

The Walnut



NEWSLETTER OF PROSTATE CANCER CANADA NETWORK OTTAWA
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NOVEMBER, 2016

November 2016: Raising Awareness



Prostate Cancer Canada is proud to be one of Movember's Canadian beneficiary partners; through this relationship we are advancing prostate cancer research and support services for men and their families living with the disease.

In this issue, we look at how the Movember movement is helping to raise awareness and funds for men's health, specifically prostate cancer, testicular cancer and men's mental health. ■

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! • 17 November 2016 • 15 December 2016 • 19 January 2017 •

Warriors + 1

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

MARK YOUR CALENDAR! • 15 November 2016 • 13 December 2016 • 17 January 2017 •

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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.

Executive Officers

Chair	Larry Peckford
Vice-Chair	Chuck Graham
Treasurer	Jim Thomson
Secretary	Jim Chittenden

Board of Directors

Larry Peckford, Chuck Graham, Jim Thomson, Jim Chittenden, Martin de Leeuw, John Dugan, Harvey Nuelle, Lionel Burns, Dan Faber, Hal Floysvik, David Brittain, Bill Dolan (Ex-officio member)

Key Functions

Program Director	Vacant
Peer Support Coordinator	Harvey Nuelle
Outreach/Awareness	Vacant
Volunteer Coordinator	Bernie Murphey
Communications Director	Vacant
Newsletter	Editor: Don Briscoe Layout: Shannon King Distribution: Andy Proulx, Martien de Leeuw
Admin Support	Mike Cassidy, Martin de Leeuw, Fil Young
Website	Peter Lindstrom
Database	Hal Floysvik
Sympathy 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.

Upcoming Events

Next Members' Meeting to be held at RA Centre!

In an effort to mix things up and possibly get more members out to our regular monthly meeting, our meeting in November will be held at a different time and place: **1:00 PM at the RA Centre, 2451 Riverside Drive, Ottawa K1H 7X7.**

We will use the occasion to bring members up to date on things that are happening at PCCNO and also get some feedback on whether a change in the timing of our meetings might be of greater appeal to members. We hope we will see some new faces attending. Why not consider joining us and see what we have been up to? As always watch our web site for news on our activities and upcoming events – <http://pccnottawa.ca>

Annual General Meeting (AGM)

PCCNO's By-Law stipulates that we have an AGM each year. This meeting will be held at our regular meeting on January 19, 2017. We have some vacancies on our Board of Directors so we hope to fill vacant seats at that time. Mark your calendar for this important occasion!

Prostate Cancer Conference: Discover the Future

Watch for updates! PCCNO is planning a Prostate Cancer Conference to be held on September 15 – 16, 2017 at the Ottawa Conference and Event Centre, 200 Coventry Road, Ottawa.

This conference will:

- ▶ provide a forum to enrich prostate cancer practices and innovations;
- ▶ showcase leading practices and their success;
- ▶ discuss types of innovation and new technologies that can help to transform prostate cancer treatment

The agenda is under development – your input on topics and/or speakers are welcome: events@pccnottawa.ca ■

What is Movember?

Movember is the month formerly known as November, where men and women across the globe join together to raise awareness and funds for men's health, specifically prostate cancer, testicular cancer and men's mental health.

Men (also known as Mo Bros) sign up online at Movember.com. Starting clean-shaven on November 1st, these men donate their face for 30 days by growing and grooming the best moustache they can muster. Mo Bros effectively become walking, talking billboards for men's health raising funds and awareness along the way. Women (also known as Mo Sistas) play a key supporting role by signing up as team captains, recruiting Mo Bros, helping to raise funds, and encouraging the men in their life to take action when it comes to their health. Mo growth is seen around the globe each November. ■

Past Events

Laughs for Charity



PCCNO attended the Keller Williams Laughs for Charity event held at the Shaw Centre on Saturday, October 22. PCCNO purchased a table for the event and had its table top display set up and available to be seen by the many patrons attending. Larry Peckford Chair of PCCNO (pictured here) brought greetings on behalf of the organization.

The designated charity for this year's event was The Ottawa Hospital Foundation and the important work done in prostate cancer research at the Hospital.

This was the second year that Keller Williams dedicated funds to this important work. The Keller Williams choice of charity was prompted by Zoran Polak who is currently being treated for prostate cancer.

Zoran's wife is a member of the Keller Williams Real Estate team. Zoran is an active member of PCCNO and is indomitable in his battle against this disease as well as being actively involved in the organization of the Laughs for Charity event.

Keller Williams is to be congratulated for the tremendous effort it makes in raising funds for prostate cancer research. PCCNO was very happy to support and be part of this great event. PCCNO members also attending the gala event were John Dugan, Jim Chittenden, Jim Davidson, and Harvey Nuelle (in picture).



Ottawa Hospital Innovation Technology & Research Event

This event, hosted by Dr. Chris Morash, Medical Director of The Ottawa Hospital Prostate Cancer Assessment Centre, and Dr. Frank Rybicki, Chief of Medical Imaging and 3D Printing was held on September 26th at the General Campus of the Ottawa Hospital. Participants had an opportunity to learn about their innovative technology: 3D printed medical devices and to observe the da Vinci Surgical System in action. ■



Photo from left to right: Paula Rolston RN, Angie Stackhouse RN, Robotics Coordinator, and Victoria Vanderwal RPN.

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.

Movember Canada

Source: <https://www.charityintelligence.ca/charity-details/388-movember-canada>



Established in 2011, Movember Canada (MVC) is the Canadian arm of the Movember Foundation (MVF). MVF is an Australian-based charity that raises awareness and funds for men's health issues, specifically prostate cancer, testicular cancer, mental health and physical inactivity. Besides Movember Canada, Movember Foundation and Movember Europe are the two other arms of MVF that operate in the United States and United Kingdom, respectively. Each arm is responsible for running the annual Movember campaign in its respective country. Besides running the Movember campaign, Movember Canada directs funds to Prostate Cancer Canada and to programs run directly by the Movember Foundation.

Movember invests funds in programs aligned with its strategic goals through an open and transparent process and includes peer reviews with experts around the world. Once an award is given, funding is provided on an agreed-upon basis, pending the program meeting stated deadlines and objectives. The funds raised by Movember in Canada are exclusively spent or committed to Canadian programs. Movember Canada also retains a balance of unrestricted funds for future campaign expenditures. This is a responsible practice for charitable fundraisers to ensure continuity of annual fundraising efforts. ■

Things You Did Not Know About Moustaches

Source: <http://www.superstokedmagazine.com/article/2013/11/movember-movember-quotes-and-sayings/>

In 1967, The Beatles gave away cardboard moustaches with their album Sgt. Pepper's Lonely Hearts Club Band.

Mo's make you look stronger and will scare off an opponent. Beards are for the weak and lame.

Gentlemen have always worn Mo's. The term barbarian was applied to men who wore beards, because they were a lesser type of man.

In a deck of cards the king of hearts is the only king without a moustache.

A survey of 100,000 women in 1988 found that 68% confirmed that a man with a moustache was a superior lover than his clean lipped neighbor

Mo's will make you smart (think Einstein)

Scientific research, commissioned by the Guinness Brewing Company, found that the average mustachioed Guinness drinker traps a pint and a half of the creamy nectar every year. Now that Guinness is UK 2.10 a pint, this is the equivalent of an annual moustache tax of UK 4.58.

Groucho Marx for many years wore a fake moustache of greasepaint on stage and film, then grew a real one later in life.

On average a man with a moustache touches it 760 times in a 24 hr day.

By 1914 and the advent of WWI, the military mustache was well-established. Generally, the shape of the stache suggested rank: As a man advanced in rank, so did his mustache become thicker and bushier, until he ultimately was permitted to wear an ever fuller beard.

According to the Guinness Book of World Records, in July 1993, Kalyan Ramji Sain of Sundargarth, India, had a moustache that measured 133.4 inches long.

"All the men in my family were bearded, and most of the women." W.C. Fields

Awareness Events Around the World

In addition to Movember, organizations around the world promote awareness in a variety of ways. In the UK, for example, March is [Prostate Cancer Awareness Month](#). Organised by Prostate Cancer UK, this special month aims to raise awareness of prostate cancer, encourage early diagnosis, as well as raise money so the charity can provide even better support to both sufferers and their families. (Source: <https://www.awarenessdays.co.uk/awareness-days-calendar/prostate-cancer-awareness-month/>).

The National Health Service (NHS) in the UK has a host of awareness raising initiatives both nationally as well as regionally. One example is work of the Heart of England, one of the largest urological cancer services in England, whose Cancer Services team are helping to raise awareness of prostate cancer in Birmingham. (<http://www.heartofengland.nhs.uk/prostate-cancer-awareness-month-2016/>)

Also in the UK, The National Federation of Prostate Cancer Support Groups (<http://www.tackleprostate.org/>) aims to:

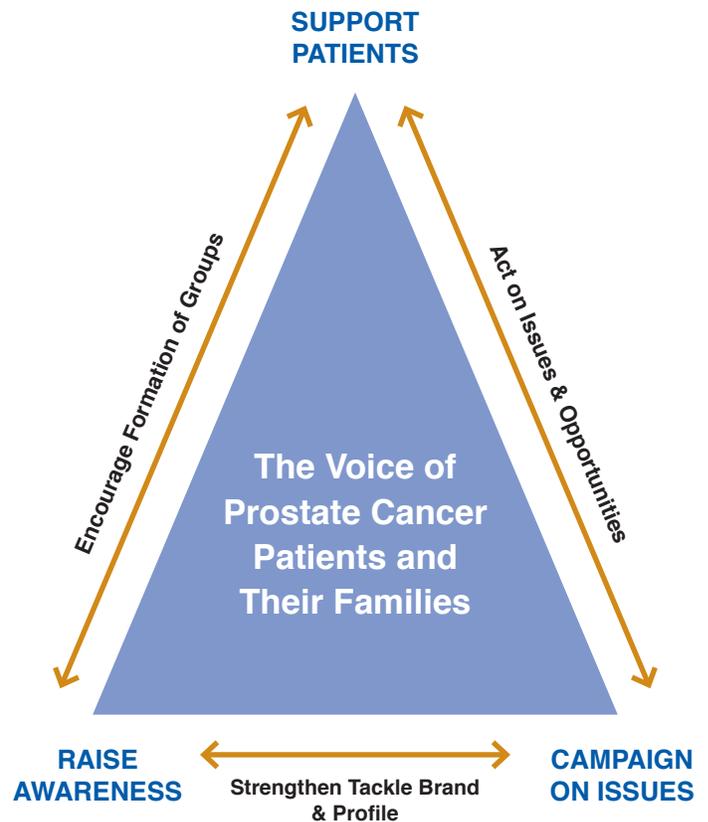
- ▶ Act as the voice of prostate cancer patients and their families
- ▶ Encourage and assist the formation and development of patient-led support groups throughout the UK
- ▶ Raise awareness of prostate cancer in the general population
- ▶ Encourage improvement of health services and conduct campaigns to improve the wellbeing of those affected by prostate cancer

In Australia, the Prostate Cancer Foundation of Australia (<http://www.prostate.org.au/>) is dedicated to:

- ▶ Promoting and funding world leading, innovative research into prostate cancer
- ▶ Implementing awareness and advocacy campaigns and education programs for the Australian Community, health professionals and Government
- ▶ Supporting men and their families affected by prostate cancer through evidence-based information and resources, support groups and Prostate Cancer Specialist Nurses.

The National Federation of Prostate Cancer Support Groups

OUR AIMS



Among many initiatives in the U.S., The Prostate Cancer Awareness Project (<http://thepcap.org/>) has a mission to significantly increase the prostate cancer survivor rate by dramatically increasing the rate of early detection, with the objective that no man experiences a surprise, post-metastasis prostate cancer diagnosis. They do this through awareness events around the country and through their free early detection tool, ProstateTracker.

As well, for the past 10 years, the ZERO Prostate Cancer Run/Walk has mobilized survivors, patients, caregivers, families, and businesses in communities across the country to raise funds and awareness, we can make prostate cancer a national priority. (https://secure3.convio.net/zero/site/SPageServer/?pagename=RunWalk16_RaceLocations) ■

How did Movember Start? Take a walk through Movember history.

Source: <https://theculturetrip.com/pacific/australia/articles/the-hairy-history-of-the-movember-movement/>



In 2003, two Australians met up in a bar and wanted to re-invent the moustache for charity, that's when the idea of 'Movember' came about. Inspired by the theme's ability to start a conversation, the team registered the Movember Foundation and created a website. Their success escalated quickly and campaign was launched worldwide, inspiring support from over 5 million 'Mo Bros' and 'Mo Sistas' as stated on their website.

The month of November marks 'Movember' encouraging men to grow a moustache as a gimmick to raise awareness and funds for prostate and testicular cancer.

2003

Two mates (Travis Garone and Luke Slattery) meet up for a quiet beer in Melbourne, Australia, and the idea that sparked Movember is born.

The moustache had all but disappeared from fashion trends. Could they bring it back? They found 30 guys willing to take up the challenge.

2004

Inspired by the Mo's ability to generate a conversation, the crew decide to take things to the next level. Adam Garone steps up to register

the Movember Foundation and create a website. Justin Coghlan (JC) comes on board to kickstart things in Queensland.

2006

The Movember Foundation receives official Australian charity status.

2007

Movember officially launches in the US in partnership with [Prostate Cancer Foundation](#), in Canada with [Prostate Cancer Canada](#), in the UK with [The Prostate Cancer Charity](#) and in Spain with [FEFOC](#).

The Movember Board is formally established.

2009

Movember USA obtains official charity status and a second men's health partner is added – the [LIVESTRONG Foundation](#).

Through Movember funding, the University of Michigan Comprehensive Cancer Center made a [significant research breakthrough](#) identifying that there are 25+ different kinds of prostate cancer.

Participating countries: Australia, Canada, Ireland, New Zealand, Spain, UK and USA.

2011

Movember officially launches campaigns in Belgium, Denmark and Norway, and obtains official charity status in Canada, England, Wales and Scotland.

Movember is ranked in the top 100 best NGOs (charity) in the world by the Global Journal based on three key main criteria: impact, innovation and sustainability.

Through Movember funding, the world's first [Prostate Cancer Genome Mapping Project](#) is completed, expanding the understanding of how prostate cancer works.

2012

Movember officially launches campaigns in Austria, France, Germany, Hong Kong, Singapore, Sweden and Switzerland.

Movember is again ranked in the top 100 best NGOs (charity) in the world by the Global Journal based on three key main criteria: impact, innovation and sustainability. To put that in context, there are an estimated 5 million NGOs around the world.

2013

The Movember Foundation is awarded the Social Force of the Year award from GQ Australia magazine.

Participating countries now include Australia, Austria, Belgium, Canada, Czech Republic, Denmark, Finland, France, Hong Kong, Germany, Ireland, Netherlands, New Zealand, Norway, Singapore, South Africa, Spain, Sweden, Switzerland, UK and USA.

2014

The Movember Foundation was ranked 72nd out of the top 500 NGOs (non-governmental organizations) in the world. ■

True NTH

T rue NTH is a joint initiative between the Movember Foundation and Prostate Cancer Canada. Their web site has lots of information about their initiatives:

<http://prostatecancer.ca/Support/Services/A-Survivorship-Action-Partnership>

It was created in 2014 to help men living with prostate cancer to get access to quality of life-enhancing information, care and support including treatment information, lifestyle management, experiences shared with other prostate cancer survivors, and better access to healthcare professionals.

True NTH is composed of organizations and institutions who:

- ▶ Collectively represent expertise in key areas of cancer survivorship
- ▶ Have a proven track record in cancer survivorship (specifically, prostate cancer)
- ▶ Are broadly representative of all major regions in Canada

In addition, True NTH includes prostate cancer community representatives (i.e. patients, survivors and caregivers).

True NTH Canada Projects

Projects will be developed, pilot tested and evaluated between 2014 and 2017. Based on the results achieved, the interventions will then be implemented in different regions across Canada.

Web Portal

Secure and comprehensive website where Canadian men with prostate cancer, their partners, caregivers and families can access relevant and reliable health information and support, use health management tools and enroll in True NTH programs.

Prostate Cancer Navigation Program

A peer-to-peer program for men with prostate cancer, their partners and caregivers to navigate the health care system and find support, either online, by telephone or in-person, customized as per individual needs and with linkages to existing and emerging resources.

Accessibility to services

Give men, partners and caregivers access to support services in different formats and locations.

Person-centred

Allow men, partners and caregivers to personalize supportive care by selecting the interventions they want based on their needs and disease stage.

Healthy living and self-management

Support men, partners and caregivers in maintaining good health and monitoring their symptoms.

Navigation and linkage

Help men and caregivers navigate the system and link them to beneficial services.

Physical and psychosocial wellness

Improve physical functioning, psychosocial well-being and quality of life for survivors, partners and caregivers.

Evaluation and improvement

Produce evidence of success and improve interventions based on results.

See True NTH on page 8

Decision Support

Web-based information and decision aid for men recently diagnosed with early-stage prostate cancer (as well as their families), which addresses patient needs to make treatment decisions based on the best available information

Urinary & Bowel Function Library & Tracking Tool

Web-based library with printable information about urinary and bowel side effects and their management following prostatectomy or radiotherapy, with a complementary electronic symptom tracking tool that can be shared with the healthcare team.

Sexual Health & Rehabilitation Program

Training for healthcare professionals to increase access to sexual health and rehabilitation support. Men and their partners can participate in web-based or in-person counselling sessions following treatment for prostate cancer and access related information and resources online.

Androgen Deprivation Therapy (ADT) Educational Program

Training for healthcare professionals to help men with prostate cancer manage the side effects of Androgen Deprivation Therapy (ADT). Men and their partners can access an online or print workbook and participate in web-based sessions facilitated by healthcare practitioners.

Lifestyle Management

Physical activity, nutrition and wellness programs provided by trained facilitators at different locations across Canada, with complementary web-based and downloadable educational resources, and tools to track and manage progress.

Advance Care planning

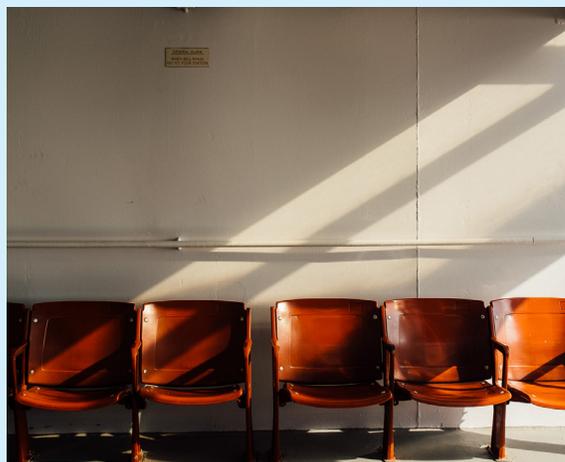
Online and print resources for men with prostate cancer, their partners, families and caregivers to engage in their diagnosis and treatment plan, and have their preferences and wishes for care met through all the stages of their journey.

Managing Cancer and Living Meaningfully

Training for healthcare professionals to provide face-to-face sessions that help men with advanced prostate cancer and their primary caregivers to manage the practical and profound problems associated with advanced disease and reduce psychological distress. ■

In the Next Issue

Winter 2017: Prevention and early detection



Early diagnosis of cancer is the key to improving survival rates.

In this issue, we explore some of the risk factors for prostate cancer, and methods and potential benefits of screening.

Many of the risk factors, such as your age, race, and family history can't be controlled. We look at some things you can do that might lower your risk of prostate cancer.

Prostate cancer can often be found early using a simple blood test, but it's not clear if the benefits of testing all men for prostate cancer outweigh the risks, such as finding (and treating) cancers that probably never would have caused any problems. We look at both sides of this dialogue to give you an idea of the pros and cons. Ultimately, it's important to talk to a health care provider about the uncertainties, risks, and potential benefits of prostate cancer screening before deciding whether or not to be tested.