

THE DIGITAL EXAMINER



Number 128 – May 2010

Address changes, comments should be sent to
info@pccncalgary.org or
Call 403-455-1916
www.pccncalgary.org

Attend our meetings and talk to someone who has been there

Happy Mother's Day!

I thought my husband was too young for prostate cancer

I never imagined that my husband would be diagnosed with prostate cancer at the young age of 49. But when we found out that his PSA was 13 ng/mL, and that he was scheduled for a biopsy, I began to think that maybe prostate cancer wasn't just an "older man's disease."

Once the diagnosis was confirmed, a thousand thoughts ran through my mind: Would my husband die? Would he be incontinent after surgery? Would we never be able to make love again? (Praise God, the answer was no to all three.)

Because of his age, we decided on a radical prostatectomy. I won't tell you that it was easy. But we were grateful when the surgeon said he got all the cancer, and was able to preserve both nerve bundles.

A few years later, we got a call from the urologist that everyone fears. My husband's annual PSA test was 0.3 ng/mL. The test was repeated with the same result, which meant there was cancer somewhere in his body. Metastasis became a dreaded word in our house. After several tense weeks of further tests, the doctors felt that there was only a small amount of slow-growing cancer in the area where the prostate gland had been. It was now the radiation oncologist's turn to "clean things up."

First, my husband had six months of hormone shots (hot flashes have been added to our list of shared life experiences), followed by eight weeks of radiation five days a week. Though he was tired at the end, he pretty much sailed through radiation without any major complications.

Today we live one day at a time and celebrate every small success. Like the fact that my husband's 22-month follow-up PSA test was <0.01 ng/mL —undetectable.

Submitted by a grateful wife from New Jersey, 9/08

<http://www.womenagainstproustatecancer.org/2010/04/the-need-for-support-after-prostate-cancer/>

Still More Advice

This may not sound like an exciting post, but ladies you also need to check your **prostate!** If you are married to a man or care about other males in your life, you will want to read this **woman's guide to prostate cancer**. You should not be embarrassed nor your partner to talk openly in family about this problem.

Also, there is not excuse for your partner to get his **prostate** checked starting at age 40. Yes, they do expect us endure a myriad of tests, exams and procedures to remain healthy moms, sexual mates and partners, but often times they feel they do not need these types of checkups! Wrong! They just like we do! Here is a **woman's short guide to prostate cancer**:

1. Understand and make prostate cancer something to talk about; share what you know with your partner, family and friends.
2. Know your partner's family history and share it with sons who are old enough and relatives.

PCCN Calgary's
next

monthly meeting
will be held
at

7:30 PM on
Tuesday

May 11, 2010 in
the Foothills
auditorium in
the Foothills

Hospital.

Our meeting will
feature a video
presentation
preceded by a
short AGM

Women and Prostate
Cancer (WAPC) and
Men's Peer Group
meetings will be
held:

Tuesday May 18,
2010 at Wellspring
1404 Home Road NW
@ 7:30 PM

and
Tuesday May 25,
2010 at

South Calgary
Health Centre
31 Sunpark Pl. SE
@7:30PM

No pre-registration
required-
Free parking at both
locations

3. Recommend diets low in fat, carbohydrates, processed sugars in combination with regular exercise.
4. Be sure your partner talks to his doctor about a **baseline screening (PSA and DRE)** at age 40 and develops a schedule of subsequent screening based on his medical history.

- The Moms Buzz

source: www.awomanhealth.com

Father's Day Walk/Run The PCCN-Calgary team for the Safeway Fathers Day Walk/Run is picking up momentum. Jason Bedard, VP of PCCN Calgary already has many people joining our team, and raising funds.

If you can attend on June the 20th please use the link below to sign-up . The Digital Examiners will be taking the walk option of the Walk/Run, so don't feel like you need to train in order to participate.

An important note regarding this fundraising is that 50% of the funds raised will come to PCCN-Calgary. The extra bonus is that the other 50% goes to Prostate Cancer Canada, the only national organization devoted 100% to battling this disease.

**Feel free to direct any questions my way.
Jason Bedard (Team Captain)
403-873-2284**

On, Sunday, June 20, 2010 our team The Digital Examiners is helping to put an end to prostate cancer by participating in the Safeway Father's Day Walk/Run 2010 at Calgary - Eau Claire Market.

This Father's Day help us honor dads past and present by joining our team. Join in the fight against prostate cancer by clicking on the link below to either join our team or make a donation.

<http://my.e2rm.com/TeamPage.aspx?Lang=en-CA&TSID=269008>

From our Team Page, click on the 'Join My Team' button to register and begin fundraising. If you can't join us in person, join us in spirit by making an on-line donation to our team. You can also get more information from: www.fathersdayrun.ca

Thanks again for helping to put an end to prostate cancer.

President's Message

Dear friends,

As many of you know, in addition to my responsibilities as President of PCCN Calgary (Prostaid Calgary) for the past ten years I have also held the position of President of the Canadian Prostate Cancer Network (CPCN). In June of 2009 CPCN merged with Prostate Cancer Canada and became the Prostate Cancer Canada Network (PCCN). At that time I accepted the position of Vice-President Prostate Cancer Canada and Managing Director of the Network division. This is a full-time job and one that I take very seriously.

As a result I will be retiring as President of PCCN Calgary following the May 2010 annual general meeting. It's been my greatest pleasure to have been your President for the past ten years. During that time there has been many changes to our group. Our membership now approaches 1,000 and our reputation in the community as a respected source of information and support is unrivalled. Our newsletter, The Digital Examiner remains a valuable source of prostate cancer information, our website is well used and the 'videos of past meetings' feature is very important to those who cannot attend our meetings in person. Our reaching out to the community through presentations, mall displays and health fairs continues to grow.

We have a lot to be proud of and I know with the continued support of you, our members, the incoming slate of officers of PCCN Calgary will lead our group to new levels of achievements. I urge you come forward and join the executive board. Nominations will be accepted at the AGM on May 11th. I will continue as a director of PCCN Calgary.

I want to thank the board of PCCN Calgary, both past and present, and the membership at large, for their devotion to the cause and for their support to me during these past ten years. I'm looking forward to sitting in the audience at upcoming meetings!

With best wishes for continued success in the future.

Bob Shiell

An official thank you to Bob will take place at our June General meeting. Please join us June 8th as we celebrate Bob's leadership.

Thank you Alphamail for your support in the printing and distribution of this newsletter.

**Prostaid Calgary Society (Prostate Aid)
Official Notice of the Annual General
Meeting
is hereby given.**

**The meeting will be held:
Tuesday, May 11, 2010
7:30 PM
Foothills Auditorium,
Foothills Hospital**

At the meeting the members will be asked to:

**Receive the financial statements of the Society
for the year ended December 31, 2009 and the
auditor's report on the statements;**

Appoint the auditor;

Elect directors;

**Consider and, if deemed fit, approve a special
resolution to change the name of the Society
to:**

**Prostate Cancer Canada Network Calgary
Society (PCCN Calgary)**

**Transact any other business properly brought
before the meeting.**

**By order of the Board of Directors
March 17, 2010**



Prostate Cancer Radiation Side Effects May Subside With Time

Ten years later, many men weren't bothered by treatment's effects, study finds

TUESDAY, March 16 (HealthDay News) -- The balance between using enough radiation to shield patients from prostate cancer's return while keeping side effects at bay may not be as tricky as once thought, new research shows.

That's because radiation-linked side effects appear to lessen with time. In fact, 10 years after treatment, prostate cancer patients didn't report suffering more severe side effects after doctors boosted their radiation to levels that made tumor recurrence 50 percent less likely, researchers say.

"A surprising number of men who reported symptoms that had bothered other patients surveyed before or soon after prostate cancer treatment described their current symptoms as normal," said Dr. James Talcott of the Massachusetts General Hospital Cancer, who led the study, in a statement.

The study examined two dose levels used for patients with early-stage prostate cancer. The higher doses -- 79 Gy -- lowered the risk of recurring tumors by half. Of 398 participants, 280 returned surveys.

"Symptoms that seem to bother other patients early in the course of their prostate cancer were regarded as normal by these patients nearly a decade after treatment," Talcott says. "As clinicians, we know that patients adapt to their situation and accept physical changes as the 'new normal.' When talking with prostate cancer patients, I've been surprised when, for example, a patient in his late 60s who became impotent two or three years after treatment would comment, 'Well it would have happened anyway to a man my age.'

"While these results need to be confirmed, since this is just one study, it's looking like we should tell patients that treatment side effects probably will bother them less than they originally fear because they are likely to adjust and experience less distress over time," he added. "We also may need to rethink our standard measures of treatment outcomes, which assume that the impact of symptoms on patients' quality of life does not change over time. While that may be true for pain, it doesn't seem to be true for these sorts of symptoms."

The study appears in the March 17 issue of the *Journal of the American Medical Association*.

More information

There's more on prostate cancer at the [U.S. National Library of Medicine](#).

-- Randy Dottinga

SOURCE: Massachusetts General Hospital, news release, March 16, 2010



PCCN Calgary Warriors

The Warriors are a caring and compassionate group, well organized and full of information for those men and their families dealing with advanced prostate cancer. The Warriors serve the very important needs of hormone refractory PCCN Calgary members and all those who have an interest in management of advanced prostate cancer. The Warriors meet on the second Tuesday of each month at 6:14 pm prior to the main PCCN Calgary meeting. Warriors meet just outside the auditorium at Foothills Hospital in room #AGW2. Signs will be posted. Men with advanced prostate cancer, their partners and family members are most welcome to attend! For more information call Fred McHenry at 403.282.3920

Officers of the Society:
President
Robert (Bob) Shiell
Home office: (403) 453 1910
Cell: 403.870.8130
bob.shiell@pccncalgary.org
Secretary:
Harry Ripley
403.256.7746
harry.ripley@pccncalgary.org
Treasurer
David Todd
403.271.6141
david.todd@pccncalgary.org
Executive Director:
Karen Whiteman
403.455.1916
karen.whiteman@pccncalgary.org
www.pccncalgary.org

Women and Prostate Cancer
(WAPC) and Men's Peer Group meetings will be held:
Tuesday May 18, 2010 at Wellspring 1404 Home Road NW @ 7:30 PM
and
Tuesday May 25, 2010 at South Calgary Health Centre
31 Sunpark Pl. SE @ 7:30PM
These informal meetings allow women to share their concerns and experiences in a friendly non-threatening environment. Meetings for men are held in separate rooms at both locations.
No pre-registration required - Free parking at both locations
If you would like more information about either meeting please contact Karen Whiteman at 403.455.1916

Many thanks to our many friends and supporters!

PCCN Calgary has many generous individuals and companies who support our community work. We do not get government funding. On behalf of our 900+ members, thank you for your generosity. With your support we will continue our good work in 2010, our fifteenth year, and onward!

Newsletter * General Meetings * One-On-One visits * Speakers * Website

Charitable Number: 86926 1602 RR 0001

Name: _____

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Please make cheques payable to
Prostaaid Calgary Society
(aka PCCN Calgary)
PO Box 72126
RPO Glenmore Landing
T2V 5H9

**Canada Revenue Agency: <http://www.cra-arc.gc.ca/>
or donate online through www.canadhelps.org**