Cancer. We will be examining the debate around PSA testing, funding for new treatments, and a look at what we can all do to have our voices heard.

### 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 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](http://GETCHECKED.CA)

### Neighbourhood Social Groups

To better help you connect with others affected by prostate cancer we host a number of social groups throughout the city.

These meetings give our members the opportunity to meet and socialize outside of our regular monthly meetings. This is a great way to better know fellow members and meet others.

Come out to the group that works best for you. Everyone is welcome.

#### Thursday March 22rd - 11:30am

#### Thornccliffe/Greenview Social Group

#### Everyone Welcome

Denny's Restaurant

5015 4 Street NE

(McKnight Blvd and Edmonton Trail)

For more information contact Jason

403-455-1916

[jason.bedard@pccncalgary.org](mailto:jason.bedard@pccncalgary.org)

#### No Meeting in March

#### Bonavista Social Group

Ricky's All Day Grill Restaurant

606-12101 Lake Fraser Drive SE

(Avenida Shopping Centre)

Don't see a group that works for you? Then consider starting a group in your area. We will support you in creating a new group and help recruit members for you. If you are interested call Jason at 403-455-1916 anytime to discuss.