



The Digital Examiner

www.ProstaidCalgary.org

August 2018

Number 227

Contacts

President
Brad Sterling
president@prostaidcalgary.org

Executive Director
Kelly Fedorowich
403 455 1916
info@prostaidcalgary.org

Chairman
Ron Gorham
ron.gor45@gmail.com

Past President
Dave Lunn
dlunn@shaw.ca

Support Group Facilitators

Warriors
Frank Altin
faltin@telusplanet.net

Newly Diagnosed
Tom Shindruk
tomshindruk@shaw.ca

Wives, Partners & Caregivers
Linda Maslechko
partners@prostaidcalgary.org

Mailing Address

PROSTAID Calgary
PO Box 72126
RPO Glenmore Landing
Calgary, Alberta
T2V 5H9
403 455 1916

Subscribe to
The Digital Examiner
info@prostaidcalgary.org

PROSTAID Calgary
is self-funded.
Click here to help us to
continue our good work by
donating on-line

Greetings PROSTAID Calgary members and friends. I was fortunate to attend several charity fundraisers during this year's Calgary Stampede and it got me thinking about community. At the heart of the Calgary Stampede you'll find more than 2,300 dedicated volunteers. They embody western values by hosting events across the city, supporting community celebrations and making the Calgary Stampede the Greatest Outdoor Show on Earth.



Community is also the reason PROSTAID Calgary exists and like the Calgary Stampede, we rely on our dedicated volunteers to embody our mission and share our organization with others. If the community doesn't know about us, we cannot be of service. Please share our Society with your friends and family and help us to help those in need. A prostate cancer diagnosis is life changing, but you don't have to navigate the journey alone.

This month we welcome representatives from 2 Calgary institutions providing valuable resources to the cancer community: Meals on Wheels and Wellspring. I hope you'll join us at the Kerby Centre on Tuesday August 14 and learn more about accessing their programs and services.

On the horizon: Did you that there's a connection between cancer treatments and high frequency hearing loss? Carrie Scarff is the Director of Audiology at Audiology Innovations and she's joining us as our guest presenter at our September 11th General Meeting. More information will be included in the September issue of The Digital Examiner.

PROSTAID Calgary is supported by the community and exists for the community. Donations are graciously accepted via Visa, Master Card, American Express, and cheque. [Click here to reach our On Line Donation Page for credit card donations.](#) If a donation is meaningful to you, it's meaningful to us.

Warm wishes,

Kelly Fedorowich

Executive Director,
403-455-1916



Meeting Schedule

Tuesday August 14, 2018

Monthly Meetings are hosted at
The Kerby Centre, 1133 7th Ave SW.

7:30-9:00PM	General Meeting (GM) Guest Speakers: Aaron Taylor from Meals on Wheels PLUS Nancy Bilodeau-Cogger and Bobbi Fridfinnson from Wellspring Room 205 (Lecture Room)
6:30-7:30PM	Warriors Group Facilitator: Frank Altin Advanced & Recurrent Disease Room 208 (2nd Floor)
6:30-7:30PM	Wives, Partners & Caregivers Guest Facilitator: Kelly Fedorowich I've missed you ladies! Join me for a cuppa tea and let's catch up. Room 313 (Third Floor)
6:30-7:30PM	Newly Diagnosed No meeting this month

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 to attend. A light snack and refreshments are served. Ladies, family members, and caregivers are always welcome!

GM Presenters & Topics:



Meals On Wheels

Aaron Taylor is the Community Outreach worker for Calgary Meals on Wheels. Before doing this he was a youth minister and a special

sections reporter with the Edmonton Sun. Now, he is excited to be spreading the word about all the great programs at Calgary Meals on Wheels!

GM Presenters & Topics con't

Over the last 50+ years, Calgary Meals on Wheels has become a great resource for the city's senior population. But did you know that anyone in Calgary can sign-up for their program? Regardless of age, income or ability level Meals on Wheels is here to help Calgarians access healthy, nutritious, meals. Calgary Meals on Wheels is here when you want them, and there when you need them, providing more than a meal since 1965!

Wellspring

Nancy Bilodeau-

Cogger spent years in the child welfare world, working with children, families and communities regarding poverty related

issues and child protection. Nancy learned about Wellspring in 2014 when her good friend in Ontario sung its praises having attended Wellspring London while dealing with a breast cancer diagnosis. After her vacation Nancy noticed a posting for Wellspring Calgary and to her surprise began working at Carma House later that summer. Still relatively new to the cancer world Nancy continues to learn about the life changing experiences of life before during and after cancer. She continues to be amazed at the resilience, compassion and joy that people share at Wellspring Calgary.

Nancy will introduce our guests to Wellspring Calgary's two locations and share their future plan to open the Randy O'Dell House in the summer of 2019. Nancy will explain how to become a member and talk about the programs and services available to people living with cancer and their caregivers. People are often surprised to learn that Wellspring offers more than 45 evidence-informed programs facilitated by leaders and professionals in the cancer community.



DNA spit Test for prostate cancer risk?

A new DNA "spit test" for prostate cancer can identify men who have an increased risk of developing the disease.

The research published in Nature Genetics, funded by an

international team including the world's two biggest cancer research agencies, the National Cancer Institute (NCI) and Cancer Research UK, studied the DNA of 140,000 men to look for genetic variants that predicted for the development of the disease.

The study found 1-in-100 men were almost 6 times more likely than the general population to develop prostate cancer, giving them a 50% chance of developing the disease. One-in-ten men had a 25% chance of developing the disease.

"We have shown that information from more than 150 genetic variants can now be combined to provide a readout of a man's inherited risk of prostate cancer," said Rosalind Eeles, Professor of Oncogenetics at the Institute of Cancer Research in London.

Eeles explains that they now plan to start a study with primary care physicians in the UK to see whether their genetic test, using only a saliva sample, can predict which men can benefit from interventions to diagnose the disease earlier, or even reduce the risk of the disease occurring.

Click on the following link to read the full original post in Forbes.com: <https://bit.ly/2JQXIOA>

Written by Victoria Forster

Turning away from conventional medicine can have a high cost

According to a new study complementary and alternative medicines have no effect on cancer, but turning away from conventional medicine can have a high cost.

Good press on the use of complementary and alternative medicine (CAM) for cancer does not abound. Steve Jobs famously regretted his nine-month delay getting conventional treatment for pancreatic cancer due to a flirtation with fruit drinks and acupuncture. More recently, Cancer Research UK firmly rejected any benefits of Gerson therapy, which advocates thrice-daily coffee enemas and a hefty intake of crushed veggies as an alternative treatment for the big C.

Those seeking relief from the bad news will find little solace in a new study, published in JAMA Oncology and led by James Yu from the Yale School of Medicine, New Haven, US, which affirms that CAM and cancer make for testy bedfellows.

Scanning the US National Cancer Database, the researchers searched for patients diagnosed between 2003 and 2014 with breast, prostate, lung and bowel cancer that had not spread, and for which at least one conventional treatment had been undergone; surgery, chemotherapy, radiotherapy or hormone treatment. The grand total came to more than 1.9 million patients.

The team then winnowed out patients who had also used complementary medicine, defined as “unproven cancer treatments administered by nonmedical personnel”, including herbs, vitamins and minerals, traditional Chinese medicine, homeopathy, naturopathy, and specialized diets.

This tally was somewhat smaller; a mere 258 patients. The outcomes of that group were then compared with 1032 patients who had opted for conventional treatment alone, drawn from the same pool and matched on a range of factors including age, gender, cancer type and education level.

The news was bad, but not all bad.

CAM aficionados were much more likely to have refused some form of conventional treatment. For example, 18 of the 258 CAM users declined surgery, as opposed to just one of the 1032 members of a non-CAM control group, and 88 of the 258 CAM users said “no” to chemotherapy compared to only 33 of the 1032 who eschewed CAM.

That aversion to orthodox treatment came with a big cost.

A preference for CAM led to more than double the risk of death. It was also linked to reduced five-year survival: 82% for CAM users compared to 87% for non-CAM users.

The good news, depending on your world view, was that the miserable results posted by CAM users were wholly linked to their shunning of conventional treatment, with no intrinsic detriment found from CAM itself.

The study suggests it would be a grave mistake for cancer patients to forgo conventional treatment as the authors note in their conclusion.

“For patients with curable cancers who are inclined to pursue complementary treatment methods, timely adherence to all recommended conventional therapies should be strongly advised,” they write. “We know that negative attitudes towards complementary therapies among health professionals can deter those with cancer

being open with their healthcare team. A more accepting attitude of complementary medicine, as proposed in new models of integrated medicine, is probably more conducive to those with cancer continuing their conventional treatments, as they feel their choices are being accepted.”

Article has been abridged.

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

Cosmos Magazine, Paul Biegler

[Click here to read the study published in JAMA Oncology](#)

Researchers plan national program to bring innovative prostate cancer treatment to Canada

Canadian researchers are planning a national program to test an innovative treatment for men with advanced prostate cancer, providing an option that to date has not been available in Canada.

The National Program on Targeted Radionuclide Therapy for Prostate Cancer will focus on radionuclide therapy (RNT), which harnesses radioactive drugs to target and kill cancer cells. Although other countries have used RNT to treat men who have advanced prostate cancer, the new initiative will be the first time the treatment will be offered in Canada, says Prostate Cancer Canada, one of the partners of the \$4.5 million program.

The Canadian trial will include 200 patients to determine whether RNT improves survival and quality of life for men with metastatic prostate cancer – cancer that has spread from the prostate to other parts of the body.

“If we end up having a treatment that is better tolerated and has better efficacy [than chemotherapy], then that would certainly revolutionize the world of prostate-cancer treatment,” said Dr. François Bénard, vice-president of research with B.C. Cancer and the lead researcher for the project.

Currently, fewer than half of patients who are eligible for chemotherapy for metastatic prostate cancer actually get the treatment, according to Dr. Bénard – either because they are not healthy enough to tolerate the treatment or because they are unwilling to tolerate the toxicity and side effects.

The national program is backed by the Movember Foundation through a grant from Prostate Cancer Canada. Clinical trials are likely to begin early next year.

Article has been abridged. Click here to read in its entirety.

The Globe and Mail, Wendy Stueck

4th Annual Tailgate for Prostate Cancer Awareness

**Friday Sept. 28 McMahon Stadium
Calgary Stamps VS Toronto Argonauts**



September is prostate cancer awareness month and PROSTAID Calgary is proud to once again partner with the Calgary Stampeders for the 4th Annual Tailgate for Prostate Cancer Awareness event.

Volunteer Callout

Time: 4pm—7pm (Game starts at 7pm)

***Volunteers receive free tickets to the game!**

Volunteers are needed to roam the tailgate grounds and distribute PROSTAID Calgary brochures, collect donations in our Donation Cash Boxes, give away PROSTAID Calgary branded noise makers, and help raise awareness to prostate cancer and the programs and initiatives offered by PROSTAID Calgary.

Calgary is home to the best tailgating parties in the CFL and this is a fun and easy way to give back to your community.

If you're interested in volunteering, please contact Kelly. 403-455-1916 or info@prostaidecalgary.org
PROSTAID Calgary could not exist without the time and energy contributed by our dedicated volunteers.
Thank You!

Join us at our monthly support group meetings...and please bring your spouse!

Why attend a PROSTAID Calgary Support Group?

Prostate cancer is stressful and even the best relationships are challenged by a cancer diagnosis. It can strengthen a relationship or strain it—or both. It's important that you and your spouse receive the support that you need as you navigate this journey.

Our meetings are free to attend and open to newly-diagnosed patients, patients currently undergoing treatment, prostate cancer survivors, their spouses/partners, and family members and friends who are interested in sharing information and learning more about prostate cancer.

Our meetings provide a safe space for you to express your emotions and they impart a unique sense of community, unconditional acceptance, and information about cancer and its treatment. Contrast that to the isolation, rejection, and lack of knowledge about prostate cancer often experienced outside the group.

Our meetings are about friendship and camaraderie. Let us welcome you with the love and compassion that can only stem from knowing a person's journey first hand.

We hope you'll attend!

Please call Kelly if you have any questions. 403-455-1916

Thank you to our Sponsors and Community Partners

