

# OTTAWA

## PROSTATE CANCER ASSOCIATION

MEMBER OF THE CANADIAN PROSTATE CANCER NETWORK

### MAY 2002 NEWSLETTER

CELEBRATING A DECADE OF SUPPORT



WE MEET AS USUAL, ON THE THIRD THURSDAY OF EACH MONTH AT ST. STEPHEN'S ANGLICAN CHURCH, 930 WATSON STREET. FOLLOW THE QUEENSWAY TO THE PINECREST EXIT, PROCEED NORTH PAST THE TRAFFIC LIGHTS TO ST. STEPHEN'S STREET ON THE LEFT.

*Parking is available at the rear of the church.*

There is no admission fee but contributions are welcomed for the St. Stephen's food bank and a freewill collection is taken.

#### **THURSDAY, MAY 16, 2002**

**6:30 P.M.** REGISTRATION AND ORIENTATION FOR NEW MEMBERS (SHALOM ROOM).

**7:00 P.M.** ASSOCIATION BUSINESS

**7:20 "PCA RESEARCH – FINALLY, MORE MONEY AND MORE HOPE":** DR. STUART EDMONDS, DIRECTOR OF CANADIAN PROSTATE CANCER RESEARCH INITIATIVE AND DAVID BRITAIN, CANADIAN PROSTATE CANCER NETWORK REPRESENTATIVE TO CPCRF FOUNDATION

**THURSDAY JUNE 20 2002:** PETER COONEY WILL MAKE A THOROUGH PRESENTATION ON PROSTATE CANCER THAT EVERY MEMBER, NO MATTER HOW WELL VERSED ON THE SUBJECT, WILL FIND INTERESTING AND INFORMATIVE

#### **MESSAGE FROM THE CHAIR**

Last month I reviewed some of the responsibilities of members of your Steering Committee and emphasized the need to have more members step forward to assist the ongoing development of our Association. I am pleased to welcome Peter Cooney as the new Chair of the Member Services Committee. His overall scope of interest includes all matters pertaining to membership, not least the planning of monthly meetings. Members will see what an addition he is at our June meeting when he presents a powerful visual presentation on our nemesis, prostate cancer.

As strong and dynamic as Peter is, he will still need help in his role. As a new member, he is not so familiar with individual members' strengths and interests so it's up to you to let him know where or how you can make a contribution. His needs are spelled out in the position description for the Member Services Committee summarized on page 5.

\* \* \*

**Do It For Dad** and the Motorcycle Ride for Dad each year help to raise public awareness as well as funds for prostate cancer treatment and research. These efforts have been subtly aided by the various promos for prostate examinations scattered through the Ottawa Citizen. The Canadian Cancer Society, the City of Ottawa Public Health Department and community centres throughout the city are also contributing to awareness. All prostate patients and survivors owe much to such efforts and I ask that each of us show appreciation through our participation in Do It For Dad on June 16.

**John Dugan**

**PROSTATE CANCER  
ASSOCIATION  
OF OTTAWA**

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Chair	John Dugan
Vice Chair	Vacant
Vice Chair (DIFD)	Randy Dudding
Treasurer	Jim Bloomfield
Secretary	Mottie Feldman
Past Chair	Richard Cathcart
Committee Chairs	
Member Services	Peter Cooney
Program	David Brittain
Church Liaison	Bob McGinnis
Set-up	Doug Payette
Orientation	Herman van den Bergen
	Pat Kyte, Bill Dey, Harvey Nuelle
Hand-in-Hand	Vacant
Publicity and Awareness	Ted Johnston
Prostate Awareness Week	Vacant
Newsletter Editor	Ted Johnston
Newsletter Distribution	Phil O'Hara
Members at Large	
Ken McClymont	Jacques Mousseau
John Trant	John Webster

*The Prostate Cancer Association of Ottawa does not assume responsibility or liability for the contents or opinions expressed in this newsletter. The views or opinions expressed are solely for the information of our members and are not intended for self - diagnosis or as an alternative to medical advice and care.*

**The PCAO is a volunteer organization of prostate cancer survivors and caregivers. Our purpose is to support both current and newly diagnosed patients and their caregivers.**

**PCAO MISSION STATEMENT**

We provide information on prostate cancer to those in need, gathered from a variety of sources. We participate in events that provide a venue for promoting awareness of prostate cancer through our informed member interaction at public gatherings or as speakers. Raising funds for prostate cancer research is a continuing challenge. We collaborate with local organizations such as the Ottawa Regional Cancer Centre, Canadian Cancer Society, and urologists and oncologists, as key sources for information.

## ASSOCIATION BUSINESS

*By Mottie Feldman, Secretary*

Your Steering Committee held its monthly meeting on April 25 with, as always, a very full agenda. Some new volunteers and some veterans undertaking new duties aided us considerably. **Peter Cooney** was confirmed as Chair of the Member Services Committee. He will also undertake liaison with other agencies, notably Canadian Cancer Society. The current liaison leader, **John Webster**, is embarking on a well-earned sabbatical from many years on the committee. **David Brittain** takes over duties from **Gordon Seabrook**, to become responsible for our monthly programs. Gordon is taking a rest from a wide range of responsibilities he has carried for the Association. **Bill Campbell** has been obliged to withdraw from the committee, necessitating a search for a replacement for his valuable role in organizing Prostate Cancer Awareness week in September, and his media relations duties. **Bill Dey** is leading the New Members group while **Pat Kyte** and **Herman van den Bergen** are away. Bill reported that nine new members joined at the April 18 meeting and engaged in useful discussion. Bill also reported seeing more younger men among the newly diagnosed. Kudos to **Phil O'Hara** and his team who, in addition to filling and mailing over 670 envelopes for the monthly newsletter, have done similar duty for DIFD mailings. **Bob McInnis** reported on three quotations obtained for insurance coverage for PCAO potential liabilities in carrying out our activities. We currently have no liability protection for our various activities, involving many members, volunteers, and the public. Bob will investigate in more detail the best quotation received, and look into the possibility of some legal advice on the insurance policy, and on any need for incorporation of the Association for further protection.

**Ted Johnston** reported that formation of the Strategic Financial Planning Committee is underway. A preliminary meeting of interested members suggested that a membership fee could usefully be introduced to create a reliable funding base for administrative needs.

The Newsletter is posted on the website coincident with it being mailed. Let us know at [pca@ncf.ca](mailto:pca@ncf.ca) if you want to be notified when it's there – and to remove your name from the mailed edition.



## TALKING IT OVER

*At our April Meeting we held one of our popular “Round Table” sessions, where members with like interests gather in separate groups to discuss their prostate histories. This gives each man – and his spouse – a chance to talk about his/her experiences, much like the new members do on their first visit. Last month’s group was quite enthusiastic and lively conversations could be heard at every table. **Phil O’Hara** listened carefully*

*to the rapporteurs and prepared this synopsis.*

**HORMONAL TREATMENT:** This is a direct approach to getting your PSA down. It is being used in a variety of situations: by itself, before surgery, after surgery, before and after surgery, before radiation, after radiation and before and after radiation. Whatever the protocol, the patient can expect to see some lowering of his PSA reading. If he doesn’t, he and his doctor know that more aggressive treatments are called for. This group also talked about some new types of bone scans, not all available in Ottawa, to detect the spread of cancer.

**BRACHYTHERAPY:** The insertion of radioactive seeds directly into the prostate offers many features that are attractive to the patient. It has been available in Ottawa for three years and is being administered in Vancouver and Quebec City. Brachytherapy is offered only to patients who meet certain low criteria of PSA, Gleason score, etc. but, to men who qualify, it is a quick and simple procedure compared with the alternatives.

**SURGERY:** The choice of men looking for a total solution to their cancer while it is still contained in the capsule. This group talked about the various recovery experiences that follow prostatectomy. Thorough preparation ahead of time was emphasized, particularly with respect to the exercises for incontinence. There was considerable variation in the recovery times for men who followed this route.

**RADIATION:** At this table, there was some discussion of the reason that radiation treatment was selected over other procedures. In some cases, it was because the alternatives were ruled out for other, non-PC, reasons. For some men, it was really the only course available and for them it was a welcome choice.

**ALTERNATIVES:** The men in this group turned out to be mostly Watchful Waiters. Given suitable PSA, age, family history, and mostly Gleason score factors, some men chose this course, mainly because of the side effects (none). They were all visiting their doctors every three to four months.

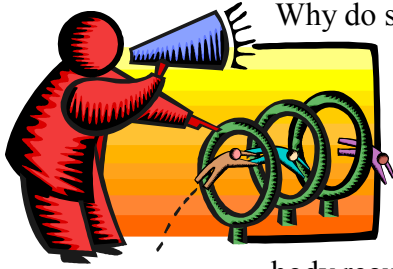
### ***END NOTE: I CAN’T HEAR YOU AND YOU CAN’T HEAR ME!***

The Association also learned from the April meeting. The next set of Round Tables (during the summer) will be held in separate rooms to make the exchanges more meaningful by reducing the echo and babble effect and discussion leaders will be briefed on a more active role.

## IS THIS WORTH KNOWING?

Prostate Cancer continues to be the most commonly diagnosed cancer for men, according to the 2002 estimates published by the National Cancer Institute of Canada. The Institute anticipates diagnosis of 18,200 cases this year in Canada – and 4,300 deaths from prostate cancer. The total number for new cases of all cancers in men and women is 136,900, and 66,200 Canadians will die from a form of cancer in 2002. While prostate is the leading cancer diagnosis for men, lung cancer is expected to claim just over 30 percent of the fatalities, while prostate will claim only 12 per cent.

## NEWS THAT YOU CAN USE



Why do some cancer

patients have anemia?  
According to the  
**Anemia  
Institute:**

Normally your

body regulates the amount of

red blood cells and hemoglobin that is produced. When your red blood cell count is low, the kidneys are stimulated to produce a hormone called erythropoietin, which signals the bone marrow to make more red blood cells. There are many possible causes of anemia related to cancer: not enough red cell production; cancer therapies; blood loss; bone marrow infiltration; lack of nutrients. You can find out more by going to their website ([www.anemiainstitute.org](http://www.anemiainstitute.org)) or call 1-877-99ANEMIA.

Newsletters from other support groups often have useful information and they are posted on the bulletin board. The April issue of the **Manitoba Prostate Cancer Support Group** has articles on whole pelvic radiation and spirituality for pain and healing. The **Montreal West Island** newsletter includes a report on Diet and Alternative Medicine as given by Dr. Neil Fleshner of the University of Toronto.

**Our Voice** the quarterly magazine for men with prostate cancer is always a good read and you can have your own free subscription by calling 1-888-938-2221 or send your request by e-mail to [parkhurst@postal2000.com](mailto:parkhurst@postal2000.com) or by Canada Post to Parkhurst/Traitement Postal 2000

Inc./Subscriptions Department/2175 St. Patrick Street, Suite 2202/Montreal, QC H3K 1B4. The current issue talks about hormonal therapy, sharing with loved ones and news from the experts.

The **Canadian Prostate Cancer Network** has published another newsletter, copies of which are available at the monthly meetings. As well as spotlighting people active on behalf of prostate

cancer, it highlights various developments in treatments across Canada. There is a lengthy report on PSA as a survival predictor from the 17<sup>th</sup> Congress of the European Association of Urology.

There has been a spate of reports questioning testing for cancer and specifically for prostate cancer. The **New York Times**, on April 9, took up the broad subject, reporting that experts see signs of over diagnosis in prostate cancer: "Prostate cancer screening also raises overdiagnosis questions, some researchers say" wrote Gina Kolata. "With the widespread use of the PSA test, the incidence soared [in the United States] from 143.3 cases per 100,000 in 1990, hitting a peak at 195.6 in 1992 and declining to 155.3 per 100,000 in 1998. By 1998, so many men had already been tested that fewer new cancers were being found. But the death rate from prostate cancer, which fell from 38.6 per 100,000 in 1990 to 32.3 per 100,000 in 1998, did not fall nearly so fast and at least part of the decline is due to improved treatment.... Some [other] experts say that although some overdiagnosis of prostate cancer undoubtedly occurs the test is doing what it is supposed to do, finding cancers early and saving lives."

Our friends at the **Ninon Bourque Library** at the ORCC, told us of a recent teleconference on prostate cancer. News of the teleconferences can be checked out on the website,

[www.cancercare.org](http://www.cancercare.org), and you can listen to past conferences with a free download of 'Real Audioplayer'. The prostate program is at [http://www.cancercare.org/services/teleconferences/sp\\_prostate\\_index.asp](http://www.cancercare.org/services/teleconferences/sp_prostate_index.asp). This Cancer Care, incidentally, is not Cancer Care Ontario.

**Christine Penn**, the librarian has also reported-with thanks - that the Ninon Bourque resources on prostate cancer have been augmented with 27 books, eight videos and other items from the PCAO donation made earlier this year.

In the February issue, there was an invitation from Professor Terry Gall of St. Paul University to participate in a study of emotional and philosophical adjustment to prostate cancer. She is still accepting participants. For more information, please call Dr. Gall at 236-1393, ext 2279.

## MEMBER SERVICES



## IT'S A TALL ORDER – AND YOUR HELP WILL BE WELCOMED BY PETER COONEY

**THE CHAIR OF MEMBER SERVICES** is responsible for any and all issues relating to the education and support of members and their caregivers. His duties include ensuring that: all topical information, educational materials are current and readily available to members; Information Kits are up to date and ready for new members; the membership roster is up to date; topics are developed and speakers engaged for all General Meetings; the organization and preparations for General Meetings are in place; New Member orientation is delivered effectively; new literature is reviewed and brought to the attention of members in a timely fashion. To do this, he is expected to recruit, train and orient members of his committee, to attend Steering Committee meetings; liaise with small groups meeting separately from General Meetings. If that's not enough, like all steering committee members, he will encourage members to take a more active part in Association business and carry out any other duties essential to the success of the Association.

You can help Peter Cooney, the new chair, by stepping forward for a piece of the action.

## AT THE ORCC

The Operational Review of the Ottawa Regional Cancer Centre is moving ahead. **Dr. Hartley Stern**, ORCC CEO, announced in April that Phase One was underway with the appointment of a “Solutions Group” charged with analysis of the financial and utilization issues for the Centre. The three-member consultation team is carrying out a detailed review and analysis of data in consultation with physicians and administrative leaders at the Centre with a reporting deadline of May 10. The second phase will consist of a review by clinical experts from across the country in consultation with the management consultants; that should be completed by mid-June.

Meanwhile, the funding announced by the Minister of Health in late April will clearly change the landscape at the Civic and General sites of the Ottawa Hospital and ought to improve surgical cancer treatments. It is not clear whether the funding for Riverside includes establishment of the Prostate Assessment Centre.

The Spring/Summer issue of **Challenge** magazine is now out with its usual array of articles crossing many lines of cancer care, treatment and research. A useful description of **the management team** of the Centre is presented that demonstrates the breadth as well as the depth of staff involved in enabling the Centre to provide quality care to patients in the Ottawa region. **Dr. Doug Gray**, a Senior Scientist at the ORCC's Centre for Cancer Therapeutics describes some of the challenges of researching cancer causes and treatments, while Diane Manii, Social Worker, writes about imagery as an aid to coping and finding hope in living with cancer.

St. Stephen's Church has been a generous patron of the Association by providing us with office and meeting space on very reasonable terms. In return, the congregation has asked us, as individuals, to help them in their support of three local food banks. We are asked to bring to each general meeting non-perishable food items, such as pasta, rice, or canned goods that will aid others who are in need. The drop-off for the contributions is on the stage as you proceed down the ramp into the auditorium.

Bob McInnis, our liaison man with the church says: “Please keep in mind, when you are setting out for the meeting, there will never be too much.”



# DO, DO, DO IT FOR DAD



## A message from Randy Dudding, our man Doing It For Dad.

We are now just a month away from our Association's major awareness fund raiser - the 4<sup>th</sup> Annual CS CO-OP Do It For Dad Run and Family Walk. On Father's Day morning, Sunday June 16<sup>th</sup>, we would like to see all PCAO members, their family and friends participating. You can run in either the 10km or 5km timed races, walk in the 2km family event, be a volunteer or just hang out at Anniversary Park on Queen Elizabeth Driveway at Dow's Lake.

Afterwards you can enjoy the Pancake Breakfast cooked up by Master Chef Jim Bloomfield and his merry crew of celebrity pancake flippers. Kids will enjoy the face painting clowns featured again this year.

Registration for you, family, and friends can be done by mailing the enclosed brochure, faxing it to (613) 247-3526 before noon June 14, delivering it to the ORCC Foundation at 503 Smyth Road or going on-line at [www.cscoop.ca](http://www.cscoop.ca) and follow the links.

More than being there, **members should do their utmost to raise pledges** to be used to further prostate cancer treatment, research and provide personal support for patients.

**This is our opportunity to show our commitment to this unique event and to ensuring development of remedies for (including avoiding) prostate cancer.** The Corporate Challenge, sponsored by Nelligan O'Brien Payne, has already attracted several teams who are ready to "do it for dad" not only on the track but in the amount of pledges gathered. Both the Ottawa Police and Fire Departments plan to have teams in the running. There are many prizes available to pledge raisers, not least being a \$2,000 shopping spree at The Bay, a Platinum Couples Membership at the Ottawa Athletic Club, or an Express Vu Satellite dish, as well as a variety of great gift certificates. There are also draw prizes open to all registered participants.

*If you want to volunteer for preparatory work or to assist on June 16, please call 828-0762 and leave your name and telephone number so **Mike Scott** can call you back.*

The official launch took place on Wednesday April 24 at the CS CO-OP main office. The speakers included Honourary Chair **Richard Patten**, MPP, Civil Service CO-OP CEO **Gary Seveny**, Race Director **Bruce Walker**, Dr E of the ORCC, and **me** as the PCAO Vice Chair. The Citizen, CJOH-TV, the New RO,, and CFRA provided news coverage of the event and they will be helping to promote DIFD.

**So come on out on Sunday June 16<sup>th</sup>. It's all for our favourite cause.**

**"DO IT FOR DAD"** is a trademark registered to our Association.

PCAO thanks **MDS NORDION**, a major supplier of reactor and cyclotron produced isotopes for health care and research applications, for the printing of this newsletter.