

The Digital Examiner

www.ProstaidCalgary.org



Greetings prostate cancer community, friends, and neighbours.



September is prostate cancer awareness month. We hope you'll join us Thursday, September 21 for PROSTAID Calgary's 2nd Annual Wine Festival fundraiser. Raise a glass and help support the 1 in 8 Canadian men *and their families* who will be diagnosed with prostate cancer in their lifetime. PROSTAID Calgary's Down Under Wine Festival will feature a great selection of Australian and New Zealand wines, and it's being hosted in the Festival Cellar at Willow Park Wines & Spirits. As well as an offering of many notable wines, you'll be treated to a delicious assortment of food courtesy of Spolumbo's Fine Foods. *We also have some wonderful special guests joining us this year to help celebrate and raise awareness!

Tickets are \$50 and available at [Canada Helps](#) and [Eventbrite](#). *You will receive a \$25 charitable tax receipt.

September 2017 Number 216

Meeting Schedule Tuesday September 12, 2017

7:30-9:00PM	General Meeting (GM) Room 205 (Lecture Room) Kerby Centre
6:30-7:30PM	Warriors (Advanced Disease) Room 208 (Board Room) Kerby Centre
6:30-7:30PM	Wives, Partners & Caregivers Room 313 Kerby Centre. Join us for a cuppa tea & great conversations
6:30-7:30PM	New Group TBA. Coming Soon

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Wives, Partners & Caregivers

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Coming Soon:

Welcoming Group
Being created to welcome new people to our group

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FREE!

Subscribe to
The Digital Examiner
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PROSTAID Calgary is self-funded.

Click here to help us to continue our good work by donating on-line.

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 email info@ProstaidCalgary.org or visit http://prostaidcalgary.org/c_donate.php

Warm regards,

Kelly Fedorowich

Executive Director, 403-455-1916



Reanne Booker join us this month to talk about sex. Reanne's presentation will provide an overview of the potential impact of prostate cancer and its treatment on sexual health.

In addition, strategies to help optimize sexual health and well-being following a prostate cancer diagnosis will be discussed. The session will include an interactive Q&A component...**please send your questions in advance of the presentation to reanne.booker@albertahealthservices.ca**

Reanne Booker has worked in oncology for over 18 years. She began her career as a Registered Nurse in Edmonton at the Cross Cancer Institute before completing her Master's Degree in 2007. She has worked as a Nurse Practitioner since 2005 with the Alberta Blood and Marrow Transplant and Surgical Oncology

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!



programs at the Tom Baker Cancer Centre. More recently, Reanne has been working with the Palliative and End-of-Life Care Services team and in late 2016, she began working with the Oncology and Sexuality, Intimacy & Survivorship (OASIS) Program at TBCC.

Reanne's clinical and research interests include: sexual health and cancer, advance care planning, symptom management in cancer and the early integration of palliative care in oncology. Reanne has two daughters (3.5 years old and 6 years old) who keep her busy and provide a constant source of entertainment. She enjoys running, travelling and spending time with her family.

New Imaging technique spots prostate tumours starved of oxygen

A new imaging technique uncovers oxygen levels in prostate tumours and could lead to a non-invasive way to determine which tumours are more difficult to treat, according to a Cancer Research UK-funded study. Scientists at the University of Cambridge created a new technique with an imaging device using a combination of light and sound to check the oxygen levels in prostate tumours in mice.

Mice were given a short burst of pure oxygen to breathe, and monitored how quickly and efficiently the extra oxygen reached different tumour areas through the blood supply.

Using the imaging device, the researchers were able to image the stronger response to oxygen by tumours with better blood vessels, which could give vital information on the quality of vessels.

This could help doctors find patients with harder to treat prostate cancers. Cancer cells supplied by poor quality blood vessels and low oxygen levels – called hypoxic conditions - are more resistant to drugs and radiotherapy.

Not only are cells in hypoxic conditions hardier and better at adapting to harsh conditions, making them more aggressive, but poor blood vessels also reduce the number of treatments like chemotherapy that can penetrate into the heart of the tumour.

Dr Sarah Bohndiek, scientist at the Cancer Research UK Cambridge Institute said: "Our new imaging technique gives us a clearer picture of the heart of prostate cancer than we have ever had before. The tortuous nature of blood vessels can leave tumours starved of oxygen –

making the cancer resistant to radiotherapy and chemotherapy and very difficult to treat. If we can translate this technology to the clinic, we could provide a non-invasive way to stratify men for treatment and monitor the effect of different therapies."

Every year, about 46,500 men are diagnosed with prostate cancer and around 11,000 men die from the disease.

Professor Karen Vousden, Cancer Research UK's chief scientist, said: "This new technique compliments existing MRI and PET scans by helping us learn more about blood vessels within the tumour, which we haven't been able to look at before in this way.

"It's important that we develop better techniques to understand a patient's individual tumour. This new tool gives insight into the tumour environment and could help separate the less aggressive forms of prostate cancer from the more difficult to treat."

[Click here to read Cancer Research UK-funded study published in *Theranostics*](#)

Cancer Research UK Article has been abridged

[Click here to read in its entirety](#)

Care concerns of prostate cancer specialist nurses "being overlooked"

Care concerns raised by prostate cancer specialist nurses are being overlooked by multidisciplinary teams (MDTs), according to a new study.

The study of around 300 clinical nurse specialists working in prostate cancer revealed that over half (55%) of nurses felt that they did not work in a functional and efficient MDT, with 12% agreeing that their team was dysfunctional and their views were not respected.

Only a third (34%) felt that they could constructively challenge all members of the team in meetings, according to the study by London South Bank University and the University of Plymouth.

Pivotal role

The authors say that specialist nurses play a pivotal role in the effective running of the MDT, managing the complex care of men with prostate cancer and are responsible for representing the views and wishes of patients and their families.

Nurses have the most contact with the patient, supporting them from diagnosis, through treatment decisions and beyond.

They say the results give rise to concern about an apparent lack of cohesion between team members, feelings of disregard, and increasing time pressures -

resulting in patient wishes not being adequately represented within team meetings.

Lack of interest

Other emerging themes from the study highlighted that many nurses working in prostate cancer report a 'lack of interest in non-medical concerns by other team members' and an 'inability to constructively challenge decisions or views within the meetings'.

Despite having a high level of professional expertise and experience, the specialist cancer nurses expressed a variable, often negative, view of working within a MDT.

Geoffrey Punshon, who led the research at London South Bank University's School of Health and Social Care said: 'The MDT is a key component of cancer care delivery, but the results of this study indicate that increasing workloads and challenging culture and working practices appear to be presenting significant barriers to effective working.

Heard, discussed, valued

These findings show how vital it is to ensure that the views of all participants in the MDT are heard, discussed and valued. The findings also demonstrated that more emphasis needs to be given to patients' non-medical needs.

Prostate Cancer UK director of support and influencing Heather Blake said: 'Specialist cancer nurses are integral to MDTs. They are in direct contact with the patients and without them the wishes and wider needs of patients would all too often be overlooked or ignored. It is therefore incredibly concerning that so many nurses working in prostate cancer feel that their views are not valued or respected within the MDT setting.

Urgent steps

We know that men with prostate cancer have a much better experience when they are assigned a dedicated specialist nurse. However, the recent National Cancer Patient Experience Survey revealed some stark variations in access across the UK, with only 52% of men gaining access to a nurse in some areas.

Prostate cancer is set to become the most common cancer overall by 2030, but as things stand, with an undervalued and diminishing prostate cancer nursing workforce we won't have the nurses required to support the thousands of men in need.

Urgent steps must be taken or we risk losing this vital workforce at a time when we're going to need them most.

[Cancer Nursing Practice](#) by Kat Keogh. Article has been abridged. [Click here to read in its entirety.](#)

Androgen deprivation therapy increases risk of heart failure in men with prostate cancer

Men with localized prostate cancer who received androgen deprivation therapy, a hormone treatment, were at significantly higher risk of heart failure than men who did not receive this therapy, according to a Kaiser Permanente study published today in the *British Journal of Cancer*.

In the past, androgen deprivation therapy has been used for advanced prostate cancer. Now, it is increasingly being used to treat prostate cancer in an earlier stage, before it has spread, which is often referred to as localized prostate cancer. However, the safety, risk and benefits of this therapy have not been established.

The goal of androgen deprivation therapy is to reduce levels of male hormones, called androgens, or to stop them from stimulating prostate cancer cells to grow. Androgen deprivation therapy can lower androgen to the same level as surgical castration within three weeks. This research, which looked at a large cohort of men with localized prostate cancer, suggests androgen deprivation therapy may be related to an increased risk of cardiovascular disease in this population.

The study found that for men with localized prostate cancer, androgen deprivation therapy was associated with:

- An 81 percent increased risk of heart failure in men without pre-existing cardiovascular disease
- An increased risk of heart rhythm problems for men with pre-existing cardiovascular disease, including a 44 percent increased risk of arrhythmia
- An increased risk (three times more likely) for men with pre-existing cardiovascular disease of developing conduction disorder, an interruption of the electrical impulses to the heart

The implication is that patients with localized prostate cancer should be followed to minimize the health effects of androgen deprivation therapy on the cardiovascular system. Patients should consider lifestyle changes, and physicians should actively monitor the patient's health for early signs of heart disease.

Kaiser Permanente researchers followed a cohort of 7,637 men diagnosed with localized prostate cancer between 1998 and 2008 who were initially under "watchful waiting," which means they were being followed by a physician to gauge the progression of the cancer. Researchers followed them for up to 12 years after diagnosis. Nearly 30 percent were treated with androgen deprivation therapy. Many of the men were under the age of 60.

To determine the effect of androgen deprivation therapy on men with localized prostate cancer, researchers assessed a comprehensive set of factors including pre-existing cardiovascular disease, diabetes, hypertension, use of cardiovascular medications, smoking, body mass index and PSA levels. This allowed the researchers to account for the differences that could increase the risk of heart attacks, such as smoking, or previous cardiovascular disease.

The findings allow men with localized prostate cancer to consider the positive and negative effects of androgen deprivation therapy and discuss it with their physicians. If they move forward with the therapy, patients should work with their physicians to adjust their lifestyle to reduce the risk of cardiovascular disease.

This study adds to previous Kaiser Permanente research aimed at improving men's health, including work developing a better health care delivery model for men with prostate cancer, and determining how a man's weight might affect his prostate cancer outcomes.

[British Journal of Cancer](#). Article has been abridged. [Click here to read in its entirety.](#)

September is prostate Cancer Awareness Month!
PROSTAID Calgary Upcoming Calendar of Events

Monday, September 4

49th Annual [Cochrane Labour Day Parade](#)

PROSTAID Calgary "Fire Up" Awareness Display with Dark Side Racing

Time: 10:30am-4pm

Post-parade corn & apple get together will follow.

*Volunteers are needed to help sell 50/50 Raffle Tickets. Please contact Kelly 403-455-1916 or info@prostaidcalgary.org

Saturday, September 16

Calgary Stamp VS BC Lions

PROSTAID Calgary "Fire Up" Awareness Display with Dark Side Racing at McMahon Stadium

Tailgate Time: 2pm-5pm (Game starts at 5pm)

*Volunteers are needed to help distribute brochures and collect donations. Tickets to the game are available to all volunteers.

Please contact Kelly 403-455-1916 or info@prostaidcalgary.org

Thursday, 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 PROSTAID'S Down Under Wine Festival Page on [Canada Helps](#) and [Eventbrite](#)

*A \$25 tax receipt will be issued at the event.



Saturday, September 23

[Kerby Expo 2017](#)

We hope you'll visit PROSTAID Calgary's booth!

Location: Kerby Centre

1133 7th Ave SW

Time: 9am-4pm

A day of fun for the 55+

Free parking, entertainment, and admission.

Live music; wine tasting; trade show booths; educational sessions; giveaway bags; free massages

Thank you to our Sponsors and Community Partners

