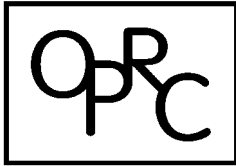


# **KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP NEWSLETTER**



**OKANAGAN PROSTATE  
RESOURCE CENTRE  
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**Newsletter available on line at – [www.cpcn.org](http://www.cpcn.org)  
and at [www.procansupport.com](http://www.procansupport.com)**

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On behalf of Yvonne and myself we would like to take this opportunity to thank all of those who came out on Father's Day to participate and volunteer at the "*Walking for Prostate Cancer Awareness*" walk in Kelowna. Yvonne and I could not have undertaken all the work involved with this event without all the help and assistance provided by all our volunteers. We would also like to thank the members of the Kelowna Orchard City Lions Club, and *Arch Doody* and the members of the "*Rowdy Men*" who provided the great entertainment.

We would also like to thank Mayor Sharon Shepherd and her husband Dr. Mike Shepherd for coming out to our event again this year. This event would not be as successful as it was without the support from our major sponsors, the local media and the business community who provided us with a great many items used for the more than 60 draw prizes.

Again a BIG THANK YOU to all who helped out and participated at this years walk.

## Advanced Prostate Cancer Deadlier in Younger Men –

The following is an excerpt of an article that was obtained from the Internet and originated with *MedlinePlus* and *HealthDay*

**F**riday May 22 (HealthDay News) – A new study has found that younger men diagnosed with advanced prostate cancer don't live as long as older men facing the same diagnosis.

“Overall, younger men with prostate cancer do quite well, although the young men who have more advanced prostate cancers did substantially worse than older men with similar forms of the disease,” said *Dr. Daniel W. Lin*, lead author of a report in the July 1 issue of *Cancer*. “Among men with high-grade and high stage prostate cancers, younger men are approximately three times more likely to die of prostate cancer than all other age groups.”

The finding comes from an analysis of outcomes of 318,774 men listed in a national database of prostate cancer whose diagnosis was made between 1988 and 2003. That analysis also showed that over time, more American men are being diagnosed with prostate cancer at an earlier age, likely because of more intensive screening programs.

The study results add more doubts about the value of such screening programs, said *Dr. Otis W. Brawley*, chief medical officer of the *American Cancer Society*, “Men with

high-grade tumors are less likely to benefit from screening,” Brawley said.

But the results drew exactly the opposite reaction from *Dr. Stephen Freedland*, and associate professor of urology and pathology at Duke University. “Really young men those 35 to 44, have worse cancers.” Freedland said. “This is not a group of men where we typically screen for prostate cancer. The percentage of metastatic disease is higher than for any other group. This is a failure of early diagnosis.

The finding thus lends support to the recent recommendation by the *American Urological Association (AUA)* that men should have a first screening test for prostate-specific antigen (PSA) at age 40, Freedland said.

The lessons Lin, who is chief of Urologic oncology at the University of Washington, drew from the study were not primarily about screening. “This might give some insight into prostate cancer in younger men,” Lin said. “We could identify high-risk cases earlier, and thus enroll men into clinical trials. With current treatment options limited, this is a call in part for considering clinical trials and ongoing studies of new treatments.”

The new study supports the recommendations for earlier screening, Freedland said, “These are men that have 30 to 40 years to live, and will have the most benefit from screening,” he said.

## WITT'S WIT (ON THE LIGHTER SIDE -

### Senior Moments

When you are dissatisfied and would like to go back to youth, think of Algebra...

Long ago when men cursed and beat the ground with sticks, it was called witchcraft...

Today, it is called golf.

### Why We Love Children

It was that time, during the Sunday morning service, for the children's sermon. All the children were invited to come forward.

One little girl was wearing a particularly pretty dress and, as she sat down, the pastor leaned over and said, "That's a pretty dress. Is it your Easter Dress?"

The little girl replied, directly into the pastor's clip on microphone, "Yes and my Mom says it's a bitch to iron."

A little girl asked her mother, "Can I go outside and play with the boys?"

Her mother replied, "No, you can't play with the boys, they're too rough."

The little girl, thought about it for a few moments and asked, "If I can find a smooth one, can I play with him?"

## Surgery Improves Survival for Prostate Cancer –

The following is an article that was obtained from *Cancerfacts.com*

**Y**ounger men with prostate cancer who undergo surgery to remove the prostate and nearby lymph nodes have greatly increased chances of long-term survival, a new study shows.

Led by *Dr. Pokala* and co-author *Dr. Mani Menon*, director of *Henry Ford's Vattikuti Urology Institute*, the researchers showed that based on data collected in the national cancer registry database, men under 50, who undergo radical prostatectomy had better 5 -, 10 -, 15 -, and 20 year survival compared with other standard treatments such as radiotherapy and watchful waiting.

"When given the choice between surgery, watchful waiting or external beam radiotherapy, patients younger than 50 with moderately and poorly differentiated prostate cancer have better long-term overall and cancer-specific survival when they opt for surgery," *Polka* said in a prepared statement.

Based on findings from the study the researchers strongly recommend retropublic radical prostatectomy – a

surgical procedure that removes the entire prostate gland plus some of the tissue around it – as the treatment of choice for prostate cancer patients under the age of 50.

To determine which treatment option offers the best chance for long-term survival for younger prostate cancer patients, Pokala and Menon studied more than 8,200 men under the age of 50 with prostate cancer. Overall, the study shows the 5-year, 10-year, 15-year, and 20-year overall survival and cancer specific survival is significantly increased in patients who were less than 50 years of age with moderately and poorly differentiated cancers in the surgery group.

Among the study group, 73 percent were white and about 22 percent were black. The average age was 46, and over 70 percent had moderately and 22 percent had poorly differentiated cancers, indicating the tumors were more advanced and faster growing than tumors composed of better differentiated cells. Of the patients, 1,065 were managed with no definitive treatment (watchful waiting); 6,614 (79.9 percent) with radical prostatectomy; and 600 with external beam radiotherapy.

In the watchful waiting group 76 percent survived their cancer after 16 years, compared to 63 percent of the radiation group after 17 years, and 94 percent of those who had the surgery (radical prostatectomy) remained alive and average of 21 years after the surgery. On analysis of a subset of these patients showed that the outcome was significantly better after radical prostatectomy in patients with

moderately and poorly differentiated prostate cancer.

Although the majority of all prostate cancers are diagnosed in men older than 65, the prevalence is growing among younger men younger than 50. In fact, about one in 10,000 men under the age of 40 will be diagnosed this year with prostate cancer.

Change Coming with the Canadian Prostate Cancer Network –
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The following information was received on May 27/09.

**O**n May 27, 2009 Bob Shiell, President of the *Canadian Prostate Cancer Network (CPCN)* remarked that, “it’s a new day for prostate cancer support groups across Canada.” “What makes this day different from other days is that CPCN is no longer alone in its mission.” He continues. “We have amalgamated with *Prostate Cancer Canada*, formerly known as the Prostate Cancer Research Foundation of Canada.” The result? Ultimately, the benefit to men newly diagnosed with prostate cancer will be a coast-to-coast network of strengthened support groups that will have more and better tools and training.

Since its inception on Remembrance Day 1995, the Canadian Prostate Cancer Network has moved from strength to strength. The organization speaks for thousands of men who, each year, are diagnosed with prostate cancer,

the most common cancer among Canadian men. Each week and average of 490 Canadian men are diagnosed with this disease.

“Through our affiliated support groups across Canada, CPCN has been able to reach out to these men and their families, helping them cope by providing up-to-date medical information and individual support,” says Wally Seely, executive director of CPCN. “We have also run wonderfully successful public awareness campaigns promoting early detection, and we’ve lobbied for increased funding to combat prostate cancer through improvements in research, treatment facilities, and programs,” he adds.

The amalgamation with Prostate Cancer Canada will build on these strengths, says Seely, who plans to retire at the end of June after many years of noble service.

Although the work of CPCN will continue, and even increase, its name will change. “Our new name is the Prostate Cancer Canada Network (PCCN),” Shiell reports. PCCN will work as a division of Prostate Cancer Canada (PCC). To further ensure an unbroken pursuance of the enduring goals of the Network, the current board of CPCN will form an advisory board and appoint two of its members to the Prostate Cancer Canada Board of Directors. Bob Shiell will be the Managing Director, PCCN, as well as Vice-President, Prostate Cancer Canada.

PCCN is lucky to have an individual with so much experience and vision at the helm during this time of transition. Shiell is president of Calgary’s prostate cancer support group Prostaïd, he has served as president of CPCN since 2001, and he is a founding member of the World Wide Prostate Cancer Coalition (WWPCC).

Prostate Cancer Canada is dedicated to the elimination of this disease through research, education, advocacy, survivorship support, and awareness. “PCC’s scope like CPCN’s is national, so the fit is very good,” says Shiell about the upcoming amalgamation.

The future does indeed look promising. “The Prostate Cancer Canada Network, working as a division of Prostate Cancer Canada, will have stable funding access to administration staff, higher visibility, and the support of an established player in the prostate cancer arena,” Shiell comments.

“Working together, we will be able to go from strength to strength to benefit Canadian men and their families on their journey with prostate cancer.”

**NOTICE: Don’t forget there will be NO support group meeting in August; our meetings will commence again on September 12<sup>th</sup>. I will be producing an August Newsletter that I will have available in September.**

The Kelowna Prostate Cancer Support and Awareness Group does not recommend treatment modalities; however, all information is fully shared and confidential. The information contained in this newsletter is not intended to replace the services of your health care professionals. You are advised to consult with your health professional regarding matters of your personal health.

**UP COMING MEETING DATES-**

**NO MEETING IN AUGUST – September 12 – October 10<sup>th</sup> – November 14<sup>th</sup>**

**Please Note Change of Meeting Location:**

Our regular monthly meetings are held on the second Saturday of each month in the meeting rooms of the Rutland Senior Citizens Centre – 765 Dodd Road. Our meetings begin at 9:00 A.M. and are generally over by 11:00 A.M.

I would like to thank both AstraZeneca manufacturer of Zoladex® and Casodex® and Sanofi Aventis manufacturer of Eligard® and Taxotere® for their support in producing this newsletter.

Thank you for helping us “Win the War Against Prostate Cancer.”

**The Okanagan Prostate Resource Centre operates on donations. We would like to thank the Companies, Service Clubs, Organizations and Individuals that have made donations in order to help us operate this very valuable center. If you wish to make a donation please feel free to fill out the form below. Your support is gratefully appreciated. Our official Registered Charitable Number is - 89269 1718 RR0001**

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\$25.    \$50.    \$100.    \$250.    \$500.    \$ Other amount \_\_\_\_\_

Please make your cheque payable to the –

Okanagan Prostate Resource Centre Society,  
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V1Y 2H4

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Canada Revenue Agency: <http://www.cra.gc.ca>