

PROSTATE CANCER ASSOCIATION - OTTAWA

MEMBER OF THE CANADIAN PROSTATE CANCER NETWORK

NOVEMBER 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, NOVEMBER 21, 2002

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

6:55 P.M. WELCOMING REMARKS

7:00 P.M. DR. ROANNE SEGAL, ORCC Oncologist, and **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.

ASSOCIATION BUSINESS WILL BE DEALT WITH BEFORE OR AFTER THE HOSPITALITY BREAK



THE DECEMBER MEETING IS A SOCIAL AFFAIR AT WHICH WE WILL MARK THE END OF OUR FIRST DECADE AS A SUPPORT GROUP IN OTTAWA. PLEASE MARK YOUR CALENDAR FOR

DECEMBER 12 AND PLAN TO ATTEND.

MESSAGE FROM THE CHAIR

I had the good fortune recently to represent the Association at the National Conference of Urology Nurses here in Ottawa. Good fortune in several respects, since most of us are familiar with how important these nurses are to our treatment and how pleasant is each one of them.

My good fortune however was specially rewarded because I met Nancy Smith, one of the original supporters and backers of our Association. Ms. Smith was a nurse in the Civic Hospital Urology Department when she helped set us on the path to where we are now, marking a decade of support to men diagnosed with and under treatment for prostate cancer. How she helped bring together a few patients in 1992 to give each other support made me think of an adage that I think applies to her and our outreach program: "It takes noble people to plant seeds for trees that will some day give shade to others they may never meet." Ms. Smith certainly planted seeds and there are hundreds of men she has never met now benefiting from her actions. She did it as a volunteer; it was not part of her employment at the Civic Hospital. I was so pleased to meet her, to tell her of how we are continuing her good work with our counseling of the newly diagnosed, the awareness activities we undertake to make more men aware of the threat to their lives, and particularly how effective the annual Do It For Dad event has become in furthering these objectives and raising money to be used to research and treat prostate cancer. Nancy was proud of the "shade from the trees" she had planted and urged us to continue the work of awareness and outreach. I pledged the continuing commitment of members to the overall fight against prostate cancer, knowing that the work we do will lead to a better quality of life for future generations of men and their families.

Footnote: The conference also gave me the opportunity to see the drug company displays, many of them focussed on the problems of prostate cancer and presenting very informative information materials in print and video form. Some of these items we already use in our mentoring and outreach programs and I was pleased to tell the various representatives how useful they are - and that we can always use more.

JOHN DUGAN

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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 Ted Johnston, Acting Secretary

The Steering Committee met October 31 to conduct regular business. Regrets were received from Messrs. Bloomfield, Brittain, Feldman and McCuaig. In the absence of the Secretary, Mr. Johnston took minutes. The Committee met in committee of the whole to discuss Do It For Dad partnering relations.

Mr. Cooney reported there are now 206 paid-up members of the Association, representing just under 30% of the names on the mailing list. A total of \$6,610 has been raised through memberships and member donations. (See separate story on page 3). The collation and organization of member data is continuing and the Committee deferred a decision on how this information should be managed.

Mr. Cooney is preparing a grant application to the City of Ottawa to obtain a laptop computer, data projector and related hardware and software to strengthen and augment both the outreach programs and association administration.

Mr. Cooney reported on program arrangements for future meetings, noting that in November Dr. Segal will make her presentation as originally planned. Attention was drawn to the change in date for the December "social" meeting on December 12, one week earlier than usual. The Committee agreed to accept the invitation of Emmanuel United Church on Smyth Road to hold the February meeting at that site.

It was noted that cheques will shortly be received from two organizations which held events for prostate cancer. Mr. Johnston reported that Bill Campbell and Dr. Chris Morash will take part in the **CBC Radio One** call-in on "Ontario Today" November 19 and urged that this information be disseminated widely.

Mr. Dudding reported that a partnership for Do It For Dad has now been formed with the CS CO-OP; the ORCCF, our original partner, has taken a decision in principle no longer to partner on fund raising activities. The CS CO-OP will fund and supply the administrative apparatus and PCAO will provide the DIFD trademark and volunteers. Still to be decided is the allocation of net revenues raised in the name of prostate cancer. The Committee confirmed support for the three events of DIFD and the Pancake Breakfast. Mr. Dudding noted the need to find a replacement for Mr. Bloomfield as Pancake Breakfast Coordinator.

IT'S TIME TO THINK OF WHO SHOULD BE AWARDED THE DRIED PROSTATE THIS YEAR. WHO DO YOU THINK HAS MADE A SIGNIFICANT CONTRIBUTION TO BEAT PROSTATE CANCER? SEND YOUR NOMINATION TO PCAO BEFORE 28 NOVEMBER.

IN MEMORIAM: We note the passing of long time member J.O. Matte of Ottawa.

THE NEW MEMBERSHIP

COME JOIN THE GANG – MAKE YOUR COMMITMENT TODAY

Two hundred and six members agree that “Membership Matters”. That is the number of persons on our mailing list who have taken the step to pay \$25 to confirm their appreciation for the existence of the Association. Unfortunately, that represents only 29 per cent of the 711 names that claim membership.



“I want to remind our friends and supporters that this is not a very large amount to help keep our Association doing the vital work it has done during the last decade,” said John Dugan, Chairman. “It costs \$6.50 just to mail out the newsletter to each person during the year,” he noted, “and we have other administrative costs to meet in performing our outreach and awareness activities throughout the community. I hope many more will show their support in this tangible way”

Peter Cooney has done some further analysis of the data collected from those who have signed up. In addition to paying the membership fee, donations ranging as high as \$250 have been received for total revenue to date of \$6,610. The Steering Committee has agreed that a donation or payment of \$25 or more automatically provides membership.

There are 22 new members, 134 who have been members for 1 to 4 years, and 52 for 5-10 years. In addition to English and French languages, members claim Japanese, Italian, German and Norwegian. The majority of signed up members live in Ottawa or the immediate vicinity (178 or 86%); the other 14% are spread across the province and even beyond.

Why did they join? Because they are patient/survivors. Where did members learn about PCAO? Friends or relatives are responsible for 26%, urologists for 23%, newspapers 10%, the Canadian Cancer Society 8%, PCAO 7%, and oncologists 6%.

And a final figure: 57 of 206 have asked to be notified by e-mail of the Newsletter’s monthly publication on the website.

Enclosed with this newsletter is a membership enrolment form. If you haven’t completed one yet, please do so and mail it to the office or bring it to the next meeting.



FUTURE MEETINGS

Members are reminded that the **December** meeting will be one week earlier – to avoid the Christmas rush. Traditionally, this has been a social meeting at which members can discuss freely their concerns and enjoy seasonal hospitality. The meeting will begin, as usual, at 7:00 p.m. on Thursday December 12. You are welcome to bring some treats as well as a readiness to sing.

The **January** meeting will be back to the third Thursday at St. Stephen’s but

February brings another change. The Steering Committee has accepted an invitation from Emmanuel United Church on Smyth Road to hold our general meeting there on February 20. We will return to St. Stephen’s for **March**.

John Dugan explained that there are members in the East End of Ottawa who have found it difficult to cross the city to attend meetings. “By accepting Emmanuel United’s invitation, we hope that this will be helpful to those members living in North and South Gloucester, Blackburn Hamlet, Orleans, and Cumberland.” The church has a large parking lot and the No. 85 bus stops at the door, making it convenient for OC Transpo users.



The October Meeting

Making Cancer History - Together

The Canadian Cancer Society has invested more than two and a half million dollars in prostate cancer research this year announced **Richard Loomis**, Chairman of the Society's Ottawa Region Board to PCAO members at their October meeting.

His overview of CCS determination "To Make Cancer History Together" stressed the focus the Society has placed on prostate cancer. "We are a partner with the Prostate Cancer Research Initiative," he said, "and in that we have helped in a variety of ways." He listed the following projects as examples of their funding activities:

- Development at Queen's University of a "decision aid" to help determine treatment options for early stage patients;
- Assessing, with the University Health Network, prevention possibilities – such as Vitamin E and selenium – and testing risk factors related to the cancer;
- Assessing whether it is better to treat an early stage patient or simply monitor the symptoms (Queen's University);
- Development of protein blockers that other proteins thought to be the cause of prostate cancer (McMaster University).

He said that the CCS is the largest non-governmental organization funding cancer research in Canada, supporting more than 150 studies nationwide and 50 clinical trials in Ontario alone. These studies and trials are searching for the underlying causes of cancer generally and specific cancers, and reducing the risk of developing cancers. The Society also is concerned with individual patient care and ability to make lifestyle choice. "Community services, such as providing reliable information, ensuring emotional support for patients and families, transportation services, and volunteer support at clinics and lodges, receive approximately 30% of our funds," he reported. "Just over 50% of our revenue goes to research."

Mr. Loomis noted that both CCS and PCAO have done a lot with and for each other to raise public awareness. "We have teamed up each year for Prostate Cancer Awareness Week, sharing resources to put on displays and obtain media attention," he said. "Your members participate in the Relay for Life – and we would like to see more of you out at least for the Survivor's Lap," he urged, "and PCAO members have volunteered as mentors to our information service and volunteer drivers for patients". *At right, Mr. Loomis presents PCAO Chair John Dugan with a certificate of appreciation marking PCAO's ten years of support to prostate cancer.*



He acknowledged that prostate cancer has only recently had more public attention and funding. "Compared to breast cancer awareness and treatment/research funding, your support groups are about 10-20 years behind. It has been a disease kept in the closet and consequently has been more dangerous to our male population."

Together, prostate cancer support groups and the Canadian Cancer Society, can help to raise money for research, treatment and support. "We should leverage our respective skills, specialties and resources to make a greater impact."

In conclusion, Mr. Loomis urged members to be active advocates for bringing prostate cancer out of the dark, to help raise money to combat it, and to continue helping newly diagnosed patients and the survivors.



WORKING THE WWWEB...

Peter says: I define an urban legend as something that appears mysteriously and spreads spontaneously in varying forms. It contains elements of humour or horror. The horror often punishes someone who flouts society's conventions. The legend makes

good story telling. It does not have to be false – although most are. Often they have a basis in fact but it is their life after-the-fact that gives them particular interest. This month I have chosen two websites that illustrate urban legends, a third which combats health related frauds, myths, fads and fallacies, and a fourth that is a useful site to test the rules outlined in my June column for evaluating websites. (If you can't find the rules, send me an e-mail at cooneypw@sympatico.ca.)

For those urban legends, go to <http://urbanlegends.com> (now that's original), or <http://www.snopes.com> . To check out medical claims and scams, visit www.quackwatch.com and, to test the evaluation rules against a site, visit <http://www.prostate90.com> .



Christine Penn at the ORCC Beattie Library reports that the National Cancer Institute has issued a study that indicates the possibility of determining to a high degree of accuracy whether a man has prostate cancer by testing a pattern of protein traces found in a single drop of blood. The October announcement can be found under the heading "Protein Patterns in Blood May Predict Prostate Cancer Diagnosis" at

<http://newscenter.cancer.gov/pressreleases/ProstateProteomics.html> .

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.

Turn Your Radio On – and tell your family, friends and neighbours

Somebody's prostate is going to have a good airing on November 19 and a lot of people will know about it.

PCAO member **Bill Campbell** has teamed up with **Dr. Chris Morash** to be guests on CBC Radio One's Ontario Today call-in show. Ontario Today is hosted by **Dave Stephens**. He is welcoming Campbell and Morash back after their strong performance last year. They couldn't handle all the calls from listeners, demonstrating the high interest across the province in this disease.

In Ottawa, Radio One is at 91.5 on the FM band. The call-in portion of Ontario Today begins after the news at 1:00 p.m. Share this information with relatives, friends and neighbours and be sure to tune in yourself on November 19.

TELECONFERENCES ON PROSTATE CANCER

Cancer Care, Inc. is offering two no-cost teleconferences on prostate cancer. In collaboration with **US TOO! International**, a two part teleconference will be held November 22 – *Balancing Your Prostate Therapies* - and December 11 – *Diet and Dietary Supplements During Medical Treatment for Prostate Cancer*. The other – *Living With the Challenges of Prostate Cancer* – is scheduled for December 10. Register on-line at www.cancer.org or telephone 1-800-813-HOPE. More details are available from Ninon Bourque Library at ORCC/Smyth Road or the PCAO.

UP AND RUNNING FOR 'DO IT FOR DAD' 2003

By Randy Dudding, PCAO Vice Chair for Do It For Dad

Now that the successful Do It For Dad 2002 (in spite of the rain and cold) is behind us, we are now turning our attention to next year's event. The 5th Annual Do It For Dad Run and Family Walk will take place on Sunday June 15th, 2003 along Colonel By Drive.

First up, however, there is a significant change taking place in our partnering arrangements. Our Title Sponsor, CS CO-OP Community Financial Services, is returning in a dual capacity. The Ottawa Regional Cancer Centre Foundation ORCCF is stepping back from partnering on major fund raising drives and events and the CO-OP has come forward as our new partner in organizing the event. (For those interested, the Fall/Winter issue of the ORCCF's Challenge Magazine has more detail.)

Although we have partnered with the ORCCF since the inception of DIFD, the CS CO-OP has been increasingly involved in the success we have enjoyed. That success in only five years has meant we must also make organizational changes to keep up with the demand that has been created. And that means greater efforts on the part of all PCAO members.

Several PCAO members have been involved from the outset and have been joined by others who have contributed to the planning and delivery of DIFD. There is a role for every member whether as a volunteer worker, a canvasser for funds, a recruiter of participants or other fundraisers, or simply making a personal cash contribution. Volunteers on event day are important but your help or expertise can be used at any time. If you have a suggestion or want to take on a role, please contact me, **Randy Dudding at 836-0275** or leave a message on the **PCAO voice mail 828-0762**.

DO IT FOR DAD WANT ADS: Pancake Breakfast Coordinator; Deputy Coordinator of Volunteers; Registration Coordinator; Marketing/Promotion Advisors.

PROSPECT OF A BLOODY PROSTATECTOMY?

Prostate cancer surgery patients may be among the primary beneficiaries of a new blood transfusion apparatus at the Ottawa Hospital Civic Campus. Dr. Gail Rock, chief of hematology and transfusion medicine, unveiled the Trima in October. This machine allows patients to bank not simply blood for anticipated surgery but to spin out the red blood cells into a separate collector and return the other blood components to the donor.

According to the Ottawa Citizen report, "The new machine drew (a patient's) blood through a complex of tubes and spun it through a centrifuge which separates the red blood cells from other blood components, such as plasma and platelets. The red cells – which carry oxygen to body tissues – got funneled into a collection bag for use during surgery. A tube from the machine returned the other blood components to (the patient's) body."

Dr. Rock told The Citizen that the machine is on loan for clinical trials to be conducted over the next two years. It will be tested on a variety of patients over the next two years, including 120 of these who are scheduled for prostate surgery. Not everyone can use the Trima. Dr. Rock explained that doctors must check the body size of donors to determine if they can afford to donate the increased number of red blood cells. Donors must also have enough hemoglobin in their blood, though in some cases, they can take the drug erythropoietin to boost their red blood cell count.

TODAY'S QUESTION: **First this:** In England, the question has been raised whether male sexual activity after 50 is among the causes of prostate cancer. Dr. Mel Greaves has suggested it is unnatural to carry on being very active sexually after a normal reproductive age. By continuing to have sex beyond age 50 or so, men might begin imposing long-term stress on their prostates. **Then this:** The Journal of the National Cancer Institute has reported a joint American-Chinese study of Chinese males suggesting that a diet rich in garlic, shallots and onions may cut the risk of prostate cancer by half. Does that mean that if you are over 50 and your breath stinks, your partner may be saving your life by saying "Not tonight, dear..." ?

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.

Prostate Cancer Association of Ottawa (PCAO)

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Membership Registration Form

Please print when providing the following information. All information will be kept strictly confidential and will not be shared with any other organizations or groups. The membership fee is for the family. Non-members are welcome to attend the monthly meetings.

Last name: _____

First name: _____

Initial: _____

Spouse / partner last name (if different): _____

Spouse / partner first name: _____

Apartment number: _____

Street address: _____

City: _____

Province: _____

Postal code: _____

Home phone: _____

Work phone: _____

Fax: _____

E-mail: _____

How would you like your newsletter sent to you? Please check one:

An e-mail sent to you notifying you that the newsletter is on the PCAO web site.

Regular mail

Where did you learn about our Association? (Check one or more):

- Family doctor Oncologist Radio TV Newspaper
- Urologist Canadian Cancer Society Nurse
- PCAO display PCAO website PCAO newsletter
- PCAO brochure PCAO speaker Public health institution
- ORCC Friend / relative
- Other (specify): _____

Language(s): Spoken: _____

Written: _____

What is your interest in PCAO? (Check one or more.) Are you a:

- Prostate cancer patient/survivor Nurse Urologist Family doctor
- Health organization representative Pharmacist
- Spouse / partner of a prostate cancer patient
- Other (specify): _____

How long have you been a member, or associated with, PCAO?

- New
- 1 – 4 years
- 5 – 10 years

I want to be a member of the PCAO and I have enclosed my membership fee of \$25.
I have included an extra \$5.00 for a reef knot pin
(Cheques are payable to "PCAO". Tax receipts will be issued.)

Signature: _____

Date: _____