

The Digital Examiner

www.ProstaidCalgary.org



August 2017 Number 215

Meeting Schedule Tuesday August 8, 2017

7:30-9:00PM	General Meeting (GM) Room 205 (Lecture Room) Kerby Centre
6:30-7:30PM	Warriors (Advanced Disease) Room 318 (Board Room) Kerby Centre
6:30-7:30PM	Newly Diagnosed & Active Surveillance Room 311 Kerby Centre
6:30-7:30PM	Wives, Partners & Caregivers Room 313 Kerby Centre. Come for Tea & Conversations

Greetings prostate cancer community, friends, and neighbours.



Are you looking for a meaningful way to get involved in your community? Would you like to be of deeper service to Calgary's prostate cancer community? PROSTAID Calgary is currently recruiting volunteer board members.

Is serving on a board right for You? Below is a Top 10 List that I'm hoping will convince you "now" is the time.

10 Reasons to Join a Non Profit Board

- 10) You will learn patience
- 9) You will learn how to ask for money
- 8) You will have an experience that enriches your resume (and your life)
- 7) You will meet interesting people who will add to your sphere of influence
- 6) You will learn to play nicely in the sandbox
- 5) You will develop new capabilities and help grow a business
- 4) You will learn how to run an effective meeting of people who don't work for you
- 3) You will stretch your intellectual and emotional muscles
- 2) You will fall more in love with our organization
- 1) You will grow as a leader through experience

Directors are responsible for overseeing the mission and purpose of the Society. Duties include participation in strategic planning and making policy decisions, securing adequate resources for the organization to fulfill its mission, monitoring of programs and their execution, attending monthly meetings, following through on commitments, and participating fully in the decision-making process. The board also presents the organization's image to the community and solicits its support in achieving PROSTAID Calgary's goals. Please contact Kelly if you're interested in joining, or if you would like more information. 403-455-1916

PROSTAID Calgary relies on the generosity of the community to keep our programs running and **donating is easy!** Just give Kelly a call 403-455-1916 or email info@ProstaidCalgary.org; or visit http://prostaidcalgary.org/c_donate.php

Warm regards,

Kelly Fedorowich

Executive Director, 403-455-1916

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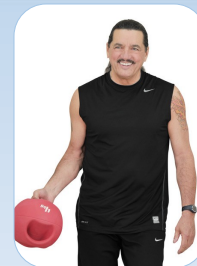
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Ron La Fournie joins us this month to talk about fitness.

One of the first baby boomers, Ron was born in Brandon MB, raised in Lethbridge and graduated from the U of Lethbridge with a degree in Economics. Ron's principal residence has since been in Calgary.

A career as a business turn-a-round consultant working out of Chicago saw Ron travel extensively all over North America for 15 years. Exercising while working as a road warrior was difficult but he always went to local gyms to lift weights and started running. Throughout all of this he watched what other people were doing, or not doing. Most were doing nothing but getting heavier. He began to think showing those people, helping those people live a healthier life would be...Con't on page 2



Kerby Centre is located at 1133 7th Ave SW. Parking is FREE in lots on both sides of 7th Ave. Remember to register your vehicle license plate number at reception to avoid ticketing. The WEST LRT conveniently stops at the front doors of the Kerby Centre. Our General Meetings are open to the public and free. A light snack and refreshments are served. Ladies, family members, and caregivers are always welcome!

a wonderful way to spend his retirement years. In preparation he was certified as a personal trainer, and studies nutrition on a continual basis with Dr. John Berardi at Precision Nutrition in Toronto. On Sept 15, 2016 Ron underwent Open Heart Surgery at the Foothills Hospital in Calgary and was back to his former level of fitness 6 months later. The fact that he was very fit going in allowed him to skate through the operation and recovery much quicker than the average. Through his website, boomersonlinefitnessclub.com and his blog, rlafournie.com he now provides personalized training services, do it yourself exercises and video workouts you can do at home or anywhere, no matter what your current fitness level is or how much equipment you have. Ron now shares time between residences in Calgary and Las Vegas. He believes, "**Fitness and Health are Priceless, But Needn't Be Expensive!**"

Prostate Cancer Pain: A Guide for You and Your Family

Having cancer does not always mean having pain. For those with pain, there are many different kinds of medicines, different ways to receive the medicine, and non-drug methods that can relieve the pain you may have. You should not accept pain as a normal part of having cancer. When you are free of pain, you can sleep and eat better, enjoy the company of family and friends, and continue with your work and hobbies.

Important Facts About Cancer Pain Treatment

Only you know how much pain you have. Telling your doctor and nurse when you have pain is important. Not only is pain easier to treat when you first have it, but pain can be an early warning sign of the side effects of the cancer or the cancer treatment. Together - you, your nurse, and your doctor - can talk about how to treat your pain. You have a right to pain relief, and you should insist on it. Here are some facts about cancer pain that may help answer some of your questions.

1. Cancer pain can almost always be relieved.

There are many different medicines and methods available to control cancer pain. You should expect your doctor to seek all the information and resources necessary to make you as comfortable as possible. However, no one doctor can know everything about all medical problems. If you are in pain and your doctor suggests no other options, ask to see a pain specialist or have your doctor consult with a pain specialist. Pain specialists may be oncologists,

anaesthesiologists, neurologists, neurosurgeons, other doctors, a palliative care team, nurses, or pharmacists. A pain control team may also include psychologists, psychiatrists and social workers.

2. Controlling your cancer pain is part of the overall treatment for cancer.

Your doctor wants and needs to hear about what works and what doesn't work for your pain. Knowing about the pain will help your doctor better understand how the cancer and cancer treatment are affecting your body.

3. Preventing pain from starting or getting worse is the best way to control it.

Pain is best relieved when treated early. Do not try to hold off as long as possible between doses of pain medicine. Pain may get worse if you wait, and it may take longer, or require larger doses of your medicine to give you relief.

4. Telling the doctor or nurse about pain is not a sign of weakness.

You have a right to ask for pain relief. In fact, as soon as you have any pain, you should speak up. Remember, it is easier to control pain when it just starts rather than wait until it becomes severe.

5. People who take cancer pain medicines, as prescribed by the doctor, rarely become addicted to them.

Addiction is a common fear of people taking pain medicine. Addiction is defined by many medical societies as uncontrollable drug craving, seeking, and use. When opioids (also known as narcotics) - the strongest pain relievers available - are taken for pain, they rarely cause addiction as defined here. When you are ready to stop taking opioids, the doctor will gradually lower the amount of medicine you are taking. By the time you stop using it completely, the body will have had time to adjust. Talk to your doctor, nurse, or pharmacist about how to use pain medicines safely and about any concerns you have about addiction.

6. Most people do not get "high" or lose control when they take cancer pain medicines as prescribed by a doctor.

Some pain medicines can cause you to feel sleepy when you first take them. This feeling usually goes away within a few days. Sometimes you become drowsy because, with the relief of the pain, you are able to catch up on the sleep you missed when you were in pain. On occasion, people get dizzy or feel confused when they take pain medicines. Tell your doctor or nurse if this happens to you. Changing your dose or type of medicine can usually solve the problem.

7. Side effects from medicines can be managed or often prevented.

Most pain medicines will cause constipation, nausea and vomiting, or drowsiness. Your doctor or nurse can help you manage these side effects. Many side effects can be managed by changing the medicine or the dose or times when the medicine is taken. In some cases, additional medication is needed to minimize the side effects.

8. Your body does not become immune to pain medicine.

Stronger medicines should not be saved for "later." Pain should be treated early. It is important to take whatever medicine is needed. You do not need to save the stronger medicines for later. If your body gets used to the medicine you are taking, your medicine may not relieve the pain as well as it once did. This is called tolerance. Tolerance may be a problem with cancer pain treatment because of the length of time you are on the medicine. But the amount of medicine can be changed or other medicines can be added.

When pain is not treated properly, you may be:

Tired; Depressed; Angry; Worried; Lonely; Stressed

When cancer pain is managed properly, you can:

Enjoy being active; Sleep better; Enjoy family and friends; Improve your appetite; Enjoy sexual intimacy; Prevent depression.

Source: WebMD.com

[Article has been abridged; Click here to read in its entirety](#)

Speaking the Unspoken

In his blog post from July 4, Dr. Craig Hildreth, MD has hit the nail right on the head. There really are some physicians with truly outstanding communication skills!

Dear Patient—Although the circumstances were stressful, it was indeed a pleasure meeting you and your family today. In order to prepare you for your first treatment we covered a lot of ground, and I know it can be overwhelming to remember all of the details. I promise you we will regularly review everything I said.

Today we talked about the essential points: how you came to be sitting in our office, what our plan is to help you, what the logistics of intravenous treatment are and what are the side effects, possible outcomes, and warnings inherent in any drug used to fight cancer. By the end of the visit one would think that every last word on the subject had been spoken. This, however, is not the case.

I knew you were dreading this visit like no other. Although you tried to hide it, I could see you were worried. I could sense your thoughts flying around: 'Am I going to be alive next year? How do I tell my children about this? Will I be able to care for myself? Am I going to be in severe pain? Can I afford to take this treatment? Will my friends avoid me once they find out I have cancer? Am I going to become helpless? How will my family take care of me if I become disabled?'

You wanted reassurance that that your fears are unfounded, that everything will be all right soon, that your cancer team will rid you of your disease. You did not ask, however, and I did not volunteer to give you these answers.

The truth is that no one can predict your future. No matter how much I wish it, I cannot guarantee that this treatment will be effective. All cancer patients are confronted with this uneasy thought.

What I can say with confidence though is this: you will get the best possible regimen available for your cancer. We will first and foremost be your advocate, doing what we can to alleviate your symptoms and allay your fears. We will listen to you. We celebrate your uniqueness and respect you, your family and your friends. You are the only reason we come to work each day, and it is a privilege to serve you. We will always speak the truth to you. We will never waste your time with cancer treatments that have little chance of helping. Even if your cancer can no longer be treated we will still care about you and think of you.

Do you see why I left this unsaid? It comes off as smarmy and condescending. Yet given the possible trouble that lies ahead, I must share this. Cancer has no qualms and no remorse as it tries to ravage our patients. We owe it to ourselves to confess our fears and affirm our commitments, so that our relationship will become strong enough to weather any storm. In our partnership to restore your health, let our words always be spoken.

By Craig R. Hildreth, MD

Source: CancerNetwork.com

Cancer Patient's Grey Hair Unexpectedly Darkens in Drug Study

A group of cancer patients' grey hair has unexpectedly darkened after they took new types of drugs, researchers have revealed.

Chemotherapy is known to make patients' hair fall out, but the 14 people involved were all being treated with new immunotherapy drugs that work differently and have different side effects from chemotherapy. A Spanish study suggests those may include restoring hair pigment, at least in patients with lung cancer.

The 14 cases were among 52 lung cancer patients being followed to see whether they developed bad side effects from the drugs -- Keytruda, Opdivo and Tecentriq. While most patients did not have a colour change, the 14 cases suggest it's not an isolated finding. In 13 patients, hair turned darkish brown or black. In one patient, it turned black in patches. In another odd twist, the same drugs have been linked previously with hair losing colour in patients with another cancer, melanoma. All but one of the 14 patients in the Spanish study had at least stable disease and responded better to treatment than other patients, suggesting that hair darkening might be an indication that the drugs are working, the researchers said.

Researchers are continuing the study to search for an explanation and to see if the cases are just a fluke.

Author: Lindsey Tanner, The Associated Press

[Article has been abridged. Click here to read in its entirety](#)
[Click here to read the JAMA Network Brief Report](#)

- Display and maintain Knowledge Library Sign-Out Sheet
 - Record book titles suggested by members and share with Executive Director
 - Develop and maintain an inventory of books and resource materials that are available in the Knowledge Library
 - Load books and pamphlets into bins at the end of the meeting
- *Volunteering is one of the best ways to make new friends an strengthen existing relationships. It's a great way to meet new people, it strengthens your ties to the community and broadens your support network exposing your to people with common interest, neighborhood resources, and fun and fulfilling activities. Please contact Kelly if you're interested in this volunteer opportunity of you would like more information. 403-455-1916 or info@prostaidcalgary.org

Thank you Dark Side Racing, Castrol Raceway and Rome Awde

July 14-16 Castrol Raceway (Edmonton) hosted Canada's largest and most prestigious drag racing event, the 20th Annual Rocky Mountain Nationals. And for the 4th year running, PROSTAIID Calgary was on location as part of the Dark Side Top Fuel racing operation. PROSTAIID Calgary wants to extend a huge thank you to Dark Side Racing, Castrol Raceway and Rome Awde. Rome is the track announcer at Castrol Raceway and he spoke at length to the 15,000+ fans in attendance Saturday afternoon about the relationship between Team Dark Side and PROSTAIID Calgary, and the impact of our prostate cancer awareness campaign. It was a tremendous awareness opportunity. Thank you!

Thank you to our Sponsors and Community Partners



PROSTAIID Calgary Upcoming Calendar of Events

August 19 & 20 Casino Fundraiser

Location: Cash Casino, 4040 Blackfoot Trail SE
***Three (3) Volunteers are still needed for evening/early morning shifts on Saturday and Sunday.** Please contact Kelly for more information. 403-455-1916

September 21 [Down Under Wine Tasting Festival](#)

Location: Willow Park Wines & Spirits
10801 Bonaventure Drive SE
Time: 7pm-9pm
Tickets are \$50 each and can be purchased by credit card through PROSTAIID'S Down Under Wine Festival Page on [Canada Helps](#). A \$25 tax receipt will be issued at the event.
***Volunteers Needed.** Please contact Kelly for more information. 403-455-1916

Knowledge Library Resource Table Volunteer Opportunity

Are you looking for a fun and interactive way to be more involved with PROSTAIID Calgary? Are you available to join us at the Kerby Centre on the second Tuesday of every month, from 7pm—9:15pm? We need your help! PROSTAIID Calgary is in need of a volunteer to manage the Knowledge Library resource table.

Duties and Responsibilities:

- Arrive by 7pm to display materials on resource table
- Interact with guests and inform them that books are available for loan