

THE DIGITAL EXAMINER

Number 161, February 2013 Editor, bobs@pccncalgary.org



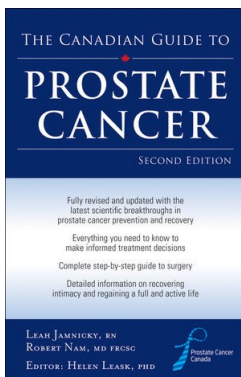
IT'S OUR TIME.

Local information and personal support for those diagnosed with prostate cancer.

Contact
pccncalgary.org



Our gift to the newly diagnosed.



PCCN Calgary is pleased to provide a complimentary copy of "The Canadian Guide to Prostate Cancer—2nd Edition" (a \$24.95 value) to all those newly diagnosed with prostate cancer who attend our monthly meetings.

- Fully revised and updated with the latest scientific breakthroughs in prostate cancer treatment and recovery.
- Everything you need to know to make informed treatment decision.
- Detailed information on recovering intimacy and regaining a full and active life.

It is our hope that the newly diagnosed become advocates for their own health, and thus informed, make educated decisions about treatment options in consultation with their medical team.

Funding for the purchase and distribution of this book is made possible by donations from individuals, the Government of Alberta's Community Spirit Program and PCCN Calgary's own fund raising events.

Additional copies of The Canadian Guide are available, at any meeting, for loan to members through our free research library.

Meeting Updates

Our January 2013 meeting featured, in addition to our general meeting, separate meetings for Warriors and the Newly Diag-

nosed. As well, for the first time, a separate meeting room for ladies only was set aside.

Based on attendance at this first meeting it has been decided to make Room 308 at Kerby available for ladies only on all our meeting dates. Here's the run down of February 12th meetings.

6:30 pm Warriors, meet in the boardroom

6:30 PM Newly Diagnosed/Active Surveillance meet in Room 311

6:30 PM Ladies Only meet in Room 308.

7:30 PM General meeting in the Lecture Room,

All meetings are at Kerby Centre, our new home, at 1133 -7th Ave. SW.

Free Parking and LRT at the door!

As well, if you're interested in joining fellow members for a pre-meeting casual no-host dinner, come to Moxies at the corner of 8th St. and 7th Ave. (in the Sandman Hotel) around 5pm. Park at Kerby and walk to Moxies, it's only a few blocks. Good food and conversation.

February meeting details

Our next meeting takes on a different theme and deals with a subject important to all of us.

Estate Administration and Tax Planning.

This is a presentation that explains the proper content of a will, probate fees in Alberta and other jurisdictions, the legal duties of an executor and a taxation case study (tax implications on death).

We are fortunate that two representatives from BMO Harris Private Banking will be on hand to present a non-technical overview. (continued on page 2)

Our next general meeting is at 7:30 PM Tuesday Feb. 12, 2013 at Kerby Centre

"Estate Administration and Tax Planning"

Details of the presentation on pages 1 and 2.

Support for printing and distributing the Digital Examiner is made possible by contributions from



and individual members like you. Thank you all!

PCCNC meets at Kerby Centre on the second Tuesday of every month.

Our presenters are:



Trent Hamans is a Regional Director, Trust Services with BMO Harris Private Banking, responsible for the Prairie Region. Trent has been in the Estate and Trust industry since November 1993 and brings a unique perspective to estate planning as he has administered over 200 estate and trust accounts of varying degrees of complexity over his career. He has acquired the expertise to help families effectively plan for the tax

efficient transfer of wealth to the next generation.

Nikki Holden brings 20 years of financial industry experience to her role as a senior private banker at BMO Harris Private Banking. She focuses on providing exceptional service individuals and families, through delivery of personalized banking and value-added services via BMO Harris Private Banking and its BMO Financial Group partners.



Nikki holds a Personal Financial Planner designation. She is committed to giving back to the community, as a Board member with the Royal LePage Shelter Foundation charity, and an active volunteer at the Calgary Drop-In Centre and the Calgary Stampede Children's Day.

Don't miss this opportunity to hear from two of Calgary's leading estate and tax planners!

As always there will be time to interact and learn from others on their journey with prostate cancer.

Proton therapy pro and con

In a finding likely to add fuel to the debate over treatments for prostate cancer, proton-beam therapy provided no long-term benefit over traditional radiation despite far higher costs, according to a study of 30,000 Medicare beneficiaries published Thursday in the Journal of the National Cancer Institute.

Proton-beam therapy for prostate cancer provides no long-term benefit over traditional radiation despite far proton accelerators are in operation in the U.S., and nine more are in development, including two by the

Mayo Clinic and one by Memorial Sloan-Kettering Cancer Center and a consortium of other hospitals in New York City.

Critics long have cited proton-beam therapy as a costly new technology with no proven advantage. Medicare pays over \$32,000 per patient for proton therapy, compared with under \$19,000 for radiation, according to the study.

Proton-beam therapy has been the subject of heated debate among urologists, radiation oncologists and health-care cost analysts. The therapy isn't considered more effective than standard radiation, or surgery, at stopping the cancer. And the patient experience is about the same as with standard radiation: Patients typically have daily treatments, Monday through Friday, for approximately eight weeks. Each treatment is painless, and lasts about five minutes.

The main debate has been over side effects.

For the new study, researchers at Yale School of Medicine examined Medicare records of men aged 66 and over who had either proton therapy or intensity-modulated radiotherapy (IMRT)—the standard radiation for prostate cancer in recent years—in 2008 and 2009. The researchers found the incidence of problems with urinary function was slightly lower for proton radiotherapy at six months after treatment, but the difference disappeared by 12 months. There was no difference in the rate of other common side effects of radiation treatment for prostate cancer, including erectile dysfunction, hip fractures, gastrointestinal issues or musculoskeletal problems.

"It's not that proton radiation causes a lot of side effects," said James Yu, a radiation oncologist at Yale and the paper's lead author. "The takeaway point is that IMRT already had a low side-effect profile."

Another recent study, which asked men to rate their quality of life after various radiation treatments for prostate cancer, also found that proton beam conferred only a short-term benefit. After two to three months, the 94 men who underwent proton therapy had fewer gastrointestinal issues than the 153 who had IMRT or 123 who had an older form of radiation. But all three groups had very few GI issues after two years, according to the study presented last month at a meeting of the American Society for Radiation Oncology.

The findings put "the ball back in the court of the proton advocates to demonstrate that the benefit is there," said Dr. Yu.

Proponents of proton therapy say the beams can be programmed more precisely to the site of tumors and stop there, minimizing damage to surrounding tissue, whereas conventional X-rays deliver radiation to a wider swath of tissue.

Our meetings feature medical speakers and peer to peer interaction. Join us!

"If the costs were the same, there would be no debate. Less radiation to healthy tissue is always better for the patient," said Leonard Arzt, executive director of the National Association for Proton Therapy, a nonprofit advocacy group.

He cited a study presented last month, led by M.D. Anderson Cancer Center, in which 1,090 men who had proton therapy reported virtually the same urinary and bowel function as 112 healthy men. The proton patients did report lower sexual function, but the authors said the two groups weren't comparable on that score given their ages and other factors.

Our man on the PCCN Council



The new PCCNAC is made up of 13 members from across Canada, representing a set of previously identified key regions. The Advisory Council serves to advise PCC staff & Board on matters affecting the PCCN support groups.

Steve Belway, a director of PCCN Calgary, represents Alberta and BC.

Steve has a long history in the pharmaceutical industry with a

strong focus in oncology, including prostate cancer. His roles have ranged from sales and marketing to medical science liaison involved in clinical trials.

Many years ago he received a BSc from the University of Calgary and went on to do research in cardiac physiology. He has post graduate training in basic research as well as evidence based medicine.

Recently he has pursued a certificate in non-profit management at Mount Royal University.

As well Steve serves on the PCCN Research Committee with a blue-ribbon group of urologists and oncologists.

Congratulations Steve!

Bald at 40?

Men who go bald by the time they reach 40 may be at increased of getting prostate cancer at an early age, according to new research.

Scientists who studied hair loss patterns in nearly 10,000 men found those who experienced receding hair lines early in life were more likely to suffer a tumour later on.

The findings, by a team of researchers in Australia, support earlier studies suggesting baldness could be linked with prostate cancer.

The reasons why are not clear but previous studies indicate it may be due to higher levels of testosterone, the hormone which can trigger the development of cancerous cells but also inhibit hair growth.

In baldness, it's thought high testosterone levels have an adverse affect on the hair follicles, acting on a hormone receptor to slow down hair production.



VOLUNTEER

The Prostate Cancer Centre supports excellence in prostate cancer awareness, education, treatment, advocacy and research with the ultimate goal of eliminating advanced prostate cancer.

Prostate Cancer Centre
6500, 7007 - 14 Street SW
SAIU Building
Calgary AB T2V 1P9
(403) 943-8888

www.prostatecancercentre.ca



DRIVERS WANTED: THE MAN VAN™

The MAN VAN is a mobile PSA blood testing facility that supports the Prostate Cancer Centre's "GET CHECKED" program. Professional nursing staff, accompanied by a volunteer team, travel to convenient Calgary locations to offer free PSA testing to men over 40. No appointment is necessary.

The MAN VAN volunteers act as drivers and hosts for PSA (blood-testing) clinics held around Calgary and outlying areas.

We are seeking outgoing, energetic individuals with a clear driving record. Each volunteer shift runs a minimum of six hours and includes setup/take down in preparation of clinics. Those interested should be comfortable driving a 25-foot van. Training will be provided.

Due to the unique nature of this position, we request a minimum 8-month commitment.

For more information please contact Lori Colwell, Volunteer Coordinator at 403-943-8952 or lori.c@prostatecancercentre.ca

Officers of the Society:

President

Willem Smink
403 949 7790

email: willems@pccncalgary.org

Secretary

Rob Pentney

email: robp@pccncalgary.org

Treasurer

Bill Moir

email: billm@pccncalgary.org

Executive Director

Bob Shiell
403.455.1916

email: bobs@pccncalgary.org

Chaplain

Bobbie Osadchey
403.719.5755

bobbie0@shaw.ca

www.pccncalgary.org

PCCN Calgary
PO Box 72126
RPO Glenmore Landing
Calgary, Alberta
T2V 5H9



PCCN Calgary was selected as a charity of choice by the CREB (Calgary Real Estate Board) Charitable Foundation. To celebrate the Charitable Foundation's 25th anniversary, 25 awards of \$25,000.00 each were offered to Calgary non-profits. PCCN Calgary was nominated for the Community Enhancement Category, and following 8 weeks of very active on-line voting, the top 5 charities in each of the three groups

were to receive \$25,000. PCCN Calgary is very proud to finish 2nd in the community enhancement category out of 28 in the group. Pictured in the photo are:

Left to Right, Tom Scott, CREB® Charitable Foundation President; Bob Shiell, Executive Director PCCN Calgary, Gary Burnet, Nominating Realtor and member of PCCN Calgary.

Yes, there's still snow on the ground but it's not too early to think about spring and PCCN Calgary's 5th Annual Show and Shine Car Show.

This popular event, held annually at Grey Eagles Casino attracts hundreds of car and motorcycle guys and their toys.

The 2013 5th Annual Event will be held at Grey Eagles on Sunday June 30th.

There is a modest charge to register and show your ride but public admission is free. As always it will be fun for the whole family with food, entertainment, door prizes and draws and of course lots of Calgary's finest custom and collectable cars and motorcycles. More details coming soon.



Movember Funds at Work: \$1.8 Million in New Awards

Prostate Cancer Canada (PCC) is proud to announce the recipients of the Rising Star in Prostate Cancer Research program. In its inaugural year, the Movember-funded Rising Star program provides funding to four outstanding scientists to support careers as independent investigators researching prostate cancer. The program allows for research scientists in the first five years of their first academic or research appointment to work under the guidance of an experienced mentor, providing intensive career development in prostate cancer research. Each recipient receives a grant of \$150,000 a year for salary support and research expenses, for a period of three years.

1. Dr. Xuesen Dong (Vancouver Prostate Centre)
2. Dr. Anthony Joshua (Princess Margaret Cancer Centre)
3. Dr. Hon Leong (London Health Sciences Centre)
4. Dr. Éric Lévesque (Université Laval)

This represents a significant milestone for PCC as these awards are the first from the recently created Research Strategic Plan. The awards allows outstanding young investigators to step to the forefront of the prostate cancer research field, leading teams and directing a path of discoveries. This illustrates one of the many ways in which PCC allocates the precious funds raised to support outstanding research to improve the prevention, detection and treatment of prostate cancer and improve the quality of life of those affected with prostate cancer.