

## TIED Together

### Prostate Cancer Photo Exhibit In Calgary

This month brings to Calgary an amazing photo exhibit. The photo collection features Canadian men who have been diagnosed with prostate cancer. Some of the faces in the exhibit you will easily recognize.

The photo exhibit is titled TIED Together and is a joint partnership between PhotoSensitive (photosensitive.com) and Prostate Cancer Canada. Below are a few local heroes featured in the exhibit.



The exhibit will be at the CORE shopping centre downtown. This is the TD Square, Holt Renfrew, Scotia Centre complex, 751 3 Street SW. The exhibit will be on display from April 14th through the 28th. You don't want to miss this. 

### In This Issue

- TIED Together in Calgary
- Details on our April 10th meeting titled
- Online group for prostate cancer survivors
- In The News, read the current prostate cancer headlines.
- Call for volunteers
- Notice of our Annual General Meeting
- Full schedule of upcoming events and meetings.

### Monthly Meeting

Our next monthly meeting will be held at 7:30 PM  
Tuesday April 10th, 2012

We meet at  
**Venu1008**

**1008 14 Street SE**  
**in Inglewood**

### Nutrition and Eating Right

**For prostate cancer patients, survivors, and family.**

Eating properly is essential to our health, however it is often the first to be neglected. Join us on April 10th to hear a local nutritionist share healthy eating tips and ideas for a healthier life.



## Jason's Notes

Ahh, Spring is finally here. There is still the occasional snow mid-day, but it wouldn't be spring in Calgary without a bit of that.

There are a few events and happenings that I would like to bring your attention to this month.

First let me tell you about someone who many of you know. One of our founding members, Bob Shiell, has been named for The Local Hero Award by Prostate Cancer Canada, our National partner.

The Local Hero Award; is given annually to an individual in each Wake Up Call Breakfast event location; recognizing exemplary leadership for our cause by a volunteer, a donor, or a researcher.

A congratulations to Bob is in order, and if you are going to be at the Wake Up Call Breakfast I encourage you to congratulate him personally.

There are two events that seem to be far in the future, however I know they will be here before I know it so I should mention them now.

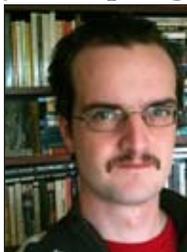
The first is our Annual Show & Shine. This year we are holding the event on Canada Day. I mention this event as we are starting our search for volunteers to come out and have fun with us. This event helps us raise awareness of prostate cancer out in the community.

Another event for which we need volunteers is our Casino nights. We receive a significant amount of funding through this activity and as such are very grateful to those who volunteer. This year our Casino nights are September 27th & 28th.

That's all for now. Enjoy the Spring weather.



Jason Bedard  
Executive Director



Prostate Cancer Canada Network Calgary

### Did you know there is an online group for prostate cancer survivors?



This group allows men from all across Canada to connect, learn, and share.

There are sub-groups for discussions on subjects such as Incontinence, Hormone Therapy, and more.

Chat with other live, or leave questions for others to answer.

See what you are missing at  
[prostatecancercanada.ning.com](http://prostatecancercanada.ning.com)

The Digital Examiner  
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[www.pccncalgary.org](http://www.pccncalgary.org)

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# In The News

## Finasteride (Proscar, Propecia) and dutasteride (Avodart, Jalyn): may increase the risk of high-grade prostate cancer

March 19th, 2012

Health Canada - [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

OTTAWA - Health Canada is informing health professionals and the public that the prescription drugs finasteride and dutasteride may be associated with an increased risk of developing a serious form of prostate cancer known as high-grade prostate cancer. High-grade prostate cancer is an aggressive type of prostate cancer that grows and spreads more quickly than low-grade prostate cancer. This type of cancer is rare, and the increased risk seen with finasteride and dutasteride drugs is still considered very small.

New warnings on this risk have been added to the Canadian drug labels for finasteride and dutasteride products. Finasteride is available under the brand names Proscar (5 mg finasteride) and Propecia (1 mg finasteride) and their generic equivalents (all of which contain “finasteride” in their name). Dutasteride is available under the brand names Avodart and Jalyn (a combination drug product containing dutasteride and tamsulosin).

Finasteride and dutasteride are for use in men only. Proscar, Avodart, and Jalyn are used for the treatment of benign prostatic hyperplasia (BPH), which is an enlargement of the prostate that is not cancerous. BPH is a common condition in men over 40. Propecia is used to treat male pattern hair loss.

The new safety information is based on Health Canada’s review of two large international clinical trials: the Prostate Cancer Prevention Trial (PCPT) and the Reduction by Dutasteride of Prostate Cancer Events (REDUCE) trial. The

trials showed that the long-term daily use (over 4 years) of finasteride (5 mg) and dutasteride in men aged 50 years and older was associated with a small but statistically significant increased risk of high-grade prostate cancer. The 1 mg finasteride strength (Propecia) was not included in these trials but a potential risk has not been ruled out.

The purpose of the clinical trials was to provide evidence in support of a new use for finasteride and dutasteride: to prevent prostate cancer. Both trials showed that the possible benefits of these drugs in preventing low-grade prostate cancer are small relative to the risk of developing high-grade prostate cancer. Finasteride and dutasteride are not approved for the prevention of prostate cancer in Canada.

The Canadian labels for the brand name drugs have been updated to inform about the increased risk of high-grade prostate cancer associated with these drugs and to emphasize that these drugs are not approved for the prevention of prostate cancer. Updates to the generics will follow.

As noted in the drug labels, before prescribing Proscar, Avodart, and Jalyn, healthcare practitioners should evaluate patients thoroughly to rule out other urological diseases, including prostate cancer as the symptoms of BPH and prostate cancer are similar.

Patients with questions or concerns about their treatment with finasteride or dutasteride should talk to their health professional. Patients should not stop taking their medication unless they have been advised to do so by their health professional. Patients taking these drugs should see their doctor for periodic follow-up evaluations.

Drug labels, or “Product Monographs,” contain important prescribing and safety information for health professionals and patients, and are available in Health Canada’s Drug Product Database.

## ICGC launches new project and releases more genomic data on cancer

March 16th, 2012

Toronto – March 15, 2012. The International Cancer Genome Consortium (ICGC) today announced a new project from South Korea to identify the genomic drivers in breast cancer, which will improve understanding and clinical management of this disease. ICGC today also announced its eighth major data release. The Consortium is ahead of schedule in its decade-long goal to generate high-quality genomic data on more than 25,000 tumors for up to 50 types of cancer that are of clinical and societal importance across the globe.

The Republic of Korea's National Center for Cancer Genomics today is launching a collaborative project in Seoul to analyze breast cancer in Asian women. Dr. Gu Kong, Professor of Pathology, Hanyang University will lead the project in collaboration with prominent scientists from Seoul National University, Asian Medical Center, and Gachon University of Medicine and Science in South Korea. Given that there are significant genomic and lifestyle differences between Caucasian and Asian populations, the genomic data from breast cancer patients in Asia will be compared to the current ICGC breast cancer projects led by the United Kingdom, France and the United States.

"It is our great pleasure to join the ICGC. We believe that genomic data from Asian cancer patients will contribute to the current ICGC breast cancer project both scientifically and clinically," said Dr. Hyung-Lae Kim, Director General of The National Project for Personalized Genomic Medicine, Ministry of Health and Welfare, Korea.

"It's exciting to see how these large-scale cancer

genome datasets and the technology being advanced by the ICGC are setting the stage for rapidly bringing more precise diagnostic tests to the clinical management of patients," said Dr. Tom Hudson, President and Scientific Director of the Ontario Institute for Cancer Research and one of the founders of the ICGC.

As of March 2012, the ICGC has received commitments from funding organizations in Asia, Australia, Europe and North America for 47 project teams in 15 jurisdictions to study more than 18,000 tumor genomes.

The ICGC's eighth major data release includes first data releases from France's Liver Cancer project, Germany's Pediatric Brain Cancer project, the United Kingdom's Myelodysplastic Syndrome project as well as updates from the Australian Pancreatic Cancer Project, Canadian Pancreatic Cancer project, Japanese Liver Cancer project, and the United Kingdom Breast Cancer (Triple Negative) project.

This data adds to previous data releases from the Chinese Gastric Cancer project, the Spanish Chronic Lymphocytic Leukemia project and submissions from The Cancer Genome Atlas in the United States, which has contributed information on about 10 types of cancer affecting the blood, brain, colon, kidney, lung, ovaries, rectum, and uterus.

The ICGC, comprised of research organizations around the world, is committed to making data rapidly and freely available. Cancer genome data are available on more than 3,493 tumors through an Internet portal at [www.icgc.org](http://www.icgc.org).

The above news excerpts are for informational purposes only.

Please always speak to your Doctor about all your concerns and questions related to your health.

## CALL FOR VOLUNTEERS

We are looking for volunteers to join us at two upcoming events. Those who have volunteered with us before know that we treat our volunteers very well and ensure everyone enjoys their time.

### 2012 Annual Show & Shine

**Sunday, July 1, 2012**

**10AM to 3PM**

### Gray Eagle Casino Parking Lot

Needed: Registration table, Ticket sellers, Vendor booking. Contact Ron Gorham: rongor@shaw.ca

### Casino Fundraiser Nights

**Thursday, September 27th**

**Friday, September 28th**

**Various shifts available**

Needed: Chip runners, Count room, Cashiers room. No previous experience necessary. This really is a fun evening spent with fellow members that also raises significant funding for our ongoing activities and programs. Contact Jason Bedard: 403-455-1916 or jason.bedard@pccncalgary.org

## Friends of The Digital Examiner

This monthly publication is made possible by the kind generosity of donations from caring businesses and people like you.

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 Prostate Cancer Canada Network Calgary you can support the Digital Examiner through donation. Just **write The Digital Examiner in the memo line** of your donation made **payable to Prostate Cancer Canada Network Calgary**. Your donation will be dedicated directly to this publication.

## NOTICE OF ANNUAL GENERAL MEETING

In accordance with Bylaw 10.1 of the Prostate Cancer Canada Network Calgary Society Official Notice of the Annual General Meeting is hereby given.

The meeting will be held:

**Tuesday, May 8, 2012**

**7:30 PM to 8:00 PM**

**1008 – 14 Street SE**

At the meeting members will be asked to:

- Receive the financial statements of the Society for the year ended December 31, 2011 and the auditor's report on the statements.
- Appoint the auditor
- Elect directors
- Transact any other business properly brought before the meeting.

By order of the Board of Directors

March 7, 2012

Rob Pentney

Secretary

Prostate Cancer Canada Network Calgary

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If you are interested in joining the Board of Directors, please forward your name to Jason prior to the AGM so that we can add your name to the candidates list. 403-455-1916  
Jason.Bedard@PCCNCalgary.org

## Upcoming Events

### 2nd Tuesday - April 10th

#### 5:00pm - Pre-meeting Dinner Get-together

**Salt & Pepper Restaurant - 1413 9th Avenue SE**

Join fellow members for a pre-meeting social time, good food and drink at the Salt & Pepper Restaurante Mexicano. The restaurant is only a very short walk from Venu1008 where we hold our monthly meeting.

#### 6:00pm - PCCN Calgary Warriors

**Venue1008 - 1008 - 14Street 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.

#### 6:30pm - Active Surveillance Group

**Venue1008 - 1008 - 14Street SE**

Men under active surveillance often have a whole set of questions and fears often not well addressed. This group will give men the opportunity to learn from others who chose the same course for managing their prostate cancer. If you are under active surveillance, or if you are deciding on treatment and active surveillance is an option, this group is for you.

#### 7:30pm - Our April Monthly Meeting

**Venu1008 - 1008 - 14 Street SE**

### Nutrition and Eating Right

**For prostate cancer patients, survivors, and family.**

Eating properly is essential to our health, however it is often the first to be neglected. Join us on April 10th to hear a local nutritionist share healthy eating tips and ideas for a healthier life.

## Neighbourhood Social Groups

To better help you connect with others affected by prostate cancer we host a number of social groups throughout the city.

These meetings give our members the opportunity to meet and socialize outside of our regular monthly meetings. This is a great way to better know fellow members and meet others.

Come out to the group that works best for you. Everyone is welcome.

#### Thursday April 26rd - 11:30am

#### Thornccliffe/Greenview Social Group

**Everyone Welcome**

Denny's Restaurant

5015 4 Street NE

(McKnight Blvd and Edmonton Trail)

For more information contact Jason  
403-455-1916

[jason.bedard@pccncalgary.org](mailto:jason.bedard@pccncalgary.org)

Don't see a group that works for you? Then consider starting a group in your area. We will support you in creating a new group and help recruit members for you. If you are interested call Jason at 403-455-1916 anytime to discuss.

#### GETCHECKED.CA

The ManVan™ is a valuable resource offered by the Prostate Cancer Centre 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 the current schedule please visit [GETCHECKED.CA](http://GETCHECKED.CA)