

# THE DIGITAL EXAMINER



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

## First annual Prostaid Show and Shine a big success!



Thanks to the work of Prostaid director Lyall Carter, organizer Les Edwards and many dedicated volunteers our first annual Show and Shine attracted over 100 special interest cars and hundreds and hundreds of families who came out to Grey Eagles Casino for a Sunday afternoon of looking at some really cool cars and learning about the work of Prostaid Calgary.



Even the weather cooperated and although clouds were visible the rain stayed away for the entire event.

## New prostate cancer treatments available at Tom Baker Cancer Centre

Alberta has always been home to the most advanced cancer centres in the world and with the addition of the latest in prostate cancer treatment, the Tom Baker Cancer Centre (TBCC) will continue its tradition of excellence.

The traditional prostate brachytherapy cancer treatment methods have seen positive results but do leave radiation permanently in the prostate which does have minor radiation safety concerns with the radiation being limited to tissues around the prostate. This treatment is also limited to persons with low risk disease. High Dose Rate (HDR) prostate brachytherapy instead involves placing very tiny plastic catheters into the prostate gland and giving a series of radiation treatments through these catheters over a short time (15 to 30 minutes). A clear advantage of HDR brachytherapy is the ability to control radiation dosage by region of the prostate, due to the shorter duration of treatment time, and it can be offered to persons with more advanced disease. In effect the tumor and prostate will receive a high dosage of radiation while the nearby urine passage (urethra) and rectum will receive a lower dose. The result is a targeted treatment without having to leave radiation inside the prostate for the 20 months it takes the radiation to diminish with the "permanent seeds".

The Tom Baker Cancer Centre currently has an active brachytherapy program but

Prostaid Calgary's next monthly meeting will be held at

7:30 PM on Tuesday August 11th 2009 In the auditorium at Foothills Hospital

**"Prostate Health – Fitness for Life"**

Nat Lemay from [bodyprint.ca](http://bodyprint.ca) will be our featured speaker.

Our next regular meeting of "Women And Prostate Cancer" (WAPC) will be at 7:30PM, on Tuesday August 25th 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.

is still limited to Low Dose Rate (LDR) brachytherapy (prostate) and HDR gynecologic brachytherapy. Dr. Siraj Husain is leading the expansion of the Tom Baker Cancer Centre's HDR brachytherapy program to add prostate to the HDR treatment group. "This treatment is not only shorter in duration but results in centers around the world have shown this to be equally effective with equal if not fewer side effects than other treatment types, such as External Beam Radiotherapy, which is the traditional treatment for this stage of prostate cancer."

According to Dr. Husain, further fundraising is required to bring the treatment into clinical practice at the TBCC. The TBCC is looking to add a new ultrasound image based guided system, similar to the LDR system currently in use. This is a new development in HDR prostate treatment method and currently is not being done anywhere in North America. Centers in Europe have started to use this system and are finding that it requires fewer resources and is faster and easier for the patients. The current method in North America is to place the catheters in the operating room, move the patient to a CT scanner, image the catheter position, convert the images to a planning system, decide on the treatment time in each catheter, take the patient back to the treatment room and then do the treatment (takes 6 to 8 hours). The new system allows the entire process to occur almost simultaneously with no movement and the treatment time is about 1 hour in total.

The cost of the system is around \$180,000 for implementation. Once the system has been purchased the TBCC will need an additional 3 to 6 months to commission and train personnel before implementing and starting this treatment. Since there are still some unanswered questions, the treatment will be in a study format so all patients will need to consent to being followed in the study which will look at monitoring side effects and efficacy of the system.

For more information on donating to this project at the Tom Baker Cancer Centre please call Violet Galloway at 403-521-3433.

Dr. Siraj Husain will be speaking about HDR brachytherapy for prostate cancer treatment at Prostaid Calgary's monthly meeting on September 8<sup>th</sup> at 7:30pm in the auditorium at Foothills Hospital.

## **Device Created for Drug Delivery to Prostate Cancer Patients**

Purdue University researchers are developing a prostate cancer "homing device" which could improve detection and allow for the first targeted treatment of the disease. The researchers have synthesized a molecule to find and penetrate prostate cancer cells and have created imaging agents and therapeutic drugs that can link to the molecule and be carried along.

"Currently none of the drugs available to treat prostate cancer are targeted, which means they go everywhere in the body as opposed to only the tumor, and so are quite toxic for the patient," said research team leader Philip Low. "By being able to target only the cancer cells, we could eliminate toxic side effects of treatments. In addition, the ability to target only the cancer cells can greatly improve imaging of the cancer to diagnose the disease, determine if it has spread or is responding to treatment."

## **Brachytherapy Patients Disease Free After Five Years Likely to be Disease Free After 10 Years**

A new study by researchers at the Mount Sinai Medical Center in New York indicate prostate cancer patients who receive brachytherapy and remain free of disease for five years or greater are unlikely to have a recurrence at 10 years. The researchers followed 742 prostate cancer patients who were treated with brachytherapy alone, brachytherapy and hormonal therapy, or combined brachytherapy and external beam radiotherapy (EBRT) between 1991 and 2002. None of these patients experienced cancer recurrence during their first five years post-treatment. They found the PSA level taken at five years was an indicator of how well a patient would do in the future and the overall chance of being cancer free at 10 years was 97 percent. Additionally, none of the patients studied developed metastatic disease or died from prostate cancer.

"Our data have indicated that improvements in treatment are continuing and that these will continue to have an effect on prostate brachytherapy data for years to come," Richard Stock, M.D., lead author of the study and chairman of radiation oncology at The Mount Sinai Medical Center, said. "Late failure rates will continue to decrease, making prostate brachytherapy alone and combined with hormonal therapy and/or EBRT an increasingly attractive treatment option."

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

## Prostate Cancer Research Foundation of Canada becomes Prostate Cancer Canada.

Along with a name change comes a new vision. Prostate Cancer Canada's vision is to be a global leader in the fight against prostate cancer earning the enthusiasm and support of Canadians through integrity, compassion and innovation. Prostate Cancer Canada raises funds for the development of programs related to awareness, public education, advocacy, support for survivors and research into the prevention, detection, treatment and cure of prostate cancer.

Prostate Cancer Canada is the only national foundation dedicated to the elimination of the disease through research, education, support and awareness.

The threat of prostate cancer is far greater than is commonly known—1 in 6 men are diagnosed during their lifetime.

In areas such as support, prevention and early detection, Prostate Cancer Canada will involve women and young people, making them more aware of the impact of this disease.

Prostate Cancer Canada believes that to win this battle, **a focused national approach in the fight against prostate cancer is needed.**

The tie logo is a symbol of hope—that we know we will achieve the goal of eliminating prostate cancer, and a symbol of unity—that **this objective can only be achieved by coming together as one.**

Support groups across Canada are coming together under the **Prostate Cancer Canada Network** banner and share the vision of a united, unified approach.



## Rife Resources Annual Golf Tournament in memory of Nick La Pietra.

On June 24th employees, business associates and friends of Rife Resources Ltd held their annual golf tournament and as is their tradition raised money through the mulligan and charity events in memory of a dear friend and co-worker Nick La Pietra.

Nick was a regular attendee of Prostaaid Calgary meetings for many years before finally passing away from the disease. In a fitting tribute to his memory Rife Resources continues to support the work of Prostaaid Calgary. This year Rife's golf tournament raised \$6,200 in support of our work. Thank you Rife Resources Ltd!

## Single Infusion of Zometa® Reduces Bone Loss in Men with Prostate Cancer

Researchers from Japan have reported that a single dose of Zometa® (zoledronic acid) prior to starting androgen deprivation therapy (ADT) reduces bone mineral loss and maintains bone mineral density (BMD) for 12 months. The details of this study appeared in the August 2009 issue of *Cancer 2009*;



Soon to be available at building supply stores coast to coast.



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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

### Prostate Health –Fitness for Life at our August 11 meeting.

Maintaining a healthy Lean Muscle Mass & a well conditioned Cardiovascular System are essential for recovery & active living  
Traditional ways of doing this are time consuming and require lots of equipment

We will be looking at ways to avoid this at our August 11th meeting.

## 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](http://www.canadahelps.org)**



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**Prostaid Calgary Society**

**Box 72126**

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

**Calgary AB, T2V 5H9**

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