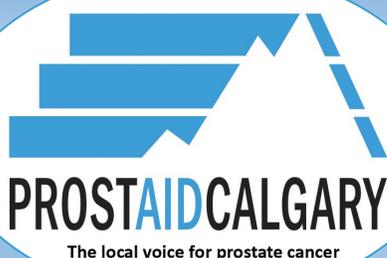


The Digital Examiner

www.ProstaidCalgary.org



Greetings prostate cancer community, friends, and neighbours.

February 2018

Number 221

Meeting Schedule Tuesday February 13, 2018

7:30-9:00PM	General Meeting (GM) Guest Speakers: Trevor Dreher, Certified Financial Planner with Investors Group & Kathleen S Davis, lawyer and founder of KSD Law. Room 205 (Lecture Room) Kerby Centre
6:30-7:30PM	Warriors Group Advanced & Recurrent Disease Room 208 (2nd Floor) Kerby Centre
6:30-7:30PM	Welcoming Group NO MEETING IN FEBRUARY
6:30-7:30PM	Wives, Partners & Caregivers NO MEETING IN FEBRUARY

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Welcoming Group

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Wives, Partners & Caregivers

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PROSTAID Calgary is self-funded.

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

Meet Justin and Whitney.



They're friends and community partners and on March 18 they'll challenge body and mind and run the LA Marathon in support of PROSTAID Calgary. Learn more

about Justin & Whitney and their marathon fundraiser and how you can donate by visiting

www.ProstaidCalgary.org

*Information is also included on page 4.

January was my final month facilitating the Wives, Partners, and Caregivers group and no doubt about it, saying goodbye is hard. Over the past 3 years I've met the most amazing women and I'll always cherish the opportunity we had to connect through a prostate cancer diagnosis and share our journeys. Please remember to be kind to yourselves.

Navigating a prostate cancer diagnosis is challenging and we all have emotional set backs. Thank you sincerely for the support and encouragement that you provided during my time as facilitator. You all mean so much to me.

We're planning some wonderful community focused awareness and fundraising events in 2018 and we need your help. Whether it's through time, talent or treasure, there are so many ways to give back to Calgary's prostate cancer community.

Time - We're currently recruiting volunteers to help at the upcoming World of Wheels, February 23-25. More information is available on our website and on page 4.

Talent - Consider joining PROSTAID Calgary's Board of Directors. By sharing your professional knowledge and expertise you can help our organization grow.

Treasure - PROSTAID Calgary has made donating easy. Secure credit card donations are graciously accepted on our website.

Visit www.ProstaidCalgary.org

Warm wishes,

Kelly Fedorowich

Executive Director, 403-455-1916



February Guest Speakers:

Trevor Dreher and Kathleen S Davis
In this one-hour seminar you will learn:

1. **Why are wills important** – who gets: your money, your property, and your kids? What can go wrong and how to prevent it.
2. **Enduring Power of Attorney** – what they do and who should be your best pick?
3. **Personal Directives** – what happens if you really get ill?
4. **Contracts** – how should they be handled?

The Kerby Centre is located at 1133 7th Ave SW. Parking is FREE in lots on both sides of 7th Ave. 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!



Trevor Dreher & Kathleen S. Davis Continued

Trevor was educated at the University of Calgary. He joined Investors Group In 1999 and went on to obtain his Certified Financial Planner designation.

Kathleen was educated at University of Calgary and University of Alberta. She has been practicing law for over 24 years and founded her own firm KSD Law in 2007. She specializes in real estate, wills and estates, and business law matters.

INTROSPECT Study: Mindfulness may help couples recover intimacy after prostate cancer

The strong likelihood of profound disruption to patients sex lives is not something that cancer doctors dwell on with their patients when discussing treatment options out of fear they might avoid life-saving treatment, according to Lori Brotto, director of the UBC Sexual Health Laboratory. "Doctors are in the business of curing the cancer," she said. "Their goal is to send you back cancer-free."

But for men who place a high value on sexual performance and who see sex as an integral part of their quality of life, loss of sexual function is emotionally devastating, often leading to depression and disruption in their relationships. Brotto and a team of researchers in male and female reproductive health at UBC are cooperating on a clinical trial to compare two different approaches to sexual re-education — mindfulness and cognitive behavioural therapy (CBT).

With a grant from **Prostate Cancer Canada**, 240 men and their partners will be divided into groups employing different strategies. "Many men can learn to be sexual again," said Brotto. "There's still sensation there and, for some, a level of erectile response."

After surgery, men can learn to experience their bodies and sensation differently, in ways that introduce them to a "smorgasbord" of sexual behaviours that don't involve the penis. And for many men — even though the penis may never be erect enough for vaginal intercourse — orgasm is still possible. Over the past 40 years, mindfulness has made its way into western medical practice, especially for chronic pain and depression.

"Mindfulness involves paying attention non-judgmentally and in the moment," said Brotto, who has studied female sexuality for more than two decades. "We can teach people through exercises to notice different sensations, temperature and pressure."

"Research over the past 15 years or so has shown that this had been very effective with women, and so we are adapting it to men," she said.

Written by Randy Shore for the Vancouver Sun

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

INTROSPECT Study: Innovation in the Treatment of Sexual Health Post Prostate Cancer Treatment

The INTROSPECT study is a randomized clinical trial comparing both mindfulness and CBT to a control group which receives no treatment. Researchers on this project are hoping that the results will translate into innovative treatment protocols that directly benefit men and their partners who have experienced prostate cancer by addressing psychosocial needs around intimacy, sexuality, and quality of life. This study is a collaboration between the UBC Sexual Health Lab and the Vancouver Prostate Centre, with funding from the Movember Discovery Grant/Prostate Cancer Canada.

To participate in the study, visit the Brotto Lab web page: brottolab.med.ubc.ca
Or email Chris Pang at cpang@prostatecentre.com.

Dietary fat, changes in fat metabolism may promote prostate cancer metastasis

Prostate tumours tend to be what scientists call "indolent" -- so slow-growing and self-contained that many affected men die *with* prostate cancer, not of it. But for the percentage of men whose prostate tumours metastasize, the disease may be fatal. In a set of papers out today in the journals *Nature Genetics* and *Nature Communications*, researchers at the Cancer Center at Beth Israel Deaconess Medical Center (BIDMC) shed new light on the genetic mechanisms that promote metastasis in the mouse model and also implicated the typical Western high-fat diet as a key environmental factor driving metastasis.

"Although it is widely postulated that a Western diet can promote prostate cancer progression, direct evidence supporting a strong association between dietary lipids and prostate cancer has been lacking," said first author Ming Chen, PhD, a research fellow in the laboratory of Pier Paolo Pandolfi, MD, PhD, Director of the Cancer Center and Cancer Research Institute at BIDMC.

Epidemiological data links dietary fats (and obesity) to many types of cancer, and rates of cancer deaths from metastatic cancers including prostate cancer are much higher in the United States than in nations where lower fat diets are more common. While prostate cancer affects about ten percent of men in Asian nations, that rate climbs to about 40 percent when they immigrate to the U.S., mirroring the rates among the native born U.S. population. That points to an environmental culprit that may work in concert with genetic factors to drive this aggressive, fatal disease.

"The progression of cancer to the metastatic stage represents a pivotal event that influences patient outcomes and the therapeutic options available to patients," said senior author Pandolfi. "Our data provide a strong genetic foundation for the mechanisms underlying metastatic progression, and we also demonstrated how environmental factors can boost these mechanisms to promote progression from primary to advanced metastatic cancer."

The tumour suppressor gene PTEN is known to play a major role in prostate cancer; its partial loss occurs in up to 70 percent of primary prostate tumours. Its complete loss is linked to metastatic prostate disease, but animal studies suggest the loss of PTEN alone is not enough to trigger progression. Pandolfi and colleagues sought to identify an additional tumour suppressing gene or pathway that may work in concert with PTEN to drive metastasis.

Looking at recent genomic data, Pandolfi and colleagues noticed that another tumour suppressor gene, called PML, tended to be present in localized (non-metastatic) prostate tumors, but was absent in about a third of metastatic prostate tumors. Moreover, about 20 percent of metastatic prostate tumors lack both PML and PTEN.

When they compared the two types of tumor -- the localized ones lacking only the PTEN gene versus the metastatic tumors lacking both genes -- the researchers

found that the metastatic tumors produced huge amounts of lipids, or fats. In tumours that lacked both PTEN and PML tumor suppressing genes, the cells' fat-production machinery was running amok.

"It was as though we'd found the tumours' lipogenic, or fat production, switch," said Pandolfi.

"The implication is, if there's a switch, maybe there's a drug with which we can block this switch and maybe we can prevent metastasis or even cure metastatic prostate cancer," he added.

Such a drug already exists. Discovered in 2009, a molecule named "fatostatin" is currently being investigated for the treatment of obesity. Pandolfi and colleagues tested the molecule in lab mice. "The obesity drug blocked the lipogenesis fantastically and the tumors regressed and didn't metastasize."

In addition to opening the door to new treatment for metastatic prostate cancer, these findings also helped solve a long-standing scientific puzzle. For years, researchers had difficulty modeling metastatic prostate cancer in mice, making it hard to study the disease in the lab. Some speculated that mice simply weren't a good model for this particular disease. But the lipid production finding raised a question in Pandolfi's mind.

"I asked, 'What do our mice eat?'" Pandolfi recalled. It turned out, the mice ate a vegetable-based chow -- essentially a low-fat vegan diet that bore little resemblance to that of the average American male. When Pandolfi and colleagues increased the levels of saturated fats -- the kind found in fast food cheeseburgers and fries -- in the animals' diet, the mice developed aggressive, metastatic tumors.

The findings could result in more accurate and predictive mouse models for metastatic prostate cancer, which in turn could accelerate discovery of better therapies for the disease. Additionally, physicians could soon be able to screen their early-stage prostate cancer patients for those whose tumors lack both PTEN and PML tumor suppressing genes, putting them at increased risk for progressing to metastatic disease.

Provided by Beth Israel Deaconess Medical Centre
Article has been abridged. [Click here to read in its entirety](#)

Justin & Whitney's Run for PROSTAID Calgary
Date: March 18, 2018
Event: LA Marathon



Prostaid Calgary Sports Photography by Moe WoNW 2017 Calgary

Established in 1986, the LA Marathon is one of the largest marathons in the country with more than 25,000 participants and hundreds of thousands of spectators. Completing a marathon is considered to be one of the most challenging and rewarding accomplishments a person can achieve.

This year, Justin & Whitney will challenge body and mind and run in support of PROSTAID Calgary and help raise awareness and support for our Society and our community programs and initiatives.

[CLICK HERE AND DONATE NOW](#)

Help make Justin & Whitney's run more meaningful by donating now. Secure online donations can be made at PROSTAID Calgary's website. An electronic tax receipt will be sent to you by email. Thank you!

Volunteer Team Leaders are needed to help run the 50/50 Raffle. Volunteers are also needed to help sell tickets for the 50/50 Raffle, hand out PROSTAID Calgary brochures and promotional material, and help raise awareness to prostate cancer and the programs and initiatives offered by the Society. Shifts are flexible and can be scheduled for 2 - 6 hours.

Free Entry: Volunteers will receive free entry to the event during your shift.

Free Parking: Original receipt must be submitted to PROSTAID Calgary for reimbursement.

Free Meal: Volunteers who work 5 hour shifts (or more) will be reimbursed for a meal. Maximum \$20. Original receipt must be submitted to PROSTAID Calgary for reimbursement.

If you're interested in volunteering, please contact Kelly. [403-455-1916](tel:403-455-1916) or info@prostaidcalgary.org

PROSTAID Calgary could not exist without the time and energy contributed by our dedicated volunteers. Thank You!



Thank you to our Sponsors and Community Partners

Volunteer Call Out
World of Wheels February 23-25
BMO Centre

Are you interested in being part of the PROSTAID Calgary Volunteer Team at the 52nd Annual World of Wheels? PROSTAID Calgary will once again be on location at the BMO Centre with Team Dark Side Racing. Year after year, the Dark Side Racing display is one of the most popular and sought out displays at the event.

