

THE DIGITAL EXAMINER



Number 118 –July 2009

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Prostaid Calgary's
next
monthly meeting
will be held at

More prostate cancer information at www.prostaid.org

Canada Safeway Father's Day Walk/Run big success



Hundreds and Hundreds of Calgarians took to the pathways around Eau Claire on Father's Day to raise support and raise-money for the fight against prostate cancer. The Father's Day Canada Safeway Walk/Run goal was to raise up to a million dollars nationally for the prevention and



cure of prostate cancer, which can affect one in six Canadian men. While the numbers are still being tallied indications are that this goal has been exceeded.

Prostaid's mascot, Dr. Digital, was on hand before, during and after the race to bring attention to the disease and smiles to the faces of participants and their families.

Across Canada 9 cities participated in the annual event which draws thousands of runners each year.

Funds raised through the runs go to Prostate Cancer Canada, which supports The Prostate Cancer Foundation BC and Calgary's Prostate Cancer Centre. Next year's walk/run is already being planned and readers of the Digital Examiner are urged to start training for the event now!

Be aware, men are at risk for other cancers. *More than one drink daily increases bowel cancer risk -*

A study has investigated the colorectal cancer risk attached to key parts of the Australian lifestyle.

Having more than one alcoholic drink a day is enough to dramatically increase your bowel cancer risk, Australian research shows.

Smoking, obesity, diabetes and eating large amounts of meat also push up the risk of developing the aggressive cancer, which claims 4,000 lives across the country every year.

Researchers analyzed more than 100 international studies going back to the 1960s, to determine the colorectal cancer risk attached to key parts of the Australian lifestyle.

"It's the first definitive study to quantify the role of lifestyle ... on the risk of developing

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

Calgary Urologist
Dr. Richard
Baverstock will
present on the
Management of
Prostate Enlarge-
ment: "From medi-
cations to Green
light laser."

Our next regular
meeting of
"Women And Pros-
tate Cancer"
(WAPC) will be at
7:30PM, on
Tuesday July 28 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.
at 31 Sunpark
Plaza South East.

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

colorectal cancer," said Associate Professor Rachel Huxley, of Sydney's The George Institute.

"People who eat the highest amount of red and processed meat have about 20 per cent greater risk of developing the cancer than those who don't eat meat.

"It's similar with obesity: if you are obese your risk is about 20 per cent higher compared to normal weight individuals.

"But for alcohol we found that the risk was 60 per cent, and what's classified as the highest intake isn't very much."

Dr Huxley said many Australians would be shocked to learn that having more than one alcoholic drink daily - or more than seven across a week - was shown to significantly increase the risk of colorectal cancer.

This was the consensus result which flowed from an assessment of 21 studies taking in the drinking habits of 9,500 people who went on to develop the cancer.

"Individuals who had more than seven drinks a week had a 60 per cent greater risk of developing colorectal cancer compared to ... those who were tee-total," Dr Huxley said.

"So the risk of colorectal cancer with alcohol is strong and you don't have to drink a lot."



Diabetes and cigarette smoking were also associated with a 20 per cent increase in the risk of the developing the cancer.

About one million new cases of bowel cancer are diagnosed every year around the world, and 12,000 of these are in Australia.

Dr Huxley said the research indicated a "large proportion" of these cancer cases could be avoided by making "relatively modest lifestyle adjustments such as drinking less, quitting smoking, eating healthily and being a little more active".

These changes would also dramatically reduce a person's risk of developing other major life-threatening illness including heart disease, she said.

Prostate tumor hypoxia may confer resistance to radiotherapy

NEW YORK (Reuters Health) - Hypoxia in prostate tumors significantly predicts a poor long-term biochemical outcome, independent of other factors such as tu-

mor stage or Gleason score, according to results of a study presented at the American Society of Clinical Oncology's annual meeting in Orlando.

The finding, Dr. Benjamin Movsas told Reuters Health, suggests that novel hypoxic strategies should be investigated. "It's possible that prostate cancer patients with low tumor oxygen levels will benefit from a combination of radiation therapy and other novel approaches such as angiogenesis therapy," he explained.

"Most patients with localized prostate cancer do extremely well whether they are treated with surgery or with radiation but there is a small number of patients -- maybe 10% or so -- that do not do as well and the question is why," Dr. Movsas noted.

To see if tumor oxygenation, which is critical to the successful treatment of many cancers, played a role, Dr. Movsas and colleagues studied 57 patients with localized prostate cancer. They used custom-made micro-electrode oxygen probes to obtain a total of 11,516 oxygen measurements from the prostate, focusing on positive biopsy locations, with normal muscle tissue as a control. Measurements were obtained immediately before prostate brachytherapy.

"We have followed the patients now for 8 years and it turns out that the patients who had low prostate tumor oxygen levels had much worse outcomes and much more biochemical failures than patients who had normal or higher levels of oxygen in their tumors," Dr. Movsas said.

During follow up, there were 12 biochemical failures by the ASTRO definition (i.e. three consecutive PSA rises) and 8 biochemical failures by the Phoenix, or Nadir+2, definition (i.e., an increase of at least 2 ng/mL from the lowest PSA reading).

On stepwise multivariate analysis, a low prostate-to-muscle pO₂ ratio (less than 0.10, versus 0.10 or greater) was a significant predictor of biochemical failure by both the ASTRO (p = 0.03) and Phoenix definitions (p = 0.02).

Summing up, Dr. Movsas said: "We need to do better in terms of identifying which patients need more than the standard therapies. We want to study tumor oxygenation further and start applying newer noninvasive approaches to determining tumor oxygen levels, so we could apply this to more patients. Once patients with low oxygen levels are identified, they could be candidates for angiogenesis therapies."

Suit to be Filed Against Bayer HealthCare's Anti-cancer Claims

The Center for Science in the Public Interest has stated it will file a suit against Bayer HealthCare, alleging "deceptive and irresponsible" advertising indicating selenium may reduce men's risk of prostate cancer, despite the findings of a large research study funded by the National Institutes of Health stating selenium does not prevent prostate cancer in healthy men. One A Day Men's 50+ Advantage ads say selenium may cut men's risk of prostate cancer. The Selenium and Vitamin E Cancer Prevention Trial, which involved 35,000 U.S. and Canadian men, was halted in October 2008 when researchers determined selenium was not protecting the men from prostate cancer and may even cause diabetes.

In support of the center's letter of complaint to the Federal Trade Commission (FTC), nine researchers including signees from the American Cancer Society and Harvard School of Public Health wrote directly to Bayer's associate director of advertising practices. Their letter supporting the FTC's complaint states, "the federally financed study was the largest individually, randomized cancer prevention trial ever conducted, and, given its high rates of adherence and its statistical power, it is unlikely to have missed detecting a benefit of even a very modest size."

Drug Trial Yields Surprising, Positive Results

Two Mayo Clinic patients whose prostate cancer was deemed inoperable are now cancer-free thanks to an experimental drug therapy, MDX-010 or ipilimumab, which was used in combination with standardized hormone treatment and radiation therapy. Physicians indicate this approach initiated the death of a majority of the cancer cells in the two patients, causing the tumors

Breast and Prostate Cancer Patients

We want to hear about your treatments

- Standard Medical Approach
- Complementary or Alternative
- Self-Care Choices

Seeking participants for a pilot study to understand cancer patients' pathways of care

What is the purpose of the study?

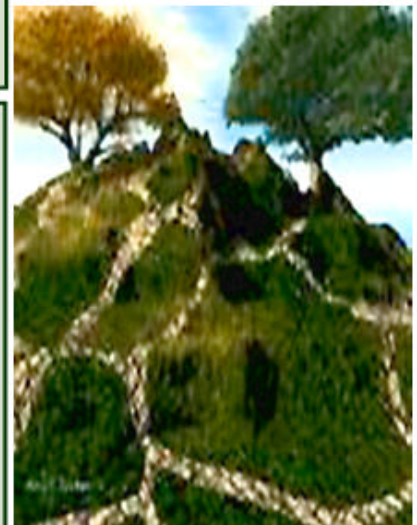
- We would like to better understand which treatments may improve health outcomes

At each 3 months of study participation, you will receive a small honorarium for your time and effort. Upon completion of the study you will receive a report on study results.

You may be eligible for this study if:

- In the past 4 years you were diagnosed with Stages I-III breast or prostate cancer

Participation will involve telephone interviews and easy questionnaires (up to 8 hrs over 1 year)



Principal Investigator: Dr. Marja Verhoef Faculty of Medicine, University of Calgary



If you are interested please call Emily at:
1-866-834-4369 (Toll-free) or in Calgary call (403) 210-8696

Ethics ID: 21902

FINAL

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to shrink dramatically, allowing for surgery. One patient was able to undergo radiation therapy after surgery and both resumed their regular lives. More research is being planned to understand more about how the antibody works and how best to use it in practice.

"This is one of the holy grails of prostate cancer research," says Eugene Kwon, M.D., Mayo Clinic urologist and clinical trial leader. "We've been looking for this for years."



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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

Steve Jones,
President and C.E.O. of Prostate Cancer Canada
will be a special guest at our July 14th meeting.
Steve will share his vision of a united front
against prostate cancer. Come meet Steve and
give him a warm Calgary welcome.

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



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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.