

THE DIGITAL EXAMINER



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Address changes, comments
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More Prostaid information at www.prostaid.org

**Prostaid Calgary proudly
presents:**

***“Laughter, the 2nd Best
Medicine”***

A free lecture by

Dr. Robert Buckman

Oncologist, Professor, Public speaker

**At Beth Tzedec Synagogue,
1325 Glenmore Trail SW.**

Tuesday March 10, 2009 at 7:30 PM.

**IMPORTANT NOTE: For March, 2009
ONLY, this meeting will take the place
of our regular support group meeting
held at Foothills Hospital.**

**Registration is not required. In this free
lecture, “Laughter, the 2nd Best Medi-
cine”, Dr Buckman analyses with many
examples the essential elements of
what makes us laugh. He shows how
humour is a deliberate diversion from
an expected sequence or series, and
that all humour shares this basic struc-
ture. Humour also has several func-
tions. Many of us use humour to deal
with events that are in themselves
threatening or frightening (illness, air-
lines, sex and mothers-in-law to name
the top four). These are not intrinsically
funny in themselves, but the act of con-
structing something funny about them
brings the threat into perspective... in
other words, the act of making a joke is
a coping strategy. . This presentation is
very funny (and deliberately so) but also
explains why laughter genuinely does
matter and genuinely does us all good.**

*While there is no cost to attend, Calgary
Health Trust will be on site collecting volun-
tary donations to benefit the Southern Alberta
Institute of Urology currently under construc-
tion at Rockyview Hospital.*

***Prostaid is inviting members of all health
related support groups to attend this spe-
cial meeting..Seating is limited to the first
1,400 people.***

***First come, first seated, no reservations.
Limited free parking.***

Family History Doesn't Impact Prostate Cancer Treatment

The outcomes of prostate cancer patients
treated with brachytherapy (seed implants)
were not affected by patients' family his-
tory, a new study finds.

Researchers from the Departments of Ra-
diation Oncology and Urology at New York
City's Mount Sinai School of Medicine
tracked 1,738 prostate cancer patients, of
which 187 had a family history of the dis-
ease. The scientists found that among all
risk groups, family history had no signifi-
cance on outcome among prostate cancer
patients treated with brachytherapy.

Prostate cancer is the second-most com-
mon cancer in men, next to skin cancer.
While family history does increase a man's
risk of developing prostate cancer, "there is
conflicting data on how family history im-
pacts treatment outcomes," the research-
ers wrote in a news release. Study results
were reported in the Jan. 1 issue of the
*International Journal of Radiation Oncol-
ogy *Biology* Physics.*

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

**7:30 PM on
Tuesday
February 10, 2009
In the Foothills
Auditorium at
Foothills Hospital**

**Calgary urologist
Dr. Richard J.
Baverstock will
speak on incont-
inence and ED fol-
lowing radical
prostatectomy.**

**Our next meeting
for “Women With
Prostate Cancer”
(WWPC) will be at
7:30PM, on Tues-
day February 24 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**

Prostaid Calgary meets on the second Tuesday of every month at 7:30 PM

Enlarged Prostate (BPH)

Benign prostatic hyperplasia (BPH) is the most common benign (noncancerous) growth process in men. About one in four men experiences BPH-related symptoms by age 55; by age 75 half of men have BPH symptoms. If you are diagnosed with BPH, you and your doctor will decide together if watchful waiting is an option for you.

Doctors can't predict how quickly an enlarged prostate will require treatment. Symptoms and objective measurements of obstruction in the urethra associated with BPH can remain stable for many years and may even improve over time in as many as a third of men. In one study from the Mayo Clinic, urinary symptoms did not worsen over a 3 1/2-year period in 73% of men with mild BPH.

Because the progression of and complications from BPH are unpredictable, watchful waiting -- meaning that you are closely monitored but no immediate treatment is attempted -- is best for men with minimal BPH symptoms that are not especially bothersome. With this treatment option for BPH, you only need to see your doctor about once a year to review the progress of symptoms and undergo a physical examination a few simple laboratory tests.

During watchful waiting for BPH, you should adopt certain lifestyle measures to help relieve symptoms of BPH and prevent them from worsening. For example, you should not take over-the-counter antihistamines and decongestants and should avoid delaying urination. If you have BPH you also need to be careful about your fluid intake by avoiding beverages that contain caffeine, limiting alcohol intake and the amount of fluid consumed at any one time, and avoiding beverages after 7 p.m., doing Kegel exercises (which involve squeezing and relaxing the pelvic floor muscles that support the bladder and surround the urethra).

Prostaid 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 be at Southcentre and Banker's Hall as well.

We are making an application for a casino to take place sometime in 2010.

An application for an entry in the Calgary Stampede Parade has been submitted.

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 or by phone at (403) 455-1916.

A violinist in the Metro

A man sat at a metro station in Washington DC and started to play the violin; it was a cold January morning. He played six Bach pieces for about 45 minutes. During that time, since it was rush hour, it was calculated that thousands of people went through the station, most of them on their way to work.

Three minutes went by and a middle aged man noticed there was musician playing. He slowed his pace and stopped for a few seconds and then hurried up to meet his schedule.

A minute later, the violinist received his first dollar tip: a woman threw the money in the till and without stopping continued to walk.

A few minutes later, someone leaned against the wall to listen to him, but the man looked at his watch and started to walk again. Clearly he was late for work.

The one who paid the most attention was a 3 year old boy. His mother tagged him along, hurried but the kid stopped to look at the violinist. Finally the mother pushed hard and the child continued to walk turning his head all the time. This action was repeated by several other children. All the parents, without exception, forced them to move on. In the 45 minutes the musician played, only 6 people stopped and stayed for a while. About 20 gave him money but continued to walk their normal pace. He collected \$32. When he finished playing and silence took over, no one noticed it. No one applauded, nor was there any recognition.

No one knew this but the violinist was Joshua

Bell, one of the best musicians in the world. He played one of the most intricate pieces ever written with a violin worth 3.5 million dollars. Two days before his playing in the subway, Joshua Bell sold out at a theater in Boston and the seats averaged \$100.

This is a real story. Joshua Bell playing incognito in the metro station was organized by the Washington Post as part of a social experiment about perception, taste and priorities of people. The outlines were: in a commonplace environment at an inappropriate hour: Do we perceive beauty? Do we stop to appreciate it? Do we

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recognize the talent in an unexpected context? One of the possible conclusions from this experience could be: If we do not have a moment to stop and listen to one of the best musicians in the world playing the best music ever written on an almost priceless instrument, how many other things are we missing as we rush through our lives?

First Shot—Take advantage of the pre-sale now.

Prostaid Calgary has the opportunity to make an impact at the Tim Horton's Brier, March 7-15th, 2009. The Brier has offered us all event packages for just \$199 for silver seating, down from \$395. All you need to do is contact Karen at karen.whiteman@shaw.ca or 403-455-1916.

In return, the Brier will make sure that our section gets exposure and mention by the announcers and on the big screen. Who knows, Dr. Digital even attend. This is a wonderful opportunity for our members and for our organization to ensure we get some exposure to our target market.

Doing Good and Feeling Good

Volunteering doesn't just help others -- it may also benefit your health. Reviewers from the Corporation for National and Community Service (a US government agency that promotes volunteerism) reviewed two decades of data from over 30 studies and found that volunteers had less depression, reported greater satisfaction with life, and lived longer than those who did not volunteer.

One two-year study found that adults over 75 who volunteered or worked for over 100 hours a year were one third less likely to report bad health and two thirds less likely to die over the course of the study. And according to other data in the review, people over 65 seemed to benefit more from volunteering than younger participants.

That volunteering has psychological benefits probably comes as no surprise to people who volunteer regularly -- doing good in turn leads to feeling good. But for older people, who are more likely to have retired or lost a spouse, volunteer activities are also a way to stay active and involved in their communities. The structure and social support that volunteer activities provide may help stave off depression that often accompanies chronic illnesses

and major role transitions, including moves into long-term care residences.

According to an eight-year study of 1,137 adults, volunteering after the death of a spouse was associated with a decline in depression. And people who volunteered before their spouses died were less depressed after losing a spouse than those who hadn't volunteered before.

These emotional benefits may have a biological basis. According to Peter Rabins, M.D., Professor of Psychiatry and Health Policy and Director of the Division of Geriatric Psychiatry and Neuropsychiatry at Johns Hopkins, "Studies by my colleagues at the Johns Hopkins Older Americans Intervention Center have revealed that volunteering is associated with increased blood flow in certain areas of the brain, which might indicate more connections between brain cells in these areas. Perhaps better mood and blood flow are related."

Research has established that depression makes it harder both to recover from illness and to do things that are good for you, like exercise and eat well. Thus, the improved mental well-being that results from volunteering may also have an indirect impact on physical health.



Now that you know that volunteering is good for you, pick up the phone and call either Bob Shiell at 403 253.1911 or Karen Whiteman at 403 455 1916. Prostaid is always looking for a few good men or women to join our executive as directors or to volunteer some time for our many outreach projects.

We have fun—come join us!



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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

invites women concerned for men living with prostate cancer to their next meeting scheduled for Tuesday, February 24, 7:30PM. in Room 1001, South Calgary Health Centre, 31 Sunpark Plaza SE. Come meet with this open, caring group as they share their challenges.

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

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