

# THE DIGITAL EXAMINER



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

## U.S. Urologists support Baseline PSA Test at age 40.

Chicago, April 29. Going against the flow on PSA testing, which has been questioned as a general prostate cancer screen elsewhere, the American Urological Association now recommends **that physicians start offering the test to men at age 40.**

The rationale for an earlier baseline test is that a PSA value above the median at a relatively young age portends an increased risk of prostate cancer, said Peter Carroll, M.D., who chaired the AUA panel that developed the recommendation.

After a baseline measurement, subsequent PSA testing should be individualized to a man's risk profile. "The single most important message of this statement is that prostate cancer testing is an individual decision that patients of any age should make in conjunction with their physicians and urologists, said Dr. Carroll. "There is no single standard that applies to all men, nor should there be at this time." **"The bottom line about prostate cancer testing is that we cannot counsel patients about next steps for prostate cancer that we do not know exists,"** he added.

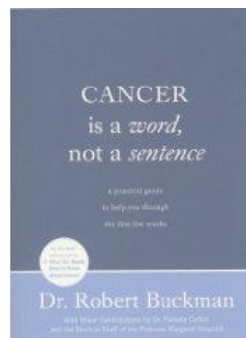
The recommendations were in an update to the AUA Best Practice Statement on PSA testing, originally released in 2000.

The latest practice statement does not set a specific PSA threshold to trigger a pros-

tate biopsy. In support of the position, the AUA panel drew from results of the Prostate Cancer Prevention Trial. It showed that prostate cancer may occur in association with any PSA level, which the AUA called a "continuum of risk". Reliance on a specific PSA threshold, in combination with a digital rectal exam can overestimate prostate cancer risk in some cases and underestimate in others, the AUA panel concluded.

## Cancer is a word, not a sentence.

Many readers of the Digital Examiner attended our special March meeting with guest speaker Dr. Robert Buckman. His presentation, "Laughter, the 2nd best Medicine" was enthusiastically enjoyed by the almost 500 guests in attendance. Dr. Buckman has graciously autographed copies of his



of his book: "Cancer is a Word, not a Sentence", a Step-by-step practical Guide to Cancer and Cancer Treatment and these books will be available for purchase at our May 12 meeting at a special price of \$15.00

Prostaid Calgary's next monthly meeting will be held at

7:30 PM on  
Tuesday

May 12th, 2009  
In the auditorium  
at  
Foothills Hospital

Our short Annual General Meeting will be followed by a video Presentation entitled: "New Discoveries in Prostate Cancer Research".

Our next regular meeting of "Women And Prostate Cancer" (WAPC) will be at 7:30PM, on Tuesday May 26th 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.

SCHC is located at 31 Sunpark Plaza South East.

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

**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**

### **Have medications that have passed their expiration dates good to use, or should they be discarded? Here's the answer from Johns Hopkins.**

Think of expiration dates which are placed on most prescription and over-the-counter medications -- as a very conservative guide to longevity. The expiration date is a guarantee from the manufacturer that a medication will remain chemically stable -- and thus maintain its full potency and safety -- prior to that date. Most medications, though, retain their potency well beyond the expiration date, and outdated medications, whether prescription or over-the-counter, are not usually harmful.

In a study conducted by the FDA on a large stockpile of medications purchased by the military, 90% of more than 100 medications were safe and effective to use years after the expiration date. The drugs in the FDA study, however, were stored under ideal conditions -- not in a bathroom medicine cabinet, where heat and humidity can cause drugs to degrade.

If your medications have been stored under good conditions, they should retain all or much of their potency for at least one to two years following their expiration date, even after the container is opened. But you should discard any pills that have become discolored, turned powdery, or smell strong; any liquids that appear cloudy or filmy; or any tubes of cream that are hardened or cracked.

To help maintain potency, store your medications in a closet or cabinet located in a cool, dry room. Also, don't

mix medications in one container: chemicals from different medications can interact to interfere with potency or cause harmful side effects. If two or more medications have been mingled for any period of time, discard them.

A few medications, like insulin and some liquid antibiotics, do degrade quickly and should be used by the expiration date. Also, consider replacing any outdated medications that you're taking for a serious health problem, since its potency is more critical than that of an over-the-counter drug you take for a headache or hay fever. If in doubt, consult a pharmacist.

### **Are you a gay man who has been diagnosed with prostate cancer ?**

We want you to tell us about...

- ⇒ what treatments you have received
- ⇒ how those treatments may have affected your lives and your relationships

If men who take part in the project have a significant other/partner, they may also be eligible to complete a separate web-based survey about his experience as a partner of a man with prostate cancer.

The strictest *CONFIDENTIALITY* will be maintained.

**\$20 upon completion of the survey**



CancerOutcomes@psych.ryerson.ca

Toll free: 1-866-643-7604



### **Father's Day Walk/Run for Prostate Cancer!**

Attention all members of Prostaid Calgary. Get out and support Prostate Cancer Canada who raises funds for the development of programs related to awareness, public education, advocacy, support of those affected and research into the prevention, detection, treatment and cure of prostate cancer.

The Run/Walk is scheduled for Sunday, June 21, 2009 in Calgary at Eau Claire Market. Register online at [Fatherdayrun.ca](http://Fatherdayrun.ca).

**Let's make it a Prostaid Calgary Team effort!**

## Fatty Fish May Cut Prostate Cancer Risk

March 24, 2009 -- Men who eat salmon and other fish high in omega-3 fatty acids on a regular basis have a decreased risk for developing advanced prostate cancer, new research suggests.

The association was most pronounced among men believed to have a genetic predisposition for developing aggressive prostate cancer.

Men in the study who ate one or more servings of fatty fish a week were found to have a 63% lower risk for developing aggressive prostate cancer than men who reported never eating fish, study co-researcher John S. Witte, PhD, tells WebMD.

The study is not the first to find that men who eat fatty fish have a lower risk for the most deadly forms of prostate cancer. But Witte says clinical trials are needed to show that eating foods high in omega-3 fatty acids actually lower risk of aggressive prostate cancer.

The study appears in the April issue of *Clinical Cancer Research*.

"There is a lot of evidence that omega-3 fatty acids protect against heart disease and other diseases by targeting inflammation -- and that may be what is going on here," Witte says.

### Omega-3 and Prostate Cancer

The study by Witte and colleagues from the University of California, San Francisco, included 466 men with aggressive prostate cancer and 478 men without the cancer.

The men were asked to fill out food-frequency questionnaires. Genetic analysis was also performed to identify variants of the Cox-2 gene, which helps regulate inflammation within the body. A certain variant of this gene is also known to increase the chance of developing prostate cancer.

The analysis revealed that men who ate little to no fatty fish and had a specific Cox-2 variant were five times more likely to develop advanced prostate cancer.

But men with the highest intake of omega-3 fatty acids -- equivalent to one or more servings of fatty fish a week -- had a significantly reduced risk for advanced disease, even when they carried the Cox-2 variant.

"The increase in risk associated with having the Cox-2 variant was essentially reversed in men who ate fish one or more times a week," Witte says.

### Clinical Trials Needed

Omega-3 researcher Jorge Chavarro, PhD, of Harvard Medical School tells WebMD that the findings are con-

sistent with his own studies of omega-3 and prostate cancer.

In a 2007 study, Chavarro and colleagues with the Harvard School of Public Health reported a 41% reduction in prostate cancer risk among men who ate higher levels of omega-3s than men with the lowest intake.

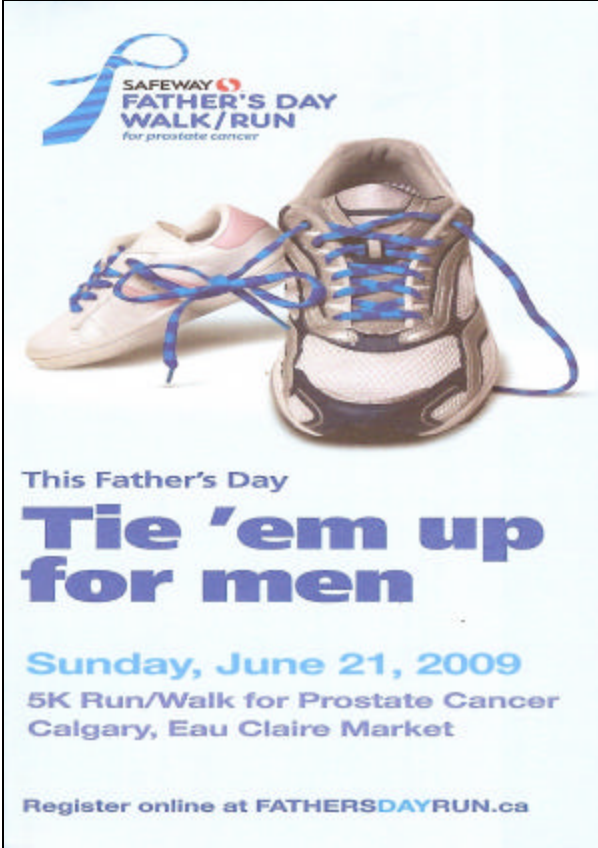
In separate studies, the Harvard team found that men who ate fatty fish before being diagnosed with prostate cancer and after their diagnosis were less likely to die of the disease.

Chavarro's research also suggests that omega-3 is particularly protective against the most aggressive prostate cancers.

He tells WebMD that this supports the growing belief that prostate cancer is a more complex disease than previously thought.

"We call everything prostate cancer, but clinically aggressive cancers and more localized, benign cancers may be two very different diseases," he says. "In the past we have studied overall disease. But it may be that the effects of fish and other anti-inflammatory interventions, like Cox-2-targeting drugs, affect only aggressive disease." Fish rich in omega-3 fatty acids include:

Halibut, Herring, Mackerel Oysters, Salmon,  
Sardines, Trout, Tuna



SAFeway  
FATHER'S DAY  
WALK/RUN  
for prostate cancer

This Father's Day  
**Tie 'em up  
for men**

Sunday, June 21, 2009  
5K Run/Walk for Prostate Cancer  
Calgary, Eau Claire Market

Register online at [FATHERSDAYRUN.ca](http://FATHERSDAYRUN.ca)



**Officers of the Society:**

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**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

### June is prostate cancer month at all Canada Safeway stores.

During June Canada Safeway stores will be encouraging their customers to donate and support the efforts of Prostate Cancer Canada.

Prostaid encourages you to visit your local Canada Safeway Store, introduce yourself to the manager and offer whatever assistance you can. If we all 'adopt' a store in our neighbourhood and work with the Safeway staff we can really make a difference. If you need materials, etc, just contact Bob Shiell at 403 253.1911.

## 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**

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

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



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

Please make cheque payable to:

**Prostaid Calgary Society**

**Box 72126**

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

**Calgary AB, T2V 5H9**

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

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