

PROSTATE CANCER ASSOCIATION OTTAWA



MARCH 2003 NEWSLETTER



WE MEET AS USUAL ON THE THIRD THURSDAY OF THE MONTH AT ST. STEPHEN'S ANGLICAN CHURCH, 930 WATSON STREET. FOLLOW THE QUEENSWAY TO THE PINECREST EXIT AND 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.

THURSDAY MARCH 20

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

7:00 P.M. ASSOCIATION BUSINESS;

GUEST SPEAKER: PEGGY GRAHAM-

Is there sex after treatment?

Urology Specialist Nurse, formerly at the Ottawa Hospital (Civic) and now a private consultant, will discuss the impact of prostate treatments on men and women's lives

THURSDAY, APRIL 17

ST. STEPHEN'S CHURCH

GUEST SPEAKER: TO BE ANNOUNCED. WATCH THE "OUR TOWN" PAGE IN THE SUNDAY CITIZEN

What sorts of tasks are there? Our current webmaster would like to be relieved of his responsibilities. The newsletter editor welcomes written contributions as well as suggestions. Someone with an interest in records management and archives will find challenges in our administration. A coordinator for Prostate Awareness Week is welcome and the "Do It For Dad" run and walk has a continuing need for helpers in the preparations and on event day. Speak with any member of the steering committee (see the list on page 2) to bring your hand to bear.

MESSAGE FROM THE CHAIR

I often envisage our Association as having a revolving door. Think about it.

The Lions, Kiwanis, Rotary and other service organizations meet monthly, have similar structures and objectives, much as we do. There is, however, one big difference: the revolving door. They have continuity and commitment with their memberships. We don't. Our new members come in for support, education and bonding while the members who have gone through therapy go out to continue their lives. This happy outcome is our primary objective, yet the dichotomy of it is a threat to our continuing as an Association. If there are only temporary members and supporters, who will provide help to those yet to realize they will need it?

We draw our strength from those who remain with us, some for personal need to support what they consider to be a worthy cause, others to pay back for the support they received in their time of need and to pass it on to others.

Our mission to expand awareness in our community, provide support to newly diagnosed men and to raise funds for prostate cancer research requires people resources to be successful. We can't push a button to stop the revolving door. We can ask, however, if you will pause at the revolving door and consider whether there is something you and your personal supporters can do. Each of us has skills or talents that can contribute to the various programs and activities of the Association. The January newsletter carried a review of our activities during the past year and a member posed questions as to where we should be heading in our second decade. Have a look at these to see if there is something that you might become involved in (see the box at left).

Each of you has a choice. If you stay with us, please step forward to help strengthen our Association by taking an active part in its activities. A few hours each month can make a significant contribution to your own life as well as to the membership and the community. If you choose to leave to renew your lifestyle, at least please continue a personal campaign to support the vision and purpose of our Association. Whatever you decide, you are our future.

JOHN DUGAN

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ASSOCIATION, OTTAWA**

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Church Liaison Bob McInnis
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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 the February Steering Committee meeting, we welcomed back *Treasurer Jim Bloomfield* from vacation, and veteran member *John Webster* who had been unable to attend for quite a few months. Jim can now catch up on processing the membership registrations received in the last month.

Gordon Seabrook appeared briefly in a CJOH TV feature on an Ottawa company developing a radiation dosimeter for patients. CJOH contacted PCAO because they wanted to include a prostate cancer survivor who had received radiation treatment in the feature.

Do you have web master skills? The PCAO web site utility is increasing gradually, as more members opt to view our newsletter on line, and people seeking information find us through the Internet. *Mottie Feldman and Herman van den Bergen* are maintaining the web site with a low level of expertise and time.

We could use new talent to undertake web master volunteer duties. Do you have skills that could help? Call us!

Three Steering Committee members attended a presentation by Dr. Michael McBurney on cancer research being conducted at the Ottawa Regional Cancer Centre. The ORCC Foundation arranged the presentation to inform us on how Foundation "seed" funds are used to initiate research ideas that form the basis to apply for full project funding from outside sources. The talk also showed how some of the research projects relate to prostate cancer. The meeting did not really answer our previous questions about the disposition of the DIFD funds already contributed to the Foundation, but it inspired an invitation to Dr. McBurney to speak at one of our General meetings. Watch for program information!

Mottie Feldman has been tasked with forming an awards nominating committee, to ensure selection of PCAO award candidates in time for the June meeting. Please contact us if you know of deserving award candidates, or if you would like to serve on the committee.

MEMBERS will be pleased to know that 317 people have committed \$25 in support of the Association this year. Many have also gone the extra distance to buy a reef knot pin and still others have made personal contributions to further the work of the Association. The Executive and Steering Committee thank you for this generosity.

Curiously, the database shows a total of 744 members. In June, those who have not paid the annual fee will be dropped from the mailing list.

IN MEMORIAM: We note the passing of member Francis (Bob) Pereira of Carp.

FEBRUARY MEETING – THE TALK

LITTLE RADIOACTIVE SEEDS DELIVER A HEALTHY PUNCH



At our February meeting we received a complete update on the application of brachytherapy to prostate cancer in Ottawa from Dr. Gad Perry, the leading practitioner of this form of radiation treatment in our area. Undismayed by projection equipment that refused to cooperate*, Dr. Perry outlined the progress after just three years in the use of radioactive seed implantation for early stage cancers. Currently, Ontario pays only for the version of brachytherapy in which the seeds are implanted permanently in men with early cancers, but trials are beginning on another version, where high dosage radiation sources are inserted temporarily for short periods, and then removed.

Dr. Perry helped us to understand that the techniques for placing the radiation energy source right in the prostate, rather than firing multiple external beams into the gland, allows the oncologist to apply the highest safe level of radiation to the cancerous cells, while minimizing the amount of radiation that passes through normal and neighbouring cells. He also explained how the temporary implantation version of brachytherapy could deliver even higher doses of the cancer-destroying energy to men at greater risk from more advanced tumours.

One of the challenges facing the practitioner of brachytherapy is identifying the precise position of the prostate during the placement of the seeds, given that the little rascal changes size during the day, tends to swell during the treatment, and lives in a man who changes shape unpredictably. Dr. Perry explained how he uses a computer technique to combine the images from a CT scan and from an MRI to pinpoint the boundaries of the prostate at the time the seeds are inserted.

Of particular interest to the newly-diagnosed, Dr. Perry reported that the ORCC Foundation has funded a Cancer Decision Aid Project to be developed by the ORCC in collaboration with the Ottawa Health Research Institute.

Phil O'Hara

**Although Dr. Perry came equipped with a Power Point presentation, technical glitches did not allow its use and Dr. Perry spoke extemporaneously. A print version of the Power Point presentation, including graphics and photographs of equipment and procedures, will be available for viewing at the publication display at the March meeting.*

FEBRUARY MEETING – THE PLACE

February's meeting took place, on an exceptional basis, on a different night and at a different location in Ottawa. "We were responding to members' queries and comments about our normal meeting place," explained Chairman John Dugan. "When we received the invitation to hold a meeting at Emmanuel United Church on Smyth Road, we took it as an opportunity."

Approximately 50 persons turned out to hear Dr. Perry's address. There were positive comments on the auditorium providing better sound and more comfort, and the fact that for some it was an easier destination to reach than going to the west end. On the other hand, some of the attendees had difficulty finding the church and, unfortunately, a few showed up at both Emmanuel and St. Stephen's Churches on Thursday evening, the normal meeting night. "I'm afraid I erred in the early notices," explained Newsletter Editor Ted Johnston. "I apologize to those who were inconvenienced."

"I would like to know members' reactions to this change of venue," said Mr. Dugan. "Whether you attended the meeting or not, what is your view on the current arrangements, on the February location, and are there suggestions you have for improvements?" He indicated it would also be helpful to know whether the subject matters presented at each meeting encourage people to attend.

At the March meeting, Mr. Dugan will entertain a brief discussion of these matters, but he encourages members to write or e-mail their comments in advance to the PCAO office (see p. 2 for addresses).

DIFD – YEAR FIVE!



WE'RE ON A RUN AND WALK TO GOOD TIMES!

The major sponsors have now signed on for the 2003 Do It For Dad. The CS ALTERNA BANK has again agreed to sponsor the 10 km run, the OTTAWA POLICE ASSOCIATION is back on board for the 5 km run, and TRINITY DEVELOPMENT has taken on the 2 km Family Walk and Run.

“This is excellent news,” commented PCAO Chair John Dugan, “not only for the success of the event but as a show of the community commitment of these organizations. We are proud to be associated with each one of these entities in the campaign to raise awareness of the threat of prostate cancer and the need for more research into its causes and treatment.” Gary Seveny, CEO of the CS CO-OP, which is the new partner with PCAO and is providing the administrative organization for Do It For Dad, reiterated satisfaction with both the number of returning sponsors and new ones who have signed on for the fifth year of the run. Enbridge-Consumers Gas has also returned, along with Bridgewater Systems to be sponsors of the Pancake Breakfast that has become an integral part of the Father’s Day event. For the first time, Do It For Dad is now included in the official calendar of the Ottawa Road Running Series and that in itself is expected to attract more participants.

“The PCAO is extremely pleased to have partnered with the Ottawa Regional Cancer Centre to begin this event and to have seen it grow so successfully in this short space of time” said Randy Dudding, the Association’s vice-chair for DIFD. “It is very important that our members continue to put their support behind it in whatever ways they can. We are still looking for members to take on tasks in this preparatory stage; we need some volunteer coordinators to make sure we have enough people to work on event day. In May, we can use some assistance in delivering promotional materials around the city.” If you are ready to work, please leave a voice mail at 828-0762 or send an e-mail to pca@nfc.ca.

HI HO MECHANICAL STEED! SPIN, SPIN, SPIN!

It was a Spin For Life in a mall – and prostate cancer was \$33,000 better for it. Fifty stationary bikes were set up in the Rideau Centre on March 1 by the Ottawa Hospital Foundation to raise pledges for the long-promised Prostate Cancer Assessment Centre. Various companies sponsored the bicycles and riders and donations were solicited from shoppers. Some riders worked in relays while others went the full time of 12 hours. Mark Lafontaine, who organized the event, said there were 400 participants in this unusual first-time marathon.

PCAO volunteers – in bright yellow T-shirts - were on hand to assist the riders mount their mechanical steeds and keep them supplied with water and towels.

Dr. Chris Morash acted as the OGH spokesperson to thank the participants for their contributions. He described prostate cancer and its threat, and explained the expected benefit of the planned Prostate Assessment Centre, hoping that it would open in 2004.

The Canadian Cancer Society “**Relay for Life 2003**” is now set for June 6 and 7 at the Nepean Sportsplex. This is essentially three different events in one: the opening event is a “Survivors’ Lap” in which any and all cancer survivors parade around the track to give witness to survival; the second is an all-night relay by teams drawn from companies, families, associations to see who can chalk up the most laps of the Nepean track – all in aid of raising funds for the continuing struggle against cancer. During the evening, there is a memorial service for those lives claimed by cancer. You can sponsor a candle that will be placed with hundreds of others around the track and lit to create a ring of light in the night. Information on the Survivors Lap can be obtained from Rita Belanger at rt.belanger@sympatico.ca.



THE GET PAGE

GETTING A SERIOUS MOVE ON

Despite the weather, the Prostate GURUs are limbering up in readiness for various runs this spring. “We have about ten members,” Wilfred Gilchrist reports, “and all but one is a survivor.” Wilfred outlined the concept of Prostate Guys Running (Prostate GuRus) in the February newsletter, emphasizing that, while it is a team, the individual sets his own goals and pace to achieve them.

“We are working up our respective abilities to run distances. Some of the guys are accomplished runners while others are neophytes. We have occasional meetings – in convivial locations such as Patty’s Pub – to discuss progress and training tips. There is always room for more to join the group,” he says. The PCAO Steering Committee recently agreed to sponsor the group’s entry into the Do It For Dad Team Challenge.

“Exercise is increasingly being recognized as good for the health of all of us,” notes Wilfred, “and doing it in company with contemporaries with one or more common interests is even better.” The current team is made up of Arland Benn, Rolando Guerra, Don Hampton, Eric Longley, Fred Nadeau, Doug Taylor, Mike Scott, John Gibberd, and Wilfred. If interested in joining the GuRus, you can telephone Wilfred at 731-9722.

GETTING OTTAWA MOVING

PCAO was represented in January at a citywide forum on physical activity in Ottawa. The event, cosponsored by the City of Ottawa, National Capital Region YMCA-YWCA and Ottawa Heart Beat, brought together various speakers who extolled the virtues of exercise and the overall benefits to individuals and to the community. Wilfred Gilchrist prepared an informative report on his participation and this will be available at the publication display at PCAO meetings. Among the comments:



- There is a national epidemic of hypoactivity – 66% of Canadians are physically inactive- and this adds \$2.1 billion to health care costs nationally.
- 33% of the adult population of Ottawa is sedentary to the point of affecting longevity.
- 70% of Ottawans believe that physical activity reduces risk of cancer – and 70% of Ottawa men are confident they could do more.
- Walking and gardening top a list of popular activities – jogging/running are well down the list.
- People say they don’t have time to take time to exercise, so they need to be educated on the need and ways to make time.

GETTING YOUR (AHEM) HOPES UP



For the past six months, Fred Hostetter has been lobbying to have Viagra (sildenafil) included in the formulary of the PSHC Plan. Members of the Board of the PSHCP Trust have been particular targets of his efforts with the result that Guy Pouliotte, Executive Director of the Trust, recently wrote to Fred saying:

I am pleased to inform you that the Trustees have agreed to include the issue of Viagra as part of the upcoming review exercise of the Plan's formulary. I can assure you that your comments and others received from plan members on this important matter will be given full consideration. I can also ascertain (sic) that any decision reached by the parties will attempt to reflect changing circumstances and approaches, and ensure that the Plan remains both viable and relevant to the overall needs of the membership.

Fred urges interested readers to add their voices to help sustain this positive momentum by writing to Guy Pouliotte, Executive Director, PSHCP Trust, PO Box 1328, Station B, Ottawa, ON, K1P5R4.



WORKING THE WWWEB... with Peter Cooney

I found three very interesting articles this past month on a site that features medical reviews from various publications. The site has a variety of articles, so when you go to <http://www.medreviews.com>, select the Urology pages where you will find (among others): (1) *Prostate Cancer – Progression, Risk Reduction and Future Options*; (2) *Risk Factors for Prostate Cancer*; (3) *The Potential for Prostate Cancer Chemoprevention*; (4) *Opportunities for Prevention of Prostate Cancer: Genetics, Chemoprevention and Dietary Intervention*.

Another site, this time at the University of South Florida College of Medicine, has posted an article: *Controversies Surrounding Androgen Deprivation for Prostate Cancer*. Go to <http://www.moffitt.usf.edu> and follow the links.

Copies of the articles will be available at the publications desk at general meetings.



NEWS TO USE

The Ottawa General Hospital is holding a workshop in April to teach skills for healing. The weekend program, which costs \$40 per person, is for people who have a diagnosis of any type of cancer and for friends and family. The focus, according to Bob Rutledge who will be leading the workshop, is “to empower people through education about cancer and its treatment and by teaching coping skills such as relaxation techniques and meditation.” Dr. Rutledge, a Halifax-based radiation oncologist, will be working with Social Worker Gill Reilly of the Women’s Breast Health Centre of the Ottawa Hospital. The workshop will be held April 11-13. For more information, call Ms. Reilly at 798-5555 ext 1-6563.

If you are over 70 years of age and interested in fitness, the City of Ottawa Recreation Program offers a lifetime fitness membership at its facilities for the sum of just \$7.00. The price for under-70’s isn’t bad either but it’s not a lifetime offer.

Did you see Dr. Peter Gott’s recent column in the Ottawa Sun about a device for men suffering from incontinence? A 71-year old reader reported having no control over his sphincter following prostate surgery and said he couldn’t leave home for fear of a leakage accident. Then he was introduced by a urologist to the “Cunningham clamp” which he described as “a small adjustable metal device with a foam rubber covering that applies light pressure to the urethra on the underside of the penis”. Dr. Gott, a syndicated columnist, confessed he had never heard of it but allowed that “it makes perfect sense” and gave the name of the manufacturer: Greenwald Surgical Company, Inc. 2688 Dekalb St., Lake Station, IN. 46405 USA. The reader said it costs about US\$50.00 and has given him the “freedom to carry on all activities, such as travel, shows, dancing, hiking and so forth – without the chagrin and embarrassment of leaks.”



Motorcycle Ride for Dad is revving up its engines to raise money for prostate cancer research and treatment at the ORCC. The third annual run of motorcycle enthusiasts takes place on May 24. More information can be found at <http://www.motorcycleridefordad.org>.

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.