



# IN TOUCH

Summer 2010  
Editor: Graham Mercer



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**WALK A MILE IN HIS SHOES**

*This year's participants.*

*Walk a Mile participants in Lab West successfully kick-off the 2010 provincial walks for Prostate Cancer Awareness and Support*

*Thank You!*

George Kean, coordinator of the Labrador West Prostate Cancer Association, and Charlie Ward, chair of the Prostate Cancer Support Group, are quite pleased with this year's "Walk a Mile In His Shoes" Father's Day walk for awareness. Kean said it was a wonderful day for the walk, with an excellent turnout. In the last 10 years since we have been formed we have raised more than any other group in the province in the annual walk a mile campaign and James Buffet, a prostate cancer survivor, has raised the most individually in the province for the last three consecutive years. This year, we raised close to \$20,000 for prostate cancer awareness and support. Our biggest goal is prostate cancer education. It is one cancer that, if diagnosed early enough, has an excellent survival rate.

"We want to thank those organizations and individuals in Labrador West and Churchill Falls who walked, solicited pledges, donated money, printing material or refreshments for the walk—it all helped to make it so successful."



Charlie Ward makes a presentation to James Buffet for his fundraising effort

*Thanks for helping to Save Lives*

## 2010 Events Calendar

**Walk a Mile Father's Day Weekend & September Awareness Month**

**Provincial Conference Max Simms Memorial Camp October 1-2<sup>nd</sup>**

**PCCN Conference Toronto September 22-25<sup>th</sup>**

*New*

*Donate-Online to Walk a Mile site near you*

**Here's how:**

Go to: [www.cancer.ca](http://www.cancer.ca), select Newfoundland and Labrador and then click on the Walk a Mile logo

**Or**

Go to: [prostatecancersupport.ca](http://prostatecancersupport.ca) and, below the Walk a Mile logo, [click here](#) to donate

## *Get moving*

### *Cancer Survivors urged to exercise*

By **Lauren Neergaard**  
*Associated Press*

Cancer survivors, better work up a sweat.

New guidelines are urging survivors to exercise more, even—hard as it may sound—those who haven't yet finished their treatment.

There's growing evidence that physical activity improves quality of life and eases some cancer-related fatigue. More, it can help fend off a serious decline in physical function that can last long after therapy is finished.

The American College of Sports Medicine convened a panel of cancer and exercise specialists to evaluate the evidence. Guidelines issued this month advise cancer survivors to aim for the same amount of exercise as recommended for the average person: about 2 1/2 hours a week.

Patients still in treatment may not feel up to that much, the guidelines acknowledge, but should avoid inactivity on their good days.

"You don't have to be a Lance Armstrong," stresses Dr. Julia Rowland of the National Cancer Institute, speaking from a survivorship meeting that highlighted exercise research. "Walk the dog, play a little golf."

But how much exercise is needed? And what kind? Innovative new studies are under way to start answering those questions, including:

- Oregon Health and Science University is training **prostate cancer survivors** to exercise with their wives. The study will enroll 66 couples, comparing those twice-a-week muscle-strengthening exercise with pairs who don't get active.

Researchers think exercise together may help both partners stick with it. They're also testing if the shared activity improves both physical functioning and eases the strain that cancer puts on the caregiver and the marriage.

"It has the potential to have not just physical benefits but emotional benefits, too," says lead researcher Dr. Kerri Winters-Stone.

- Denmark-Wahnefried led a recent study of 641 overweight breast cancer survivors that found at-home exercises with some muscle-strengthening, plus a better diet, could slow physical decline.

- Duke University is recruiting 160 lung cancer patients to test if three-times-a-week aerobic exercise, strength training or both could improve their fitness after surgery. Lung cancer has long been thought beyond the reach of exercise benefits because it's so often diagnosed at late stages. But Duke's Dr. Lee Jones notes that thousands who are caught in time to remove the lung tumor do survive about five years, and he suspects that fitness—measured by how well their bodies use oxygen—plays a role.

People with cancer usually get less active as symptoms or treatments make them feel lousy. Plus, certain therapies can weaken muscles, bones, even the heart. Not long ago, doctors advised taking it easy.

Not anymore: Be as active as you are able, says Dr. Kathryn Schmitz of the University of Pennsylvania, lead author of the new guidelines.

"Absolutely it's as simple as getting up off the couch and walking," she says.

### ***Aggressive cancer gene link***

*April 8, 2010*

Researchers from North Carolina have discovered the first gene linked to aggressive prostate cancer. They hope their breakthrough will lead to advances in predicting which prostate cancers are likely to be indolent (grow slowly) and which will progress quickly — still one of the major challenges affecting the kind of treatment patients choose to undergo and the side effects they may face.

The scientists looked at the genetic make-up of close to 5000 men with aggressive prostate cancer and around 12,200 men with slower-growing cancer. According to their findings, men who carried a certain genetic defect were up to 25% more likely to develop the aggressive form of the disease.

More tests and studies are still needed. While having the newly-found gene doesn't necessarily mean a man will have aggressive cancer, the researchers hope that it may point the way towards other genetic markers that will allow doctors to better predict the course of the disease.

**Source:** Xu J, Zheng SL, Isaacs SD et al. Inherited genetic variant predisposes to aggressive but not indolent prostate cancer. PNAS 2010 Jan 11

# Prostate Cancer Survivor Conference 2010

Pre-Registration

Lion Max Simms Memorial Camp

October 1-2

**Please note:**

Your accommodation and food will be free. Except in special circumstances, you will be responsible for your own transportation costs.

If you are a support group member, you may wish to pre-register as a group through your support group chair.

If you are not a member of a prostate cancer support group, you may phone *Graham* at 1-888-753-6520, toll free, to register.

Otherwise, please complete the following and send (before September 24th) to:

*Graham Mercer  
70 Ropewalk Lane  
P.O. Box 8921  
St. John's, NL  
A1B 3R9*

Name: \_\_\_\_\_

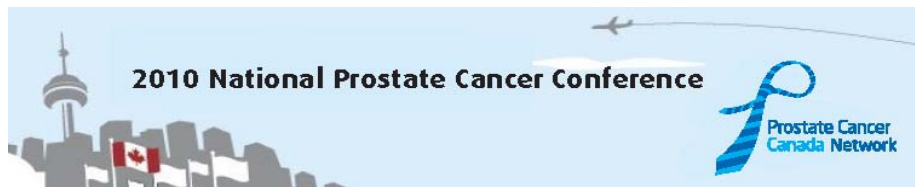
Address: \_\_\_\_\_

Town/City: \_\_\_\_\_

Phone: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_



**September 22-25, 2010**  
**The Fairmont Royal York**  
**Toronto, Ontario**

The 2010 Conference, *sponsored by MOVEMBER*, will be a three day conference with inspirational information sharing, education and mutual support. With an expected 200 or more delegates and delegate partners from support groups across Canada, this conference is central to building a sense of community and mobilization around critical issues for people affected by prostate cancer, and their families.

Sessions/Workshop and discussion topics include:

- Team Building/Problem Solving
- The use of advocacy toolkits
- Building capacity and sustainability within support group leadership structures
- Medical Updates
- Women and Prostate Cancer
- And much more

#### **Audience**

The conference is directed towards Support Group Leaders/Survivors, their partners, PCCN Advisory Board members, PCC Board members, staff and volunteers.

#### **Fees**

A designated representative from each support group will receive free of charge:

Registration - 3 nights hotel accommodation PLUS one economy airfare (or mileage). Registration for a spouse or partner is also included. We ask that when you call the hotel to reserve your room, that you please make reference to the group booking for Prostate Cancer Canada/Prostate Cancer Canada Network.

All *non designated* representatives, their spouse or partner, are required to pay a registration fee of \$100 ea. as well as cover their own travel and accommodation costs.

#### **Off Line Registration:**

To reserve/book your room at the Fairmont Royal York, we ask that you call: 1800-663-7229 or 1800-441-1414. Please make reference to the group booking for Prostate Cancer Canada/Prostate Cancer Canada Network, and book your room prior to August 27<sup>th</sup>, 2010 in order to qualify for our group rate of \$169.00/night (this applies to non-delegates only).

#### **On Line Registrations:**

If you wish to register on line, please visit our website at: [www.prostatecancernetwork.ca](http://www.prostatecancernetwork.ca)

*If you would like to have your **story/journey** printed in a future issue, please forward a copy of it, along with a recent photo (optional), to me at [gmercer@nl.cancer.ca](mailto:gmercer@nl.cancer.ca) or write to:*

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St. John's, NL  
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