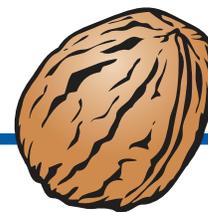


The Walnut



NEWSLETTER OF PROSTATE CANCER CANADA NETWORK OTTAWA
P.O. Box 23122, Ottawa, ON K2A 4E2 • (613) 828-0762 • info@pccnottawa.ca

NOVEMBER, 2017

Special Conference Issue



PROSTATE CANCER *Discover the Future* >

The PCCNO conference: ‘Prostate Cancer – Discover the Future’ was held at the Ottawa Convention and Event Centre on September 15-16, 2017. In this issue, we provide highlights of the event, as well as links to video clips of the speakers and panelists. ■

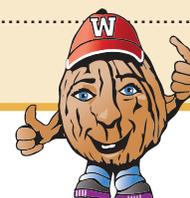
Monthly Meetings

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.

MARK YOUR CALENDAR!

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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.

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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

The mission of Prostate Cancer Canada Network Ottawa (hereafter PCCNO), both for individuals and in the interests of the wider community, is to promote and deliver personal support, education, awareness and health advocacy on behalf of all men and their families that are affected by prostate cancer and to better prepare them to deal with their diagnosis and treatment in a positive and effective manner.

PROSTATE CANCER

Discover the Future ➤

The PCCNO conference: ‘Prostate Cancer – Discover the Future’ was held at the Ottawa Convention and Event Centre on September 15-16, 2017.

Working in partnership with Prostate Cancer Canada and The Ottawa Hospital, the conference featured leading medical specialists in prostate cancer treatment, as well as individuals involved in integrative care and complementary treatments.

The event began at 7:00 PM on September 15th with a networking reception.

Greetings & Opening Remarks were provided by Rocco Rossi, and the Chair, Prostate Cancer Canada Network Ottawa – Larry Peckford Saturday Morning September 16th

On September 16th the conference opened with a presentation “Innovations in Prostate Cancer Treatment and Research” by Dr. Chris Morash, Urologic Oncology and Medical Director, TOH

Prostate Cancer Assessment Centre. Dr. Morash and his colleagues from The Ottawa Hospital then presented on the following topics:

- **Robotics**
Dr. Chris Morash
- **Clinical Trials**
Dr. Rodney Breau
- **Screening Innovations**
Dr. Ilias Cagiannos

- **Imaging Innovations**
Dr. Luke Lavallée
- **Radiation Oncology**
Dr. Scott Morgan
- **Medical Oncology**
Dr. Christina Canil

A Panel Discussion followed, including all participants from the opening presentations, moderated by Jennifer Van Noort, Vice President, Philanthropy and Leadership Giving at the Ottawa Hospital Foundation.

Pamela Fralick, CEO at Innovative Medicines Canada presented on “Health, Innovation & Medicine in Canada: Towards a New Era of Partnership”.

In the afternoon, we heard from the Ottawa Regional Cancer Foundation: Patricia Barrett-Robillard, Cancer Coach, The Ottawa Hospital and Josée Charlebois, M.S.W. Psychosocial Oncology Program on “Approaches to the Psycho-social aspects of Cancer treatment”

Dr. Gillian Flower, ND – Ottawa Integrative Cancer Centre then spoke about “Naturopathy – Its Role in Complimentary Cancer Care”, followed by Dr. Rob Rutledge: Oncologist, Halifax, N.S. Chair, Healing and Cancer Foundation on “Mind-Body Medicine for Prostate Cancer: Practical advice based on science and wisdom”.



(From left to right: Dr Chris Morash, Dr Ilias Cagiannos, Dr Christina Canil, Dr Rodney Breau, and Dr Scott Morgan shared some of the latest innovations and ideas at The Ottawa Hospital to help address prostate cancer, including screening, surgery, clinical trials, treatment options and more.)

Panel Discussion

Dr. Chris Morash, Medical Director of The Ottawa Hospital’s Prostate Cancer Assessment Centre and a team of urology/oncology specialists addressed 120 advocates and experts representing many parts of Ontario and Quebec.

“We were just thrilled to have six of Ottawa’s best prostate cancer specialists from The Ottawa Hospital sharing the stage for over two hours to provide important insights about innovations and new technologies for those affected by a prostate cancer diagnosis,” said Larry Peckford, Chair of the local Ottawa Prostate Cancer network.

Jennifer Van Noort, Vice-President, Philanthropy and Leadership Giving at The Ottawa Hospital Foundation who moderated a panel discussion with the medical specialists remarked:

“I hope the Ottawa community is reassured of the world class caliber of prostate cancer care and research here at The Ottawa Hospital. Dr Chris Morash, Dr Rodney Breau, Dr Ilias Cagiannos, Dr Luke Lavallee, Dr Scott Morgan and Dr Christina Canil shared some of the latest innovations and ideas at The Ottawa Hospital to help address countless aspects of prostate cancer, including screening, surgery, clinical trials, treatment options and more.” ■

Acknowledgments

PCCNO’s hosting of the Prostate Cancer Conference “Discover the Future” was made possible by the commitment of the Board of Directors to support this ambitious project and in its early stages. The following were instrumental in following through on the project in a year-long effort to make the conference a success:

Dan Faber	Conference Visionary
Larry Peckford	Project Leader/ Coordinator
Jim Thomson	Conference Registration, financial control and conference centre liaison
David Cook	Communications, conference logistics and signage
Chuck Graham	Web site coordinator, communications and promotion
Jim Chittenden	PCCNO display and promotion
Hal Floysvick	Member Communications and support
Don Briscoe	Walnut Editor, communications and strategic advice
Nancy Peckford	Conference Photographer, Face Book postings and conference communications

Major conference partners were The Ottawa Hospital, the Ottawa Regional Cancer Foundation and the Winchester Prostate Cancer Support group. Corporate sponsors and financial support was provided by Prostate Cancer Canada, Janssen, Sanofi, Innovative Medicines Canada and Alterna Savings Bank. The assistance and support from the Ottawa Conference and Event Centre, specifically Sales Manager Laszlo Szabo, was invaluable in ensuring a professional conference presentation. We thank all conference participants and the medical professionals who gave freely of their time.

Speakers

The Ottawa Hospital

Dr. Chris Morash completed his Urology Residency at Dalhousie University in Halifax in 1993. He went on to a Clinical Fellowship in Urologic Oncology at Memorial Sloan-Kettering Cancer Center in New York in 1994. He has been on staff at The Ottawa Hospital since that time. Dr. Morash is the Head of Urologic Oncology in the Surgical Oncology Program and is Chair of the Genitourinary Cancer Multidisciplinary Group at The Ottawa Hospital Cancer Center. He is the Medical Director of the Ottawa Prostate Cancer Assessment Center, Associate Professor of Surgery, University of Ottawa, Head of the Prostate Robotics Program at the Ottawa Hospital, and Site Chief of Urology, The General Campus of The Ottawa Hospital. His practice is devoted exclusively to Urologic Oncology. His current research focus is in clinical outcomes research, clinical guidelines and clinical trials in Urologic Oncology.

Dr. Rodney Breau is a Surgical Oncologist and Assistant Professor of Urology at The University of Ottawa, Canada. He is also an Associate Scientist in Epidemiology at the Ottawa Hospital Research Institute and holds the Department of Surgery Chair in Urologic Oncology. His clinical interests include surgical management of prostate, bladder, kidney, and testes cancer. His research interests include improvement in surgical quality and diagnostic tests. He is the primary investigator of several grant funded prostate, kidney, and bladder cancer trials. He is a founding member of the International Evidence Based Urology Group and serves on the

guideline steering committees for the American Urology Association and Cancer Care Ontario. Dr. Breau completed a Society of Urologic Oncology fellowship at Mayo Clinic, Rochester and has a Master's Degree in Clinical Research from the Mayo School of Graduate Medical Education.

Dr. Ilias Cagiannos is an associate professor of surgery at the University of Ottawa and an attending urologist at the Ottawa Hospital. His practice is specifically in urologic surgical oncology. He received his medical degree from the University of Toronto and underwent his formal urology training at the University of Ottawa. Subsequently he completed a clinical and research fellowship in urologic oncology at the prestigious Memorial Sloan-Kettering Cancer Center in New York City. He has been on staff at the Ottawa Hospital since 2002. His administrative duties include being director of resident research for the division of urology, as well as the fellowship director of the urologic oncology fellowship at the University of Ottawa and Ottawa Hospital. He is actively involved in the treatment of all genitourinary cancers with particular interests in neobladder reconstruction following bladder removal, sexual function preservation with nerve sparing radical prostatectomy, renal function preservation in kidney cancer with partial nephrectomy as well as the application of minimally invasive surgery in urologic oncology. He is actively involved in outcomes research in urologic malignancies.

Dr. Luke Lavallee is a Surgical Urologic Oncologist at The Ottawa Hospital, an Assistant Professor at the University of Ottawa, and an

Associate Scientist at the Ottawa Hospital Research Institute. He attended medical school at McGill University, followed by a urology residency at the University of Ottawa. He then completed a fellowship in urologic oncology and robotic surgery concurrent with a master's degree in epidemiology at the Ottawa Hospital within the Clinician Investigator Program. Dr. Lavallee is an active member of the International Evidence Based Urology Group, the Kidney Cancer Research Network of Canada, the Society of Urologic Oncology, and both Canadian and American Urology Associations. He has received numerous awards, acknowledgements, and research grants for his work in kidney, bladder, and prostate cancers.

Dr. Scott Morgan is a radiation oncologist at The Ottawa Hospital and an Assistant Professor at the University of Ottawa. He has degrees in engineering physics from the University of British Columbia, medicine from Queen's University, and an MSc in Clinical Trials from the University of London. Prior to starting his practice in Ottawa in 2010, he completed a fellowship at The Royal Marsden Hospital in the UK. His practice is focused on genitourinary malignancy and prostate cancer in particular. He has research interests in evidence synthesis and evidence based practice, large observational studies, and multicentre clinical trials. Since 2016, he has served as Co-Chair of the Genitourinary Guideline Advisory Group of the American Society of Clinical Oncology.

Dr. Christina Canil is a medical oncologist at the Ottawa Hospital Cancer Centre (TOHCC) and Assistant Professor with the Faculty of Medicine at the University of Ottawa. She has been on staff at the Ottawa Hospital since 2004.

Dr. Canil completed medical school and her internal medicine residency at the University of Toronto and her medical oncology residency at McMaster University in Hamilton, Ontario. Dr. Canil went on to complete a two-year clinical research fellowship at Princess Margaret Cancer Centre in Toronto, with a focus on Genitourinary cancers. Dr. Canil's research interests include drug development and survivorship in Genitourinary Cancer. Dr Canil is also member of the Cancer Care Ontario Provincial Program in Evidenced-based Care for the Genitourinary Cancer Disease Site Group and was involved in the development of their prostate cancer pathway map. She also serves on the steering committee for the Genitourinary Research Consortium whose mission is to advance prostate cancer care in Canada. Dr. Canil grew up on the west coast of BC. She enjoys outdoor activities and travelling with her family and being a soccer mom.

Naturopathy – OICC

Gillian Flower is a naturopathic doctor at the OICC. Prior to joining the OICC, Gillian divided her time between a dynamic family practice, and her work as a research associate at the Canadian College of Naturopathic Medicine (CCNM) in Toronto. Given her interest in cancer care, Gillian's research has focused exclusively on cancer care and has included a series of systematic reviews of the safety and efficacy of natural therapies in the management of breast cancer. She has presented her findings at numerous conferences and has contributed her research to the development of an online decision aid that serves women surviving breast cancer. She is also a regular contributor to Alive magazine and has written a number of feature articles about cancer, diabetes and

other health-related topics for this publication. Gillian is a member of the Oncology Association of Naturopathic Physicians and is pursuing the designation of Fellow of the American Board of Naturopathic Oncology in the future. In her clinical practice, Gillian firmly embraces the naturopathic principle of treating the whole-person and commits herself to supporting the mental, physical and emotional health of her patients.

Innovative Medicines Canada

Pamela Fralick is an experienced leader who has been fostering positive change in Canada's health sector for decades. A convener and innovator, Ms. Fralick is one of Canada's leading, compassionate voices in the health sector. As the President of Innovative Medicines Canada, Ms. Fralick leads the industry association for Canada's innovative pharmaceutical companies, working with its members and communities to ensure Canadians have access to the medicines they need, when they need them.

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Your support is much appreciated! ■

In Memoriam

BRYANT, Joseph Edward

1927 – 2017. PCCNO member since 2001

Joe was a humble and thoughtful man, who believed in fairness, ethical behaviour, and environmental stewardship. He quietly helped family, neighbours, and worthy organizations with whatever needed to be done. He loved the arts and beauty but remained highly respectful of those who did an "honest day's work", as he called it. Joe's career in wildlife management led him to The Pas, Aklavik, Aurora, and Ottawa but his most cherished memories were gained far from human settlement, often in a dog sled or a canoe whether alone or with Aboriginal colleagues. Joe was predeceased by his wife of almost 60 years, Mary (nee Harrington), and his sister Kit. He is survived by his sister Betty, son Tom, daughter Jo, and grandchildren David, Alix, Eric, and Tam, their partners, and three great-grandchildren. Special mention should be given to his Jasper classmate Betty "BJ" and Gayle, his dedicated caregiver with whom he especially enjoyed his last two years.

MCINNIS, Robert

**September 14, 1935 –
September 17, 2017.**

Bob worked for the Government of Canada for 39 years and served in Military Reserves ending with The Regiment De Hull where he rose to rank of Major. He was a founding member of Prostate Cancer Support Group and advocate for the Alzheimer Society. He and his wife Joyce were very active in support of our Group with Bob being the author, publisher and distributor of our monthly Newsletter. Bob was a faithful member of St. Stephen's Anglican Church holding several positions over 55 years. Our thoughts go out to Joyce and the family.

Conference Feedback

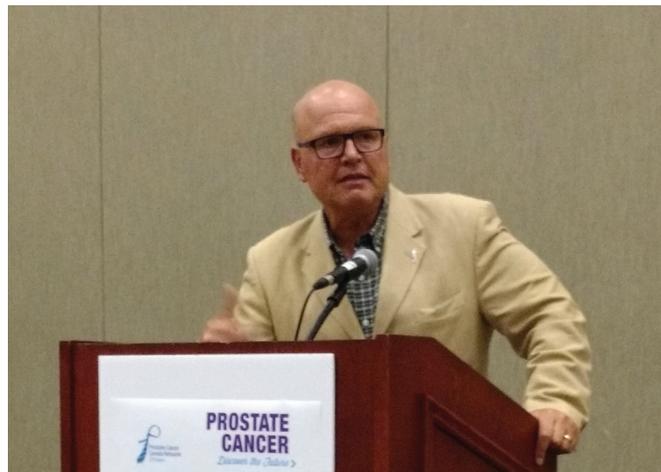
The reaction of people attending the Prostate Cancer conference has been overwhelmingly positive. In particular we noted the attendance to the conference by a number of out of town participants. Larry Peckford, Jim Chittenden, Chuck Graham and David Cook met informally with some members of other PCCN organizations that attended. Conference participants came from locations such as Toronto, Burlington, Brampton, North Bay and Montreal. It was good to share experiences.

Phil Segal of Toronto PCCN gives high marks to the organization of the Ottawa conference. Having great speakers across the broad spectrum of cancer care Phil found to especially impressive. PCCNO hopes our conference may be the precursor to a conference hosted by another group in the not too distant future.

“Myself and 2 other members of the Board of PCCN-T attended the conference. I think I can speak for all of us when I say that we found the conference a really great learning experience. The presentation by the Docs of TOH was really excellent. I only wish there had been more time for the question & answer session which was equally interesting. The focus in the afternoon on patient care and support was equally interesting and Dr Rutledge’s closing session was a fitting conclusion to a very interesting day. Congratulations to all those at PCCN-O involved in putting on this excellent conference”.

Phil Bent, a member of PCCNO, has followed up on the work being done by Dr. Rob Rutledge, a radiation oncologist from Halifax. Dr. Rutledge closed out our conference program on Saturday. Dr. Rutledge’s Healing and Cancer Foundation resonated with Phil so much so that he purchased a DVD set which has 8 videos of healing programs that are based on the skills employed in various weekend retreats. These are led by Dr. Rutledge and his associate Dr. Timothy Walker. Phil is making this video set available to any PCCNO member who would like to see them.

See Conference Feedback on page 8



Rocco Rossi, CEO Prostate Cancer Canada



More than 100 people participated



Guardian Angel Program

Michelle Faber presented Dr. Chris Morash with a Guardian Angel pin recognizing Dr. Morash’s exceptional care of her husband Dan Faber. Dan was a strong advocate for moving with the idea of a conference on prostate cancer.



Left to Right: Jennifer Van Noort, VP Philanthropy and Leadership Giving, The Ottawa Hospital Foundation ; Hon. Don Boudria, former MP for Ottawa and Rocco Rossi, CEO Prostate Cancer Canada.



Left to Right: Tom Clapp, Winchester Prostate Cancer Support Group, Rocco Rossi, Jennifer Van Noort, Larry Peckford, PCCNO Chair, and far right Doug Nugent of Winchester Prostate Cancer Support group.



Stephanie Woodard of Ottawa Regional Cancer Foundation.



Left to Right: PCCNO members Jim Davidson, Chuck Graham and John Dugan.



PCCNO members left to right: Jim Davidson, Knowlton Constance and Jim Thomson.



Dr. Rob Rutledge – Radiation Oncologist, Halifax. Rob leads the Healing and Cancer Foundation, and is co-author of the book The Healing Circle.

Finally, our Vice Chair Chuck Graham has edited the video taken of the conference. Chuck has the conference broken down into various short segments that make it easier for viewing. We hope to have the video available on YouTube for the information of anyone wishing to see it. The conference was rich in content that we want to share. If anyone attending the conference has any concerns about this, they should let conference organizers know. We intend posting this video soon. We also may take segments of the conference video and show them at upcoming PCCNO meetings.

A YouTube channel has been created where all the conference videos can be viewed:

https://www.youtube.com/channel/UCNfsf_3hNDFBu95Rj0PRVA ■



Dr. Gillian Flower from the Ottawa Integrative Cancer Centre (OICC) spoke on the role of naturopathy in complimentary cancer care.



L to R: Mel Embury PCCNO member, Jim Chittenden, Secretary PCCNO Board of Directors, Pamela Fralick, CEO Innovative Medicines Canada and Larry Peckford, PCCNO Board Chair

In the Next Issue

Winter 2018 Future Treatments for Prostate Cancer



As we look forward to a new year and all it holds for us, we look at new and emerging treatments for prostate cancer.

Where then are researchers looking to find the key to curing prostate cancer?

One strong focus of research is to build a better understanding of the genetic basis of this disease. Genes, which are chemical compounds located on the chromosomes, determine the characteristics of individuals. In this issue of *The Walnut*, we will explore what has been learned about some of the genetic links to the disease. We will also examine studies aimed at discovering how to try to block, or modify, the offending genes to prevent or alter the disease.

Share Your Story

Knowing about other people's personal experience of prostate cancer can be a source of support and inspiration when you or someone you love is going through cancer treatment.

What is your experience in dealing with prostate cancer?
What has this journey been like?

What insights can you share with those about to make, or in the middle of making, important decisions and choices?

If you are the spouse, partner or family member of a prostate cancer patient what experiences can you share to benefit others?

Your stories can support the work of PCCN Ottawa to promote and deliver personal support, education, awareness and health advocacy on behalf of all men and their families that are affected by prostate cancer.

Write us, and we will include your stories in the next issue of *The Walnut*! We cannot promise we will publish every story we receive, but we will share as many as we can. ■