

Make a difference – see P. 5

PROSTATE CANCER ASSOCIATION OTTAWA

OCTOBER 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, OCTOBER 16

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

7:00 P.M. ASSOCIATION BUSINESS

7:20 P.M.: A Family Doctor, a Urologist and an Oncologist walked into a bar...well, not really but they will be at our meeting to discuss their respective roles and to take your questions. See page 3.

In November, Dr. Susan Robertson, pathologist, will join us to discuss the complexities of making the Gleason Score

Want to reach PCAO? Voice Mail messages left at 828-0762 or e-mail to pca@ncf.ca are always promptly answered.

MESSAGE FROM THE CHAIR

One of our most popular speaker events will take place at our next meeting when a panel of medical professionals address issues relating to prostate cancer and answer your questions. It's that special time when we have exposure to the various levels of expertise committed to maintaining the health of our community as well as having the opportunity to hear how they function as a team with focus on their respective (and differing) patient loads.

At our September meeting I reminded those attending to treat our visitors and guests as you would treat anyone in your own home. Do not sit on your hands during the question period. Stand and state your point in a clear voice so that all other members can follow the discussions. Refrain from carrying on discussions particularly at the rear of the audience. Respect the needs of others who want to participate and learn from the proceedings.

I was very pleased to see the large turn out of our lady members at the September meeting. I encourage other spouses to take a more involved role in the welfare of their loved ones. Join us each month to increase your understanding of this terrible disease that continues to impact our male population. Our awareness campaign is not limited to our male members. Our female members have proven that they can and will speak up at our meetings and support our outreach program through volunteering at our display units in shopping malls and other locations. We intend to increase this activity in the future. We will need the full support of all members to keep this program successful.

On that same note I would draw your attention to the enclosed article on the need for members to stand for office in the Association. Those interested should express that interest now to allow current members of the steering committee to work with them for a more organized turnover following our spring election.

I look forward to a strong turnout for our October 16th meeting. It will be one you cannot afford to miss.

JOHN DUGAN

**PROSTATE CANCER
ASSOCIATION, OTTAWA**

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Vice Chair Vacant
Vice Chair (DIFD) Ted Johnston
Treasurer Jim Bloomfield
Secretary Randy Dudding
Committee Chairs
Member Services Peter Cooney
Program David Brittain
CPCN Liaison Fred Hostetter
Church Liaison Bob McInnis
Orientation Herman van den

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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 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 Randy Dudding, Secretary

The Steering committee met on Thursday, September 25, 2003 at St Stephen's Church.

Financial Report: Treasurer Jim Bloomfield reported that there is almost \$17K in the bank accounts and another \$10K in GIC's. He has now received membership renewals for 301 people with more to be entered into his system. There are 38 non-active members. The Budget for 2003/04 was approved as were some items for expenditure. Jim is still awaiting a response from Charity.ca to questions raised at the previous meeting.

Membership Services: John Dugan, Peter Cooney, and Herman van den Bergen will be reviewing the material given to the newly-diagnosed attending the orientation sessions. The material is dated and needs to be updated.

David Brittain reported that the speaker for September, Dr Susan Robertson, will be rescheduled in the winter program. Thanks to Fred Hostetter for his efforts on getting the Rogers Cable video of the recent panel discussion at the September meeting. In October there will be a panel with an urologist, an oncologist, and two family doctors. Dr Neil Fleshner of Toronto has been invited for November to talk about nutrition; December will feature our usual open discussion and party. The December meeting will be Thursday December 11, one week earlier than usual. Other plans are under consideration for the period starting in February. A membership questionnaire was approved for distribution to all paid members. Fred Hostetter will perform the analysis of the answers when received.

Publicity and Awareness: Fred Hostetter made a presentation recently to Industry Canada employees at Shirley's Bay and Bill Campbell is slated to do one at Industry Canada's downtown location. Two other presentations are scheduled for November. Twenty four people signed up for the volunteer list at the last general meeting and Ted Johnston is in the process of contacting each person. A coordinator to manage this list and assign volunteers is needed. Gordon Seabrook confirmed that the next issue of ORCC's Challenge magazine is due out shortly and contains an article on prostate cancer. Randy Dudding will chair a committee to nominate people or organizations for the Dried Prostate Award.

Special Events: Displays were set up for Awareness Week at Carlingwood Mall and the Carleton-Queensway Hospital and several media articles and discussions took place. The mail-out to local doctors on prostate cancer also took place in collaboration with the Ottawa Unit of the Canadian Cancer Society. A meeting was held in late August with CS CO-OP CEO Gary Seveny to discuss the formula for the allocation of the net proceeds of the 2003 event and to initiate the planning for 2004.

Next Meeting: Thursday October 30, 2003 at St Stephen's Church.

IN MEMORIAM: We note the passing of members Phil Brady and Marcel Brisson of Ottawa and Wayne Hill of Woodlawn.

SPEAKERS SET TO ENLIGHTEN MEMBERS

The lineup of speakers for general meetings is looking strong.

“In October, we have planned a three member medical panel” announced David Brittain, Program Chair. “They will look at prostate cancer diagnosis and treatment from the perspectives of a family doctor, a urologist and an oncologist.” He said that the panel will be composed of **Dr. Nancy Lazare**, a family physician, **Dr. Stuart Oake**, urologist of The Ottawa Hospital and **Dr. Shawn Malone**, radiation oncologist at the ORCC. The speakers are to make brief presentations then open the floor to questions from members. “I hope that members will come prepared, even with written questions, to make this a worthwhile meeting for both the panelists and themselves.”

Dr. Susan Robertson, has now been rescheduled for the November meeting to present her update on the pathology of prostate cancer. It was a disappointment for members attending September’s meeting that Dr. Robertson had a medical schedule conflict that prevented her from attending., “She was deeply sorry to have to miss making her presentation,” said Mr. Brittain.

“Our December meeting, as usual, will be a social affair that will allow members to share their experiences in a convivial setting,” Mr. Brittain forecast. “However, members should mark their calendars clearly that this meeting will be one week earlier than usual, on Thursday, December 11.”

In January, **Dr. Neil Fleshner** of Toronto Sunnybrook Regional Cancer Centre, is to make a return visit to discuss the role of micro nutrients in dealing with prostate cancer. Mr. Brittain noted that the Summer 1999 issue of Our Voice carried an informative article by Dr. Fleshner on his work.

CHANGING THE GUARD AT PCAO

With civic elections now in the air, it’s not too soon to be thinking of changing the guard of our Association. The present executive members, John Dugan, Randy Dudding and Jim Bloomfield, have indicated they will stand down at the end of their terms this year. Jim is the long-serving treasurer and is anxious to be relieved of his duties so that he can turn his attention to other interests, although he will continue to be active with the Association. John Dugan has had three active years working on behalf of prostate cancer survivors by providing strong leadership for the Steering Committee and the Association. In June, both John and Jim agreed to stay on an extra year when no members stepped forward. Randy Dudding agreed to serve as Secretary for one year, after serving (with David Brittain) as Do It for Dad liaison for four years.

“We have each enjoyed our roles,” said John Dugan, “and we will continue to be active with the Association, but it is time for new, fresh members to take charge of the Association. As a support group, we have an enviable reputation in Ottawa for the work we do with men diagnosed with prostate cancer. I think every member can agree that this work should go on.”

He noted that other members of the Steering Committee have indicated their willingness to continue in their present roles but each, for personal reasons, does not want to take on new responsibilities. “I know that many members have commitments with other organizations but I would hope that the fresh challenges of PCAO might appeal to their desire to contribute.”

Elections will be held the spring of 2004.

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

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



Starting to feel a chill? Maybe you could use a warm PCAO sweatshirt. It comes in navy blue with PCAO and the reef knot discreetly printed in gold on the front shoulder. \$35.00

Association Members Honoured for Contributions

Three PCAO members were honoured in September for their contributions to the work of the organization. **John Webster** was recognized for his contributions to the Steering Committee over several years, particularly for maintaining liaison with other agencies and organizations. **David Brittain** received his Meritorious Service Award for the pioneering work on *Do It for Dad* over its first four years, and **Jim Bloomfield** was similarly honoured as the organizer and number one chef of the Pancake Breakfast at *Do It for Dad*.



The primary award of the Association is the **Dried Prostate Award**, presented annually to an individual or organization that has made a significant contribution to prostate cancer awareness. This year will mark the tenth year of the award which has been presented to the following: Dr. John Collins, urologist, Civic Hospital (1993); Diane Duthie CBC Reporter, (1994); Nancy Smith, urology nurse, Civic Hospital (1995); Margaret Lehre, Education Manager, ORCC (1996); Elizabeth Wiebe, Astra-Zeneca Representative (1997); MDS Nordion (1998); Sharon Holzman and Kathryn Leroux, DIFD managers (1999); The Ottawa Citizen (2000); CS CO-OP (2001); and Dr. Chris Morash, urologist, Ottawa Hospital (2002).

Nominations for the Dried Prostate Award are now being accepted by the Steering Committee. Members with suggestions should address them to Randy Dudding, Secretary.

Awareness Week Project Emphasizes Doctor-Patient Link

Marking Prostate Cancer Awareness Week took a new tack this year. In collaboration with the Ottawa Branch of Canadian Cancer Society, PCAO sent a letter to more than a thousand doctors and medical practitioners in the Ottawa area. The letter was intended to make them aware of - and to share with patients - the availability of accurate information and peer support locally.

On the public front, the information display went up at Carlingwood Shopping Mall for a day and, at the beginning of October, was seen at the St. Laurent Centre. Chair John Dugan appeared in a fulsome article in The Ottawa Sun under the headline “Just ‘drop your pants’” and made an appearance on the New RO Morning Show to talk about the disease and the support of our Association. Max Keeping of CJOH-TV was paired with Dr. Chris Morash on Rogers Cable for a discussion and call-in from listeners. Lowell Green of CFRA-Radio did a rare interview on his morning call-in show with Dr. Ross Gray of Sunnybrook Regional Cancer Centre, Toronto, on men’s health and prostate cancer.

This year, the Canadian Prostate Cancer Network distributed to radio stations across the country a CD with information and messages for broadcast.

“It’s important to take advantage of this week to bring a focus on the threat of prostate cancer,” said John Dugan, “but we survivors and supporters know that the work goes on year-round to help make more men aware of the benefits of regular physical examinations that include testing for prostate cancer.”

Members should feel free to take extra copies of the various pamphlets available at meetings and pass them on to relatives, friends and colleagues who may be concerned about this aspect of their health. “We know it is difficult or awkward for many men to raise health topics; as survivors, we should help them to become more knowledgeable,” said Mr. Dugan. “Members might also bring to the attention of their friends the self-assessment test available on line at www.prostatecancer.ca” (see page 5), said Mr. Dugan.

Magazines such as Our Voice or Challenge, the pamphlets and newsletters of the Canadian Prostate Cancer Network and the Canadian Cancer Society, the video library of the Association are just a few of the resources that can be utilized.

[You can make a difference.](#)

PCAO Wants to Know: Who Wants What?

You can make a difference in how the PCAO responds to your needs and interests. Just complete and return the survey questionnaire you will receive in the mail in mid-October.

Fred Hostetter, lead drafter of the survey, said “It has been five years since our group undertook such a survey. It is designed to shed light on who we are as members, our differing journeys along the prostate cancer road, and our diverse concerns, interests and preferences regarding the services and activities of our PCAO.”

The survey questionnaire all members will receive (through Canada Post - no e-mails) is to be completed anonymously. “You are not to sign it,” emphasized Fred. “This will ensure the confidentiality of your information, and, we hope, encourage all members to respond thoroughly and frankly.”

Members will be invited to provide information on their prostate cancer history and involvement with, and support of, the PCAO. Chair John Dugan noted that this survey provides an opportunity to express interests and preferences for themes, formats and subjects for monthly meetings along with assessing the value of our support services. “We are also seeking to assess the suitability of our meetings in terms of where we meet, when we meet, and the facilities available at our present location.”

Fred expects that analysis of the data will help to evaluate present services and activities, and to plan and deliver programs well attuned to members’ needs, interests and priorities. The report will be available to members. He was assisted in its preparation by his wife, Ariella, Jim Bloomfield and Phil O’Hara, with contributions from other steering committee members.

Make a difference. Take the few minutes needed to complete and mail back the questionnaire in the stamped, self-addressed envelope to be provided.

Bring along the voucher enclosed with the questionnaire to the next meeting to claim your PCAO insignia pen as thanks for your participation in this exercise in governance.

AND IF YOU WANT TO ANSWER A FEW MORE QUESTIONS...

In addition to the PCAO survey, there is another one underway nationally. Researchers at Dalhousie University are asking “**How has prostate cancer affected you?**”

Drs. Lorna Butler and Joan Evans want the answers of prostate cancer survivors and they have written to support groups across the country inviting participation. “We have launched on our website <http://www.caprostate.ca> this survey which highlights men's interpretation of what the impact of an illness such as prostate cancer means to one's masculinity and their quality of life.”

The **Prostate Cancer Research Foundation of Canada (PCRFC)** has put some questions on their website that is intended to help men not yet diagnosed. A **self-assessment form** has been placed at www.prostatecancer.ca to provide an individual with a reading of low, moderate or high risk of prostate cancer. Dr. Laurence Klotz, chief of urology at Sunnybrook and Women’s College Health Sciences Centre, chaired the committee responsible for the test. He noted that “Men have been uncomfortable talking about this stuff with other people. This lets them do their research in the privacy of their own homes.”

The PCRFC website has recently been redesigned and is worth looking at for all its features.

A Gastroenterologist claims these are actual comments made by his patients while he was performing colonoscopies...

Take it easy, Doc, you're boldly going where no man has gone before. ... Find Amelia Earhart yet? ... Can you hear me NOW?... Oh boy, that was sphincterrific! ... Could you write me a note for my wife, saying that my head is not, in fact, up there? ...Hey! Now I know how a Muppet feels! ...If your hand doesn't fit, you must acquit! ...Hey, Doc, let me know if you find my dignity. ...You used to be an executive at Enron, didn't you? ...Are we there yet? Are we there yet? Are we there yet?

LOOKING FOR NOURISHMENT TO MAKE A DIFFERENCE?

The way to a man's heart is through his stomach – and it's also an important route to good health.

Studies increasingly show that lycopene, selenium, Vitamin E and other nutrients are important to prostate health. Supplements are one way to ensure you are getting the necessary elements, but good diet is probably the more enjoyable way.

Our Voice reports on a study that “suggests eating certain foods together, such as chicken and broccoli or salmon and watercress could help fight prostate and other types of cancer” The study, published in *Carcinogenesis*, asserts that two food components, sulforaphane and selenium, are up to 13 times more powerful in combating cancer when eaten together rather than separately. The Summer 2003 issue of Our Voice also reports on a French study that argues men who love burgers, French fries and other calorie-packed foods may be doubling their risk of prostate cancer. And the magazine reports on the combined power of tea and soy to inhibit the growth of prostate tumours in mice.

Eating Right for Life – Prostate Cancer, Nutrition and You was published a few years back and there are still a few copies available from the Association. Dr. Neil Fleshner, scheduled to address PCAO in January, was a contributor to this booklet. The Flax Council of Canada has recently distributed a cookbook, Family Favourites, that it suggests has recipes with positive effects for health. “Flax seed may help protect against coronary heart disease as well as breast and colon cancer. Flax seed can have positive influence on a host of other health concerns, including blood cholesterol levels and auto-immune diseases such as arthritis and lupus.” Copies of this book are also available at meetings.

Early Detection and Treatment Credited with Decline

Early diagnosis and use of hormonal treatments have been credited with a rapid decline of prostate cancer deaths in the United States in the 1990's. This information was presented at the European Cancer Conference in September where it was reported that, between 1990 and 2000, US prostate cancer mortality fell by one third at ages 50-74 and by one quarter at ages 75-84.

Early detection, prompt surgery and hormonal treatments are all contributing, according to Oxford University Professor Sir Richard Peto. He said that “Both in the US and UK, the mortality rates are now falling fast.

Even after successful surgery, a few cancer cells may remain undetected nearby (where they can often be controlled by radiotherapy) or in distant parts of the body (where they cannot, and may eventually get out of control and cause death). One way of controlling distant fragments of prostate cancer or of breast cancer is by hormonal therapy, which prevents the fragments from being stimulated into become more malignant and dangerous by the body's own sex hormones. (*Source: Federation of European Cancer Societies*)

**I am pleased to support the work of the Prostate Cancer Association
Ottawa with the enclosed donation of \$ _____.**

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