

THE DIGITAL EXAMINER



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

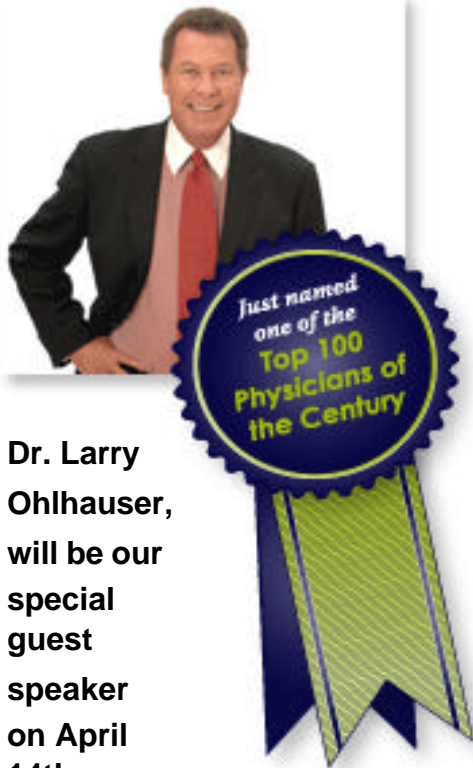
Prostaid
Calgary's
next
monthly meeting
will be held at

7:30 PM on
Tuesday
April 14th, 2009
In the auditorium
at
Foothills Hospital

Our special guest
speaker is
Dr. Larry
Ohlhauser

You can hear Dr.
Larry on
CBC Radio's "Wild
Rose Country"
every Monday
starting at noon.

Our next regular
meeting of
"Women And Pros-
tate Cancer"
(WAPC) will be at
7:30PM, on Tues-
day April 28th 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



**Dr. Larry
Ohlhauser,
will be our
special
guest
speaker
on April
14th.**

"How to be the CEO of your own health"

Dr. Larry Ohlhauser explains how to slow down and recognize the importance of the physical, relational, and financial wellness in our lives.

Dr. Larry Ohlhauser works with executives and CEOs worldwide. As a much sought after speaker both nationally and internationally, Dr. Ohlhauser has influenced the transformation of lifestyles by empowering individuals to take responsibility for their own health. Dr. Ohlhauser is known

internationally for his seminar and forthcoming book entitled *The Healthy CEO*, which uses his proven concepts of goal setting and outcome measurement to address the unique health challenges facing executives.

Dr. Ohlhauser is renowned for offering clients a 35,000 foot perspective. After operating a successful medical practice in Alberta, Canada, he developed his expertise with the College of Physicians and Surgeons of Alberta for 20 years, the last 12 years of which he acted as Registrar and CEO of the College. Today, Dr. Ohlhauser is the President and CEO of Ohlhauser & Associates, a consulting firm specializing in healthcare strategy and management consulting for large multinationals, corporations, and government institutions.

His awards are noteworthy. He has recently received the Alberta Centennial Medal in recognition of outstanding service to the people and province of Alberta and the Dr. Louis Levasseur Distinguished Service Award from the Medical Council of Canada for outstanding contributions toward the Council's vision and mission. Dr. Ohlhauser has recently been named "one of the Top 100 Physicians of the Century" by the College of Physicians and Surgeons and the Alberta Medical Association.

A zealous adventurer with an appetite for living life passionately, Dr. Ohlhauser applies his philosophies on goal setting and outcome measurement to the enhancement of his own life. Whether he is piloting

jet airplanes, consulting large government institutions, speaking publicly to hundreds of executives, or hitting a golf ball out of the sand, Dr. Ohlhauser infuses life with energy, with purpose, and with intense satisfaction.



"Until I recover, let's just assume your prostate is fine."

Submitted by Rae Morgan

The Recent Prostate Cancer Screening Controversy: CPCN Responds

The recent publication of two articles on prostate-cancer screening in the March 2009 issue of the *New England Journal of Medicine* has spurred renewed controversy over the place of the PSA test in promoting men's health. This blood test checks for minute quantities of an enzyme called prostate-specific antigen or PSA. Higher than normal amounts of PSA in the blood is a *possible* indicator of prostate cancer or other prostate conditions, such as benign prostatic hyperplasia (BPH), and often triggers further medical tests.

The articles present the first reports from two large, randomized trials studying the relationship between PSA-based screening and prostate-cancer mortality: The European Randomized Study of Screening for Prostate Cancer and the Prostate, Lung, Colorectal, and Ovarian Cancer Screening Trial. Both studies were initiated to answer a persistent question: Does regular PSA testing of men showing no signs of prostate cancer reduce the rate of death from prostate cancer?

According to the European study, which involved over 162,000 men between the ages of 50 and 74 in seven countries, PSA-based screening reduced the rate of death from prostate cancer by 20 % but was associated with a high risk of overdiagnosis and overtreatment.

The American PLCO trial found the rate of death from prostate cancer was very low for both the 38,343 men in the group that received annual PSA-based screening and the 38,350 men in the control group who received "usual care." The conclusion: "Screening was associated with no reduction in prostate-cancer mortality."

In the end, both studies raise more questions than they answer. All that can be concluded is that the studies will stimulate vigorous debate within the medical profession and the prostate health advocacy community.

Indeed, this debate is already raging. The Canadian Prostate Cancer Network (CPCN), an organization that speaks for men with prostate cancer and their families from across this nation, has reviewed the current research on PSA testing thoroughly. Its policy on early detection using the PSA test remains the same:

CPCN advises men in their forties to start a yearly regimen of PSA testing and digital rectal exams.

Within the framework of the recent debate, CPCN takes the following positions:

A man has the right to know whether he might be at risk from prostate cancer, a disease that kills an estimated 4,300 Canadian men annually.

The PSA test is safe, no more risky than any other blood test. So PSA testing is not harmful in and of itself.

Currently, the PSA test is one of the best methods of early detection available. Refinements of the simple PSA test, such as measurements of PSA velocity, PSA doubling time, and percentage of free to total PSA, have improved the use we are able to make of its results. So getting a higher than normal PSA reading need not necessarily lead to follow-up procedures or treatments that pose risk but should spark a serious discussion between a man and his doctor.

"Overdiagnosis" is a term that is potentially confusing; one either has prostate cancer or one does not. The question should be how best to respond to individual men who are diagnosed with prostate cancer rather than whether or not men should have access to information that might lead to a diagnosis.

The question of whether to offer asymptomatic men the PSA test should be di-

vorced from the issue of the over treatment of prostate cancer. Not all prostate cancers need treatment. But we should use what tools we have to discover prostate cancer early, so it can be treated if necessary.

PSA test results are used consistently in nomograms designed to help physicians and patients decide which prostate cancer therapies will result in the greatest benefit. Although we need new and more accurate ways of distinguishing between aggressive prostate cancer and more indolent forms of the disease, today, PSA levels are used to help make this determination. A baseline PSA reading at age 40 can prove useful to men as they age.

Prostaid Responds:

In a letter to the editors of the Calgary Sun, Calgary Herald, Globe and Mail, Lethbridge and Medicine Hat Dailies, and The National Post, President Bob Shiell stated:

Prostate Exam (PSA) Means Staying Alive

Until something better comes along the PSA (Prostate Specific Antigen) test, in conjunction with a DRE (Digital Rectal Exam) are still the only tools available to forewarn about possible prostate cancer. PSA testing should be continued because it is the only key factor explaining the decline in prostate cancer deaths seen since 1992.

I am one of thousands of Canadian men that would not be alive today if PSA tests were not offered as part of an annual checkup. An irregular PSA test does not mean you have prostate cancer. What is important is to monitor what the PSA is doing over time (velocity). A rapidly rising PSA means that further tests are required. My fear is this debate will just give men another excuse not to become advocates for their own health and wellness. In the view of Prostaid Calgary and the Canadian Prostate Cancer Network, a prostate exam means "Staying Alive".

Bob Shiell
President
Canadian Prostate Cancer Network
Prostaid Calgary Society
www.prostaid.org

www.cpcn.org

Mobile phones may be source of hospital infections

NEW YORK (Reuters Health) - Mobile phones used by hospital healthcare workers are often contaminated with germs, including those that can cause illness in hospitalized patients, a Turkish research team reports.

Dr. Fatma Ulger and others at Ondokuz Mayıs University, Samsun, swabbed the dominant hand and the mobile phones of 200 doctors, nurses, and other healthcare staff working in intensive care units and operating rooms.

They found that 95 percent of telephones were contaminated, often with more than one type of microbe, and often with antibiotic-resistant bacteria.

Potentially serious infectious bugs such as staphylococci were isolated from phones in intensive care units, the team reports in the online BMC journal *Annals of Clinical Microbiology and Antimicrobials*.

When the study participants were questioned, 90 percent said they never cleaned their mobile phones. The investigators conclude that mobile phones "may facilitate transmission of bacterial isolates from patient to patient in wards or hospitals."

They recommend routine decontamination of mobile phones with alcohol-containing disinfectants.

SOURCE: *Annals of Microbiology and Antimicrobials* 2009.

The Annual Meeting of Members of Prostaid Calgary Society will be held at 7:30 PM on Tuesday, May 12, 2009 in the Foothills Auditorium at Foothills Hospital.

At the meeting, members will be asked to:

Receive the financial statements of the Society for the year ended December 31, 2008 and the auditor's report on the statements;

Appoint the auditor;

Elect directors;

Consider and, if deemed fit, approve a special resolution amending By-Law 10.1 that prescribes the date of annual meetings;

Transact any other business properly brought before the meeting.

By order of the Board of Directors

March 26, 2009



Officers of the Society:

President

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David Todd
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Executive Director:

Karen Whiteman
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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 And Prostate Cancer”

invites women concerned for men living with prostate cancer to their next meeting scheduled for Tuesday, April 28, 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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**Canada Revenue Agency: <http://www.cra-arc.gc.ca/>
or donate online through 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.