



IN TOUCH

Winter 2011
Editor: Graham Mercer



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Coordinator's Report

Following the first Walk a Mile in His Shoes, Father's Day 2000, the organizing committee decided to establish the position of a provincial awareness coordinator. In January of the following year I accepted the role and the rest is history.

During the past ten years, it has been my pleasure to have worked with a tremendous group of fellow prostate cancer survivors who have volunteered their service to help others who have been affected by this dreadful disease. With the assistance of the Canadian Cancer Society, especially in the management and organization of the annual Walk a Mile in His Shoes, programs have been developed and implemented to increase public awareness of prostate cancer throughout the province of Newfoundland and Labrador. Together we have accomplished a great deal.

The purpose of this article is not to provide a list of all programs and accomplishments during a ten year span but rather to mention some as a reminder to ourselves that what we do as individuals or as members of our respective groups is indeed a help to others who face circumstances similar to our own.

Let me begin with the support groups. Our provincial network has expanded to all the regions of the province with support groups in St. John's, Whitbourne, Clarenville, Gambo, Grand Falls-Windsor, Corner Brook and Labrador City. The groups are active in providing support to the newly diagnosed and promoting awareness throughout the community. Each group has an active steering committee with shared responsibilities and is poised to continue

this service. All groups have been blessed with good leadership and fully realize that volunteer organizations continue when others step up to the plate to lead. The Board has plans to expand. The groundwork has been set for expansion into other regions of the province.

The highlights of the provincial program are many but a few stand out. The two poster campaigns (Living Proof and Peace of Mind) went a long way in heightening public awareness. Although the normal shelf life for such programs is short these posters can still be seen in many areas and continue to steer men in the right direction. The fact that we did host the national Prostate Cancer Canada Network conference in 2009 was a national confirmation that we are a well organized group doing good work in promoting awareness and providing support.

From an individual perspective, my greatest pleasure is in sharing my prostate cancer experience in a room full of people who have taken the time to listen and learn. To realize that you may have influenced someone to become proactive with his health is a rewarding experience. Our presenters province-wide have reached a total audience that exceeds 36,000 since the program began.

The provincial survivors retreat/conference has been a great success. The 2010 conference was the seventh annual. This event includes survivors from and beyond the reach of our support groups. It provides a great opportunity for networking and extending our support services. The 2011 conference will be on the Avalon. The time and location will be announced later.

Two new initiatives were undertaken in 2010. A public awareness video is being

produced and will soon be available. The completion details and ongoing plans for this project will be released later. Last fall we partnered with Motorcycle Ride for Dad to undertake a joint public awareness program in print, television, radio and billboard. Both of these initiatives have been undertaken with the support of the Department of Health and Community Services.

Plans are well underway for a very active 2011. The Provincial Advisory Board has a committee in place to plan/organize a Golf Tournament. Walk a Mile in His Shoes is planning to have a new marketing strategy.

The Newfoundland and Labrador Prostate Cancer Advisory Board has played a major role in the development and implementation of programs to promote prostate cancer awareness in this province. The individuals, some of whom have been there since 1997, who volunteer to sit on the board provide an invaluable service.

I want to express sincere gratitude to the support group chairs and all the survivors for their unfailing commitment to promoting awareness and providing support to those affected by prostate cancer. You should be proud of the service that you are providing and the difference that you are making in the lives of others. The work that we do is made much easier by the support provided by the staff at the Canadian Cancer Society. On your behalf, I wish to express a big thank you to Matthew Piercey and his staff for all they do to help us fulfill our mission of promoting awareness and providing support to those families affected by prostate cancer.

Graham

Provincial Conference
Lion Max Simms Memorial Camp
October 1-2, 2010



One of the highlights at the conference was the drama presentation ‘**The Next Step**’. This particular play was developed for us in 2009 as part of the National Conference. The play was written by Clar Doyle. For this special occasion Bill Kennedy assisted actors Kevin Lewis, Ray Saunders and Jackie St. Croix.

General practitioner, Dr. Don Hodder, from the Grand Falls group shared his prostate cancer experience. Don has elected to monitor his cancer by watchful waiting. He explained why he decided to do this and gave a very informative presentation on active surveillance

The keynote speaker for the conference was west coast cardiologist, Dr. Jamie Graham.



Jamie is a prostate cancer survivor and a well known advocate for healthy living. For this presentation, ‘Nutrition and Prostate Health’ was the topic. The support groups were encouraged to engage in a lifestyle change...**one person at a time**. Walking programs would be a good place to start. Following his presentation, he challenged all the participants to join him in a 30 minute walk.



Tolson Chapman gave a summary report of his experience at the national conference in Toronto in September. The conference was

hosted by PCCN-Toronto and the MC was Aaron Bacher. Tolson spoke about some of the topics and issues that were addressed in Toronto. He was proud to report that six NL groups were represented with a total delegation of 16. The national conference was sponsored this year by Movember and to no surprise the hot topic was affiliation of the support groups with PCC/PCCN. One of the many highlights was a dinner cruise. The delegates were treated to a boat dining experience aboard the Mariposa.



There were a number of interesting speakers, including Brett Wilson, Adam Garone, Neil Fleshner and John Trachtenberg. However, the speaker who stole the show was Dr. Robert Buckman who spoke on ‘Laughter the Second Best Medicine’.

The conference concluded with lunch and some recommendations for future provincial conferences:

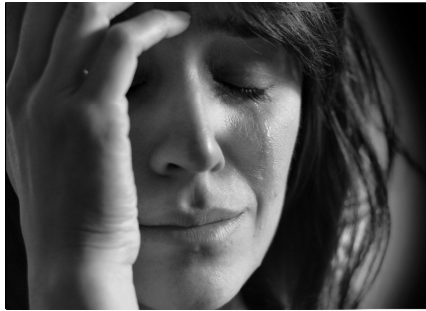
- Alternate the conference between the central location and the Avalon
- Make it an alcohol-free event
- Include the AGM as a regular part of the conference program



The seventh annual provincial conference was held on the weekend of October 1. All provincial support groups were represented along with survivors from regions outside the formal groups.

Advisory board chair, Curtis LeGrow, opened the conference with a warm welcome to all the attendees. Following a brief historical overview of the support group movement throughout the province, the organizational by-laws were approved on a motion by Tolson Chapman, seconded by Tom Barry.

Coordinator Graham provided a review of the affiliation process with Prostate Cancer Canada. The ongoing debate continues with respect to the Newfoundland and Labrador support groups affiliating with the national organization. Some discussion took place at the provincial conference on the benefits of us affiliating. The provincial advisory board, in consultation with the group chairs, had appointed a committee to study affiliation with PCC. The report of the committee was that we would agree to affiliate with PCC subject to their acceptance of several conditions. These conditions included: having the Advisory Board represent the groups, protection of our special relationship with the Canadian Cancer Society and an annual review of the agreement. Following approval of this at the board level, the committee would present this recommendation to the support groups at the provincial AGM for final approval. The approval was received with the signatures of the chairs.



The sad truth is prostate cancer DOES affect women.

Talk to him before it's too late.
For him and for you.

Early Detection Saves Lives. Get Checked.



Early detection of prostate cancer can save a man's life.



Just ask Bill and Nancy Hurley.

For more information, phone (709) 757- 8530.

These ads are featured in a prostate cancer awareness program for the province of Newfoundland and Labrador. They appear on NTV during the Evening News. They also appeared in the Telegram and on OZ /FM radio. VOXM radio are airing the ads with voice-over by members of the prostate cancer support groups. EC Boone will carry the same message on their billboards.

This program is designed to increase prostate cancer awareness in the province of Newfoundland and Labrador and is brought to you by the Prostate Cancer Support Groups of Newfoundland and Labrador in partnership with the Motorcycle Ride for Dad and with the support of the Department of Health and Community Services.



Increasing Awareness and Promoting Early Detection

Advisory Board News

Several vacancies on the provincial advisory board were recently filled in accordance with the provincial by-laws. All membership terms are for a **two year** period. Charlie Ward will represent the Labrador region, Edward Vatcher will represent the western/central region and Ches Stanford and Tolson Chapman will represent the eastern/Avalon regions. Completing the board, the membership includes Sue Hammond (urology/oncology), Derek Penney (Health and Community Services) and Bill Kennedy (NL representative with PCCN). Matthew Piercey represents the Canadian Cancer Society. The board chair is Curtis LeGrow. At the November board meeting, Tolson Chapman was appointed vice-chair. The role of the vice-chair includes the performance of duties of the chair in his absence and to serve as the lead person in all the fund raising activities.

The board decided in January that the 2011 provincial conference would occur in September at a site to be determined on the Avalon. The conference will be promoted as an alcohol-free event.

Derek and Tolson agreed to lead a committee to organize a **July Awareness Golf Tournament**.

Special recognition awards for outstanding service will be presented at the next provincial conference.

The 2011 National PCC/PCCN Conference will be held in Halifax October 12-16.

Bill reported that there has been a slight delay in the production of the awareness video.

Walk a Mile in His Shoes

Walk a Mile is a pledge-based walk that highlights the importance of regular examinations and the benefits of early detection. The monies raised are managed by the NL division of the Canadian Cancer Society for the prostate cancer support groups and are used primarily to promote prostate cancer awareness and to provide patient support.



For your information, in 2010 there were 22 sites and the top site again was Labrador City with \$19,660. The top fundraiser was Jim Buffett (\$4500), Labrador City. His prize is a return trip for two people to any scheduled Provincial Airlines destination. The

runner-up top fundraiser was Clem Haley (\$3200), Carbonear. The prize is a return trip for two people to any scheduled Westjet destination in Canada. The **two** provincial draw winners (selected from the top fundraisers from each sight) are Ed Vatcher (Grand Falls-Windsor) and Amanda Hurley (Norman's Cove). The prizes are a complimentary night stay at the Courtyard by Marriott Hotel and a \$50 dinner certificate from the Keg Restaurant. A special thank you to all our participants and sponsors.

If you plan to participate or help organize a walk in your area in 2011, please call us at **757-8530** or **1-888-753-6520**. Together, we can help ease the pain of a prostate cancer diagnosis.

Health Tips

Fish-filled diet may cut prostate cancer mortality

(Reuters Health) - Eating lots of fish may not protect men from developing prostate cancer, but it could reduce their risk of dying from the disease, a new review of the medical literature suggests.

"In the United States, one in six men will be diagnosed with prostate cancer over their lifetime," Dr. Konrad M. Szymanski of McGill University Health Center in Montreal, one of the study's authors, told Reuters Health. "One in six of these men will die of prostate cancer. Our study findings suggest that the number of men who die once diagnosed is lowered by more than 50 percent among men eating lots of fish."

While fish is known to have many health benefits, including cutting the risk of heart disease and stroke, the question of whether it could protect against prostate cancer has been "a bit controversial," Szymanski said. To investigate further, he and his colleagues analyzed 31 studies including hundreds of thousands of patients, reporting their findings in the American Journal of Clinical Nutrition.

Seventeen of the studies were case-control, meaning they compared eating patterns among people with prostate cancer ("cases") and matched controls without the disease. The remaining 14 studies were cohort studies, which followed men over time and compared diets of those who developed prostate cancer to the diets of the men who remained free from the disease.

Overall, Szymanski and his team found no link between eating lots of fish and men's risk of developing prostate cancer. But they did find that men who ate more fish were 44 percent less likely to develop metastatic

prostate cancer, meaning disease that had spread beyond the prostate gland. Higher fish consumption also was associated with a 63 percent lower risk of dying from prostate cancer.

Given that the studies included in their analysis used a number of different measurements of fish intake, the researcher said, it's impossible to say how much fish one would need to eat in order to get a protective effect. "All we can say is eating more fish can have some benefit. How many servings of fish or how many grams needed a day, unfortunately we cannot say."

It's possible, he added, that fish may reduce prostate cancer mortality by reducing men's likelihood of developing metastatic disease. The anti-inflammatory effect of fish oils could help fight cancer progression, he and his colleagues suggest in their report.

Several previous studies have indicated that the omega-3 fatty acids in oily fish and fish oil supplements may slow cancer progression by reducing inflammation and by a variety of other mechanisms. The current study did not include fish oil supplements in its analysis.

Because the analysis only describes whether the subjects ate fish and how much, this study cannot determine for sure whether some other aspect of the heavy fish eaters' lifestyles may account for some of the benefits observed.

Fish has known health benefits anyway, and the findings suggest that encouraging men to choose fish more often could have a major impact on public health, Szymanski said. "Prostate cancer is a very common disease," he added. "If we can possibly introduce a relatively cheap and easy-to-implement policy that could have even a small impact on how this disease affects men, we could make a very big impact overall."

SOURCE: American Journal of Clinical Nutrition, published online September 15, 2010.

Lighter Medical Moments

My family physician told me of an incident that actually happened to him back in the early days of his practice. He said a woman brought her baby to see him, and he determined right away that the baby had an earache. He wrote a prescription for ear drops. In the directions he wrote, "Put two drops in the right ear every four hours" and he abbreviated "right" as an **R** with a circle around it. Several days passed, and the woman returned with her baby, complaining that the baby still had an earache, and his little bottom was getting really greasy with all those drops of oil. The doctor looked at the bottle of ear drops and sure enough, the pharmacist had typed the following instructions on the label: "Put two drops in **R** ear every four hours."

A father brought his son into the doctor because the boy had a matchbox car shoved up his nose. All the while the doctor was trying to remove the car, the father kept saying, "I don't know how he did it!" Finally the doctor removed the car and the father and son left. A few hours later, the father came back with the matchbox car shoved up **HIS** nose. He told the doctor, "I know how he did it!"

My sex drive is too high... You're in remarkable shape for a man your age," said the doctor to the ninety-year old man after the examination. "I know it," said the old gentleman. "I've really got only one complaint-my sex drive is too high. Got anything you can do for that, Doc?" The doctor's mouth dropped open. "You're what?!" he gasped. "My sex drive," said the old man. "It's too high, and I'd like to have you lower it if you can." "Lower it?!" exclaimed the doctor, still unable to believe what the ninety-year old gentleman was saying. "Just what do you consider 'high'?" "These days it seems like it's all in my head, Doc," said the old man, "and I'd like to have you lower it a couple of feet if you can."

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 or write to:

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