

PROSTATE CANCER ASSOCIATION OTTAWA



APRIL 2003 NEWSLETTER

PAY ATTENTION – THERE IS A CHANGE!



HOLY WEEK MEANS A CHANGE OF DATE. **FOR APRIL ONLY, WE WILL MEET ON APRIL 24, THE FOURTH 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, APRIL 24

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

7:00 P.M. ASSOCIATION BUSINESS;

7:15 P.M.: TABLE TALK: SMALL GROUPS, ACCORDING TO METHOD OF TREATMENT, WILL MEET IN ASSIGNED ROOMS TO EXCHANGE EXPERIENCE, VIEWS, AND INFORMATION. THE FULL GROUP WILL RECONVENE TO HEAR SUMMARIES OF EACH SESSION.

THURSDAY, MAY 15

ST. STEPHEN'S CHURCH

GUEST SPEAKER: DR. MICHAEL MCBURNEY, HEAD OF RESEARCH AT THE ORCC, WILL DESCRIBE CURRENT WORK AND WHERE THE MONEY GOES (see page 3).

MESSAGE FROM THE CHAIR

Change of another sort is coming. June 30 is the end of our Association year when, according to our Bylaws elections are to be held for the positions of Chairman, Vice-Chair, Secretary and Treasurer. The current incumbents (except the vacant vice-chair) have served mandates of two years or more. A Nominating Committee will be confirmed at the April General Meeting and charged to bring forth names of candidates proposed by the membership. Names, supported by a declaration by the proposed candidate that he or she is prepared to stand for election, can be submitted, in writing, during April and May at General Meetings or directed to the office at any time.

The Nominating Committee will publish their proposed slate of Officers in the June Newsletter with election at the June General Meeting. Any member of the Association can stand for election for one of the four positions, subject to the above procedure and bylaws.

This is a most important process necessary to allow others the opportunity of providing guidance and direction for the Association during their term of office. It is an obligation that individuals should accept when they become members of the Association.

The "Table Talk" program at the April 24th General Meeting is one of our more popular events providing an opportunity for discussion and sharing. We have arranged for separate rooms for each therapy group to avoid the noise problems of the past. We very much encourage attendance by wives and other caregivers to share their experiences, particularly the more recently diagnosed members and their supporters. All discussions are considered confidential, meant solely for the benefit of the participating members. This is your opportunity to review, discuss and apply many of the points presented by our guest speakers. The success of which depends on your active and frank participation.

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

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 Hostetter
*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 has been watching the progress of member registrations and payments since the membership fee was implemented in September 2002. Registrations seem to have reached a plateau around 320, out of almost 750 names on our current list. Consideration is to be given to a phone campaign before acting on the decision to drop unpaid members from the list; such consideration may also examine whether to establish a special category for members who are “friends”, such urologists, oncologists, and other supporters of our programs. All members are invited to comment on these issues by voice mail, e-mail or regular post.

The Committee was advised that Microsoft supplies software to charitable organizations at a much-reduced cost. It authorized an expenditure of up to \$600 to equip committee members who do so much Association business at home with up-to-date and compatible capabilities. The Committee accepted Jim Bloomfield’s offer to undertake management of the PCAO website.

When the Association was formed, the Civic Hospital donated one of their extensions as a PCAO voice mail box. We have decided to phase out this number as it has been little used in recent years. Now, a voice message at the Ottawa Hospital/Civic extension will provide the normal Association number (828-0762) for a period of about one year before discontinuing it.

The Committee approved the purchase of more sweatshirts with the PCAO reef knot logo, noting they have served well as gifts to speakers, as promotional items and sale to members.

The Chairman has undertaken to get an updated report on the proposed Prostate Assessment Centre including clarification as to which institution is to have primary responsibility for it and how it will relate to both the Ottawa Hospital and the Ottawa Regional Cancer Centre.

A questionnaire is to be prepared to solicit members’ views on all aspects of the Association’s activities with a particular focus on the location and character of general meetings. Suggestions for program activity and speakers at general meetings are always welcome. Elections are coming. The two-year terms of PCAO elected officers expire at the end of our fiscal year, in June. The elected positions are Chair, Vice Chair, Treasurer, and Secretary. Get ready to vote, but more important get ready to nominate candidates!

The next meeting of the Steering Committee will be at 9:30 on Thursday April 24 at St. Stephen’s Church. Any PCAO member is welcome to attend.

Do you know someone who has made a significant contribution to prostate cancer or to the work of the Association? Please pass the name to any member of the Steering Committee or leave a voice mail at the office.

DOING IT FOR DAD IS DOING GOOD

Money, money, money – where does it come from and where does it go? The Steering Committee has been asking these questions about *CS COOP Do It For Dad* revenues and the answers are starting to come in.

The annual run and family walk on Father's Day was initiated in partnership with the Ottawa Regional Cancer Centre Foundation in 1999 and has been growing in size and value each year. Along with other money acquired or raised by the Foundation in any given year, it is allocated within the ORCC according to identified needs.

"There is a time lag in allocations," explained Shannon Gorman of the Foundation, "in that the money collected in one fiscal year is ordinarily dispensed at the end of that year which, in our case, is April. So the money raised in 2001 by *CS COOP Do It For Dad* and the *Colonial Motorcycle Ride for Dad*, for example was distributed as of April 2002, and dispersal of the 2002 event revenues are now being decided upon."

In the past year (i.e. 2002), five prostate cancer research projects at the ORCC were funded with a total of \$112,505.

- **Dr. Christina Addison** is leading a study of "the role of ephrinB/EphB receptor interactions in angiogenesis in prostate cancer".
- **Dr. Alain Lagarde** has been funded for two projects, one to assess hereditary/familial cancer genetics and the other on "gene-expression profiling".
- Three graduate students are working in the Physics group on "imaging and modeling projects related to prostate radiotherapy", and
- **Drs. Addison, John Bell and Libni Eapen, along with Dr. Michael McBurney** are undertaking a pilot project to design "oncolytic adenoviruses that will preferentially replicate in prostate tumours and destroy the tumours and their metastases in this process".
- The fifth award is a contribution towards a Premier's Research Excellence Award to support research trainees. This award is worth \$12,505, while the other four were valued at \$25,000 each.

The **Prostate Cancer Association** has shared in the *CS COOP Do It For Dad* revenues each year by being able to allocate independently 50 per cent of the money raised. In 2003, PCAO awarded \$18,150 to **Dr. Chris Morash** and the urology clinic at the Civic Campus to develop data on treatment of early stage prostate cancer; that money was our share of the 2001 event.

Other research projects funded in 2002 by the Foundation are focused on brain and breast cancers, bone marrow, and general research, each of which may have benefits beyond the primary scope.

Dr. Michael McBurney, Chief of Research at the Ottawa Regional Cancer Centre, will be the guest speaker at the May PCAO meeting. He will elaborate on the above projects in describing all of the work being done at the Ottawa Centre.

HERE'S A GOOD REASON TO VOLUNTEER FOR PCAO ACTIVITIES!

From *Consumers' Report on Health*, April 2003: "Give more, live more? Older adults who help other people tend to live longer than those who don't, according to a recent study at the University of Michigan. After controlling for age and other variables, the researchers found that participants who reported giving practical or emotional assistance to friends, relatives, or neighbours were 60 per cent less likely to die during the five-year study than those who said they rarely or never helped anyone."

LINKING PARTNERS

Why can't a man be more like a woman?

That's the question that will be assessed at a special conference on men's health care in May. It may not be phrased exactly this way but that's the essence of it. Women generally take more of an interest in their and their family's physical health than do men. And that's a serious issue, as most prostate cancer survivors can attest.

The Prostate Cancer Association of Ottawa has been working with the South East Ottawa Centre for Healthy Living and the City of Ottawa Public Health and Long Term Care Branch on the organization of "Linking Partners", a one day conference bringing together health care workers and support groups to explore ways to help men to be more knowledgeable about health problems that will directly affect them.

"The idea grew out of the City of Ottawa's publication of *Bodyworx-Men's Passport to Health*," explained PCAO member Ted Johnston who has been chairing the preparatory committee. "City Council subsequently earmarked funds specifically for men's health issues and this stimulated the South East Ottawa Centre (SEOC) to undertake this conference. They sought PCAO views and, together, we drew up a proposal to involve other health care professionals, social workers and support groups such as ours to explore whether there are ways to encourage men to become more knowledgeable and to take preventive action on their own behalf."

Dr. Robert Cushman, Ottawa Medical Officer of Health will be a keynote speaker. The conference will be held at the Richelieu-Vanier Centre (former Vanier City Hall), 300 l'avenue des Pères Blancs. For more information, please call Catherine Janna at the SEOC 737-7195 ext 318.

SWOG AND TOH SAY "SELECT"

WE SAY: PASS IT ON TO MALE FRIENDS AND FAMILY

There has been much discussion about whether selenium and/or vitamin E can protect against prostate cancer, the most common form of cancer, after skin cancer, in men. Now the talk is being put to the test by the SWOG and TOH in SELECT (**Selenium and Vitamin E Cancer Prevention Trial**).

Ultimately 32,400 men will be enrolled across Canada, the United States and Puerto Rico. The Ottawa Hospital (TOH) is part of a network of research sites participating in this very important trial. "So far we have recruited 13 men at the Ottawa site," said Sylvia Schaus, Clinical Research Assistant, Urology Division. "We are looking to recruit as many as we can!"

Charles A. Coltman, Jr., M.D., chairman of *Southwest Oncology Group* (SWOG) -the research network coordinating the study and director of the San Antonio Cancer Institute in San Antonio, Texas said, "This study is important for the men who join, not only because they might prevent prostate cancer for themselves, but also because what we learn has the potential to benefit future generations of men."

Ms. Schaus explained that the study is not demanding on the participants. "It requires taking two pills a day for the duration of the study and two visits to the study site (The Ottawa Hospital, General Campus) per year", she said. *Men may be able to participate in SELECT if they are 55 or older (50 if African-Canadian), have never had prostate cancer, have not had any other cancer for the last 5 years and are in generally good health. If you know anyone who fits these criteria and may be interested in joining the study, they can call The Ottawa Hospital urology research office at 737-8899 ext. 8659 for more details.*

LIVING PROOF that prostate cancer can be beaten

Our friends and colleagues of the Canadian Prostate Cancer Network (CPCN) have embarked on a striking national campaign to bring greater awareness that prostate cancer is not "an old man's disease" and that it can be beaten. Billboards are going up across Canada and informative brochures are being distributed in Ontario through Shoppers Drug Mart outlets. Make sure these "Living Proof" pamphlets reach the men who need them so they too can be Living Proof. For more information: www.cpcn.org



SEX AND THE PROSTATE PATIENT

“We don’t quit playing because we get older – We get older because we quit playing”

The times have certainly changed when the topic is Erectile Dysfunction and the speaker is a lively, caring and well-informed female. Peggy Graham, R.N. opened her presentation to the March meeting with the above quotation, and then went on to prove the possibilities.

“In Canada today, there are 7.3 million men affected by Erectile Dysfunction or “ED” but only about ten percent of them seek a doctor’s help,” she said. “Yet it is a major cause of stress and marital discord.” American studies have shown that causes of impotence can be attributed to diabetes, vascular difficulties, radical surgery, Multiple Sclerosis, endocrine problems, and traumatic or spinal injuries. Whatever the cause, Ms. Graham held out hope for many that there are treatments or procedures available that can overcome the problem.



“Of course, there are general risk factors,” she noted. “Aging for both men and women is obviously one, chronic illness another, drugs, smoking, alcohol consumption all make the sexual aspect of life and its treatment more difficult.”

The work of clinicians is to support a patient in setting and reaching certain goals. “Patients need to come to their own realization of their needs and the appropriate solutions,” she said. There is no “gold standard” for treatment, and to be successful, she explained, there must be an accurate definition of the problem and integrity of the penile mechanism. A patient is generally looking for a simple treatment, with no side effects and low cost.

Prostate patients are not candidates for testosterone, which is used usually to return a man to a normal condition, not to boost his sexual capability. As well, patients on intermittent hormone therapy present different needs, as their libido is low to almost nil. “That’s another full talk,” she explained, but recommended they work on hugs and soft, kind words to maintain a loving relationship. “Go on dates with your partner and learn that cuddling encourages warm and assuring emotions.”

For the “lads” (as Ms. Graham referred to her clients) undergoing treatment, the outcome is very much dependent on the quality of the relationship with the partner and shared reasonable expectations. “The treatment may not give a perfect erection,” she explained, “but it may be hard enough to achieve penetration. Also, prostate patients may not have ejaculation although they can experience orgasm.”



Ms. Graham, who was long associated with the Andrology Clinic at the Civic campus of the Ottawa Hospital and continues as a private consultant there, reviewed the various treatment options. These include drugs such as the now-famous Viagra; the MUSE treatment of inserting a pellet into the penis; the use of constriction rings and vacuum pumps; and injection therapy. Often the treatment needs the understanding, if not direct assistance, of one’s partner and therefore it is invaluable that both parties are counseled.

The increased level of knowledge in general practitioners contributed to the closure of the Civic Andrology Clinic in November 2001. The GP is now the frontline for discussing, diagnosing and treating sexual dysfunctions for both men and women. The clinic continues to take referrals for urology problems – including ED – when GPs are unable to deal competently with them.

Summarizing her presentation, Ms. Graham said that success in sex depends on “mutual motivation, professional support, realistic expectations, and education.”

Information materials on ED and sexual dysfunction were left with the Association; these will be available at the monthly meetings.



SIGNS OF THE TIMES AT:

- A radiator shop: “Best Place in Town to Take a Leak”
- A plumber’s truck: “Don’t Sleep With a Drip – Call Your Plumber”
- A plastic surgeon’s door: “Hello, Can We Pick Your Nose?”
- An electrician’s truck: Let Us Remove Your Shorts

CS COOP DIFD – YEAR FIVE! Two months to go for this year’s Do It For Dad.



**CS COOP®
Do it for Dad!**

5K and 10K runners should be in training now and even the 2K walkers should be getting ready! We’re looking forward to a great turnout on Sunday June 15, especially from PCAO members, their families and friends. Let’s all hope the weatherman cooperates this year.

To the right are the logos of the principal sponsors, not least of which is the CS COOP (presenting sponsor) and the CS Alterna Bank (10 K sponsor), along with The Ottawa Police Association (5K sponsor), Trinity Development Group 2K sponsor), Nelligan O’Brien Payne and Big Daddy’s Crab Shack (cosponsors of the Team Challenge) and Enbridge Consumers Gas and Bridgewater Systems (Pancake Breakfast co-sponsors).



“We are pleased to have the continued support of the Ottawa Citizen, CJOH-TV and CFRA Radio as our media sponsors,” said Randy Dudding, PCAO Vice-Chair for the event, “and are equally pleased both to welcome both previous and new contributing sponsors: The Bay, Dollco Printing, McGill Buckley Intercreative Marketing, Ortho Biotech, Ottawa Athletic Club, Christie and Walther Communications, Brougham Speciality Advertising, Godfrey Roofing, Capital Office Interiors, The Running Room, Loblaws, Eyecom Creative Concepts, Signs & Posters, New Balance, D’Arcy Moving and Storage, and Baldwin Presentation Systems.

“Now, it’s up to PCAO members to show their appreciation for the support of these terrific sponsors to our cause,” said Mr. Dudding. “By bringing in pledges and donations, and sponsoring runners, we have a terrific opportunity to bring more resources to bear on the fight against prostate cancer!”

Registration/Pledge forms will be available at the next PCAO meeting and a pledge form will be attached to the next newsletter. Registration to run or walk can be done on line through www.cscoop.ca -just click on the Do It for Dad logo on the main screen.

If you are available to volunteer to work on the event, please leave a voice mail at 828-0762 or send an e-mail to pca@ncf.ca.

WORKING THE WWWEB... with Peter Cooney

Here is a web site that relates to Peggy Graham’s presentation in March:

http://www.pcacoalition.org/treatment_info/penileinjections.php

"Successful Self Penile Injection Hints, Questions and Answers(including men’s actual experiences) by the UCSF Prostate Cancer Advocates. This document was prepared to make the process as easy and painless as possible for men who have decided to use injection therapy for erectile dysfunction.

A colourful but serious look at **Who Needs to Worry About Prostate Cancer?** is to be found in Men’s Health. Five ways to reduce risk for prostate cancer, including diet tips, exercise advice, and a possible danger of promiscuity. Useful to bring to the attention of younger family members and friends. Go to:

http://www.menshealth.com/health2/prostate_protect.html>

It’s your money, so it’s good to look at sites on the delivery and administration of health care at all three levels of government; here are three sites to set you on your way:

OTTAWA http://ottawa.ca/city_services/yourhealth/28_0_en.shtml

ONTARIO <http://www.gov.on.ca/health>

CANADA <http://www.hc-sc.gc.ca>



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.