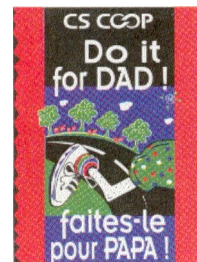


OTTAWA PROSTATE CANCER ASSOCIATION

MEMBER OF THE CANADIAN PROSTATE CANCER NETWORK



JUNE 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, JUNE 20, 2002

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

7:00 P.M. ASSOCIATION BUSINESS

7:20 "A COMPREHENSIVE OVERVIEW OF PROSTATE CANCER": 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.

JULY AND AUGUST MEETINGS: The Association will continue monthly meetings through the summer but they will be more informal with discussion leaders to encourage useful and informative discussions on all aspects of prostate cancer. Mark your calendars for July 18 and August 15.

MESSAGE FROM THE CHAIR

In May, I attended a presentation of the Canadian Cancer Society, *CANCER RESEARCH: NEW FRONTIERS*. The evening at Ottawa City Hall was two-part: to recognize and appreciate the contributions made by volunteers and to provide information on cancer research. The main thrust of the volunteer appreciation segment centred on the presentation of plaques and certificates to long-term members who over the years have given freely of their time to the needs of others. You could sense the pride and commitment as each was presented with an award.

My first and lasting impression was the large number of women of all ages that formed the majority of those attending. I later learned that this group of most deserving ladies represents a total of between 250 to 300 continuous volunteers who provide emotional support, are involved with the Reach to Recovery program involving one on one support, Cancer Connection for telephone help, public awareness and education, office work and many other needs of cancer patients. The Cancer Connection program has about 65% women which increases to 80% for advocacy, education, office and fundraising. Their main programs are transportation and emotional support activities. The annual daffodil sale in April is organized by 10 chair persons who have 600 to 700 supporters selling across the Ottawa-Gatineau area. And, consider this: the Cancer Society's residential campaign has 7000 to 8000 canvassers. Fifty per cent of all funds raised are directed to research, 33% directed to programs, 11% to fundraising with a low 6% for administrative costs. In 2001 local contributions totalled in excess of \$300,000. All funds are channelled through the National Cancer Institute of Canada, which disburses the monies as grants across Canada including for prostate cancer research. Our Association is indebted to the Cancer Society for most of the literature we distribute. Overall CCS does a remarkable job filling a real need in the community to provide comfort and support for those inflicted with cancer as well as their supporters, a vision and commitment we share.

John Dugan

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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
	Bill Dey, Harvey Nuelle, Peter Cooney
Hand-in-Hand	Vacant
Publicity and Awareness	Ted Johnston
Prostate Awareness Week	Vacant
Newsletter Editor	Ted Johnston
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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

At our monthly Steering Committee meeting, held May 30, we welcomed Andy Lagasse, a member of the Board of the Ottawa Regional Cancer Centre Foundation. As a representative of our partner in our annual **Do It For Dad** awareness and fundraising effort, Andy contributed significantly to our discussion. With only days to go, DIFD issues were our top priority at this meeting. One decision was to undertake a telephone campaign to ensure that we are adequately communicating with each of you about DIFD involvement. We also discussed the utilization of DIFD funds. For our share of 2001 funds, we had agreed to support a proposal for a research assistant for Dr. Chris Morash. That project is not yet underway, so we are holding the funds in a short-term investment.

The Committee expressed concern about the lack of tangible progress on creation of the promised Prostate Assessment Centre to which we have donated funds in the past. Chairman John Dugan has been mandated to write to the appropriate authorities for a status report.

After much discussion, the Steering Committee approved in principle a PCAO membership fee of \$25.00. Now, our Strategic Financial Planning Committee is to prepare an implementation plan. More to come on this in the future. We will be updating and reprinting our PCAO business cards. As well, our PCAO brochure has been translated into French, thanks to the local office of the Canadian Cancer Society, and we will be getting it printed.

Colorectal Cancer Support Group

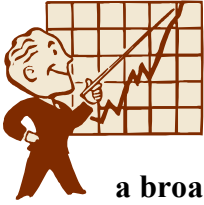
Some pioneers of this support group have looked to the PCAO for organizational advice. We are printing the following notice from the group to help promote awareness:

A newly formed Colorectal Cancer Support Group will be holding monthly meetings on the 2nd Tuesday of each month to provide support for those living with colorectal cancer, their families, friends and caregivers. The next meeting will be July 9: 7:00 - 9:00 PM, at The Palisades 480 Metcalfe St. Viewing Room, 2nd floor. Free parking. Contact 839-5408.

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

May Meeting

FUNDING FOR PROSTATE CANCER RESEARCH STARTING TO FLOW



PCAO Member **DAVID BRITTAIN** took the floor as our speaker in May to elucidate on some of the players in the prostate cancer game. He described briefly a broad range of major organizations, talked about some of the fundraising and dispensing activities, then zeroed in on two specific organizations. This is his précis of his presentation: Money is beginning to flow into research for prostate cancer and, in time, benefits will come of it. If breast cancer funding is the benchmark then we still have a long way to go.

Funding for prostate cancer in Canada has always been less than for diseases with similar rates of incidence and mortality. This is slowly beginning to change. Two organizations that are bringing this change about are the **Canadian Prostate Cancer Research Initiative (CPCRI)** and the **Canadian Prostate Cancer Research Fund (CPCRF)**.

CPCRI started in 2000 with \$10 million from the federal government. Managed by the **National Cancer Institute of Canada (NCIC)**, its objective is to promote new research and strengthen the current research base. To date it has awarded six Doctoral and 10 Post-doctoral fellowships to new researchers working on prostate cancer.

In October 2001, CPCRI organized a significant international workshop on how to use Information Technology to improve prostate cancer research. Medical professionals, researchers, medical firms, IT firms, universities, survivors and various other cancer organizations from around the world explored for three days how best to utilize and profit from IT ideas and techniques. This was quite an accomplishment, as never before had such disparate bodies met together to look at prostate cancer research.

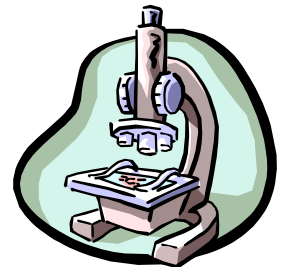
The establishment of a national research network last year represented another major gain by CPCRI. This network allows three universities (UBC, U of T and McGill) and four research hospitals to share samples, data, results, research. This type of network existed among Toronto institutions but did not – as the new one does – reach across Canada to share key databases.

The second body - the CPCRF - is a fund raising organization that targets individual and corporate donors to contribute to prostate cancer research. To date, it has raised over \$3.2 million, with over 85% coming from individuals. It has awarded 10 research grants worth \$800,000. Three examples are:

Dr. J. Thomas Buckley at the University of Victoria will be able to work on an engineered protein toxin that is activated by the protease and kills PSA producing tumour cells, but is much less toxic against normal cells.

Dr. Louis Labrie's researchers at Laval, in the course of study of prostate cancer cells in mice have identified a new mediator of androgen action in the prostate and they will explore the effects of this gene expression.

Dr. John Tsihlias of the University Health Network of Princess Margaret Hospital in Toronto plans to introduce a novel protein called PIDD into cancer cells to identify whether PIDD can induce cell death and enhance the cell sensitivity to radiation, chemotherapy and hormones.



[The complete list of research grants will be posted on the Association bulletin board and can be seen at www.prostatecancer.ca]

NEWS TO USE...



At last month's meeting questions were raised about PC SPES. Members should know that Health Canada and the U.S. Food and Drug Administration (FDA) warned consumers earlier this year to stop taking the dietary supplement/herbal product PC SPES and SPES because they contain undeclared prescription drug ingredients that could cause serious health effects if not taken under medical supervision. BotanicLab, the California-based manufacturer of the product, has voluntarily recalled PC SPES and SPES nationwide. There are several websites of interest to follow this issue: **Health Canada** at <http://www.hc-sc.gc.ca> ; the **USFDA** at <http://www.fda.gov/medwatch/SAFETY/2002/safety02.htm#spes>; **Botanic Lab**: <http://www.botaniclab.com/html/recall.html>.; and a watchdog that has followed the topic closely: www.psa-rising.com.



A veteran camper member of the Association gives this tip on overnight incontinence: I soon learned how annoying it is to get up in the night, unzip the sleeping bag, the tent, go outside, relieve myself then return to tent and sleeping bag. Now, I never leave home without a useful companion. I keep a two litre plastic bottle with screw cap beside my bed. When necessary, I reach down for the bottle, press my 'little fellow' against the inner side of the bottle (no noise), replace the cap firmly and, 30 seconds later, am back asleep.

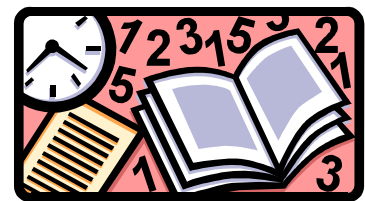
Extra tips: Focus on holding the bottle firmly and screw on the lid! I wrote a big "P" on the bottle to remind me of its use; and, in the morning, clean it out with hot water. The Regal Card catalogue offers such a bottle with an attachment for the ladies.



The Exercise Rehabilitation program at the Ottawa Regional Cancer Centre will continue its excellent work thanks to recent funding from the National Cancer Institute of Canada. Dr. Segal is the principal investigator in the study titled "Exercise in men receiving radiation therapy for prostate cancer: Effects of fatigue, toxicity of radiotherapy, body composition, muscular fitness and quality of life." This National Cancer Institute of Canada grant totals \$400,000 over three years. Dr. Segal and her research team will also take part in research related to exercise and early stage breast cancer survivors receiving chemotherapy. This Canadian Breast Cancer Research Initiative grant totals over \$500,000 over three years.

Christine Penn, from the Beattie Library, brought to our attention a new publication called **cure – cancer updates, research & education**, published quarterly by the Cancer Information Group, Dallas, Texas.

The first issue covers a full range of topics across many types of cancers. For example, treatments available for sexual dysfunction after prostate cancer are reviewed; or an examination of current research on *antiangiogenesis* – “cancer cells have to have blood and the nutrients it carries to survive and grow, so researchers are finding ways to cut the supply”. You may check it out at our meeting display (Issue One only), at the Beattie Library, or www.curetoday.com .



Stopping prostate cancer cold may indeed be one way of treating it. Researchers in France and the USA have found that freezing cancer cells in test tubes made them far more vulnerable to attack by bleomycin, a potent anti-cancer drug. Cryosurgery and bleomycin are approved treatments currently used separately for cancer patients. A study published in the British Journal of Cancer in May suggests combining the two theories may eventually lead to a powerful new form of cancer treatment that targets malignant cells while leaving health tissue unharmed. You can read more about this at www.prostatepointers.org (the Prostate Cancer Research and Education Foundation – San Diego). Thanks to **Bill Butterfield** for bringing this to our attention.

AND THE MONEY GOES TO---

The Ottawa Regional Cancer Centre Foundation has announced that \$710,014 was disbursed in 2000/2001 for local Cancer Research, Patient Care and Education. This is a record amount for the Foundation. They note that designated funds, i.e. those raised for a specific project, cancer site or research initiative in mind accounted for \$658,699 of the total and included

General Research = \$45,623 Breast Cancer Research = \$39,201

Prostate Cancer Research = \$112,505

Patient Care (includes equipment, education, and patient emergency needs funds) = \$312,530

The Foundation also allocated funds throughout the year to support special projects, innovative research initiatives and emergency needs. In 2000/2001 over \$51,000 was allocated from surplus funds for this purpose.



Working the WWWeb...

Working the web brings us a great choice of sites along with the dilemma of knowing which are good, reliable, and worthwhile. **Peter Cooney** has undertaken to make suggestions and other members will chip in from time to time with their suggestions. Peter's first suggestion is a checklist by which to evaluate any website:

1. Is it clear who is responsible for the web site?
2. Can you identify where the content comes from?
3. Is there a list of medical advisors?
4. Is the information copyrighted?
5. Is there contact information?
6. Do you know who is funding the site?
7. Does it state that the site does not take the place of the doctor/patient relationship?
8. Are the articles dated and current?
9. Is the site for each audience (i.e. disease topic) clearly defined?
10. Is the information clear and easy to understand?



Peter's pick of a website this month is www.prostatecanada.net, where he suggests you "Go To An Expert" to pose questions as he did recently. He asked **Dr. Trachtenburg if PC SPES is useful** and was told: *Probably, but maybe because it contains plant based estrogens. The FDA took it off the market because it was adulterated with synthetic estrogens (DES) and coumadin.* Then he asked: **Have you heard of an MRSI (a type of scan)? What is your opinion?** *Been worked on for many years at UCSF. We are starting a program in the fall.* And, this one: **Is ProstaScint useful in finding PC? Diagnosing PC?** *Doesn't work. Not specific enough.*

Aware is the NPCC's electronic newsletter. It's free and sent to your email box every Tuesday and Friday. **Aware** is rich in content but easy on your time. "On the home front" focuses on men and women overcoming the obstacles of this disease. Other topics include prostate cancer clinical trials. See it at: http://www.pcacoalition.org/Aware/Aware_Intro/subscribe/subscribe.html



THANKS, BIKERS FOR
RAISING \$160,000 FOR
PROSTATE CANCER.



DO, DO, DO IT FOR DAD

SUNDAY JUNE 16, 2002



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

Only hours remain now before the 4th annual CS CO-OP Do It For Dad Family Run and Walk gets underway. The starter's horn will sound for the start of the 5 km run at 8:00 a.m. Before that time, our volunteers will have been busy with other volunteers from the CS CO-OP, the ORCC, Bridgewater Systems and other sponsoring organizations setting up the grounds at Anniversary Park near Dow's Lake on Colonel By Drive.

There is something for everyone at the Do It For Dad: Timed runs at both 5 km and 10km for the more adventurous; The 2 km family walk, clowns and a magician, face painting, terrific prizes, and of course the PCAO Pancake Breakfast. We also have an expanded corporate challenge featuring more than 20 teams, no small measure of the community commitment to researching and treating prostate cancer..

During June, Association members were personally canvassed by telephone to remind and encourage them to give their best support to this major awareness- and fund-raising activity. The response was positive and the proof of that will be in the turnout and pledges raised on Father's Day.

The proceeds from Do It For Dad help fund prostate cancer awareness activities, patient treatment, and research. In the first three years, we've raised over \$200,000. This year we want to show an even greater growth by breaking the \$100,000 mark. Pledges from participants are an important part of these funds and we need PCAO members and their families to help out too. You can use the Do It For Dad brochure included in the last newsletter. PCAO members raising pledges should mark "PCAO" on the form so we can accurately gauge and demonstrate the tangible support that the PCAO membership gives to its own event.

So come on out on Sunday June 16th to Anniversary Park, adjacent to Carleton University on Colonel By Drive. It's a great family event and we want to see many PCAO members there as participants, volunteers, or even just spectators.

We are pleased to recognize the following members, their family and friends who have volunteered for this year's Do It For Dad event. Some have been working since last fall on the preparations and organization of this key Association event while others will be on hand on the THE day working as Parking Monitors, Road Marshals, Water Station attendants, Registration and Pledge counters, and Flippers and Servers at the Pancake Breakfast. Thanks to each of you from your Association.

Mo Aller, Nicholas Baird, Rick Bedard, Monique and Jim Bloomfield and family, Archie Boyd, Jane, Laura and Ian Brittain, Ken Buckingham, Harry Chowan, Charlene Cielish, Peter Cooney, Judith Cote, Mel Creighton, Jean and Bill Dey, Dene, Randy and Geoff Dudding, John Dugan, Mottie Feldman, Konrad von Finckenstein, Andre Gascon, Wilf Gilchrist, Ross Hadwen, Bob Hauver, Bud Hill, Robert Huntley, Ted and Jennie Johnston, Catherine Johnston and Guylene Rodrigue, Len Kretzel, Micheline and Rob Lachance, Rosemary and Bob Lambert, Ted Larose, Joanne Lyttle, Rick Mason, Ken McClymont, Kenn McCuaig, Joyce and Bob McInnis, Margaret and Don Miller, Shirley and Duane Ness, Phil O'Hara, Doug Payette, Jane Rannie, Gaston Renaud, Kareem, Angie and Dad Rizallah, Glen Robb, Roy Sanders, Jon Scoates, Mike Scott, Gordon Seabrook, Vincent Singh, John Skelton, Ken Smith, Archie Stalker, Dick Standish, Ian Taylor and family, Godfrey Tippett, Emily and Rod Villeneuve, John Webster, Jocelyn and Rob Whan, Eric Wiles, Mary Wilkinson, Eric Wimberley.

(Apologies and thanks to those who volunteered after the Newsletter went to press.)

"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.