



The Digital Examiner

www.ProstaidCalgary.org

Happy New Year from
PROSTAID Calgary!



January 2019 Number 232

Meeting Schedule

Tuesday January 8, 2019

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

7:30-
9:00PM

**General Meeting (GM)
Room 205 (Lecture Room)**

Guest Speaker:

Pam Murray, AMA Travel
Sales Manager Travel Medical
Insurance



Support Group Meetings

6:30-
7:20pm

Warriors
Advanced & Recurrent Disease
Facilitator: Frank Altin
Room 208 (2nd Floor)

6:30-
7:20pm

Wives, Partners & Caregivers
Room 313 (Third Floor)
Facilitator Needed

6:30-
7:20pm

Newly Diagnosed
Room 311 (Third Floor)
Facilitator Needed

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 Presentation Topic:

Travel Insurance & Prostate Cancer

Pam Murray answers all of your questions
about travel insurance for men (and their
families) on their journey with prostate
cancer. Pam has over 27 years in the
travel insurance industry working with

PROSTAID Calgary is a member
focused nonprofit charity and we're
working hard to develop and deliver
high quality programs and awareness initiatives that
keep our members and volunteers active and
engaged. We exist to serve you and we welcome
your feedback. Please let us know: *How can we do
better?*

Our monthly General Meetings are always open to
the public and free to attend. We seek out guest
presenters that are respected leaders and experts in
their fields. This month, Pam Murray from AMA
Travel joins us to answer your questions about
travel insurance for snow birds with prostate
cancer.

PROSTAID Calgary kicks off our 2019 awareness
campaign at the 53rd Annual World of Wheels,
February 22—24, 2019 at Stampede Park BMO
Centre. We'll once again be on location as part of
the Dark Side Racing display. We hope you'll visit
our display and check out Western Canada's only
Top Fuel dragster, and help raise awareness to
PROSTAID Calgary and our 2019 programs.
See page 4 for more information.

Our 2019 Casino fundraiser is being hosted April 15
& 16 at Cash Casino, 4040 Blackfoot Trail SE.
PROSTAID Calgary runs a casino every 18 month (or
so) and the funds we receive from the AGLC form a
major part of our operating budget each year.
Volunteers are needed. See page 4 for more
information.

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



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**Support Group
Facilitators**

Warriors

Frank Altin

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**Wives, Partners &
Caregivers**

Volunteer Facilitator Needed

Newly Diagnosed

Volunteer Facilitator Needed

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different insurance companies and supporting the front line staff on the sale of travel insurance for their customers. This has included training on the product plus supporting the agents with questions for their clients on which plan suits their needs best as well as understanding claim situations. Pam has worked for AMA Travel for over 5 years but with the Association for her entire career.

Click on the following link to visit the AMA Travel website:
<https://www.amatravel.ca>

Happy New Year and best wishes for 2019!
A message from PROSTAID Calgary
Board of Directors

Best wishes for 2019 from PROSTAID Calgary. We hope you had a wonderful holiday season with family and friends.

2019 is going to be a very exciting year here at PROSTAID Calgary. We already have 7 of our 12 monthly general meetings planned and we are actively working to fill the remaining 5 with a great line-up of informative sessions and some special guests. We are planning a couple of new exciting fundraising events in addition to our upcoming Casino volunteer days and a newly revamped wine (and beer) festival. Stay tuned for some exciting announcements about our big gala event coming in 2019!

None of this is possible without the support of you, our members. We cannot continue to bring in important technical speakers, special guests, and quality presentations without your support. Not only is your financial support important, but also your attendance at meetings and volunteering at events are equally important. We cannot maintain a viable organization without your generous gifts of time and money.

Our board of directors plays an integral role in our success. Their hard work and commitment is greatly appreciated. To share this work we want to bring in six new board members in 2019. Please consider how you or someone you know may contribute to our ongoing success. You don't have to be a survivor, family member, or caregiver. You just need the desire to help those in need.

We have some big plans for 2019 and we look forward to working together to positively impact those men, families, and friends on their prostate cancer journey.

"Immune Cell Transplants" Could One Day Lead To New Kind Of Cancer Therapy

Scientists in both the US and UK are working on a potential new way to treat cancer. The therapy involves implanting immune cells from healthy people into the bodies of cancer patients. It is hoped these "immune system transplants" will then enhance the body's natural ability to fight against the cancer, essentially giving the immune system a leg up. Although it's still "very early days", some patients will start receiving the treatment in clinical trials over the next couple of years.

In a recent interview with *The Telegraph*, Professor Adrian Hayday, an immunology expert with London's Francis Crick Institute spoke about this field of research and it's exciting potential to improve on current cancer treatments. He explained that enhancing the body's immune system is the "ultimate do-it-yourself approach" when it comes to treating cancer.

"Even a few years ago the notion that any clinician would look at a patient and deliver a therapy which wasn't going to directly affect the cancer in any way, shape or form, would have been pretty radical. But that's what's happening," he told *The Telegraph*.

Until recently, it's been thought that immune cell transplants wouldn't work as the body would simply reject the new cells and the immunosuppressant drugs required would cause side effects that outweighed the benefits. However, researchers discovered that the transplanted immune cells actually survive surprisingly well in the body, making the transplants a viable option.

"We're seeing impressive results with cells called natural killer cells," explained Hayday. "It's very early days but there are patients receiving them in this next year and the year after, and the nice feature is, unlike other immunotherapy, these cells aren't rejected."

Clinical trials on these natural killer cells will soon take place in the US. After this, in 2020, Hayday's own research will go to clinical trial. His team uses immune cells called gamma delta T cells in place of natural killer cells. In November, they published a study in *Nature Immunology* showing that these T cells can be used to identify and kill dangerous cells within the body.

"If these transfusions work, as the early trials suggest they may, then establishing and maintaining donor cell

banks is a realistic concept, albeit practically challenging," Hayday stated.

Scientists hope that we might one day have "immune banks" that store immune cells ready to be transplanted into patients, just as we have blood banks today.

Scientists at the Crick Institute and around the world are working tirelessly to find new ways to combat cancer. At the moment, about half of people with cancer in the UK are still alive 10 years after diagnosis thanks to recent medical advancements. The Crick researchers hope to improve this statistic to 75 percent of patients over the next 15 years.

With modern technology, it seems more and more potential cancer treatments are emerging and being tested to see how well they work. Scientists hope that one day we will be able to replace current treatments that aren't always effective and can cause some very unpleasant side effects.

Dr. Hayday believes that combination therapies are probably the way ahead for cancer, and as the different approaches mature, he believes that we're more likely to see optimal efficacy from carefully designed combinations of immunotherapies and molecular chemotherapies. Whether or not all cancer types will prove responsive is not yet clear.

Article has been abridged. Click here to read in its entirety.
Sources: [IFL Science](#); [The Telegraph](#)

PCRI: The importance of learning about all of your prostate cancer treatment options

Over 21,000 men are diagnosed with prostate cancer in Canada each year. These men face the daunting task of choosing a treatment. Multiple options are available, but most men are not armed with the necessary information they need to make an informed decision. Both urologists and radiation oncologists offer several treatments and very often give patients conflicting information, further clouding the decision making process. Despite this, it is still critical that patients seek out physicians with experience in various treatment modalities to hear the pros and cons of any particular option. The treatment(s) they choose will impact them for the rest of their lives. Treatment outcomes differ significantly with regard to cure rates, short term side effects, and risks of long term complications.

Unfortunately, it falls on the patient to make sure they are seeing all the specialists they need to be fully informed. To make the best decision, men should always get a second and probably a third opinion. Opinions should come from physicians with varied expertise: a urologist (surgeon), radiation oncologist, medical oncologist, and a brachytherapist (a physician who specializes in delivering radioactive seeds placed directly into the prostate).

Many physicians do not mention all treatment options. Some important questions patients need to ask include:

- What can a person with my disease-risk expect for cancer control following the treatment?
- What is the likelihood that I will need additional treatment and what treatments would be viable?
- What side effects can I expect in the days/weeks following treatment?
- What side effects can I expect in the months/years following treatment?

PCRI (Prostate Cancer Research Institute) urges newly diagnosed men to see a range of specialists before selecting treatment. After talking to a urologist, they should make independent appointments with a radiation oncologist, a medical oncologist, and a brachytherapist to ensure that they become fully informed of all options available for treatment. Patients should ask their physicians to justify their recommendations based on existing scientific literature.

Patients should never accept statements like, "I'm a surgeon/radiation oncologist, so of course I recommend prostatectomy/external beam radiation." Such statements are meaningless, and all treatment recommendations should be backed up with data showing both cure rates and complication incidences. Don't be afraid to ask your doctor to support his recommendations! Patients are also wise to investigate online sources of information that are free of any kind of bias. PCRI (www.pcri.org) and Prostate Cancer Canada (www.prostatecancer.ca) are both outstanding resources. Remember the PCRI is a US organization and the US health care is largely fee for service.

Article has been edited and abridged.
Please click here to read in its entirety.

Volunteer Call Out Volunteers, Support Group Facilitators and Board Members

Please contact Kelly for more information
403-455-1916 or info@prostaidsalgary.org

Volunteers Needed 53rd Annual World of Wheels,
February 22—24, 2019 Stampede Park BMO Centre
Day and evening shifts.

Volunteers Needed PROSTAID Calgary Casino,
April 15 & 16, 2019
Cash Casino, 4040 Blackfoot Trail SE
Day and night shifts.

Facilitator for Wives, Partners, and Caregivers Group

Prostate cancer is a couples disease. We are currently looking for an individual with a sincere interest in helping others through the often difficult journey of prostate cancer. A level of personal understanding of caregiver challenges and confidence in the role is important but not mandatory. Talking to someone who understands exactly what you are going through may help to relieve some of a caregiver's greatest fears and worries. You can assist caregivers in learning what to expect after prostate cancer treatments and throughout their journey.

Meetings are held on the second Tuesday of each month from 6:30 to 7:30PM.

Facilitator for Newly Diagnosed Group

We are currently looking for an individual with a sincere interest in helping others through the often difficult journey of prostate cancer. A level of personal understanding of a prostate cancer diagnosis is valuable but not mandatory. PROSTAID Calgary's Newly Diagnosed Group provides information, support and camaraderie to men and their families after receiving a diagnosis of Prostate Cancer. As a facilitator you would also be responsible to help men learn about PROSTAID Calgary and the many valuable services that are available to Calgary's prostate cancer community.

Meetings are held on the second Tuesday of each month from 6:30 to 7:30PM.

New Board Members Needed

PROSTAID Calgary will be electing several new members to our board in 2019. We're looking for board members who believe in our mission and are willing to be active in their role.

Formed in 1993, PROSTAID Calgary's mission to help men and their families deal with prostate cancer. We do this by:

- Providing peer-to-peer mutual support for men and their families on their journey with prostate cancer.
- Educating and informing our members about prostate cancer
- Increasing public awareness of the disease.
- Advocating for a strong provincial voice in matters relating to prostate cancer.

Directors are responsible for overseeing the mission and purpose of the organization. Duties include participation in strategic planning and making policy decisions, then securing the financing of them and the monitoring of their execution. Members must be willing to attend monthly meetings, follow through on commitments, and participate 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.

The next several years promise to be exciting ones for PROSTAID Calgary. The organization will continue to have a positive impact on the communities we serve and the Board of Directors will play a central role in this important work.

PROSTAID Calgary Board of Directors meet on the first Thursday of every month at the Kerby Centre from 12PM until 2PM.

Thank you to our Sponsors and Community Partners

