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PROSTAID CALGARY

The local voice for prostate cancer

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PROSTAID Calgary

is a proud member of the Prostate Cancer Canada Network of support groups.



Meet the new members of the team:

Program Director

Dorothy Rodehutsors comes to PROSTAID Calgary from her previous role of Senior Consultant, Patient Engagement & Experience with CancerControl Alberta, Alberta Health Services.



She served in that capacity for 2.5 years and prior to CCA, she held several other positions within AHS including Project Manager for the ERAS project and Consumer Health Information Technician in the former David Thompson Health Region (Red Deer).

"I am honored to be asked to fill this role for PROSTAID Calgary, as it allows me to continue working with patients and families experiencing a cancer story. In my spare time I enjoy cooking, walking, and gardening."

As I start the learning process with this organization, I would encourage all of you to let me know if the content of the DE is relevant, of interest, or if I have completely missed the mark.

If you find articles of interest and would like to share them through the DE, please send them to me.

Thoughts, Suggestions, Comments

Dorothy Rodehutsors, Program Director, PROSTAID Calgary

Program.director@prostaidcalgary.org

Meeting Schedule

TENTATIVE

AGM June 2020

at

**The Kerby Centre, 1133 7th Ave SW
Calgary, Alberta or virtual.**

Board of Directors - Treasurer

Happiness Uwakwe is a Chartered Accountant with over 15 years of experience.

She completed her Degree in Nigeria (Bsc. Economics) and then qualified as a Chartered Accountant with the Institute of Chartered Accountants of Nigeria in 2010.

Currently working at Save on Foods, Calgary as a Department Specialist.



"I am delighted to contribute to the growth of Prostaid in my own little way hence the need to join this reputable organization. In my spare time, I enjoy sewing beautiful outfits."

The Kerby Centre is located at 1133 7th Ave SW, Calgary, AB. Parking is FREE in lots on both sides of 7th Ave. The WEST LRT conveniently stops at the front doors of the Kerby Centre.

General Meetings are open to the public and are free to attend. A light snack and refreshments are served.

Ladies, family members and caregivers are always welcome!

Work as a key contributor to survivorship

Current topics in cancer survivorship and work.

Work is a key contributor to quality of life and an important aspect of cancer survivorship. We call attention to current topics in cancer survivorship and work with 12 articles on cancer survivorship and work in this special section. The focus is on less studied diagnostic groups such as gastrointestinal cancer and prostate cancer, and on long-term effects of cancer diagnosis and treatment on work. Furthermore, studies are included on topics not generally studied including cognitive limitations and pain, the role of the employer on work outcomes among different types of cancer survivors and some countries not typically covered in the existing literature on work and cancer survivorship. We conclude that to improve sustainable work participation in cancer survivors, personalized, tailored interventions should be provided. A prerequisite for this is the identification of groups and individuals at high risk for adverse work outcomes. In order to develop such interventions, research involving new approaches such as matching data registries, participatory approaches and the involvement of many stakeholders and survivors with these different types of cancer diagnoses is necessary.

IMPLICATIONS FOR CANCER SURVIVORS: The goal of sustainable work participation in cancer survivors can be improved by the delivery of a personalized or risk-based tailored intervention. Furthermore, successful work outcomes often involve many stakeholders who should all be included

Journal of cancer survivorship : research and practice. 2020 Mar 23 [Epub ahead of print]

A G E M de Boer, M A Greidanus, C S Dewa, S F A Duijts, S J Tamminga

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Other Articles of Interest

Supportive Care:

[Considering Joining a Prostate Cancer Support Group? Here's what you need to know. \(April 2020\)](#)

[Genetic Counseling in Prostate Cancer - Brittany Szymaniak \(video\)](#)

- discusses genetic counseling in GU cancers with Brittany Szymaniak. This conversation includes the challenges, the benefits, the concerns of genetic testing and how this is accomplished in clinical practice for people who have genital urinary malignancies, so prostate cancer, bladder cancer, kidney cancer



Pallium Canada
650 followers

Good news alert! In collaboration with the [Canadian Medical Association](#), we have made 6 Learning Essential Approaches to Palliative Care (LEAP) modules available for FREE to all health care professionals. We hope to contribute much needed education resources to the dedicated health care teams across Canada and ensure patients with life-limiting illnesses, and their families, receive the care they need. Help us spread the word! Access the modules now: <https://lnkd.in/dBCDJ3K>

Cancer and COVID-19:

[Navigating the COVID-19 Pandemic as an Oncology Nurse](#)

[How COVID-19 is Impacting Cancer Care in NYC \(Video\)](#)

Treatment Options and Research:

[Radiation Therapy Options for Prostate Cancer—Paul Nguyen \(video\)](#)

- discusses a number of hot topics in radiation oncology for prostate cancer, highlighting topics of radiating the primary in low-volume metastatic hormone-sensitive disease and the benefit in terms of disease control and prostate cancer-specific outcomes.

What You Should Know About Saw Palmetto for BPH

Some men elect to use dietary supplements that contain substances derived from plants or minerals to manage symptoms of benign prostatic hyperplasia (BPH, enlargement of the prostate gland). Saw palmetto, which is extracted from the berries of the American saw palmetto plant (*Serenoa repens*), is the most well-known of these remedies.

Claims, purported benefits: Shrinks the prostate; reduces symptoms of BPH, such as urgent urination or urinary leaking. In some European countries, saw palmetto is an accepted treatment for BPH. It may work, in part, by reducing the activity of the enzyme 5-alpha-reductase, which is how drugs like finasteride and dutasteride work.

What the studies show

Research has produced inconsistent and contradictory results. One of the best studies, in the *Journal of the American Medical Association* in 2011, tested several doses of a standardized extract in middle-aged men over a 72-week period. Even at three times the standard 320-milligram dose, the saw palmetto did not reduce prostate symptoms. An updated review by the Cochrane Collaboration in 2012 looked at 32 controlled clinical trials on men with BPH and concluded that saw palmetto didn't improve urine flow, nighttime urination, or other symptoms compared to a placebo. Another review by the same authors that year, in *BJU International*, looked at 17 trials on saw palmetto products and again found no benefits. It noted, however, that it was unclear whether this was true of standardized proprietary products.

Indeed, one difficulty in evaluating saw palmetto (like other herbs) is the lack of standardization in most products, meaning that active compounds (notably sterols, fatty acids, and flavonoids) vary considerably. This is partly due to different extraction methods.

Among the most studied extracts is a French proprietary product called Permixon, which the European Medicines Agency (something like our FDA) has concluded is effective and safe; however, it found insufficient evidence to support the use of other extracts. Many preparations also contain other ingredients that are of questionable value.



Side effects: Be cautious about taking saw palmetto if you have a bleeding disorder or are taking blood thinners, though a 2014 review article on the effect of various herbs on warfarin concluded that an interaction is "doubtful." Do not take it prior to surgery—it may increase bleeding. It may also not be safe to take the herb with finasteride or some other BPH drugs. Despite concerns that saw palmetto may deceptively lower results of PSA tests (for prostate cancer), a 2013 study found no such effect. Don't take it if you are allergic to plants in the *Arecaceae* (palm tree) family.

Bottom line: If you are a man who has urinary symptoms and want to try saw palmetto, talk to your doctor first. You need to make sure what you have is BPH. Keep in mind, the best research so far has cast doubt on the effectiveness of saw palmetto.

University of California, Berkeley, School of Public Health - Health and Wellness Alerts, 330 Madison Avenue, 35th Floor, New York, NY 10017, United States

New in Our Library

There have been four publications purchased recently.

In February:

2020 Prostate Disorders White Paper

2020 Back Pain and Osteoporosis White Paper.

In March:

2020 Vision White Paper on "Vision Health Tips, Eye Problems and Solutions"

Glaucoma: Preserving Vision

Look for these white papers on the library table at our next in-person meeting. The resources are physically located at the Kerby Centre and not accessible at this time.

If you require assistance in locating online resources, please contact info@pccncalgary.org and someone will be happy to help.

PROSTAID Calgary On-Line

The website is getting a refresh! We would like your thoughts and suggestions on things you would like to see included.

Please take a quick survey that will help us design the webpage to best meet your needs.

<https://www.surveymonkey.com/r/Z6SWPPX>

From our friends at the Kerby Centre:

The Kerby Centre is expanding their grocery service; anyone over 55 requiring assistance with grocery shopping can contact the Kerby Centre **Phone:** (403) 234-6571

The Thrive program has been expanded to meet the needs of seniors during the Covid-19 pandemic. The program is open to any senior in Calgary, including those self-isolating.

Thrive will pick up and deliver groceries and prescribed medications. Full payment plus a nominal delivery fee is paid at the time of delivery.

From our YouTube Channel

Some exciting changes are coming for the website, but it will also be time to put some of the older videos into the PROSTAID Calgary "time vault".

Before they disappear, here are some of the less known videos from seven and eight years ago, in no particular order:

[Yoga for Cancer Survivors - Michael Mackenzie, MSc](#)

- Michael Mackenzie shares his studies on Yoga and how a routine can improve many different aspects of your health. He also puts a call out for their "Therapeutic Yoga for Cancer Survivors" program with contact information.

[Dr. Dean Ruether - Prostate Cancer Update 2012](#)

- Dr. Dean Ruether discusses all the recent updates in the prostate cancer field, from treatments and procedures to new prescription medications and the value of PSA testing. Interesting to see what was "New" in 2012 to now.

[Dr. David Smith - Surviving to Thriving: The Physiology](#)

- Faculty of Kinesiology doctor at the University of Calgary, Dr. David Smith, talks about how exercise and determination can take you from merely surviving a bout of cancer to thriving after it. He uses studies, graphs and anecdotal experience to motivate.

