

## Your Questions Need Answers

The Source For Prostate Cancer Knowledge

All men diagnosed with prostate cancer have questions. Not all men find answers. Sometimes fear or embarrassment hold them back. Often though it's a simple lack of access to the knowledge and information.

One of your key sources for knowledge is likely Prostate Cancer Canada Network Calgary (PCCN Calgary). With your support, and from others like you, PCCN Calgary continuously builds the knowledge library.

Our Knowledge Library takes on many forms. From our extensive DVD selection, to books, newsletters, re-printed articles, video recordings, and of course the experts we bring in monthly.

Treatment and management of male incontinence for example has been a topic that many have wanted to hear more about. At our

May 10th meeting we are having back Dr. Richard Baverstock from the Southern Alberta Institute of Urology on this very subject.




Dr. Baverstock at our July 2009 Meeting

With each of these advances to our Knowledge Library we hope to serve you even better. PCCN Calgary is your organization.

We will continuously find new and innovative ways to get your questions answered, and to provide you with the knowledge you are looking for.

Please, always feel welcome to all our monthly meetings. We all appreciate the value you add, in both your experiences with prostate cancer, and also what you bring to the social conversation following each and every meeting.

Thank you for your support in making us the best source for prostate cancer knowledge 

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### Monthly Meeting

Our next monthly meeting will be held at 7:30 PM  
Tuesday May 10, 2011  
We will be meeting at  
**Fireworks Cooperative**  
1008 14 Street SE

### Male Incontinence Regaining control & quality of life with Dr. Richard Baverstock

Join us to hear Dr. Baverstock deliver an update on male incontinence. He will discuss a number of devices and treatments that are currently being applied in urology today.

Preceding our main topic we will be holding our Annual General Meeting. This is where you have the opportunity to vote for the election of members to the Board of Directors.

## Jason's Notes

April has been a great month with much attention on both prostate cancer and our organization, Prostate Cancer Canada Network Calgary.

On April 14 I attended the annual Wake Up Call breakfast, dedicated to the fight against prostate cancer. This event was an outstanding success and was totally sold out. Special recognition needs to be paid to Bonnie Ball and the team from Prostate Cancer Canada for the flawless organization.

Calgary's own George Brookman chaired the event and Gord Gillies was the master of ceremonies. Jill Belland and W. Brett Wilson were the hosts for CityTV's Breakfast Television on location coverage.

A Local Hero Award was presented to Dr. Bryan Donnelly for his outstanding work in advancing the prostate cancer cause. Congratulations to you Dr. Donnelly, you really deserve it.

Without question the most memorable talk given this year was from an amazing Calgarian, and a past Director of our organization, Julius Lister. Such a wonderful man and very inspirational.

Following Julius' talk, his eldest Grandson, and Granddaughter both spoke about how important their Grandfather is to them and how PSA tests do save lives. I'll tell you, I have never seen so many grown men discreetly wipe tears from their eyes. Julius is a lucky man to have such perfect Grandchildren.

I should mention for those who may have missed it, I had a great on-air conversation with AM770's Rob Breakenridge on his April 13th show. Rob and I discussed prostate cancer and sexual health. What men need to discuss with their doctors and where to find information after diagnosis and treatment.



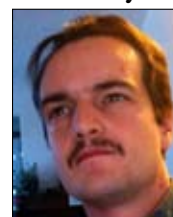
Bonnie Ball &  
George Brookman

One final note. Karen Whiteman has taken another job and is no-longer with PCCN-Calgary. Karen was our tireless Executive Director. She brought great energy, vision, and dedication to our organization. I especially miss having Karen around. Quite simply a great opportunity presented itself to Karen and she could not turn it down. Best of luck to Karen on her new adventure.

For continuity I am now the acting Executive Director. As such I have handed over the reigns as President to our Vice-President Willem Smink. Congratulations Willem on your new role.

Well, that's all I have for you this time. I look forward to seeing you at our May 10th meeting.

Jason Bedard  
Executive Director



Prostate Cancer Canada Network Calgary

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## In The Headlines

Biophysicist targeting IL-6 to halt breast, prostate cancer

New Test Detects Prostate Cancer More Accurately Than Traditional Screening Methods

\$200,000 to Nine Recipients: Canadian Association of Radiation Oncology announces Abbott Oncology ACURA Uro-Oncologic Radiation Awards.

Study: Genetic Link Found Between Prostate, Womb Cancers

Parkinson's could raise risk of prostate cancer

BioSante, Aduro BioTech enter license agreement for GVAX cancer vaccines

**Printed copies of the above articles and more are available at our monthly meeting. You can also visit our website for the links.**

**PCCN Calgary is always expanding our knowledge library to provide you the information you need. Please visit our April 10th meeting to borrow printed materials, books, and DVDs.**

## Friends of The Digital Examiner

This monthly publication is made possible by the kind generosity of donations from caring businesses and people like you. We would like to thank the following for supporting this issue:

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FRP gives us a discounted rate on the production cost for preparing our mailing

Our monthly costs related to this newsletter include printing, postage, design, and editorial. If you or your business are interested in becoming a friend of The Digital Examiner through donation of money or services, please contact Jason at **403-455-1916** or **[jason.bedard@pccncalgary.org](mailto:jason.bedard@pccncalgary.org)**

## Join us for the 2011 Fathers's Day Walk/Run

Families from coast to coast will again be lacing up their shoes in June for the 2011 Safeway Father's Day Walk/Run for prostate cancer. The 2010 event was the most successful so far, with more than 8,000 participants raising \$1.3 million in 11 cities from Victoria to Halifax. Join the PCCN Calgary team. Visit the event website, **[fathersdayrun.ca](http://fathersdayrun.ca)**, and search for the team **PCCN Calgary** to register or donate.

# 3rd Annual PCCN Calgary Show & Shine Sunday July 3<sup>rd</sup> 12pm to 4pm



Many prizes and trophies to be won.

**Grey Eagle Casino - East Parking Lot  
Southwest corner of Glenmore Trail & 37<sup>th</sup> Street**

As it warms up some of us are thinking of nothing but getting our cars out. Now you can. After two very successful Show & Shines, PCCN Calgary is once again hosting this popular event. Vehicles from all around join us for this amazing afternoon. Showing cars, sharing stories, and otherwise enjoying the sights. You don't want to miss this event. Registration for vehicles is also on Sunday July 3rd, from 9am to 12pm. Put this in your calendar. General attendance is free.

# Upcoming Events

**2nd Tuesday - May 10 - 7:30pm**

## **Our May Monthly Meeting**

Fireworks Co-operative 1008 – 14 Street SE

### **Male Incontinence, with Dr. Richard Baverstock**

Join us to hear Dr. Baverstock deliver an update on male incontinence. He will discuss a number of devices and treatments that are currently being applied in Urology today. Preceding our main topic we will be holding our Annual General Meeting. This is where you have the opportunity to vote for the election of members to the Board of Directors.

**2nd Tuesday - May 10 - 6:14pm**

## **PCCN Calgary Warriors**

Fireworks Co-operative 1008 - 14 Street SE

For those men and their families dealing with advanced prostate cancer we have the Calgary Warriors. The Warriors are a caring and compassionate group, well organized and full of information. The Warriors serve the very important needs of hormone refractory 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.

**4th Tuesday - May 24 - 7:30pm**

## **Men & Women's Peer Network Meetings**

This meeting is offered at two locations, same evening:

Wellspring 1404 Home Road NW - and -

South Calgary Health Centre-31 Sunpark Plaza SE

Choose a location that works best for you

Prostate cancer always brings major change to a mans life, and also to those who are closest. If you are looking to find answers for hard to ask questions, or you want to better understand what your partner may be experiencing, this is the place you need to be. These meeting are small and allow you to really connect with others experiencing similar difficulties. Men and Women meet in separate rooms at the same time, allowing for frank and open conversation that you will not find elsewhere.

**2nd Tuesday - June 14th - 7:30pm**

## **Our June Monthly Meeting**

Fireworks Co-operative 1008 – 14 Street SE

### **Tales from New York, with Ryan Flannigan**

We will be delivering Ryan's presentation from his May visit to New York for the Inaugural International Prostate Cancer Symposium. Get a glimpse at the very latest in Urological studies as they relate to prostate cancer.

The ManVan™ is a valuable resource offered by the Prostate Cancer Center



to provide on-site free [GETCHECKED.CA](http://GETCHECKED.CA) baseline PSA blood tests for men over 40. The Man Van™ makes appearances at select events, but can also be found around the community each month. For a complete and current schedule please visit the website [GETCHECKED.CA](http://GETCHECKED.CA)

## **The eCALM Study**

Cancer can be distressing, and Mindfulness-Based Stress Reduction (MBSR) has been shown to help reduce distress for individuals living with cancer. The Tom Baker Cancer Centre offers in-person MBSR programs, however not everyone can attend these classes for various reasons. The University of Calgary and the Department of Psychosocial Resources at the Tom Baker Cancer Centre are now offering free internet-based MBSR programs. This means that from the comfort of your computer, via the internet, you will see, hear, and interact with a professional facilitator and other people living with cancer to learn, discuss, and practice mindfulness meditation and gentle yoga stretching. Don't worry if you're not very tech savvy! We'll show you how everything works before the classes begin and will be available for help during all the classes!

### You may be eligible to participate if you:

- Have been diagnosed or treated for cancer within the last year
- Have high-speed internet access
- Are interested in learning to reduce your stress
- Live in Alberta

### **For more information**

contact us by email:

[ecalm@ucalgary.ca](mailto:ecalm@ucalgary.ca)

Or telephone toll free:

**1-877-318-4213**

Please visit our website for additional study information!

[www.ecalm.ca](http://www.ecalm.ca)