

The Digital Examiner



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Donate to **PROSTAID Calgary** on-line at
www.pccncalgary.org



Since February, we have had presentations at our General Meetings by professionals of leading health care agencies in Calgary which offer programs in various

aspects of prostate cancer survivorship. We've also presented overviews of scientific articles about prostate cancer survivorship in **The Digital Examiner**.

At our next General Meeting on Tuesday, August 12th, we conclude this series on survivorship with a presentation by Luanne Whitmarsh, CEO of the Kerby Centre about "**Enhancing our Lives**". Luanne will speak about the >150 educational programs, fitness and wellness clinics, computer and woodworking shops, travel services, and many other activities Kerby Centre offers to the 55+.

PROSTAID Calgary has found a very receptive home at Kerby Centre for our prostate cancer support group. Kerby's staff are very pleasant to work with and accommodating to our needs. Our meetings are centrally located, close to major transportation links to all parts of Calgary and surrounding communities, and **Parking is FREE**.

Kerby Centre
for the 55plus

PROSTAID Calgary members are encouraged to come out to our Tuesday, August 12th meeting at the Kerby Centre to hear about the Centre's fall programs. Luanne will also speak briefly to the Kerby Centre's plans to relocate to a new campus for Calgary's 55+. This will be a general interest meeting so don't hesitate to bring your 55+ friends and neighbours.

Our journeys continue

Stewart Campbell, Executive Director
PROSTAID Calgary
Prostate Cancer Canada Network Calgary

August 2014

Number 179

Tuesday, August 12th, 2014 Meeting Schedule

6:30 PM: Newly Diagnosed & Active Surveillance Group
Room 311 at Kerby Centre,
Ron Singer, Facilitator

6:30 PM: Warriors Group
Board Room at Kerby Centre,
Jim Swaile, Facilitator

7:30 PM: General Meeting. Kerby
Centre Lecture Theatre

Enhancing Our Lives
Luanne Whitmarsh, CEO
Kerby Centre, Calgary

Our General Meetings are open to the public and free. Cookies, fruit and refreshments will be served.

Come join us Tuesday, Aug 12th at the Kerby Centre at 1133 - 7th Avenue SW, Calgary, AB T2P 1B2. Parking is FREE at the Kerby Centre in lots on both sides of 7th Ave SW. The WEST LRT stops at the Kerby Station, right at the front door of the Kerby Centre.

Ladies, family members and caregivers are always welcome at our meetings.

Luanne Whitmarsh, CEO Kerby Centre



Luanne Whitmarsh is the CEO of Kerby Centre and has been for the past 6 years. She is a Registered Social Worker and Certified Professional Consultant on Aging.

Luanne's goal is to have Kerby Centre meet the needs and wishes of all older adults and their families. The focus of the Kerby Centre is **Support, Doing WITH not FOR**. The vastness of Kerby's programs and services are accessed by 20,000 people annually!

Our Out-Reach to the Community

As a local, self funded prostate cancer support group, members may not appreciate the extent of our out-reach to men and their families about prostate cancer. Here's some facts:

- Our membership is strong and growing; >850 men newly diagnosed, survivors, or men living with PCa; with ~ 20% coming from communities around Calgary.
- Our members volunteer about 10,000 hours / year.
- Our website gets ~25 hits/day.
- Our videos on You Tube are viewed >900 times/month.
- Each month, we print and mail ~ 950 and email ~450 copies of **The Digital Examiner** to our members / friends.
- We advertise once a month in the Calgary Herald. The Herald's Saturday's circulation is ~ 120,000.
- 40—65 men and family members attend our monthly General Meetings.
- Our Warriors group has 25—30 members with 8—15 men and women attending each monthly meeting.
- We have a smaller group for Newly Diagnosed and those on Active Surveillance, which also meets monthly.
- 6—8 men and women will attend the 2014 Prostate Cancer Research Institute conference in LA in Sept.
- Darkside Racing promoted us in their booths at:
 - ◆ 2014 World of Wheels show; >35,000 visitors.
 - ◆ Motorcycle Ride for Dad closing event; ~600 bikes.
 - ◆ Drag meets throughout the summer in Alberta.
- We sponsored PCCN Calgary Warrior teams in the Movember fund raiser last November and Prostate Cancer Canada's Do it for Dad fund raiser this spring.
- Our **6th Annual 2014 Show 'n Shine** had a record number of exhibitors, in spite of the poor weather.
- We rebranded our Show 'n Shine to a **Fun in the 50s Festival** and added a **Men's Health Challenge** which had excellent traffic through the booths. Exhibitors have asked to come back next year.
- The **Prostate Cancer Centre's** ManVan™ had a very successful clinic at our **2014 Show 'n Shine**: 60 men ages 40 years and older were tested for baseline PSA; 32 were first timers; 4—5 men will be advised by the **Prostate Cancer Centre** to visit their family doctor to talk about their elevated PSA!!!
- **PROSTAID Calgary** and **Prostate Cancer Centre** have teamed up to bring a ManVan™ clinic to Cochrane and the 48th Annual Cochrane Lions Rodeo on August 31. We also will have the ManVan™ and two classic / vintage cars in the Cochrane Labour Day Parade Sept 1st. The Rodeo and Parade attracts 12,000—15,000 people.

The Community's Reach-In to PROSTAID Calgary

Recently, we've had several groups and individuals contact us with special requests. Below you will find requests for you to participate in research studies concerning prostate cancer. We encourage you to participate.

How Couples Cope with Prostate Cancer

My name is Amy Brown-Bowers and I'm writing from Ryerson University in Toronto about a research study being conducted through the Department of Psychology on couples coping with prostate cancer. The purpose of our research is to better understand the experiences of men with prostate cancer and their female partners as they navigate the period of time following treatments.

In particular, we are interested in understanding:

- The ways in which the experience of having been treated for prostate cancer impacts men's and women's sense of self-identity, sexuality, and their relationship with each other;
- The ways that men and women navigate this experience as individuals, and as a couple; and
- Men's and women's experiences with sexual rehabilitation following prostate cancer treatments and what this has been like for them (the good, the bad, the in-between).

Participation in the study involves a single interview, which can take place by Skype or over the phone. Here are examples of questions that you would be asked:

- How has your relationship been impacted by your cancer diagnosis and treatments?
- What impact have the prostate cancer treatments had on the sexual intimacy in your relationship?
- Has being treated for prostate cancer had any impact on your sense of masculinity / being a man?
- What have your experiences with sexual / penile rehabilitation been like for you?

Men and women can participate as individuals or you can participate together as a couple. This is your choice. For more information, please call Amy at 416-979-5000 extension 2191 or email Amy at abrownbowers@psych.ryerson.ca

Amy Brown-Bowers, M.A.

Department of Psychology, Ryerson University

350 Victoria Street, Toronto, Ontario, Canada M5B 2K3

Prostate Cancer & Sexual Wellbeing Study: Comparative Study of Heterosexual and Non-Heterosexual Men

This study aims to examine the psychological burden of changes to sexual wellbeing and intimate relationships in heterosexual, gay and bisexual men with prostate cancer.

The findings will have the potential to improve health provision by providing culturally appropriate care. It will also assist with the design, delivery, and uptake of prevention and intervention programs which will facilitate ongoing support and thus prevent difficulties and distress with sexual wellbeing to those who have been affected by prostate cancer.

There are two stages to the research: an online survey, and individual interviews. The researchers are looking for heterosexual, gay and bisexual men who have, or have had, prostate cancer. This research has received formal ethics approval from University of Western Sydney, ACON and Victoria AIDS Council (VAC) in Australia.

If you would like to read more about this study, you are invited to visit www.uws.edu.au/PCaSexuality. If you have any questions, contact Andrew Kellett, Research Assistant at:

Email: A.kellett@uws.edu.au Phone: 02 4620 3960

Centre for Health Research, Bldg 3
School of Medicine, Campbelltown Campus
University of Western Sydney
Penrith NSW 2751 AUSTRALIA

Prostate Cancer Support Group Question

The prostate cancer patient led non-profit organizations, Malecare Cancer Support and Global Prostate Cancer Alliance, have launched a survey of men diagnosed with prostate cancer in Canada. The results will be used to let doctors and caregivers know the reality of our lives after treatment, as well as to understand survivorship differences between those of us with caregivers, family and friends and those of us who are dealing with prostate cancer alone. The results will be made available for free to all.

We humbly ask you, as a fellow man diagnosed with prostate cancer, to help us by completing this survey. It is totally anonymous ... no emails or other contact information is collected. The survey will be active throughout the summer.

The survey is at: <https://www.surveymonkey.com/s/livingwithprostatecancer>. If you have any questions or concerns, you are encouraged to email Darryl Mitteldorf at dmitteldorf@prostatecanceralliance.eu.

Support for Chinese Speakers about PCA

PROSTAID Calgary was contacted last month by a Cantonese speaker recently diagnosed with prostate cancer. Fortunately, two of our Directors, Josephine and Louis Chow, speak Cantonese and were able to provide assistance and support to this gentleman. This prompted the Chow's, myself and Date Bateman from the Prostate Cancer Centre to do some research into the community resources available for Cantonese, Mandarin and Taiwanese speakers.

This gentleman's situation reminded us just how difficult it must be for men and their families in Calgary and area who do not speak English well, and are diagnosed or living with prostate cancer. The medical language of prostate cancer is new and difficult for all of us, but it must be especially difficult for those whose English is not their first language.

The Experience and Needs of Chinese Cancer Patients: Findings of an Ethnographic Study on BCCA's Chinese Cancer Support Group. Click on the link below.

Joyce Lee, Kirsten Bell and Sandy Quong. BC Cancer Agency.
http://www.bccancer.bc.ca/NR/rdonlyres/1DDA0D9C-832C-404A-95B5-7A26719FCBD6/31697/KirstenBell_BCCASupportGroupConferenceposter_01_12.pdf

Calgary Chinese Community Service Association.

The CCCSA has Chinese medical interpreters available to its members at no cost.

<http://cccsa.ca/service/integration-civic-engagement/interpretation-services>

Canadian Cancer Society has a Chinese website <http://www.cancer-asian.com/> or call their Chinese Hotline at 604-708-8818 or contact Crystal Hoi, Chinese Programs Coordinator, Canadian Cancer Society, BC and Yukon Division, 565 West 10th Avenue, Vancouver, BC, V5Z 4J4.

Chinese Prostate Cancer Networking Group of Richmond, BC. Mandarin, Cantonese and English are spoken. Contact Daniel Leung at 604-836-6423; or by email at Dleung2000@gmail.com.
www.richmondprostate.blogspot.ca

US Resources

Chinese Community Cancer Information Center

<http://www.cchrhealth.org/programs/cancer%20info%20and%20service/chinese-community-cancer-information-center-cccic>

Herald Cancer Care Network

<http://cancer.heraldcares.org/home/modules/wfdownloads/>

Use of MRI-Imaging in Prostate Cancer

In the July issue of the **Prostate Forum**, Dr. Myers from Charlottesville, VA discusses new developments in MRI-imaging which he sees as having very dramatic impacts on patient care. The issue features interviews by Dr. Myers with:

- Dr. Samir Taneja, a professor of urology at the Langone Medical Center at New York University in New York City about how MRI may alter prostate cancer biopsy.
- Dr. Reiter, a urologic oncologist at University of California, Los Angeles, about using MRI for pre-operative planning for radical prostatectomy.

Dr. Myers regards MRI as an essential tool in evaluating men for active surveillance, surgery or radiation therapy.

Click [here](#) for these interviews or visit prostateforum.com.

Meet Our Directors



David Lunn was a biology teacher, science department head, and assistant principal with the Calgary Board of Education for over thirty years. He has coauthored several biology resources and served on numerous committees. After retiring from teaching he worked for a not-for-profit educational organization developing and implementing programs in energy and the environment for Canadian schools. Dave volunteers for **PROSTAID Calgary** and also for the **Prostate Cancer Centre** where he drives and hosts for the ManVan™. When weather permits, you'll find Dave on a golf course every Monday and Wednesday morning, in and around Calgary.



Bernie Morrison is an Account Executive in the office furnishings industry. He has over 30 years of experience in Sales, Sales Management and Operations Management. He has a B.A. degree from the University of Manitoba, and has supplemented his education by taking many Executive Business courses in Coaching, Leadership, and Management based training offered through the University of Toronto.

Bernie is a former Calgary Stampeder, having had an 11 year playing career. He is a two time President's Award winner based upon his dedication and contributions to the Community, and is a 2010 inductee to the Calgary Stampeder Wall of Fame. Bernie is active in the Calgary Stampeder Alumni Association and currently is the Chairman of the Calgary Stampeder Alumni Foundation, which disburses funds to youth-based sports activities. He also has been involved with prostate cancer awareness through Calgary Stampeder game day promotions.

Wanted: ManVan™ Volunteers



Prostate Cancer Centre is currently recruiting new volunteers for the ManVan™. Volunteers act as drivers and hosts for mobile PSA clinics held in and around Calgary. Most volunteers have experienced prostate cancer first hand and are committed to sharing their time and experience with others. If interested, please contact Lori Colwell, Volunteer Coordinator at 403-943-8952 or email Lori at lori.c@prostatecancercentre.ca.



48th Annual Cochrane Lions Rodeo

As a prostate cancer support group, we like to participate in community events in Calgary and area where there's lots of prostates to talk to about their man's health and prostate cancer risk. Events where there are "**Wheels, Horses and Drillbits**" draw the men we think should be provoked to think seriously about their prostate cancer risk.

Our own **Show 'n Shine Fun in the 50s Festival** and partnerships with **Darkside Racing**, the **Prostate Cancer Centre** with its ManVan™, as well as our sponsors significantly expand our capacity to bring our message to Calgary and area men.



Our call to action to these men is simple: **GET CHECKED**. As members of **PROSTAID Calgary**, you are our society's best advocates for screening and early detection of prostate cancer. So, please do encourage your male family members and friends to have their annual checkup, talk to their family doctor about prostate cancer risk, and get started on a program to monitor their PSA.

Prostate Cancer Centre recommends starting PSA baseline testing at age 40 and every 5 years until age 50, when the test should be done annually.



On this theme, the **Cochrane Lions Club** has invited us to have a booth at their **48th Annual Cochrane Rodeo** and for the ManVan™ to run a 5-hour clinic at the Lions Rodeo grounds in downtown Cochrane on Sunday, August 31. We have also been invited to put the ManVan™ and two vintage/classic cars in the **Cochrane Labour Day Parade** on Monday, Sept 1.



We need 6 volunteers on each day to staff our booth. You'll be fed and watered!!! Call Stewart 403-932-2372.

