

THE DIGITAL EXAMINER



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More Prostaid information at www.prostaid.org

Working Together Works: The Canadian Prostate Cancer Network Becomes the Prostate Cancer Canada Network

"It's a new day for prostate cancer support groups across Canada," remarks Bob Shiell, president of the Canadian Prostate Cancer Network (CPCN). "What makes this day different from other days is that CPCN is no longer alone in its mission," he continues. "We have amalgamated with Prostate Cancer Canada, formerly known as the Prostate Cancer Research Foundation of Canada." The result? Ultimately, the benefit to men newly diagnosed with prostate cancer will be a coast-to-coast network of strengthened support groups that will have more and better tools and training.

Since its inception on Remembrance Day 1995, the Canadian Prostate Cancer Network has moved from strength to strength. The organization speaks for thousands of men who, each year, are diagnosed with prostate cancer, the most common cancer among Canadian men. Each week, an average of 490 Canadian men are diagnosed with this disease.

"Through our affiliated support groups across Canada, CPCN has been able to reach out to these men and their families, helping them cope by providing up-to-date medical information and individual support," says Wally Seeley, executive director of CPCN. "We have also run wonderfully successful public awareness campaigns promoting early detection, and we've lobbied for increased funding to combat prostate cancer through improvements in research, treatment facilities, and programs," he adds.

The amalgamation with Prostate Cancer Canada will build on these strengths, says Seeley, who plans to retire at the end of June after many years of noble service.

Although the work of CPCN will continue, and even increase, its name will change. "Our new name is the Prostate Cancer Canada Network (PCCN)," Shiell reports. PCCN will work as a division of Prostate Cancer Canada (PCC). To further ensure an unbroken pursuance of the enduring goals of the Network, the current board of CPCN will form an advisory board and appoint two of its members to the Prostate Cancer Canada Board of Directors. Bob Shiell will be Managing Director, PCCN, as well as Vice-President, Prostate Cancer Canada.

Shiell is president of Calgary's prostate cancer support group Prostaid, he has served as president of CPCN since 2001, and he is a founding member of the World Wide Prostate Cancer Coalition (WWPCC).

Prostate Cancer Canada is dedicated to the elimination of this disease through research, education, advocacy, survivorship support and awareness. "PCC's scope, like CPCN's, is national, so the fit is very good," says Shiell about the upcoming partnership.

The future does indeed look promising. "The Prostate Cancer Canada Network, working as a division of Prostate Cancer Canada, will have stable funding, access to administrative staff, higher visibility, and the support of an established player in the prostate cancer arena," Shiell comments. "Working together, we will be able to go from strength to strength to benefit Canadian men and their families on their journey with prostate cancer."

"Reprinted from
the CPCN
Electronic
Newsletter"



**Prostaid Calgary's
next
monthly meeting
will be held at**

**7:30 PM on
Tuesday
June 9th, 2009
In the auditorium
at
Foothills Hospital**

**This meeting will
feature video high-
lights of the 2008
Los Angeles
Prostate Cancer
Conference**

**Our next regular
meeting of
"Women And Pros-
tate Cancer"
(WAPC) will be at
7:30PM, on
Tuesday June 23rd
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.**

Early Prostate Cancer Patients have 95 Percent Success with Brachytherapy

by **Gerry Bellett | Vancouver Sun | 01.28.2009**

A study of early-diagnosed prostate cancer patients shows that 95 percent of those treated using brachytherapy — the planting of a radioactive particle in the prostate — have had their cancer cured.

The results of the study of 1,006 consecutive patients treated through the BC Cancer Agency's prostate brachytherapy program from 1998 to 2003 will be published in this week's medical journal *Urology*.

The cancer agency said 95 percent of men did not experience a biochemical recurrence — a rise in the blood level of PSA (prostate-specific antigen) — following brachytherapy, "which indicates a likely cure of prostate cancer."

"These are excellent results demonstrating that brachytherapy should be considered the gold-standard treatment for men with localized prostate cancer," Dr. Mira Keyes, head of the BC Cancer Agency's brachytherapy program, said Wednesday.

"We have only had one patient whose cancer reoccurred after five years," Keyes said.

Men in the study group also experienced low rates of metastasis — spread of cancer — and death from cancer, she said.

To date, more than 2,500 men have been treated by the agency using brachytherapy.

Other forms of treatment for prostate cancer are surgery to remove the cancer mass, or external beam radiation to destroy it.

Keyes said the agency has developed a fourth method called active surveillance, by which a man diagnosed in the early stages of prostate cancer will have his condition monitored and will be treated only if the cancer advances.

She said there have been no studies done to determine if brachytherapy was better than surgery.

However, she said the procedure was less invasive than surgery and could be completed within an hour, allowing the patient to go home.

"We had one patient last year who came in and had brachytherapy and asked if it was okay for him to attend a Celine Dion concert that was being held that night in Vancouver because he'd bought tickets. He went to the concert with his wife, stayed for the whole performance and they walked home," Keyes said.

She said the sexual potency rate was higher with brachytherapy than with surgery.

Prostate cancer is the most frequently diagnosed cancer in Canadian males. On average, 386 men are diagnosed with the disease each week in Canada.

Brachytherapy implants radioactive seeds into the prostate gland that deliver a precise dose of radiation to the tumour.

Most patients were able to resume normal physical activities within days of treatment and side-effects were mild and transient, with long-term side-effects being rare, the study found.

The treatment is available in Vancouver, Victoria, Kelowna, Surrey and Abbotsford.

Keyes said different forms of brachytherapy were also being used by researchers to treat other cancers. But the results with prostate cancer were spectacular

Male Lumpectomy Measures up to Traditional Treatment

Focal cryoablation of prostate cancer, popularly called the 'male lumpectomy,' shows comparable results to more radical treatments, according to a recent study of patient who underwent the procedure and had up to 12 years of follow-up. Cryoablation involves inserting a probe through the skin and uses imaging to guide the needle to the tumor where it freezes and destroys cancerous tissue. This procedure targets only the cancer and spares healthy tissue around the prostate gland, unlike other traditional approaches which can destroy healthy tissue.

"Our data show that focal cryoablation is as good for prostate cancer control as any other treatment, including surgery, radiation, and hormone therapy. But it is less invasive and traumatic for patients, preserves sexual and urinary function, and has no major complications," said Dr. Gary Onik, professor of interventional radiology at the University of Central Florida and director of the Center for Safer Prostate Cancer Therapy in Orlando. "Instead of removing, freezing, or using radiation on the entire prostate, interventional radiologists can find out where the cancer is and just destroy the cancer."

Based on these findings, randomized trials comparing focal therapy with robotic prostatectomy and radiation would be the logical next step for the urological community.

Prostate Drug Avodart Reduces Cancer Risk

A large clinical study has found Avodart, a drug from GlaxoSmithKline, reduces the risk of prostate cancer. Avodart, generically known as dutasteride, significantly reduced the risk of biopsy-detectable prostate cancer by 23 percent over four years. The trial looked at men with an increased risk of prostate cancer as discovered in raised PSA levels.

"This is a significant and encouraging breakthrough. If the figure had been 50 percent, I would have said wow. But 23 percent is certainly encouraging because it has established the principle that it can be done," said Professor Malcolm Mason, professor of clinical oncology at Cardiff University. "The ultimate proof is what difference does it make to long term survival. The four years taken on this trial is a comparatively short time. We now need to find out how many people die using this treatment over a ten or twenty year period."

Thank you Canon Canada for your support in printing this newsletter.

Provenge Extends Survival Time for Advanced Prostate Cancer Patients in Study

Official results of the Dendreon Provenge study were presented at the AUA meeting this week, suggesting the experimental treatment adds four months to the lives of men with advanced prostate cancer. The Provenge vaccine trains the immune system to fight tumors, a therapy that doctors have been trying to develop for decades. The study involved 521 men whose cancer had spread and wasn't responding to standard hormone treatments. The average survival was 26 months in men given Provenge compared to 22 months in others. Additionally, three-year survival rates were 32 percent in the Provenge group and 23 percent for the other.

A concern in earlier studies was the prevalence of side effects as a result of taking Provenge. This study found strokes and other brain-related problems were no more common with Provenge. However, high blood pressure was twice as likely to occur. Overall, the rate of serious side effects was the same in each group.

Improving survival "is the gold standard" for any treatment, and Provenge appears to do that, said Dr. Ira Sharlip, a urologist from the University of California in San Francisco and a spokesman for the urological association.

Looking at the Bone Density Link to Prostate Cancer

Johns Hopkins researchers suggest men with denser bones may be more likely to develop prostate cancer. Recent research suggests women with high bone mineral density are at an increased risk of developing aggressive breast cancer and these findings have prompted researchers to question whether there is a similar link between higher bone density in men and an increased risk of developing prostate cancer.

For the study, researchers collected bone mineral density data on 519 men, measured from 1973-1984 and then revisited the data to see which men eventually developed prostate cancer. They found the 76 men who went on to develop prostate cancer had a significantly higher bone density than those who remained cancer-free. Researchers believe growth factors in bone may contribute to prostate cancer growth and bone density may reflect sex hormone levels in men.

Prostaid Annual General Meeting held May 12.

The Prostaid Calgary Society held its annual general meeting Tuesday, May 12, 2009.

The following members were re-elected:

Ron Gorman (Chairman and Past President)

Bob Shiell, (President)

Harry Ripley, (Secretary)

David Todd, (Treasurer)

Jason Bedard, (Director)

Alice Campbell (Director)

Lyall Carter (Director)

Ken Dreger (Director)

Nick Drinkwater (Director)

Eric Holden (Director)

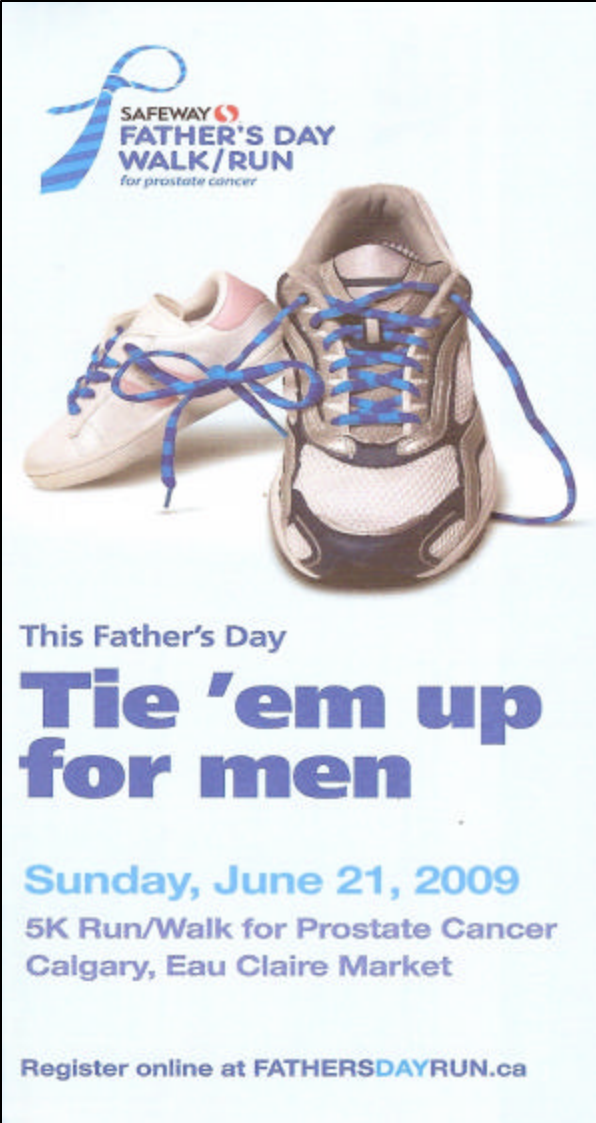
Dean McKenzie (Director)

Robert Welin (Director)

Prostaid Calgary welcomes our newest director and looks forward to working with him in the future.

Welcome aboard

Stewart Campbell (Director)



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



Officers of the Society:

President

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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

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

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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

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