

PROSTATE CANCER ASSOCIATION OF OTTAWA

MEMBER OF THE CANADIAN PROSTATE CANCER NETWORK

OCTOBER 2002 NEWSLETTER

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.

***NOTE: The December meeting will be the second Thursday, December 12.**

THURSDAY, OCTOBER 17, 2002

6:30 P.M. REGISTRATION AND ORIENTATION FOR NEW MEMBERS

7:00 P.M. WELCOMING REMARKS AND ASSOCIATION BUSINESS

7:20 P.M. "WHAT HAS THE CANADIAN CANCER SOCIETY DONE FOR ME LATELY?" - RICHARD LOOMES, CHAIR OF THE OTTAWA REGION CCS BOARD OF DIRECTORS WILL TALK ABOUT THE SOCIETY'S WORK AND PARTICULAR CONTRIBUTIONS TO PROSTATE CANCER TREATMENT AND RESEARCH.

NOVEMBER 21 MEETING: Chris Scott of the ORCC Fitness Centre will report on the benefits of exercise to prostate cancer patients and describe a new fitness study launched this fall.

MESSAGE FROM THE CHAIR

The membership fee has provoked questions not least of which is "What new are we going to get that we didn't before?" The answer, gentlemen, is very little in personal gain, but a great deal for the Association and for those poor chaps yet to be diagnosed. Our Association has grown in numbers and in community respect because of the personal service we have provided to the newly diagnosed. Each one of you reading this newsletter knows of the personal gain you had after making contact with the Association. We want to be able to continue that and make even further contributions to the health of our community.

While marking Prostate Cancer Awareness Week at City Hall last month, I recited the statistics on the number of Canadian men expected this year to be diagnosed (17,800) and the number of Canadian men who will fall victim to prostate cancer (4300). These are dreary statistics and I rejoiced in the figures that are now emerging to show that more men are surviving longer than had previously been the case. That is happening because our Association and other support groups, along with the Canadian Prostate Cancer Network, have been beating the drums to stir up awareness about the benefit of early diagnosis and treatment.

My colleagues and our many predecessors on the Steering Committee and I are proud of the achievements that have been made over the decade, both in aiding individuals and in contributing to the betterment of cancer treatment facilities in Ottawa. We believe the membership shares this pride and the desire to do more and better things in the years to come. That membership fee will help to provide us with the base needed to achieve these goals. I sincerely hope each of you will show that support by paying the modest fee. If you still have questions, please do not hesitate to raise them with me or any of your representatives.

JOHN DUGAN

**PROSTATE CANCER
ASSOCIATION, OTTAWA**

P.O. Box 23122,

Ottawa ON K2A 4E2

Voice Mail: (613) 828-0762

E-mail pca@ncf.ca Website :

www.ncf.ca/pca

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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 McInnis |
| 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 |
| Newsletter Distribution | Phil O'Hara |
| Members at Large | |
| Ken McClymont | Jacques Mousseau |
| John Trant | John Webster |
| Kenn McCuaig | Fred Hofstetter |

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

The Steering Committee met on September 26 to conduct regular business and to be briefed on possible changes in the management of Do It For Dad-2003. The Secretary informed members that 133 membership forms have been received up to that date (and another 31 have been received at press time). Discussion was held on the creation and management of the new database. Until that is operational, we will continue to use the current database for mailing purposes. Receipts for memberships (and additional donations) will be mailed out as the cheques are processed.

Peter Cooney reported that Richard Loomes of the Canadian Cancer Society will be our speaker in October, Chris Scott of the ORCC Fitness Centre will speak in November and in January, Dr. Janis Boormanis will make a return visit. Members were reminded that the December meeting is a largely social affair and will be held one week earlier than usual on December 12.

A report was received on Prostate Cancer Awareness Week activities in Ottawa. A report was received from Canadian Prostate Cancer Network on the "Living Proof" initiative it has undertaken nationally.

Note was taken of new information materials received from Astra Zeneca for use in orientation sessions.

In an unusual move, the Steering Committee resolved that the PCAO recognize and support the initiative by member Fred Hostetter to lobby for the coverage of Viagra by the Public Service Health Care Plan.

THE FINANCIAL REPORT

By Jim Bloomfield, Treasurer

The Association's budget for 2002-03 was adopted by the steering committee this past month. Payment of \$18,000 has been made in support of a research assistant to work under Dr. Chris Morash in the Ottawa Regional Cancer Centre. These funds were derived from Do It For Dad revenue.

Donations have been received from the Police Diversion Program (\$100), and the Community Care Resource Centre (\$30). Donations from members, in addition to the membership fee, have been gratefully acknowledged and they will be issued receipts for income tax purposes for the full amount.

Payment of \$540 has been made for an insurance policy covering Association meetings and activities.

IN MEMORIAM: We note with regret the passing of Frank Algar of Brockville.

September Meeting

PROSTATE CANCER IN THE LAST 10 YEARS... WE'VE COME A LONG WAY!

Dr. Chris Morash, Head of Urologic Oncology for the Ottawa Regional Cancer Centre led us through a review of progress in the Prostate Cancer field in the last 10 years. His 10-year review was a salute to the PCAO celebrating its 'Decade of Support' to men with Prostate Cancer in this region. Phil O'Hara reports:



Dr. Morash recalled the general situation prior to 1992 when men, particularly those entering their senior years, were not aware of the prevalence and dangers of PC. Often their family physicians also were not. As a result, diagnoses for PC were coming late, and the cases being found tended to be seriously advanced. "Today," said Dr. Morash "there are fewer patients identified with advanced prostate cancer. PSA screening has led to earlier diagnosis in more patients – and this has meant better outcomes." He cautioned that at this time,

the evidence is empirical but there are clinical studies underway which should soon validate the experience.

Now, in 2002, men who are diagnosed with, or are living with, PC can be offered a portfolio of treatments, many of them unheard of 10 years ago. Dr. Morash led us through the refinements in surgery, radiation and hormone therapies that have swung the trade-offs between cancer control and distressing side effects in our favour during the last decade. He described other different treatments under development but warned that patience is needed and that in the meantime the present treatment methods are likely to persist through the next ten years. There will be refinements, but the new therapies, such as gene, viral or anti-angiogenetic, are some distance from being adopted in standard treatments.

Dr. Morash also paid tribute to the work of PCAO: "Locally, you have contributed significantly and directly to patient care and research". He urged members to keep working on awareness programs and fundraising. He expects the long-awaited Prostate Cancer Assessment Centre will soon be a reality and that there will be an expansion of research and clinical trials in Ottawa, underscoring the important role played by the ORCC and its research components.

"This is an exciting time for those involved in the treatment of prostate cancer," he said. New markers and treatments could become available during the next decade. "Survival is increasing," he asserted, "even for patients with incurable cancers."

It was a very useful and informative presentation by one who is so closely associated with both treatment and research – and the net effect was to offer more hope for all members.



WORKING THE WWWB...



Peter Cooney's suggestion this month is a site with several possibilities offered by the **Oppenheimer Urologic Reference Laboratory** in Nashville, Tennessee. Go to www.prostatelab.com and follow the many suggested links. The pathology of a prostate cancer biopsy is particularly intriguing.

Peter reminds surfers to review his points for evaluating websites, found in the June newsletter. "There are sites which are good, but they are sponsored by a company which has particular interests it is advancing – and the viewer has to have a few grains of salt at his side when reading claims. There are also absolute scumbag sites, which advocate cures beyond reason. These should clearly be avoided."

Among other sites, which have been brought to our attention by member **Bill Butterfield** as having merit, but advocating a company line are www.atrrix.com and www.indigolaser.com. Another one, which at least includes a reputable advisory board list, is www.acurion.com.

MEMBERS WITHOUT ACCESS TO A COMPUTER AND THE WORLD WIDE WEB CAN USE FACILITIES AT OTTAWA PUBLIC LIBRARIES TO FOLLOW UP ON THESE WEBSITES. SOME OF THE REFERRED ARTICLES ARE ALSO AVAILABLE AT THE RESOURCE TABLE AT MONTHLY MEETINGS.

ODDS, ENDS AND OTHER BITS

MORE DETAILS: Dr. Morash has kindly allowed PCAO to make the slides of his September speech (see page 3) available as a Power Point program. If interested in seeing his entire presentation, please e-mail Peter Cooney at cooneypw@sympatico.ca.

LOOKING FOR A CRITIC OR TWO: The Ottawa Regional Cancer Centre is looking for critics of its website. They want to know if their offerings are on the mark or where they can improve information to facilitate a patient's travels to and through treatment. Visit the site at www.orcc.on.ca, check out its features, then click on the survey and tell them what you found good, bad or indifferent.

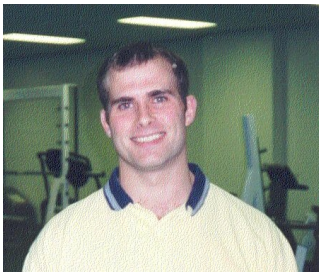
MOPPING UP DO IT FOR DAD-2002: We're still mopping up from this year's event and are looking for good print photographs of the run. If any members have one or two or three such items, could you please either bring them to a meeting or mail them to the PCAO office, attn: Ted Johnston.

The 2003 event is already scheduled for June 15. Planning is getting underway and we will be looking for some helpers throughout the preparatory stage as well as the week and day of the event. If you are interested, leave a message on the office voice mail (828-0762), send an e-mail to pca@ncf.ca, or speak to Randy Dudding or Ted Johnston at any meeting.

The Newsletter is posted (in full colour) 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. With your agreement, we will then remove your name from the mailed edition.

HERE'S PROOF OF WHAT YOU MUST HAVE ALREADY KNOWN!

The Ottawa Regional Cancer Centre (ORCC) conducts rehabilitation research for cancer patients aimed at improving health-related quality of life and functional performance through exercise prescription. Dr. Roanne Segal discovered some interesting findings in a recently completed clinical trial entitled, "Randomized Trial of Progressive Resistance Exercise Training in Men with Prostate Cancer". The full study will be published shortly; Chris Scott, the research coordinator in the Fitness Centre, has provided this preview for PCAO members:



In a two-site study, we randomly assigned 155 men with prostate cancer scheduled to receive androgen deprivation therapy for at least three months to an intervention group that participated in a thrice-weekly resistance exercise program for 12 weeks (82 men) or to a waiting list control group (73 men).

The results showed that men assigned to resistance exercise had less interference from fatigue on activities and roles in daily living and higher quality of life, as assessed by self-reported questionnaires, than men in the control group. Men in the intervention group demonstrated higher levels of upper body and lower body muscular fitness than men in the control group. The 12-week resistance exercise intervention did not improve body composition as measured by changes in body weight, body mass index, waist circumference, or subcutaneous skin folds.

Therefore it would seem likely that resistance exercise reduces fatigue, and improves quality of life and muscular fitness in men with prostate cancer receiving androgen deprivation therapy. This form of exercise can be an important component of supportive care for these patients.

Chris Scott will be our speaker in November to expand on the results of this study, to describe a new one now getting underway, and to provide some very helpful direction on what each of us might do to improve fitness in everyday lives.

To mark our first Decade of Support, we are now presenting our guest speakers with a Prostate Cancer Association of Ottawa sweatshirt. Dr. Chris Morash, the first recipient, models the shirt to the admiration of PCAO Steering Committee members Randy Dudding and Jim Bloomfield.

There are a few extra shirts currently available for members, in either a large or extra large size. The shirt is navy with the PCAO logo and reef knot in gold. If you would like one, see Ted Johnston at the next meeting. The price is \$30.00.



OH! OH! THAT MAKES SENSE: Humourist Dave Barry recently wrote on the difference between “prostate” and “prostrate” claiming Mayo Clinic surgeons use this rhyme: *“If two Rs are found, it is down on the ground; if one R is on hand, then it is a gland.”*



AWARENESS WEEK 2002

Prostate Cancer Awareness Week was marked with vigour by your Association – in collaboration with the Canadian Cancer Society. The kickoff event, at Ottawa City Hall, saw an official proclamation of the week and speeches dedicated to better awareness by men of their own health needs. **Richard Loomes**, Chairman of the CCS Ottawa Board emceed the event that included **Alex Munter**, Ottawa City Councillor, **Dr. Geoff Dunkley**, Associate Medical Officer of Health, **Dr. Roanne Segal** of the ORCCC, and PCAO Chairman **John Dugan**. Mr. Loomes noted the relationship between CCS and PCAO as the latter grew into maturity during the past decade and brought more attention to making men aware of the threat of prostate cancer. Dr. Dunkley underscored the importance of early screening and drew attention to the needs of different age and ethnic groups, while Councillor Munter reiterated the overall concern that men should be more attentive to physical conditions and health. Dr. Segal spoke of her research on fitness programs (see p. 5) and then dashed off to do the same on CFRA’s “Lunch Bunch”. Mr. Dugan outlined the statistical effects of prostate cancer and how PCAO is doing its part to reach out to the community.

Peter Cooney showed up on Tuesday’s “Breakfast at the New RO” to be interviewed about the threat of prostate cancer and the support provided to patients by our Association. **Mottie Feldman** also took a turn on TV, appearing on Rogers Cable “Daytime” program, which was aired three times on September 18.

The **ORCC Ninon Bourque Library** organized a very effective display at the General campus for the week, as did the **YM-YWCA at the Corel Centre** in Kanata. At the weekend, Association members greeted customers at **RONA Hardware stores** in Gloucester and Nepean to pass on the message about early diagnosis and treatment for prostate cancer. This latter activity was a joint activity with the organizer of the Motorcycle Ride for Dad, which also raises funds for prostate cancer.

Although the week did not generate much media attention, Chairman John Dugan said he was satisfied with the effort that had been made. He reminded listeners and readers that for our Association, Prostate Cancer Awareness Week is on every week, all year-round.

The Association thanks all those members who turned out in support of the public duties: *Peter Cooney, John Dugan, Mottie Feldman, Andre Gascon, Ted Johnston, Kenn McCuaig, Bob McGinnis, Phil O’Hara, and Jon Scoates*. And to those who were called but couldn’t commit this time: thank you, too.



CAST AN EYE ON THIS

The October issue of **50Plus**, published by the Canadian Association of Retired People, is themed on “Aging Well” offering advice on avoiding the Big Six diseases (heart, stroke, cancer, diabetes, Alzheimer’s and osteoporosis), tests to take in your 50’s, 60’s and 70’s, attaining and maintaining physical fitness and following a balanced healthy diet. The magazine comes with CARP membership that can be ordered at 1-800-363-9736. **Our Voice**, a quarterly publication free to prostate cancer patients, always has timely information on research and treatments and other news of the fight against the cancer. A subscription can be ordered by calling 1-800-677-4444.

SHOW YOUR SUPPORT FOR PCAO.
MAKE YOUR COMMITMENT TODAY TO BE A PAID-UP MEMBER.
ADD \$5.00 TO YOUR MEMBERSHIP CHEQUE TO RECEIVE THE REEF KNOT
PIN, THE SYMBOL OF SURVIVORS OF PROSTATE CANCER AND THEIR SUPPORTERS.



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.