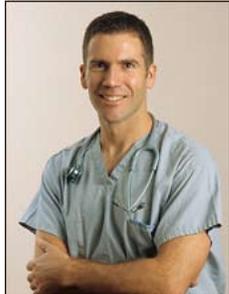


Advances in Stress Urinary Incontinence

Changing Lives for Men

By Dr. Carlson



In Canada thousands of men are affected by loss of bladder control, a

medical condition known as urinary incontinence. Many prostate cancer survivors, having undergone surgery for their cancer, experience the unavoidable side effect of damage to the urinary sphincter – the muscle that controls the flow of urine from the bladder. As a result, the urethra (urine channel) cannot close off enough to avoid unintentional leakage of urine when there is pressure applied to the bladder such as with a cough or sneeze or straining to lift something.

Moderate to severe cases of incontinence in men have been treated surgically for years with the artificial urinary sphincter

or AUS 800. This silicone device can be surgically implanted to replace or strengthen the natural sphincter, and remains the “gold standard” for men with significant urinary incontinence. However, the majority of incontinent men – those with only milder degrees of leakage – have had few attractive medical options until now. With the advent of the AdVance male sling system, doctors are now able to offer a viable spectrum of effective incontinence solutions.

The AdVance male sling system is an innovative and effective surgical solution for stress urinary incontinence in men. A small “sling” made of synthetic mesh is placed inside the body through three small incisions. The sling supports the urethra, restoring normal bladder control. It can eliminate or reduce the possibility of urine leaking, even during **continued on page 3**

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Monthly Meeting

Our next monthly meeting will be held at 7:30 PM
Tuesday June 14, 2011
We will be meeting at
Fireworks Cooperative
1008 14 Street SE
in Inglewood

Answering Questions

We will be presenting a series of video from Dr. ‘Snuffy’ Myers. Some of the content covered in these videos includes “Erectile Dysfunction after Radical Prostatectomy”, “Sex on Hormonal Therapy”, and “Penile Shortening Post Radical Prostatectomy”.



Dr. “Snuffy” Myers

Jason's Notes

May was a very eventful month with many good things happening. Unfortunately sad news seems to follow the very good.

Our fellow-member and friend Fred McHenry has passed away after a very long and spirited battle with prostate cancer. Fred passed away Saturday, May 21 at 4:20pm. We will be holding a special tribute to Fred, his life, and his work at our June 14th meeting. We hope all those who knew Fred will attend.



Fred McHenry

A very positive item that has come to my attention relates to the costs of PSA tests and who pays for the testing. The Alberta Government now covers the cost for PSA testing when ordered by a Doctor. From the information we have this cost is covered regardless of age and has no restrictions. This is something many have been long fighting for, myself included.

I would like to thank our fellow-members David Lunn, Merv Brooks, and Willem Smink for volunteering at our public displays we hosted recently.



Merv Brooks

These displays were held in a number of downtown buildings to help spread awareness of prostate cancer and of our organization. We



David Lunn

had great conversations with the many people who stopped by to talk and to see what we are all about.

I would like to give a special thank you to Bob Shiel for the donation of his entire personal library on prostate cancer. Bob has donated these books and materials to our Knowledge Library so that they may be accessed by of all our members.

For those who receive this newsletter by mail you will notice the inclusion of a poster advertising our July 3rd Show & Shine. If you would like to help us promote this event I would ask that you take this poster and have it hung at your local grocery store, community hall, or library. Many of these locations have bulletin boards for the posting of public Calgary events such as this.

One last note is of thanks for the patience of all as we work to make the information we advertise in the newspapers accurate and timely.

I look forward to seeing you at our June 14th meeting. Be sure to drop by the library table at the meeting to see all the new additions.

Jason Bedard

Executive Director

Prostate Cancer Canada Network Calgary



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Calgary

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Charitable Number 869261602RR0001

Missed a Meeting? If you missed a meeting, don't worry. We video record the presentations every meeting and post these videos to our website, www.pccncalgary.org
We also have DVD's of these videos in our Knowledge Library that you can sign out at the next meeting you attend.

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:

FRP Mailing Services Ltd. www.frpmail.com

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

AMS Canada

www.americanmedicalsyste.ms.com

AMS Canada generously paid the printing and postage costs for this issue

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

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strenuous activities such as lifting, exercising, sneezing and coughing. Most patients are continent immediately following the procedure and can resume normal, non-strenuous activities within a few days. The device does not require any manipulation on the patient's part, and there are no moving parts that can fail over time. AdVance is an outpatient procedure which may be performed under spinal or general anesthesia.

For men suffering from urinary incontinence, it can feel like they're missing out on the best that life has to offer. The good news: There are more treatment options than ever before. If incontinence bothers you ask your family doctor or urologist about pelvic floor exercises or seeing a professional dedicated pelvic Physio-therapist. Vesia: Alberta Bladder Centre (located in the Southern Alberta Institute of Urology – Rockyview Hospital), has been helping men affected with incontinence or loss of bladder control. Dr. Kevin Carlson and Dr. Richard Baverstock, who are specially trained incontinence surgeons, can discuss the risks and benefits of medical and surgical treatments for incontinence.

Visit www.vesia.ca or telephone Vesia: Alberta Bladder Centre at 403-943-8900. 

3rd Annual PCCN Calgary Show & Shine Sunday July 3rd 12pm to 4pm

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



Many prizes and trophies to be won.

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 - June 14th - 7:30pm

Our June Monthly Meeting

Fireworks Co-operative 1008 – 14 Street SE

Video Presentation, and a Tribute to Fred McHenry

We will be presenting a series of video from Dr. ‘Snuffy’ Myers. Some of the content covered in these videos includes “Erectile Dysfunction after Radical Prostatectomy”, “Sex on Hormonal Therapy”, and “Penile Shortening Post Radical Prostatectomy”.

Saturday - June 18th

Calgary Motorcycle Ride for Dad

Max Bell Centre 1001 Barlow Trail SE

Registration 8:00-10:30am - Parade departs 10:30am

Join hundreds of motorcycle enthusiasts for a parade through Calgary followed by a scenic country poker tour. For more information please visit the event website:

www.motorcycleridefordad.org/chapters/calgary

Sunday - June 19th

Safeway Father’s Day Walk Run

Eau Clair Market

Registration 8:00am - Event Starts 10:00am

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.

Visit the event website, fathersdayrun.ca, and search for the team **PCCN Calgary** to register or donate.

Saturday - June 25th

Alberta Mustangs Auto Club Show & Shine

Stanley Park

Registration 9:00am-11:00am - Show 10:00am-4:00pm

Come down to Stanley Park to see endless rows of the finest muscle cars ever manufactured. The proceeds from this event will be donated to PCCN Calgary. Visit the clubs website for additional information:

www.abmustang.com

Sunday - July 3rd

PCCN Calgary Show & Shine

Grey Eagle Casino - East Parking Lot

Registration 9:00am-12:00pm - Show 12:00pm-4:00pm

Join us for the 3rd annual PCCN Calgary Show & Shine. Come see hundreds of unique automobiles on display. There are prizes, trophies, and 8 judged vehicle classes.

GETCHECKED.CA



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

provide on-site free 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

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

Or telephone toll free:

1-877-318-4213

Please visit our website for additional study information!

www.ecalm.ca

