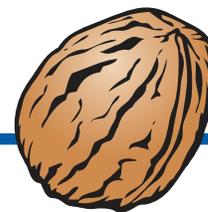


The Walnut



NEWSLETTER OF PROSTATE CANCER CANADA NETWORK OTTAWA
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FEBRUARY, 2015

Da Vinci Robotic Surgery Going Strong

by David Cook

The Da Vinci surgical system was the focus at the January meeting where Dr. Rodney Breau updated members on the procedure. Dr. Breau, who holds the Department of Surgery Chair in Urologic Oncology at the Ottawa Hospital, last addressed PCCN Ottawa on October 20, 2011, and performed the first robotic surgery eleven days later at TOH.

Initially, the goal was to perform 500 operations within the first five years but due to its overwhelming success, 1000 robotic surgeries were performed in the first three years. Robotic surgery at TOH got its start as a community-based project through donations. Currently, there are seven urology, four gynecology, and two otolaryngology doctors trained to do robotic surgery which is used for prostate, uterine and head and neck cancers.

The da Vinci Surgical System is a sophisticated robotic platform designed to expand the surgeon's capabilities and offer a state-of-the-art minimally invasive option for major surgery.

The system has three main components: an ergonomically designed surgeon's console; the "patient-side cart" which holds the robotic instrument mechanisms or four arms; and the high performance computer vision system. The four arms consist of 3 EndoWrist instruments or arms that make the incisions and the fourth arm is a high-definition 3D endoscope which magnifies your body parts ten fold. The system guides the surgeon's hand movements into precise micro-movements. While the system is referred to as a robot, the system cannot move on its own as the surgeon is 100% in control. Also, while the system can be used remotely from kilometres away and even wirelessly, the system's connectivity at TOH is cable driven.

See Da Vinci on page 2

Monthly Meeting

Thursday, Feb. 19

6:30 p.m.

Pre-meeting social time

7:00 p.m.

PCCN Ottawa business

7:30 p.m.

At print time, a speaker had not yet been confirmed.

We meet the 3rd Thursday of each month at St. Stephen's Anglican Church, 930 Watson Street, off Pinecrest, north of the Queensway. Parking is at the rear. Please bring a contribution for the St. Stephen's food bank.

Warriors + 1

No meeting this month

Warriors + 1 support group meetings are normally the Tuesday BEFORE the regular monthly meeting at the Maplesoft Centre for Cancer Survivorship Care, 1500 Alta Vista Drive.

Cracking Open This Walnut

Zowie! We're under new management! The biggest change will be in how we're going to help the newly diagnosed prostate cancer patient. Details on page 2.

Meanwhile, our illustrious new leaders (see banner on page 2) seek secretarial help (page 4).

And finally, to learn the secrets of regularly winning small amounts in the lottery, visit page 13.





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PCCN OTTAWA is a volunteer organization of prostate cancer survivors and caregivers. Our purpose is to support newly-diagnosed, current, and continuing patients and their caregivers. PCCN Ottawa is a member of the Prostate Cancer Canada Network.

Chairman Larry Peckford
Vice-chair Chuck Graham
Past chairmen John Arnold and Bill Dolan
Treasurer Jim Thomson
Secretary Vacant

Steering Committee

Program Director Bill Dolan
Mentoring Director Harvey Nuelle
Outreach/Awareness John Arnold
Volunteer Coordinator Bill Lee
Peer Support Director Knowlton Constance

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Thank you cards Joyce McInnis

PCCN 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.

PCCN Ottawa 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. We collaborate with local organizations such as The Ottawa Hospital, the Ottawa Regional Cancer Foundation, the Canadian Cancer Society, urologists and oncologists for information and support.

Da Vinci from page 1

Its advantages are: 1. Greater magnification, 2. Better instrument to perform surgery, 3. Eliminates surgeon hand tremor, 4. The instrument's arms movement can be scaled, 5. The computer interface allows for hands-on training during an operation and interfacing with other computer technologies.

The benefits to patients are: 1. Less blood loss, 2. Shorter time in OR, 3. Shorter hospital stay, 4. Faster recovery, 5. Improved quality of life, 6. Better access to high quality surgery, and 7. Improved patient experience. TOH patient satisfaction surveys indicate a 95% excellent experience rating.

However, benefits to the Ottawa Hospital Foundation are equally as impressive: 1. Reduces the need

for blood transfusions for robotic prostatectomy to nil, 2. Total OR time reduced, 3. The time to prepare for another surgery has been reduced from one hour to 15 minutes, 4. The availability of a surgeon's time is now increased, 5. Average patient stay in hospital has been reduced, and 6. Significant savings of patient medical costs.

So what makes TOH surgeons and medical staff so impressive? 1. Taking a team approach, 2. Offering mentorship training pathway for prospective surgeons, 3. Strict adherence to standardization in areas such as; Sterile Processing Department (SPD), anesthesia, surgical procedures, clinical pathways (printed guide to patient care), and 4. TOH does more robotic surgeries per day than any other Canadian hospital. ■

Newly Diagnosed with Prostate Cancer? Maplesoft Centre can help...

PCCN Ottawa has reviewed our approach to support those diagnosed with prostate cancer. Previously, men who contacted us were invited to our monthly meeting where they were referred to a session hosted by an experienced mentor.

However, with changes in treatments and expectations, the Maplesoft Centre's program of Cancer Coaching may better meet your needs. We consider its professionally managed program a good replacement to what PCCNO offered "in house." Their program offers men and their families a comprehensive approach by considering all aspects of their cancer care.

PCCNO will continue to be active in responding to calls and emails from newly diagnosed men. One- on-one mentoring and support will still be available and the choice for support will always be an individual decision. Our monthly meetings will remain dedicated to providing information, fellowship, and support to all who have been touched by prostate cancer.

Contact PCCN Ottawa at: 613-828-0762 or email us: info@pccnottawa.ca

For information about the Maplesoft Centre's Cancer Coaching program:

http://www.ottawacancer.ca/how-can-we-help-you/cancer-coaching/what-is-cancer-coaching/

PCCN Ottawa's Activities in 2014

by John Arnold and Bill Dolan

Number of families helped in 2014 = 17.

January

- ▶ "Huntsville ONE" – Martien de Leeuw, Larry Peckford & Dan Litton,
- ▶ "Fix the Five Hole" – Rocco Rossi – CEO of Prostate Cancer Canada

February

- ▶ "Sound Tax Advice" – Christine MacLean, Taxwise

March

- ▶ "Swimmingly Good Therapy" – Sherry Carsen, Karen Hidalgo of Liquid Gym

April

- ▶ "While we cannot add days to your life, we can add life to your days" – Lisa Shishis, Hospice Care Ottawa
- ▶ Volunteers CCS Daffodil Sale, Trainyards
- ▶ Free PSA Clinic, Ride for Dad & Ottawa Hospital at Ottawa Hospital General Campus
- ▶ Volunteers delivered pamphlets and posters for 'Run For Men's Cancer'
- ▶ Extended the wireless network to enhance monthly meetings

May

- ▶ PCCN Ottawa Circle of Friends
- ▶ "My Story" – Bill Dolan, John Arnold

- ▶ Building Trades Canadian Conference – Golf Tournament Haute Plaines Golf Course (PCCN)
- ▶ Ride For Dad Honour Guard, Rockcliffe Air Museum

June

- ▶ June BBQ at Maplesoft
- ▶ Volunteers for "Ultimate Run for Men's Cancers"
- ▶ Loaning of booth to Winchester support group (Tom Clapp)

July & August

- ▶ Partnership meeting with Ottawa Hospital Foundation to obtain speakers
- ▶ TOH agreed to the planting of black walnut trees on hospital property

September

- ▶ PCCN O position letters on PSA testing – Walnut, Ottawa Citizen
- ▶ nomination committee for 2015 elections
- ▶ Booth at "National Urological Nurse conference, Chateau Laurier
- ▶ Organized presentation at Chateau Laurier on "Communication and Sexual issues after prostate Cancer Surgery" – Andrea Simone, Henry Ford Hospital, Detroit
- ▶ Created a partnership with the Ottawa Hospital Foundation where they would supply speakers to PCCNO for monthly meetings.
- ▶ Volunteers for Epic Walk, ORCF
- ▶ St. Stephens agreed to the spring planting of two black walnut trees

October

- ▶ "Maplesoft Centre provides unique & caring Cancer Support" – Melina Ladouceur Cancer Coach at Ottawa Regional Cancer Foundation
- ▶ "PCRI Report" – Gerry Gilbert, Dan Faber, Michelle Faber
- ▶ Membership donation drive

November

- ▶ "New Treatments Coming for Castration Resistant Prostate Cancer" – Dr Shawn Malone, Cancer Research Program, The Ottawa Hospital

See PCCN Activities on page 4

The Walnut Laureate



WHAT IT IS by Glenn Kletke

It's old hat
this donating
a blood sample
for a new PSA.

It's the oracle
from a mountain
with something
really big to say.

The inevitable
thunderbolt
to shake up
skies of grey.

A new number
for your jersey
to mark you
as you play.

The handcuffs
you will wear
till another pair
comes your way.

Glenn Kletke's poetry has most recently appeared in "Whistle for Jellyfish" published by Booklands Press

Steering Committee Summary of Jan. 29, 2015

- Larry Peckford, incoming Chair of the organization, chaired the meeting. Larry acknowledged the challenge ahead following up on the effective leadership of Co-chairs John Arnold and Bill Dolan. The Steering Committee is still without a Secretary to fill out the officer position of the organization.
- Chuck Graham is the new Vice-chair and Jim Thomson continues as Treasurer. Past Co-chairs John and Bill will continue to be an important part of the executive committee.
- A priority will be to bring the organization's constitution and by-laws up to date. This task had begun under the previous leadership and will be an important part of the organization's to-do list in the first few months of its mandate.
- Another recent initiative is PCCNO's decision to make greater use of the Maplesoft Centre for cancer survivorship care. While prostate cancer patients can directly contact Maplesoft for assistance, PCCNO is often contacted by recently diagnosed prostate cancer patients for support. While protocols are in place to respond to these requests, we will be encouraging newly diagnosed patients to access Maplesoft's Cancer Coaching program. It is a professionally managed program that offers the full spectrum of support to persons during their cancer care journey.
- The response to PCCNO's program of having leading medical personnel speak at its monthly meetings has been positive. Dr. Rodney Breau's presentation in January was very well received. In cooperation with The Ottawa Hospital, we expect to have other medical specialists at our meetings in future months. We will provide, via our web site and The Walnut, a synopsis as well as video access to these presentations.
- Our next monthly meeting is Thursday, February 19, 7:00 PM, at St. Stephen's Anglican Church.

WANTED: Secretariat!

Oops, no...that's a horse of a different colour...

WANTED: A Secretary for PCCNO

Our dedicated people have various duties to keep the organization running. Without them, well, things would not get done and PCCNO's valuable work would suffer greatly.

One key position is that of Secretary to the Steering Committee. What's the job? It requires taking and writing meeting minutes and assisting with some basic administrative tasks. (We'll even supply the pen. Push us and we'll supply two!) The Secretary attends one meeting each month from September to May.

If you'd like to help, email: chairman@pccnottawa.ca

We'd love to chat with you about the position. Please note: the pay grade is as per prostate cancer union level 1. ie. zilch. But the satisfaction is immeasurable.

PCCN Activities from page 3

- ▶ Attended the Huntsville #2 weekend mini support group conference
- ▶ Ride for Dad volunteer recognition

December

- ▶ Christmas Party – entertainment – The Original Trillium Jazz Band.
- ▶ Partnership with ORCF/Maplesoft – newly diagnosed & cancer coaching
- ▶ ORCF agrees to planting of two black walnut trees in the spring
- ▶ Donation of \$25,000 for TOH for Dr. Malone's prostate cancer clinical trials

Other

- ▶ Projects under development for PCCNO include the black walnut, the TUIT, video on prostate cancer and video(s) on sexual rehab prostate cancer education.
- ▶ PCCN Ottawa web site was reformatted ■