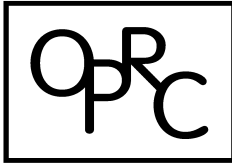


KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP NEWSLETTER



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We did not have a speaker for our January Support Group Meeting in Kelowna; however, we did have a very interesting and active meeting. We started the meeting by discussing an article on Vitamin D that appeared in the *Volume 4 Number 4 issue of the Our Voice* magazine. There was a great deal of discussion on this subject and I mentioned that the best form of vitamin D to take is vitamin D₃, and that men living in Canada should be taking approximately 1,000 IU per day. I passed around a map of the U.S. showing the incidence rate of prostate cancer, this map basically showed that the highest incidence rate was in the northern states and generally the lower incidence rates occur in the southern states. Following our break there was a great deal of discussion regarding prostate cancer recurrence and when to begin radiation therapy and/or Androgen Deprivation Therapy (hormone therapy). We must remember that following the treatment for prostate cancer we must continue to have regular PSA blood tests. This is something that we never stop doing. Unfortunately not all physicians recommend the PSA test as a screening test; however, following the treatment for prostate cancer the PSA is possibly the best test there is to determine the recurrence of prostate cancer.

Dr. Marianne Sadar Receives Prestigious Award –

Dr. Marianne Sadar who has spoken to our support group on a couple of occasions was recently awarded a very prestigious award. The following was obtained from labcanada.com.

Dr. *Marianne Sadar*, Senior Scientist at the BC Cancer Agency is the 2008 recipient of the prestigious *Terry Fox Young Investigator Award* for her research in prostate cancer.

Sponsored by the Terry Fox Foundation and awarded by the National Cancer Institute of Canada, the Terry Fox Young Investigator Award is awarded annually to a promising young investigator doing outstanding basic laboratory work. The prize comes with \$1,000.00 for the recipient and \$20,000.00 for their research.

“When I was notified about the award, I was moved,” says Dr. Sadar. “Terry Fox was a heroic young man who inspired a nation. He believed that with research we can find cures for cancers. It is a great honour to receive an award based on his legacy.”

Dr. Sadar was 10 when she lost her older sister to leukemia. “It completely changed my life and is what motivates me,” says Dr. Sadar who has dedicated her scientific career to improving outcomes for cancer patients. “There was no cure for my sister at that time, but scientific advances in alleviating suffering and extending life for cancer patients.”

“I am very pleased that Dr. Sadar’s contributions have been recognized,” says Dr. Marco Marra, Director of the BC Cancer Agency’s Genome Sciences Centre. “She is a brilliant and focused researcher who has made significant contributions to understanding the molecular basis of advanced prostate cancer.

Dr. Sadar, along with her team, successfully identified a molecular mechanism, which may explain how advanced prostate cancer grows even in the absence of male hormones. An unknown agent causes the activation of prostate cancer cells when it binds to a unique region of the receptor. In knowing this, they were able to create “decoy molecules” to prevent the unknown agent from triggering prostate cancer cells.”

The discovery has now advanced her research to a stage where she is developing drugs to help prevent and improve outcomes for prostate cancer, a disease that affects one in seven men in Canada.

Dr. Sadar is well known to those of us in the Kelowna Prostate Cancer Support and Awareness Group as she has taken time out of her extremely busy schedule to speak to our group in Kelowna in 2007 and 2008. Her presentations to our support group were extremely well received by those who were in attendance at these meetings.

Editors Note: I personally find it very encouraging to see state of the art Prostate Cancer research taking place in our own back yard.

Study States Combo Therapy Cuts Prostate Cancer Death –

The following information was obtained from the Internet and originated with *MedlinePlus*.

A new Swedish study has found that men with locally advanced prostate cancer – cancer that has spread beyond the wall of the prostate gland – who undergo radiation plus long-term hormone treatment cut their risk of dying in half.

The addition of radiotherapy kept patients healthy much longer, the Swedish research team concluded. In fact, by adding radiotherapy, men's overall survival was increased by 10 percent with only a modest increase in the risk of radiation related side effects.

“The study will change practice in the treatment of locally advanced or local aggressive prostate cancer,” said lead researcher **Dr. Anders Widmark**, from the department of radiation sciences and oncology at Umea University. “These patients should be offered the addition of local radiation treatment.”

At least one American expert agreed. “This study just proves what we have suspected for a long time – namely, that both treatments are needed to get the best results,” said **Dr. Anthony D’Amico**, chief of radiation oncology at Brigham and Women’s Hospital in Boston.

This report was published in the December 16 online edition of *The Lancet*.

In this trial 875 men with locally advanced prostate cancer were randomly assigned to receive either the drug Flutamide (Eulexin), to block androgens (male hormones), or hormone therapy along with radiation. Androgens are thought to encourage the spread of prostate cancer, so blocking their effect is a common prostate cancer treatment.

Over an average follow-up of almost eight years, 79 men who received hormone treatment alone died, compared with 37 men who received hormone treatment plus radiation, Widmark’s group found.

Moreover, fewer men in the combined treatment group saw a return of their cancer (26 percent) than did men in the hormone only group (75 percent).

The addition of local treatment with radiotherapy improves survival, Widmark concluded. “These patients are highly curable – only 10 percent will die of prostate cancer within 10 years,” he said. “They should not give up.”

Dr. Chris Parker, from the Institute of Cancer Research in Sutton, Surrey, UK, and author of an accompanying editorial in the journal, said that combined radiation and hormone therapy should become standard treatment for men with locally advanced prostate cancer.

“This is a pivotal trial that for the first time demonstrates that radiotherapy improves survival of men with high-risk localized and locally advanced prostate cancer.,” Parker said. “It is no longer acceptable to regard hormone therapy alone as standard of care.”

D’Amico agreed, noting that most U.S. doctors already provide combo therapy as standard treatment for men with locally advanced prostate cancer.

“Combined treatment with radiation and hormonal therapy is necessary to get the best overall survival in men with locally advanced prostate cancer,” he said. “The study nails that home.”

WITT’S WIT (ON THE LIGHTER SIDE) -

Let Him Dig

An old man and woman were married for many years, even though they hated each other. When they had a confrontation, screaming and yelling could be heard deep into the night. The old man would shout, “When I die, I will dig my way up and out of the grave and come back and haunt you for the rest of your life!” Neighbours feared him. They believed he practiced black magic, because of the many strange occurrences that took place in

their neighbourhood. The old man liked the fact that he was feared.

To everyone’s relief, he died of a heart attack when he was 98. His wife had a closed casket at the wake. After the burial, she went straight to the local bar and began to party, as if there was no tomorrow. Her neighbours, concerned for her safety, asked, “Aren’t you afraid that he may indeed be able to dig his way up and out of the grave and come back to haunt you for the rest of your life?”

The wife put down her drink and said, “Let him dig, I had him buried upside down!”

Bloody women, they think of everything!!!

Prostate Cancer Pioneer Passes Away –

The following information originated with the Minneapolis St. Paul Business Journal –

Donald Gleason, a retired University of Minnesota Medical School Professor who developed a system for rating prostate cancer tumors died of heart failure on December 28. He was 88.

Gleason created the widely used Gleason Grading System while working at the Minneapolis Veterans

Administration Hospital during the 1960's. This system is used more than a million times each year around the world, said Akhouri Sinha, a colleague of Gleason's at the Medical School.

Editors Note: Each of us who have been diagnosed with prostate cancer has had their cancer graded using the Gleason Grading system. This grading or scoring system gives you a number between 2 and 10 that indicates the aggressiveness of the prostate cancer cells.

Annual Screening Catches Prostate Cancer Early –

The following is an excerpt of information that was obtained from *MedlinePlus* a service of the U.S. National Library of Medicine.

New York (Reuters Health) – The largest prostate cancer-screening program in the history of the United States is showing high compliance and consistent results, researchers report.

In addition 3-year data from the program show that screening “consistently detected new cases of prostate cancer and that these became less and less aggressive as the screening program progressed,” *Dr. Gerald L. Andriole* at Washington University School of Medicine in St. Louis, Missouri, noted in a written statement.

The program is part of the *National Cancer Institute's Prostate, Lung, Colorectal and Ovarian Cancer Screening Trial*. Findings

from the first three annual follow-up screening rounds are published in *BJU (British Journal of Urology) International*.

According to the report, 38,349 men, aged 55 to 74 years old, were randomly assigned to be screened yearly for prostate cancer using both the PSA blood test and digital rectal examinations.

Andriole and colleagues found that the majority of the men complied with the PSA and digital rectal exams – 89 percent complied with both tests at the start of the study and this figure was 85 percent by year three.

Overall, cancer was diagnosed in 1,902 men, or roughly 5 percent. Approximately one in seven men received either a positive PSA or digital rectal exam test result during screening.

“There has been much debate about the benefits of PSA screening in the United States,” Andriole comments in a written statement.

The current research shows that compliance is high with both PSA and digital rectal examination screening. It also shows that screening detects new cases and that these cases become less aggressive over time.

Longer follow-up, Andriole and colleagues say, is needed to determine the extent to which screening actually reduces deaths due to prostate cancer.

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 2009 -

March 14th – April 11th – May 9th – June 13th – July 11th

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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