

PROSTATE CANCER ASSOCIATION OTTAWA



JUNE 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.

Please Note: St. Stephen's has asked that we observe the scent-free environment that it has adopted for its parishioners.

THURSDAY, JUNE 15

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

7:00 P.M. ASSOCIATION BUSINESS;

7:15 P.M.: PALLIATIVE CARE: FOCUS ON LIVING. CAROL BAKER, R.N., EDUCATOR AND COUNSELLOR ON PALLIATIVE CARE, WILL OUTLINE SERVICES AND TREATMENT OPTIONS FOR INDIVIDUALS AND THEIR FAMILIES LIVING WITH A TERMINAL ILLNESS.

SUMMER MEETINGS WILL BE ON JULY 17 AND AUGUST 21 AND WILL BE OPEN AND FREE EXCHANGES AMONG MEMBERS.

MESSAGE FROM THE CHAIR

Last month I outlined to you the process required to replace Association officers whose two year terms of office had expired. I followed this up with some points of concern I had about the lack of response our Nominations Committee had in receiving expressions of interest from members at large to stand for office. Unfortunately, in the past month, no one has indicated interest in filling positions or even joining the Steering Committee. Out of a mailing list of over 700 names we get a "0" response. Obviously this is most discouraging.

Both our Secretary and Treasurer have served two full terms and are stepping down; the former is moving to Toronto and the latter wishes to pursue other activities - but both have indicated willingness to continue to assist where possible. The Vice Chair position has been unfilled for several years. As your Chairman I have served my two years and, considering the lack of support I appear to have from the Membership to participate in the operation of the Association, consider it best that I step aside for some one else to take over.

I should remind you that the Registration fee covers all members of the Member's immediate family. Wives, for example are deemed full members, eligible to stand for office in the Association. One of my personal objectives had been to have a least one of our lady members sit on the Executive. Unfortunately other priorities seemed to get in the way. Our election at the June meeting gives us that opportunity to fill vacancies on either the Executive or Steering Committee..

Our Association has developed a strong and respected reputation both in Ottawa and across the Support Group network. This did not come about by accident. It took a committed and capable group of members who have been required to handle multiple tasks in order to provide the Membership with the services they enjoy and expect. Over the next few months we must review our operations and services and refine them to meet the capabilities of a much reduced Executive Committee. You will be kept advised of all changes.

JOHN DUGAN

**PROSTATE CANCER
ASSOCIATION, OTTAWA**

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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 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

At its May 29 meeting, the Steering Committee received a brief presentation from Charter member Peter Hyde about his soon to be published book “Sunlight, Vitamin D, and Prostate Cancer Risk”. PCAO will collaborate with Peter on his book launch. Watch for details later.

The Treasurer submitted a written report noting there are currently 725 names on the PCAO mailing list. A gift of \$900 from Astra Zeneca Pharmaceuticals has been received.

Claude Forget, and his wife Bette, of the Laurentian Region Cancer Support Group attended the PCAO General Meeting on May 15 to learn more about operating a support group. Claude sent us a letter of appreciation for our help, along with a donation of \$100. We thank Mr. Forget, and wish him every success with the new support group.

PCAO received copies of “Insight on Cancer – news and information on prostate cancer”. This report is part of a series of joint Cancer Care Ontario and Canadian Cancer Society (Ontario Division) publications about cancer and cancer risk factors in Ontario. (See also p. five)

Furthering our interest in the promised Prostate Assessment Centre, John Dugan and Ted Johnston have met with the President of The Ottawa Hospital Foundation.

By the time that you receive this newsletter, you will have received our special mailing about membership renewal. Those who do not renew will be dropped from the mailing list. I hope that you have responded! (There is also a short renewal form on page six of this newsletter.)

Our nominations committee, chaired by Gordon Seabrook, with members John Webster and John Trant, is having little success in finding volunteers to stand for election. Many qualified members are very busy with a wide range of interests, obligations and restrictions. My own excuse is that I am moving to a different city for family reasons. But if new volunteers don't step up to the plate, I see a rapid decline in the highly regarded operations that PCAO has established over the last 10 years. Volunteer or nominate, by phone at 828-0762, or e-mail pca@ncf.ca .

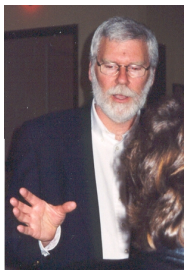
The next meeting of the Steering Committee will be at 9:30 on Thursday June 26 at St. Stephen's Church. Any PCAO member is welcome to attend.

IN MEMORIAM: We note the passing of members Bill Laskaris of Carleton Place and Wally Edwards of Ottawa

THE MAY MEETING

RUN, WALK OR BIKE – IT ALL SUPPORTS PROSTATE CANCER RESEARCH

Exciting cancer research is underway in Ottawa thanks to funds raised by *Do It for Dad (DIFD)* and the *Motorcycle Ride for Dad (MRFD)*. Dr. Michael McBurney, Director of Research at the Ottawa Regional Cancer Centre, reported to the May PCAO meeting on what is happening on the research front at the ORCC.



“The big question for a biologist,” he said, “is what causes prostate cancer? Most men who die, die with prostate cancer but don’t know of its existence. And, why don’t other organs, related to the prostate, develop cancer?” Dr. McBurney explained that these questions led to formulating a hypothesis that prostate cancer is a consequence of chronic infiltration of unknown bacteria into the prostate. “It’s not so far fetched,” he offered, “since five years ago a bacterium was found to be the cause of intestinal ulcers.” So, there is a research project now underway to explore the hypothesis, and it has had seed funding from the *Do It For Dad*

revenue.

Similarly, sequencing the human genome has led to work that tries to identify why cancer cells turn on certain genes. Dr. Christina Addison has developed different chemical strategies to look at proteins in the blood. Her work is attempting to find which genes are mutated giving rise to (prostate) cancer, and from that to find ways to deal with those mutations.

Dr. John Bell has found that a whole variety of cancers are able to support the growth of viruses. With initial funding from DIFD and MRFD, clinical trials are now underway that assess using live chicken viruses in humans. So far, the trials show that the chicken virus is safe to use in humans and that it will grow in humans to attack cancers. There are no side effects of the virus on humans, but the death of the cancer cells is inflammatory causing discomfort to the individual. Trial groups are established in Hamilton, Ontario, New York and Philadelphia as well as Ottawa.

Dr. McBurney explained that Dr. Addison, working with Dr. Bell, is designing a virus that will grow in prostate cancer cells by making use of PSA protein made exclusively by cancer cells.

On the radiation and physics front, work is proceeding to improve radiotherapy. “Among the projects is a totally new strategy using both external beam and a CAT scanner in one device. This will allow for a very fine resolution of the beam to the prostate – and save more surrounding tissue from damage,” he said.

Dr. McBurney drew attention to one billion dollars being allocated over ten years to cancer research in the recently announced Ontario provincial budget. He suggested that the ORCC is seeking to get its share of such money to devote to research on monolithic viruses. The dream is to make Ottawa the world centre for such studies.

The Journal of Biological Chemistry (June 6, 2003) reports that inhibition of the growth of human prostate cancer cells can result from digestion of green vegetables such as broccoli and kale. These vegetables are converted into a diindolylmethane (that is termed DIM) which acts as an anti-androgen. In the study, the researchers compared the effects of DIM on androgen-dependent human prostate cancer cells as well as on cancer cells that were independent of androgen. It was found that androgen-dependent cancer cells treated with a solution of DIM grew 70 per cent less than untreated cells. Androgen-independent cells were not affected by the DIM solution. The research project has dealt with the cells in culture tests; there have been no human trials to verify the findings. More on this study - and comment - can be found at www.mercola.com.

MANY FACTORS INFLUENCE MEN WHEN TAKING CARE OF THEIR HEALTH

Increasing men's awareness of the threats to their health is the primary step to improved health care for men. Early focussed attention on male health problems needs to be made in the schools and the media in order to make it "right" that men should be concerned with their overall health. These are some of the principal conclusions of the one day conference on men's health organized by the South East Ottawa Centre for a Health Community in collaboration with the City of Ottawa and the Prostate Cancer Association of Ottawa.

"We have had a rich full discussion today," summarized the conference chairman, David Hole of the South East Ottawa Centre, "and it should be continued." He said that a report on the conference will be prepared for distribution to participants, the City's Medical Officer of Health and his staff, the Ontario Ministry of Health and other interested individuals and agencies.

City Councillor, Jacques Legendre, and the Medical Officer of Health, Dr. Robert Cushman, made opening addresses which underlined the recognition that men do not deal with their health issues as effectively as they should. They hoped that the conference discussions would find answers that would improve upon this issue, noting that the benefits to families and society at large of healthy men would be well worth the effort.

A panel of a heart attack survivor, a doctor and a psychologist outlined their views, based on their respective experiences, after which the meeting broke into small groups to take closer looks at particular aspects of the issues. Then, they reassembled to share the results.

Among the observations were: there are differing attitudes among men and women towards personal health care; *there is a stigma associated with men looking after themselves – yet male athletes know the importance of seeking medical attention*; there should be more male service providers; *men's health services are not visible*; there must be better awareness and accommodation of ethnic and cultural concerns related to seeking and delivering health care; *greater community awareness of the issues and threats is necessary to effect changes*; individual education on health threats will improve the patient-doctor relationship; *role models need to be identified and encouraged to speak out on the issues*. There were many more of these observations and they will be synthesized in the final report.

This conference was the second phase of the City's *Bodyworx – Men's Passport to Health*, bringing together medical practitioners, social workers and disease survivors to investigate the challenges and opportunities for promoting men's health.

PCAO Chairman John Dugan, one of the participants, said "This forum was an opportunity for me to develop a better understanding of the number of players or partners that are concerned with the subject of men's health. We are so close to the issues of prostate cancer we tend to forget that there are other issues that men face and too often too late. Early diagnosis seems to be the key for success across the board."

NEWS BITS

Significant change is now underway in the delivery of cancer care in Ottawa and Ontario. In May, Dr. Hartley Stern, then CEO of the Ottawa Regional Cancer Centre, became a Vice President of The Ottawa Hospital with the specific responsibility for Integrated Cancer Programs.. Dr. Stern will report to the head of The Ottawa Hospital, Dr. Jack Kitts, through the Senior Vice-President and Chief Operating Officer, Gino Picciano. Similar appointments are being made across the province to integrate patient care at the regional cancer centres with the regional hospitals

News Bits...continued

Integrated Cancer Programs (ICPs) are the formal structures being created at the direction of the Ministry of Health to facilitate integration with the objective of improved quality of care for cancer patients through creation of “a seamless journey as they access services across a continuum of care.” For more information, visit www.cancercare.on.ca/index.html; a copy of the local news release and background paper will be available at the PCAO meeting.

This year’s **National Capital Race Weekend** and the **Motorcycle Ride for Dad** have added both money and support for the fight against prostate cancer. Participants in NCRW raised \$500,000 as part of the MDS Nordion/Ottawa Hospital Fundraising Challenge that will go towards the development of the Prostate Cancer Care Centre and enhancing care at the existing Women’s Breast Health Centre at The Ottawa Hospital. The motorcycle ride, May 24, raised \$193,000 that will be directed to the Ottawa Regional Cancer Centre to underwrite research into causes of and treatments for prostate cancer.

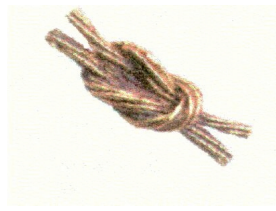
PCAO Chair, John Dugan, has saluted both events for their success and their support for more resources being applied to prostate cancer. “Without the support of the many local and national supporters for both these events and our own **CS CO-OP Do It for Dad**, there would not be the funds required that to help us achieve our ultimate objective,” he said.

Cancer Care Ontario and the **Canadian Cancer Society** have teamed up to produce ***Insight on Cancer*** a new information pamphlet on prostate cancer. As well as describing the cancer, it provides recent statistical information on diagnosis, treatment and mortality rates. It offers hope that the improved funding of research and treatment is leading to improved survival rates – although it cautions that these may not be what they seem: ...”with PSA (tests), these cases are found early so that the men appear to be living longer after diagnosis, but their length of life is actually the same.” Copies of ***Insight on Cancer*** will be available at PCAO monthly meetings or can be obtained by calling 1-888-939-3333; view it on-line in the “library” at www.cancer.ca or visit www.cancercare.on.ca.

Construction of the first of three bunkers for new radiation treatment machines is underway at the Ottawa Regional Cancer Centre, which anticipates the new Linear Accelerator will be functional by October 2003.

Prostate survivors should mark October 18 on their calendars as the date of the **Celebration of Life Party**, organized by the ORCC Alumni Association. For more information on the Association and the Celebration of Life Party, call (613) 247-3527.

You can receive a free monthly e-letter from the **Prostate Cancer Research Foundation of Canada** by writing to news@prostatecancer.ca. The May issue talks about new tests to help decide on treatment for prostate cancer and the use of estrogen patches.



The reef knot lapel pin is becoming more popular among prostate cancer survivors. The four ends of the knot represent the interdependence, strength and unity shared among prostate cancer survivors, their families, supporters and the links between support groups nationally.

The pin has received the endorsement of professional associations such as the Canadian Urological Association, the Canadian Urological Oncology Group, and the Canadian Prostate Health Council, as well as the Canadian

Prostate Cancer Network and Prostate Support Groups across Canada.

You can obtain your pin at any Association meeting for only \$5.00.



DO IT FOR DAD – JUNE 15, 2003

Chasing a Cure for Prostate Cancer

There are only a few days left before Father's Day and the Prostate Cancer Association CS CO-OP Do It for Dad. Are

you ready?

Time enough to be sure you have lots of pledges in support of the fight against prostate cancer. The pledge form with the May newsletter can be photocopied for extra names or you can always download a copy from our website www.ncf.ca/pca. A donation of \$5 or \$10 from each of your neighbours will help make a difference – and if you raise more than \$100, you will receive a prize for your efforts – and be eligible for some other great draw prizes. Best of all, you will have the satisfaction of knowing you and your supporters have made a difference in the fight against cancer.

If you are running or walking in the event, best to have a rainy day contingency set of clothes set aside – perhaps it will be an assurance of a sunny and pleasant day!

If you are a volunteer, remember to arrive on site early and be briefed on your assignment. Whether you are handling registrations or handing out participant bags, directing in parking lots, on the course, or at water stations, or serving at the pancake breakfast, your contribution is important to the continued high reputation and success of our event.

ELECTIONS

Organizations such as PCAO depend very much on volunteers taking on tasks and assignments that give validity to the continued worth of the organization.. PCAO has four elected positions – Chairman, Vice-Chairman, Secretary and Treasurer – and they are supported by a number of others who make up the Steering Committee. Any PCAO member is welcome to attend Steering Committee meetings and it is here that you learn about the needs of the Association as well as the good works.

This year, the Chairman, after three years, has indicated that he wishes to stand down; similarly the Treasurer after even more years has decided it is time to move on, and the Secretary is moving from Ottawa. The position of Vice-Chair has been vacant. Other members of the Steering Committee are either departing or are unwilling to take on new tasks. The Nominations Committee has been unsuccessful in identifying any candidates to stand for office, so we are faced with a serious issue if no one steps forward in any capacity.

Membership renewal

I am pleased to renew my membership in the Prostate Cancer Association of Ottawa for another year and enclose my donation of \$25.00.

NAME:

ADDRESS:

CITY:

PROVINCE

POSTAL CODE

Optional: TELEPHONE NUMBER ()

E-MAIL ADDRESS

I would like to receive notice by e-mail when the monthly newsletter is posted on the PCAO website: YES _____ NO _____. (If "YES", you will no longer receive the mailed copy)

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.