



# The Digital Examiner

[www.ProstaidCalgary.org](http://www.ProstaidCalgary.org)

Hello PROSTAID Calgary members and friends.



March 2019

Number 234

## Meeting Schedule

**Tuesday March 12, 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 Speakers:**  
**Shelley Spaner, Grace Yeung and Brendan Diederichs join us from Mayfair Diagnostics.**  
See page 2 for more information.



## 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)  
No facilitator this month. Drop in for a cuppa tea.

6:30-7:20pm

**Newly Diagnosed**  
Room 311 (Third Floor)  
No facilitator this month. Drop in.

Thank you to everyone who came out to the World of Wheels and stopped by the PROSTAID Calgary booth! Every year the event attracts more than 40,000 automotive and motorsport enthusiasts from across the province and PROSTAID Calgary is there to share our programs and prostate cancer awareness message with the masses.

PROSTAID's 50/50 Raffle is always a highlight of the weekend and this year our amazing volunteer team sold an impressive \$1978 in raffle tickets. We have the BEST volunteers!

A BIG thank you goes out to Mark de Jager. Mark was the winner of PROSTAID's 50/50 Raffle and he donated his winnings back to the Society. The generosity of Calgary's automotive community never ceases to amaze me. Thank you sincerely Mark!

Remember to check us out on social media! PROSTAID Calgary is delighted to welcome Mark Stephen on board as our social media strategist! For a generation of football fans in Southern Alberta, Mark's iconic voice has been synonymous with Stampeders football. He recently branched out and earned his Social Media for Business Diploma from Mount Royal University. Follow us on Facebook and Twitter and remember to say hi to Mark!

**Follow PROSTAID on Facebook**  
<https://www.facebook.com/pccncalgary>

**Follow PROSTAID on Twitter**  
<https://twitter.com/PCCNCalgary>

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

### Contacts

**President**  
Brad Sterling

[president@prostaidcalgary.org](mailto:president@prostaidcalgary.org)

**Executive Director**

Kelly Fedorowich  
403 455 1916

[info@prostaidcalgary.org](mailto:info@prostaidcalgary.org)

**Past President**

Dave Lunn  
[dlunn@shaw.ca](mailto:dlunn@shaw.ca)

**Support Group Facilitators**

**Warriors**

Frank Altin  
[faltin@telusplanet.net](mailto:faltin@telusplanet.net)

**Wives, Partners & Caregivers**

Volunteer Facilitator Needed

**Newly Diagnosed**

Volunteer Facilitator Needed

**Mailing Address**

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

**Email us to subscribe to The Digital Examiner**

[info@prostaidcalgary.org](mailto:info@prostaidcalgary.org)

**PROSTAID Calgary is self-funded.**

[Click here to help us to continue our good work by donating on-line](#)

Proud member of the Prostate Cancer Canada Network  
PCCN Calgary



**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. 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!

## Guest Speaker Bios and GM Presentation Topic

Shelley Spaner, Grace Yeung and Brendan Diederichs are from Mayfair Diagnostics and they join us this month to give a joint presentation. Brendan will be updating the audience on the Brand New 3Tesla Magnet at the Rockyview General Hospital and talk about its new features; Grace will review the targeted biopsy program; and Shelley will review the updated literature on Imaging in Active Surveillance and patients in treatment.

[Click here to visit Mayfair Diagnostics.](#)

### Shelley Spaner Bio

Dr. Spaner has been an Associate Clinical Professor at the University of Calgary since 2004 and is involved with a number of research projects, investigating applications for using prostate MRI in surveillance and preoperative management of prostate cancer. She has previously served as the Department of Radiology liaison with the Undergraduate Medical Education Program at the University of Calgary and was recognized with multiple teaching awards.

Dr. Spaner was also a member of the National Championship University of Alberta Pandas Gymnastic Team during her undergraduate years in Edmonton.

### Grace Yeung Bio

Dr Yeung especially enjoys the multidisciplinary aspects of her work and her interactions with patients. In her spare time, she enjoys spending time with her husband and three active young children, getting exercise where she can.

## Study shows eating grapes may stop prostate cancer from advancing

Prostate cancer cannot always be cured if the disease has reached the advanced stages, but a recent study has shown a certain fruit may prevent the cancer from advancing.

A new study by scientists at the Howard University Cancer Center in Washington DC has revealed that the muscadine grape may arrest the advance of prostate cancer. The muscadine grape is a type of grape native to the southeastern and south-central United States.

In new tests undertaken by the Howard University research team, the grapes stopped prostate cancer from advancing, even after it had spread from the prostate to other parts of the body. This was because muscadine grape skin extract (MSKE) “significantly inhibited growth of metastatic, or secondary, cancerous cells”.

The scientists believe the natural polyphenols found in grapes are likely to have the same suppression effect on sick cells as those thought present in green tea, turmeric and pomegranate.

According to lead researcher Dr Diane Ignacio, MSKE targeted ‘PC-3 cells’, which have a high ability to spread from an initial cancerous site within the body to a secondary area. (*PC3 is a human prostate cancer cell line used in prostate cancer research and drug development. PC3 cells are useful in investigating biochemical changes in advanced prostate cancer cells and in assessing their response to chemotherapeutic agents.*)

MSKE also targeted the protein ‘Hsp40’ (Heat Shock protein 40), which plays a significant role in movement of cancer around the body.

**[\\*Click here to learn more about Hsp40.](#)**

“MSKE treatment significantly inhibited the growth of metastatic prostate tumour cells in vitro and in vivo by inducing cell-cycle arrest through the targeting of Hsp40 which is involved in cell-cycle progression and cell migration,” said Dr Ignacio.

For the experiment, the research team examined the effects of MSKE treatment in metastatic prostate cancer – cancer which has spread.

They injected groups of young male athymic nude mice with PC-3 prostate cancer cells, and then treated the animals with MSKE. They then replicated the experiment using laboratory micro plates. *\*Athymic nude mice are a type of laboratory mouse that is hairless, lacks a normal thymus gland, and consequently has a defective immune system because of a genetic mutation.*

“A small number of trials have shown that grapes, along with components in other plants, have anti-proliferative properties and can cause cancer cell death,” said Dr Jiri Kubes, medical director at the Proton Therapy Center in Prague, Czech Republic.

By Karolina Kaminska

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

**[Click here to read NCBI Study](#)**

## **AHS My Care Conversations Cancer Consult Recording App**

Patients and families have reported that clinic visits with their cancer care team can be very overwhelming and stressful due to large amounts of new information, words that are unfamiliar, and the need to make decisions based on what they have been told. Research also shows that **patients may forget up to 80% of health care information discussed at clinic visits.**

The *My Care Conversations* app is a smart phone application that will allow patients to record their conversations with their cancer care team to help reduce the stress and assist with recall and understanding. Patients and families that use the app will be empowered to take a more active role in their healthcare by being able to record and re-listen to their conversations. This helps patients understand complex discussion points and clarify any misunderstandings. Patients can also choose to share their recordings with trusted individuals who were not able to attend the clinical visit with the cancer care team.

Research has shown that re-listening to appointments along with sharing and discussing with family and trusted friends can help:

- reduce anxiety,
- improve recall of information discussed which supports informed decision making,
- improve communication between the patient and their family members and other trusted individuals, and
- improve satisfaction with care experiences

### How Does It Work?

If you are interested in using the *AHS My Care Conversation* app, you can find it on the app store (for Apple devices) and on the Google Play store (for Android devices). It is a free download. Once installed you will need to read over and accept the terms of use.

The app has a built in tutorial that will walk you through the key functions of the app. In the tutorial there is information about how to prepare for your upcoming appointment, make a high quality recording of your clinical conversation, re-listen to it after the conversation is done, and share it if you want.

The app will remind you of important things like remembering to tell your health care provider that you would like to make a recording of the appointment, and to not record in public spaces. Your health care provider will be able to help you understand when you should start the recording to ensure you get the most valuable information in your recording. The clinician may request a copy of the recording. As the recording is your property, it is up to you if you want to share the recording and with whom. You do not need the clinician's consent to record.

Alberta Health Services would like to encourage patients to use the *AHS My Care Conversations* app as it has security features in it that will help ensure the safest environment for recording, storing and sharing your audio file.

Your Clinician may/will:

- Encourage you to use the *AHS My Care Conversation* app instead of other ways of recording your clinical conversation as the app has been developed in line with all of AHS best practices for audio recording of clinical consultations.
- Tell you when to start the recording, as some of the clinical conversation is more about them understanding your experience. Capturing the part of the conversation where they are sharing key information about your disease, treatment options and/or side effect management is the most valuable. This will also help keep the size of your audio file smaller for sharing and saving.
- Make a note in your clinical chart that you have made a recording of the conversation.
- Document the content discussed as usual in your chart as this is the legal record of care

Patients can choose to share their audio files with family members and trusted individuals who were unable to attend the clinical consult visit, and did not hear the discussion first hand. The app also has several additional security features to protect recordings and to remind users to not make recordings in public spaces or share recordings on social media.

The app can be downloaded to your smart phone from **Google Play** or the **App Store**



[www.facebook.com/pccncalgary](https://www.facebook.com/pccncalgary)

### LGBT Prostate Cancer Resources

Prostate Cancer Treatment & Side Effects for Men-Who-Have-Sex-with-Men (MSM)

[Click here to watch Bernard Lee’s latest webinar](#)

[Click here to access an online support forum for trans women.](#) \*Forum is based out of the UK but everyone can access it.

Prostate Cancer Canada also offers information on their website. [Click here to access Gay and Bisexual Men and Prostate Cancer.](#)

### Volunteer Call Out Volunteers, Support Group Facilitators and Board Members

Please contact Kelly for more information 403-455-1916 or [info@prostaiddcalgary.org](mailto:info@prostaiddcalgary.org)

### Volunteers Needed Cash Casino Fundraiser

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.

Meetings are held on the second Tuesday of each month from 6:30 to 7:20PM.

### 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.

Meetings are held on the second Tuesday of each month from 6:30 to 7:20PM.

### 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 Danish Canadian Club from 11AM until 12:30PM. Lunch follows.

### Thank you to our Sponsors and Community Partners

