

# THE DIGITAL EXAMINER



Number 112— January 2009

Address changes, comments  
or suggestions should be  
directed to: [bobshiehl@shaw.ca](mailto:bobshiehl@shaw.ca)  
403.253.1911



*More Prostaid information at [www.prostaid.org](http://www.prostaid.org)*

Prostaid Calgary  
will be holding its  
next  
regular monthly  
general meeting at

7:30 PM on  
Tuesday  
January 13th, 2009  
In the Foothills  
Auditorium at  
Foothills Hospital

Calgary physician  
Dr. Ted Jablonski  
will discuss  
Erectile  
Dysfunction from  
the perspective of  
a family doctor.  
The title of his  
presentation is:  
"Erectile  
Dysfunction,  
what's up  
for 2009"

Our next meeting  
for "Women With  
Prostate Cancer"  
(WWPC) will be at  
730PM, on Tues-  
day January 27 in  
room 1001, South  
Calgary Health  
Centre.

A peer meeting for  
men will be held at  
the same time in  
room 1014 at  
South Calgary  
Health Centre

## "Start the New Year off Right!"

### Come to a Prostaid Calgary group meeting

Dealing with a medical problem like prostate cancer is not easy, particularly if you are alone, or if your doctor is the only person you feel comfortable talking to about your situation. Many have found it very helpful to meet with others who share the same disease or disorder and understand what they are going through.

Adjusting to life and the challenges posed by prostate cancer can be eased by learning how others are managing. Discussion with fellow group members and talks by health care professionals may foster in you a greater understanding and acceptance of your circumstances, which can reduce the anxiety associated with a diagnosis and subsequent treatment of prostate cancer.

Our discussions vary widely, but some topics frequently discussed include:

- Treatment options
- Nutrition and diet
- Medication and treatment side effects
- Lifestyle modifications
- Stress

#### Guidelines followed by Prostaid Calgary:

We strive to maintain a positive, friendly attitude within our group, remaining optimistic in the face of adversity. All participants in the support group should be able to make these statements:

- I am in a group of people with a common bond, sharing my concerns, feelings, experiences,

strengths and wisdom.

- Discussions are designed to foster positive attitudes and are directed towards solutions.
- I share my problems, but do not dwell on them.
- I listen, explore options, and express my feelings
- I do not prescribe, diagnose, judge, or give medical advice
- I have the right to not use the recommendations of others.
- I respect that personal information shared is confidential
- Our facilitator is not an "expert" and most sharing of ideas come from the group.
- I share equally with the other members of the group the responsibility for making the group run smoothly.
- We each have the opportunity for equal talking time or the right to remain silent – we can share as much or as little as we want.
- I actively listen when someone is talking and avoid interrupting and engaging in *side conversations*
- I will stick to my own experiences and will avoid generalities
- The support group information meetings supplement and do not replace medical care.
- We do not provide specific medical advice
- Having benefited from the help of others, I recognize the need to offer my help to others.

### **Many Americans (and Canadians) miss exercise goals**

WASHINGTON (Reuters) - Many Americans are failing to meet the minimum recommendations for exercise, although confusing guidelines are making it difficult to assess, researchers reported on Thursday.

Depending on which federal exercise recommendations are used, either about half or about two-thirds of Americans meet minimum goals, the team at the U.S. Centers for Disease Control and Prevention found.

"Additional efforts are needed to further increase physical activity," they concluded in the CDC's weekly report on death and disease.

"Approximately one third of U.S. adults did not report meeting minimum levels of aerobic physical activity as defined by the 2008 Guidelines."

Under guidelines released by the U.S. Health and Human Services Department in October, the minimum recommended aerobic physical activity is 150 minutes - two and a half hours -- a week of moderate activity such as brisk walking, or 75 minutes a week of vigorous activity such as running. Just under 65 percent of adults reached that goal, the CDC said.

The government's Healthy People 2010 objectives call for at least 30 minutes of moderate activity five days a week, or 20 minutes of vigorous activity three days per week. Only 49 percent of those surveyed met these goals.

For the study the CDC used a telephone survey of 399,000 U.S. adults.

The CDC said it is easier to meet overall goals of minutes of exercise per week.

"Existing scientific evidence cannot determine whether the health benefits of 30 minutes of activity, 5 days per week, are any different from the benefits of 50 minutes, 3 days per week," the report reads.

It may be less confusing to advise people to get exercise when they can, the CDC said.

The Institute of Medicine has stronger guidelines. A 2002 report from that group said people should exercise at least an hour a day to maintain health and weight.

About a third of Americans are obese and another one-third are overweight, the CDC says, and they are at higher than acceptable risk of heart disease, diabetes and cancer.

### **New Prostate Cancer Website**

Recent information has been received on a new prostate cancer website: [www.prostatevideos.com](http://www.prostatevideos.com)

This website was created by Dr. Gerald Chodak. Dr. Chodak is an US urologist who was instrumental in helping form the first US TOO chapter in the United States and writes a regular column in the US TOO Hot Sheet. This is an unique educational website that includes more than 60 short videos made by Dr. Chodak that are used to explain many aspects of the disease. The videos are factual and evidence-based and do not tell patients that one treatment is better than another unless good scientific studies provide support. New information is added on a regular basis. NB: Please remember that the information contained in the videos pertain mainly to the US so some of the information contained may vary slightly when dealing with local physicians and hospitals.

### **The Good News Prostate Cancer story of 2008**

#### **Prostate Cancer Mortality at Lowest Point in Six Years-Sharp Drop in Incidence Still Underlines Need for Increased Awareness and Screening**

Prostate cancer mortality rates have dropped to their lowest point in six years, indicating the 2008 estimate of 27.9 deaths per 100,000 U.S. men is a clear sign progress is being made in the fight against the disease.

"There is an 18 percent drop in prostate cancer mortality since 2003, which shows great strides continue to be made in early detection and the development of new treatments," Skip Lockwood, President of the National Prostate Cancer Coalition, said. "However, more than 28,000 men are expected to lose their fight with the disease this year and increased efforts must be made to save lives."

The estimates, stemming from the American Cancer Society's annual report on cancer facts and figures, also shows there is a 21 percent drop in prostate cancer incidence since 2006 (186,320 in 2008 and 234,460 in 2006) and also illustrates the first-ever drop in 10-year and 15-year survival rates (although small: 10-year down 2 points to 91 percent from last year and 15-year down one point to 76 percent from last year). The news underlines the need for increased awareness and screening.

"It means some cases of prostate cancer are not getting detected early enough," Lockwood said. "Those cases of aggressive disease are resulting in men dying after a long battle with prostate cancer."

### **Ferring wins FDA approval for prostate cancer drug**

Ferring Pharmaceuticals USA has received approval from the FDA for degarelix, a new injectable gonadotropin-releasing hormone receptor antagonist, indicated for patients with advanced prostate cancer. Potential trade names are still under review with the FDA. Following issuance of a trade name, Ferring Pharmaceuticals, USA will immediately begin commercialization in the US.

### **Advance Care Planning**

The Calgary Health Region is distributing, through family physicians, a kit which entitled "Our Voice"; a workbook for "Advanced Care Planning". It is designed to promote discussion between family members as to what type of care each would like to have, should they become incapacitated. Each adult will ultimately be required to complete the workbook, so as to document their advance directives and have them at hand, in the case of an emergency or hospitalization. Prostaids Calgary members and their partners are encouraged to contact their family physician for copies of the kit. Related forms and other materials can be downloaded at: <http://www.calgaryhealthregion.ca/programs/advancecareplanning/myvoiceprogram.htm>

Cheryl Wheat, who is a member of the Prostaids Warriors and an RN in Community Palliative Care, introduced the workbook to the Warriors recently. She has volunteered to assist members who experience difficulty in obtaining a copy of the "Our Voice" kit, or require assistance in its completion. Cheryl has agreed to take calls from Prostaids members at her home: phone 403-246-2886, or [wheatca@shaw.ca](mailto:wheatca@shaw.ca)

### **Thank you to retiring board members**

As you know, Prostaids is a charitable organization and therefore requires volunteers to ensure its continued success. We would like to take this opportunity to thank

**Rae Morgan**

**Michael Williams**

**Julius Lister**

for their years of support for Prostaids and to acknowledge their roles as directors of Prostaids. Any organization is only as good as its leadership and these gentlemen have certainly demonstrated a passion for the cause. Thank you so much from all of us at Prostaids.

### **B'Nai Brith Gentlemen's dinner**

W. Brett Wilson and the "birthday boys" were honored for their philanthropic contributions at the 58th Annual B'Nai Brith dinner on Dec. 3rd. Prostaids was there in full force. Approximately 700 men (most in their prostate cancer risk years) were in attendance. Prostaids was VERY visible. Our display was in the lobby of the synagogue, Dr. Digital was on hand to welcome guests, Our "Staying Alive" bus card King poster was prominently displayed in the dining room immediately behind the speakers, our two 'sidewinder' displays flanked the speakers. As well, at EVERY place there was one of our foam "Staying Alive" foam fingers. These were purchased by BB as gifts. Our brochures, dog tags and other information was available as men registered.

Brett Wilson and our president Bob Shiell were interviewed and featured in the Calgary Herald. Bob had the opportunity, as one of the keynote speakers, to tell the story of his journey with PC and describe the work of Prostaids.

### **Prostaids Plans for 2009**

As you know we cannot rest on our successes for 2008, but must continue the momentum in 2009. Here are a few of our plans.

Once again we will have a booth at the Car and Truck show in March. We will also have a booth for the first time at the Calgary Teacher's Convention in February. Studies show that men who live alone are less likely to get checked for Prostate Cancer, so we will be targeting both men and women at this conference to ensure that awareness increases for both sexes. We would like to increase the number of shopping mall displays as well.

Another goal is to talk to as many corporations as we can either through HR or lunch 'n learns. If you have any contacts that we can approach please let us know.

Finally, none of this can happen without your support. Please consider volunteering at some of these events so that we can get our message out to the public.

For more information or to volunteer, please contact Karen at [karen.whiteman@shaw.ca](mailto:karen.whiteman@shaw.ca) or by phone at (403) 455-1916.

**We would like to start an e-mail distribution list for urgent announcements, volunteer requests and other updates.. If you would like to be included in this list, please contact Karen.**



**Officers of the Society:**

**President**

Robert (Bob) Shiell  
Home office: (403) 253.1911  
Cell: 403.870.8130  
email: bobshiell@shaw.ca

**Secretary:**

Harry Ripley  
403.256.7746  
email: heripley@shaw.ca

**Treasurer**

David Todd  
403.271.6141  
email: squint63@nucleus.com

**Executive Director:**

Karen Whiteman  
403.455.1916  
email: karen.whiteman@shaw.ca

**Our voicemail: 403.520.1995**  
**www.prostaid.org**

## Prostaid Calgary Warriors

The Prostaid Calgary 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 Prostaid Calgary members and all those who have an interest in management of advanced prostate cancer. The Prostaid Calgary Warriors meet on the second Tuesday of each month at 6:14 pm prior to the main Prostaid Calgary meeting. Warriors meet just outside the auditorium at Foothills Hospital in room #AGW2. Signs will be posted.

Men with advanced prostate cancer, their partners and family members are most welcome to attend. **You will be made welcome!**

For more information call Fred McHenry at (403) 282.3920

## Women With Prostate Cancer

The next meeting is scheduled for Tuesday, January 27, 7:30PM. in Room 1001, South Calgary Health Centre, 31 Sunpark Plaza SE. Come meet with this vibrant group as they discuss their challenges with prostate cancer in their spouse or parent.

Email Alice Campbell at "alice.j.campbell@gmail.com" for more information.

## Many thanks to our many friends and supporters!

Prostaid has many generous individuals and companies who support our community work. On behalf of our 900 members, thank you for your generosity. With your support we will continue our good work in 2009 and onward!

**Newsletter \* General Meetings \* Hospital Visits \* One-On-One visits \* Speakers \* Website**

**Charitable Number: 869261 602 RR 0001**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

**NOTE: It is NOT necessary to include this form, a receipt will be issued from the information on your cheque.**

**Canada Revenue Agency: <http://www.cra-arc.gc.ca/>  
or donate online through [www.canadahelps.org](http://www.canadahelps.org)**



Please make cheque payable to:  
**Prostaid Calgary Society**

**Box 72126**

**R.P.O. Glenmore Landing**

**Calgary AB, T2V 5H9**

**Tax Receipts can only be issued to those named on the cheque.**