

The Digital Examiner



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Taking on the position of Executive Director of PCCN Calgary is bittersweet. On the one hand, I am truly honored for the amazing opportunity that has been presented to me. I

have a deep desire to be of service to my community and I wholeheartedly pledge my commitment to nurture and grow PROSTAID Calgary/PCCN Calgary. But so too do I acknowledge the battle that lies ahead for PROSTAID Calgary's stalwart supporter, Stewart Campbell. Stewart is both a friend and a mentor and I know that his time spent as Executive Director provided him with many wonderful memories and cherished friendships. As Stewart embarks on the next chapter of his prostate cancer journey I wish him strength, love and resilience. It is both my honor and my privilege to call him friend.

ACP & Palliative Care

I'm on the Advance Care Planning Advisory Committee: Support for Men with Prostate Cancer, their Partners, Families and Caregivers. Advance care planning is a process of communicating your wishes for future care and naming a Substitute Decision Maker – someone who will speak for you if you can't speak for yourself.



Facing prostate cancer is difficult enough; for some, talking about ACP and palliative care can seem like an admission of defeat. This month I'd like to start the conversation about end of life care and navigating Calgary's palliative care system. We're going to tackle these subjects at our

November 2015

Number 194

Tuesday, Nov 10, 2015 Meeting Schedule

- 6:30 PM: **Newly Diagnosed & Active Surveillance Group**
Room 311 at Kerby Centre
- 6:30 PM: **Warriors (Advanced Disease)**
Board Room at Kerby Centre
- 6:30 PM: **Wives, Partners & Caregivers**
Room 313 at Kerby Centre
- 7:30 PM: **General Meeting**
Kerby Centre Lecture Theatre

Thinking Ahead: What you need to know about Palliative Care and Advance Care Planning
Jessica Simon, Alexandra Kushliak, Jennifer Zelmer

Our General Meetings are open to the public and free. Cookies, fruit and refreshments will be served.

Come join us at the Kerby Centre at 1133 7 Avenue SW, Calgary, AB T2P 1B2.

Parking is FREE at the Kerby Centre in lots on both sides of 7th Ave. The WEST LRT stops at the Kerby Station, right at the front door of the Kerby Centre.

November GM with assistance from Jessica Simon, Alexandra Kushliak and Jennifer Zelmer.

Jessica Simon, FRCPC



Dr. Jessica Simon is a palliative care physician with the Alberta Health Services Calgary Zone Palliative and End of Life

Care service. She is an associate professor and division head of the Division of Palliative Medicine, Department of Oncology, University of Calgary. She is also a physician consultant for Alberta Health Services Advance Care Planning/Goals of

Care program and co-leads a program of research on advance care planning called "ACP CRIO".

Alexandra Kushliak, BA,BSW,RSW



Alexandra Kushliak is an Education Consultant with Alberta Health Services Advanced Care Planning/Goals of Care program for the Calgary Zone.

Alexandra received her BA Psych from University of

Manitoba in 1979 and her social work degree in 1984. Over the past 30 years she has worked as a social worker in the medical field, including acute care, rehab settings and supportive living. She has brought her social work expertise in running educational groups for stroke units and the Cancer Society in Winnipeg. Since coming to Calgary 15 years ago, she has worked on several transition units, long term care, hospice and SL4. Alexandra is a strong advocate for clients and brings her passion for client's rights to advance care planning. She is excited to be part of the Calgary team that delivers the message that everyone should engage in advanced care planning and have a personal directive.

Jennifer Zelmer RBNB, M.Ed



Jennifer Zelmer is an Education Consultant for Alberta Health Service's Advance Care Planning/Goals of Care Program for the Calgary zone.

Jennifer graduated from the University of Calgary in 2003 with a Bachelorette Degree in Nursing and has worked as a Registered Nurse in Internal Medicine,

Intensive Care and Colon Cancer Screening prior to pursuing a Master's Degree in Education. Upon completion of this degree from the University of Calgary in 2012, Jennifer worked as an Education Consultant within AHS's Health Professions Strategy & Practice Department prior to taking a place on the Advance Care Planning/Goals of Care Team.

Thinking Ahead

What you need to know about Palliative Care and Advance Care Planning.

This joint presentation will help you navigate through Advance Care Planning and Palliative Care. Alexandra Kushliak and Jennifer Zelmer will speak about Advance Care Planning/Goals of Care Designations and answer your questions about: What is Advance Care Planning? Why is it important? How does this relate to the healthcare and treatments provided to me? How do I start? Dr. Jessica Simon will answer your questions on Palliative Care: What is it? What services are available? When might I need these? How do I access them? We hope you will join the conversation on Tuesday November 10 at the Kerby Centre.

ASTRO: Men's Health Supplements No Use in Prostate Cancer

Men's health supplements (MHSs) offer no benefit for patients with localized prostate cancer, according to a study presented at the annual meeting of the American Society for Radiation Oncology, held from Oct. 18 to 21 in San Antonio.

Nicholas G. Zaorsky, M.D., from Fox Chase Cancer Center in Philadelphia, and colleagues examined the impact of MHSs on patient outcomes and associated toxicities among men undergoing intensity-modulated radiation therapy (IMRT) for localized prostate cancer. Data were included from a retrospective analysis of patients treated at a National Cancer Institute-designated comprehensive cancer center.

A total of 2,207 men were treated with IMRT from 2001 to 2012. The researchers found that 10 percent of men used MHSs. MHSs contained a median of three identifiable ingredients, most commonly saw palmetto (91 percent); some ingredient names were unidentifiable. None of the supplements were approved by the U.S. Food and Drug Administration or had been assessed in a published study. At five-year follow-up after IMRT, MHSs were not associated with a lower risk of distant metastasis, cancer-related death, or radiation therapy-associated adverse effects. There have been thousands of cases in the United States where supplements have harmed patients and men are being urged to take caution when they walk down grocery store aisles and see bottles of pills labeled 'men's health' or 'prostate health'.

Visit PCCN Calgary's YouTube Page
www.youtube.com/user/pccncalgary

**Men Who Speak Up
It's Time To Speak Up About Advanced
Prostate Cancer
www.MenWhoSpeakUp.com**

Bayer has teamed with the International Prostate Cancer Coalition to introduce "Men Who Speak Up," a campaign meant to help men understand when it's important to talk to their doctors and seek treatment for prostate cancer symptoms. Even when symptoms, such as pain, impose significant impacts on their daily lives, many men with advanced prostate cancer do not report the symptoms to their doctors, according to an international



survey of both patients and their caregivers. Symptoms may go unrecognized as being associated with cancer, or men deliberately choose not to speak about them with their doctors. As a result, they may not receive interventions that could ease the discomfort.

These findings emerged from the international, large, Prostate Cancer Symptoms Survey, which was commissioned by the International Prostate Cancer Coalition (IPCC), and supported by Bayer HealthCare. Findings from the global survey resulted in the development of an educational toolbox, Men Who Speak Up, where prostate cancer patients and their loved ones can download tools to help make symptoms easier to identify and doctors' appointments more productive, available at www.MenWhoSpeakUp.com.



Oh Canada

Prostate Cancer Canada (PCC) is proud to announce their Rising Stars in prostate cancer research grants. Funded by Movember and selected by PCC, each recipient will receive approximately \$450,000 over three years.

•Dr. Aaron Ward will seek to improve upon the accuracy of biopsies by combining them with a visual component

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through three-dimensional imaging using MRI.

•Dr. Dominique Trudel will use mass spectrometry that measures the characteristics of individual molecules to compare tumour samples that have developed differently in order to distinguish new clues to help us better understand how tumours will progress from a very early stage.

•Dr. Lauren Walker will address an incredibly common and challenging issue faced by many prostate cancer patients and their partners: erectile dysfunction. Media perpetuates that myth the erectile dysfunction is easily fixed with oral medications, however, for men with prostate cancer, this is often not the case.

•Dr. Andrei Drabovich will build upon knowledge regarding the way genetic insights into the presence and aggressiveness of prostate cancer impact the structure of proteins. In particular, Drabovich will look at proteins found in seminal fluid and use those that differ in prostate cancer to develop a non-invasive and accurate diagnostic test.

As the primary funder of Prostate Cancer Canada, funds raised by Movember are awarded to researchers and their teams that have been selected by way of a rigorous peer review process run by Prostate Cancer Canada and includes experts in the field from around the world.



Thanks and gratitude to the Rotary Club of Nisku-Leduc and Castrol Raceway for your support in 2015.



Thanks to George Brookman and West Canadian Digital for your support to print and distribute **The Digital Examiner**

Dark Side Racing "Lift King" Raffle in support of PROSTAID Calgary



Congratulations to our First Prize Winner: Vince Yunick. Vince took home the giant Parts & Service neon sign generously donated by Lift King valued at \$1,000. Lift King is Canada's largest car lift supplier for shops and garages.

<http://liftking.ca/>

4216 12 ST NE Calgary, AB

Or give Ross a call @ 403-283-1020

Congratulations to our Second Prize Winner: Darren McFarlane. Darren took home the Matco Tools Two Drawer Service Cart valued at \$604. Matco Tools manufactures, distributes and services premium quality automotive equipment, tools and tool storage for the professional technician.



Contact Jonathan @ 403-809-8551 or jonathan.matcotools@gmail.com

<https://www.facebook.com/matcotoolscalgary>

Congratulations to our Third Prize Winner: Kelly Goutsis. Kelly took home the Grey Eagle Resort and Casino Resort Package that includes a One Night Stay in their "Grey Eagle King Suite", Two Show Tickets and 4 Buffet Tickets. The Grey Eagle Resort Package is valued at \$534.

<http://www.greyeagleresortandcasino.ca/>

Volunteer Opportunities Cowboys Casino

Monday & Tuesday
December 28 & 29, 2015

*Late Night/Early Morning Shifts Only

Please contact Kelly executive.director@pccncalgary.org
403-455-1916 <http://pccncalgary.org/>



Wake Up Call Breakfast



Prostate Cancer Canada hosted their Wake Up Call breakfast in Calgary on October 8, 2015. Arlene Dickinson was our keynote speaker and she shared an inspiring personal story about

how prostate cancer had impacted her family. An impressive \$80,000 was raised at the Wake Up Call event with 50% of the proceeds being directed to the Prostate Cancer Centre in Calgary and 50% to the University of Alberta in Edmonton. Yes folks, all of the funds raised stayed in Alberta!



PROSTAID Calgary would like to thank Scott Thon and Wendy Darcy from

AltaLink for sponsoring the event as a Table Host and donating 5 tickets to PROSTAID Calgary. Thanks to your generosity I attended the event with David Lunn (President, PROSTAID Calgary), Steve Belway (Past President, PROSTAID Calgary), Mike Joseph (Director, PROSTAID Calgary) and Dan Kroffat (Wood's Homes).



Prostate Cancer Centre

Movember

Movember is a charity fundraiser event that takes place in November. It's a little different, and a whole lot more RAD. The goal of Movember is to raise awareness and money for men's health issues... BY GROWING MOUSTACHES! Check out the Movember Canada website:

<http://www.movember.com/ca/home/> and find out how you can participate as an individual or a group.



What we do:

- ◆ Help men and their families deal with prostate cancer
- ◆ Educate and inform
- ◆ Provide support
- ◆ Build awareness
- ◆ Advocate

Prostate Cancer Canada Network Calgary Society

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