

The Digital Examiner

www.ProstaidCalgary.org



Greetings prostate cancer community, friends, and neighbours.



On behalf of the Board of Directors, I am pleased to invite all Society members to attend the forthcoming 2017 Annual General Meeting (AGM) of PROSTAID Calgary, 7:30pm, May 9th at the Kerby Centre.

The AGM provides an opportunity for our members to learn what we've been up to over the last year – our successes and challenges as well as our plans for the future. You'll hear from our Chairman and President and have opportunities to ask questions. The AGM is also a good opportunity to meet other Society members.

Are you interested in joining the PROSTAID Calgary Board of Directors? This is an excellent opportunity for service to a nonprofit organization.

Board of Directors are responsible for overseeing the mission and purpose of the organization. Duties include participation in strategic planning and making policy decisions, then securing the financing of them and the monitoring of their execution. Members must be willing to attend monthly meetings, follow through on commitments, and participate fully in the decision-making process. The board also presents the organization's image to the community and solicits its support in achieving PROSTAID Calgary's goals.

Please contact Kelly at 403-455-1916 if you'd like more information, or attend the May 9th AGM.

Volunteer Call Out

PROSTAID Calgary has two awareness events scheduled in May and volunteers are needed for both. Please see page 4 for complete details.

PROSTAID Calgary relies on the generosity of the community to keep our programs running and **donating is easy!** Just give Kelly a call 403-455-1916 or email info@ProstaidCalgary.org; or visit http://prostaidcalgary.org/c_donate.php

Warm regards,

Kelly Fedorowich

Executive Director
403-455-1916

May 2017 Number 212

Meeting Schedule Tuesday May 9, 2017

7:30-9:00PM	General Meeting (GM) Room 205 (Lecture Room) Kerby Centre
6:30-7:30pm	Warriors (Advanced Disease) Room 318 (Board Room) Kerby Centre
6:30-7:30pm	Newly Diagnosed & Active Surveillance Room 311 Kerby Centre
6:30-7:30pm	Wives, Partners & Caregivers Room 313 Kerby Centre. Everyone is welcome!

The 2017 PCCN Calgary Society Annual General Meeting

The Board of Director's hereby gives notice for the AGM of Prostate Cancer Canada Network Society (O/A PROSTAID Calgary). The meeting will:

- Read and correct the minutes of the 2016 AGM
- Approve the Treasurer's Report and MNP Auditor's Report for fiscal 2016
- Approve amendments and additions to bylaws
- Call for nominations for the board
- Elect new directors
- Elect the auditor for 2017
- Transact any other business brought to the meeting by members

Following the AGM members will watch a video series on Cancer and Fatigue.

Kerby Centre is located at 1133 7th Ave SW. Parking is FREE in lots on both sides of 7th Ave. Remember to register your vehicle license plate number at reception to avoid ticketing. The WEST LRT conveniently stops at the front doors of the Kerby Centre. Our General Meetings are open to the public and free. A light snack and refreshments are served. Ladies, family members, and caregivers are always welcome!

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Androgen Deprivation Therapy (ADT)

Key Points

- Androgens are hormones that promote male characteristics such as facial hair, sexual function and muscle mass. Testosterone is the main androgen.
- Prostate cancer cells need androgens to grow.
- Androgen deprivation therapy (ADT), a type of treatment for prostate cancer, blocks the production or effects of testosterone and other male hormones.

ADT is most often used to treat:

- Cancer that has spread outside the prostate;
- Recurrence of prostate cancer after another therapy has been used;
- Men who are at high risk of experiencing cancer recurrence after surgery or radiation therapy;
- “Hormone therapy” is another name for ADT. Although these terms can be used interchangeably, Prostate Cancer Canada uses ADT (it is more specific to prostate cancer treatment);
- and this therapy affects the whole body rather than a particular area.

What are androgens?

Androgens are male sex hormones. The two most common are testosterone and dihydrotestosterone (DHT). Women have small amounts of androgens too. Like all hormones, androgens affect the actions of cells and tissues in the body. Most testosterone is produced in the testicles, but a small amount is made by the adrenal glands (just above the kidneys). Prostate cancer cells can also produce testosterone.

What do androgens and prostate cancer have to do with each other?

Androgens are needed to ensure that the prostate grows and functions normally. Androgens can cause prostate cells to become cancerous, because they bind to and activate the ‘androgen receptor’, a protein on the surface cells in the prostate gland. Once androgen has bound to the androgen receptors, they stimulate certain genes that cause prostate cells to grow.

During the early stages of prostate cancer, these cells feed on androgens and use glucose to multiply and grow. These types of prostate cancers are known as “androgen-dependent” or “androgen-sensitive”. Androgen Deprivation Therapy (ADT) deprives these prostate cells of testosterone, which inhibits their growth.

Unfortunately in men with more advanced cancer, most prostate cancers will eventually continue to grow even when there is a low level of androgens in the body – a phenomenon known as “castration resistant prostate cancer”.

To learn more about ADT and how it works, please click on the following link, or visit **Prostate Cancer Canada**: <http://bit.ly/2oEpEM1>

ADT: Possible Side Effects and Risks

What are the possible side-effects and risks?

As with all treatments, ADT carries possible side-effects and risks. The following is a comprehensive list of what these might be. Don’t be alarmed: talk to your doctor and health care team to find out how your treatment might affect you and what you can do to manage any side-effects.

Possible side-effects include:

Hot flashes; decreased libido, erectile dysfunction (not being able to have an erection); Loss of energy, general weakness; breast enlargement and tenderness; irritability; emotional disturbance including depression; headache; itching, dry skin, rash.

Some gastrointestinal issues include the following: diarrhea, nausea, vomiting; loss of muscle mass, weight gain (mainly due to increased body fat), shrinkage of testicles, ‘Metabolic syndrome’ (increased risk of diabetes, heart disease, and cholesterol).

Long-term use (over a year) may lead to:

Osteoporosis (porous bones, and loss of bone mass, and bone strength) and few red blood cells or anemia.

This list may appear daunting. However, remember that there are a number of things that you and your doctor can do to reduce the side effects of ADT.

The following approaches can be used to address side effects:

You may be prescribed drugs to slow or reverse the loss of bone mass and you should discuss with your doctor whether or not you should have a bone density study

Exercise can help to reduce some of the side effects, including bone loss, muscle loss, weight gain, fatigue and insulin resistance. Loss of libido can be more challenging to address, but please take a look at Prostate Cancer Canada’s webinar “**What’s love got to do with it? Sexuality and the Man with Prostate Cancer**” by Dr. Anne Katz.

Thank you to Prostate Cancer Canada for the comprehensive information regarding ADT.

For more information:

You can always contact Prostate Cancer Canada's Prostate Cancer Information Service at 1-855-722-4636 to speak to an information specialist about any of your treatments.

For Support in Calgary:

Contact PROSTAD Calgary at 403-455-1916

PROSTAD Calgary is proud to be part of the Prostate Cancer Canada Network of Support Groups (PCCN).

[Click here visit Prostate Cancer Canada and Find a Support Group Near You](#)

Gynecomastia Induced by Prostate Cancer Treatment

Gynecomastia (breast development in males) is a side effect of androgen deprivation therapy (ADT) used to reduce prostate cancer (PCa). It is generally considered to be due to an increased estrogen/androgen ratio.

Gynecomastia occurs in up to 80% of patients who receive nonsteroidal antiandrogens such as bicalutamide (Casodex), flutamide (Eulexin or Euflex), or nilutamide (Nilandron), usually within the first 6 to 9 months after the initiation of treatment.

Source: [New England Journal of Medicine](#)

**Nonsteroidal antiandrogens are agents which act on the male hormones (androgens) but have no steroidal effects. In other words they are antiandrogens, unlike hormonal therapy that may use estrogen (female-hormone)-like compounds to reduce the effects of androgens.*

Medical interventions to prevent or treat gynecomastia carry risk of additional detrimental side effects.

However, untreated gynecomastia can be physically uncomfortable and psychologically distressing. Shame from gynecomastia can lead patients to stop otherwise beneficial exercise.

Click on the following link to access the study "[Gynecomastia in Patients with Prostate Cancer: A Systematic Review](#)." The study reviews the quality of evidence of the current literature regarding treatment options for bicalutamide-induced gynecomastia, including efficacy, safety and patients' quality of life.

Study Conclusions

Available evidence suggests that nonsteroidal induced gynecomastia can be safely and effectively prevented in

clinical practice with prophylactic tamoxifen (Tamoxifen is an antiestrogen drug used to treat breast cancer and blocks the actions of estrogen, a female hormone) or Radiotherapy (RT). Tamoxifen can also be used as an effective therapeutic treatment. Tamoxifen appears to be more effective in preventing gynecomastia than RT. No negative effect on Quality of Life (QoL) and/or sexual functioning is to be expected from tamoxifen when used for antiandrogen-induced gynecomastia. Anastrozole is reported to be the least successful treatment, and should not be recommended either as prophylactic or therapeutic treatment in clinical practice for antiandrogen-induced gynecomastia. Future high quality studies with low risk of bias are needed to further evaluate the effect on QoL in this patient group.

Gynecomastia: Non Surgical Options

1. Compression Garments

A compression shirt made for men is a functional base layer and great first step toward concealment. Just choose one that's comfortable to wear often.

2. Hide Gynecomastia with Small Patterns

Camouflaging the problem area with patterns can definitely work. Choose small- or medium-scale patterns that don't feature a lot of color contrast. Think gray-and-black plaids, or small blue checks on a darker blue background.

3. Think Thick

Wearing thicker fabrics or several layers of clothing is a great way to conceal gynecomastia. For those in more temperate locations, tightly woven textiles can offer some of the same concealing benefits. Look for shirts that feel slightly rigid and starchy, not feathery or thin.

4. Find the Right Fit

Don't make the mistake of thinking baggy threads will hide your gynecomastia.

5. Turn Down the Contrast

Minimize the color contrast between the upper and lower halves of your body. A dark shirt worn with khaki pants cuts you in half at the waist, making you look shorter and wider. But the same shirt with dark slacks de-emphasizes your waistline and boosts your altitude.

6. Watch out for White

Stick to dark or neutral hues.

Calgary's Prostate Cancer Centre provided the following suggestions:

The book **Androgen Deprivation Therapy—An Essential Guide for Prostate Cancer Patients and Their Loved Ones** has a section titled "Breast Growth".

Gynecomastia:

Suggestions from Calgary’s Prostate Cancer Centre

Where to buy compression garments. Click on the links below:

[Amazon.ca](#) and [Calgary Co-op](#)

The Prostate Cancer Centre hosts a monthly ADT Class as part of their Rapid Access Clinics (RAC 6). Click on the link below:

RAC 6—Androgen Deprivation Therapy (ADT)

A clinic to follow men with advanced prostate cancer with Androgen Deprivation Therapy, management of bone health and consideration of palliative care consults. A urology nurse practitioner assists with the patient visits and teaching.

Support classes for men undergoing ADT is led by the Tom Baker Cancer Centre’s registered provisional psychologist, Lauren Walker PhD. *A workbook designed to help men to cope with side effects, some of which can be prevented, and others that can be managed effectively. Patient’s partners and/or loved ones are welcome to attend the class with them.*

Please register by calling Dave Bateman at 403-943-8710.

**Volunteer Call-Out
Didsbury Show & Shine May 13**

Location: Downtown Didsbury, AB
Time: 8am – 4pm
Shifts are flexible. Volunteers will be reimbursed for lunch (Maximum \$15)
Original receipts must be submitted.

Volunteers are needed to hand out PROSTAID Calgary brochures and promotional material and help raise awareness to prostate cancer and the programs and initiatives offered by PROSTAID Calgary.

Volunteers are also needed to sell tickets for the 50/50 Raffle.

For more information, contact Kelly
info@prostaidcalgary.org or 403-455-1916

**Volunteer Call-Out
Field of Dreams Slow Pitch Tournament May 26**

Location: Seaman Stadium (Okotoks)

2111 N. Railway St
Time: 5pm— 10pm.

Shifts are flexible. Volunteers will be reimbursed for lunch (Maximum \$15)
Original receipts must be submitted.

Volunteers are needed to hand out PROSTAID Calgary brochures and promotional material and help raise awareness to prostate cancer and the programs and initiatives offered by PROSTAID Calgary.

For more information, contact Kelly
info@prostaidcalgary.org or 403-455-1916

August 19 & 20 Cash Casino Volunteer Call Out

PROSTAID Calgary’s 2017 Casino is being hosted August 19 & 20 (Saturday & Sunday) and volunteers are needed for all positions. No experience is required. Volunteers will be provided a complete description of volunteers positions and the associated duties.

Date: August 19 & 20
Location: Cash Casino, 4040 Blackfoot Trail SE
***Cash Casino is a smoke free facility.**

Please contact Kelly at info@prostaidcalgary.org or 403-455-1916 if you’re interested in being part of the Cash Casino Volunteer Team.

Thank you for your generous gift of time!

Thank you to our Sponsors and Community Partners

