

Printed for the Prostate Cancer Support Groups as a courtesy of Newfoundland Power

## Thank You, Graham Mercer!

We should all be extremely proud of Newfoundland and Labrador's organization of support groups, which has been built, with your generous help, by our former coordinator, Graham Mercer. For the past eleven years, Graham worked tirelessly to create a network in this province that has become the envy of the entire country. With the support of the Provincial Prostate Cancer Advisory Board and the Canadian Cancer Society, Graham's efforts have provided valuable help and support to many thousands of individuals and their loved ones throughout Newfoundland and Labrador over the years. We send a "Thank you!" to Graham for his years of work and dedication, and wish him and his wife Gladys a long, happy and much-deserved retirement in their new home in British Columbia.



Graham  
Mercer

## Welcome to our Two New Support Groups!

There are two new additions to our Support Group family. We would like to welcome PCCN—Bay St. George and PCCN—Conception Bay North to our growing network of support groups in the province.

Through the efforts of group leaders Wayne Morris in Robinsons and Gary Laing in Carbonear, along with former Awareness Coordinator Graham Mercer and our Advisory Board, there are now more supports in place for prostate cancer survivors and their families to find the information, assistance and encouragement they need as they deal with their situations. It's great to see that we are growing in new areas, and we look forward to even more growth in the future. If you live in a region where support services are too far away, and you feel that there is a need and an interest in your local area, we encourage you to look into organizing a Support Group. Call Darrell at 1-888-753-6520 to get more information.

## Hello, Friends,

It is my pleasure to greet you as Provincial Prostate Cancer Awareness Coordinator. For those who don't know me, I am an eight-year prostate cancer survivor, and I have been a member of the Trinity South Support Group for almost the entire time since my surgery. I retired from a 28-year career as an elementary school teacher in June, 2003.



Darrell  
Yetman

My wife, Patti, and I live in Whiteway, Trinity Bay. The days since my start on June 14<sup>th</sup> have been quite busy. These first few weeks have been occupied with

(Continued on page 2)

## In This Issue

**Thank you, Graham Mercer!**

**New Support Groups Formed**

**Walk A Mile In His Shoes News**

**Annual Provincial Conference**

**November Campaign**

**Health Matters**

**“Hello...”**

*(Continued from page 1)*

preparations for the many annual **Walk A Mile In His Shoes** events around the province, making contact with our nine support groups and the staff here at the St. John’s office, as well as the folks at the national office of PCCN, getting this latest edition of *In Touch* written and off to the printers, meetings with Prostate Cancer Advisory Board members and Canadian Cancer Society staff, all mixed in with an almost endless stream of phone calls, emails, and in-person visits. There is certainly much to be done, but a tremendous amount of support and encouragement comes along with being a part of the Newfoundland and Labrador Prostate Cancer Support Groups.

Like most of you, I joined a support group at first for what it could do for me, but then I stayed and got further involved for what I thought I could offer to others. We are a community of caring people, willing to lend our comfort and support to our neighbour who may be facing a diagnosis of prostate cancer. This is also the reason why we rally together to put off awareness-raising events that get the message of hope out to the wider public.

You are very welcome to

drop by and say hello if you are in this area. Our office is at Daffodil Place, 70 Rope-walk Lane. If you can’t come in, please call me anytime. My phone number is 1-888-753-6520, extension 230, or direct to 757-8530. You can email me at

[dvetman@nl.cancer.ca](mailto:dvetman@nl.cancer.ca)

If you have questions, don’t hesitate to get in touch with me. I may not have the answers, but I will do my best to find them for you.

Please invite me to your support group meetings. I intend to get out and visit with as many of the groups as possible in the months to come. I look forward to meeting you, and helping whenever I can.

Darrell

---

### **Affiliation with PCCN**



Our Newfoundland and Labrador Prostate Cancer Support Group Advisory Board has recently completed the affiliation process with the national body, Prostate Cancer Canada (PCC). We are now officially members of the Prostate Cancer Canada Network. For your information, here are our support groups:

PCCN—Avalon

Leader: Tolson Chapman

PCCN—Clareville

Leader: Ches Stanford

PCCN—Corner Brook

Leader: Art Matthews

PCCN—Grand Falls Windsor

Leader: position vacant

PCCN—Kittiwake

Leader: Nelson Granter

PCCN—Trinity South

Leader: Bill Hurley

PCCN—Labrador West

Leader: Charlie Ward

PCCN—Bay St. George

Leader: Wayne Morris

PCCN—Conception Bay N.

Leader: Gary Laing

---

**WALK A MILE  
IN HIS SHOES**

Plans for our annual province-wide awareness-raising walk are going ahead in numerous centres.

We are very grateful for the assistance of our sponsors and volunteers, who make our walks possible.

Some sites have already held their walks and are reporting excellent participation on the part of support group members and the general public. Charlie Ward, of the PCCN-Labrador West Support Group, reports that the donors of his region were extremely generous as usual, while Bill Hurley, of the PCCN-Trinity South Group, whose *Walk* will be held in September, has already turned in a considerable sum which he raised among his co-workers through a ticket draw.

*(continued on page 3)*

# Prostate Cancer Survivors' Conference 2011 Registration

Lion Max Simms Memorial Camp    Bishop's Falls  
September 30—October 1

**PLEASE NOTE:** Each of our nine Prostate Cancer Support Groups is asked to select **THREE MEMBERS** to attend this year's Survivors' Conference.

These three delegates will be sponsored by the Newfoundland and Labrador Prostate Cancer Advisory Board with free meals and accommodations.

The Conference is also open to any other interested individuals who wish to attend, at a cost of \$65 per person, which will cover the cost of registration (two meals, one night's accommodations (double occupancy), and sessions).

Name: .....

Address: .....

Town / City: ..... Postal code: .....

Phone: ..... Email: .....

(Please check the appropriate boxes)

I am sponsored by the ..... Support Group

I am submitting \$65 to cover the cost of Registration.     Cheque     cash

Credit card \_\_\_\_\_ # \_\_\_\_\_ Expiry: \_\_\_\_/\_\_\_\_

Volunteers in two of our smaller towns, Bert Cluett in Garnish and Sarah Webb in Nain, have already held their walks and have been quite successful. Sarah Webb even went around her community and collected pledges, then did the walk all by herself. Like so many others in every corner of our province, these dedicated volunteers are going above and beyond to help spread the awareness of prostate cancer.

## ***Movember***

All our Newfoundland and Labrador support groups are encouraged to get in-

involved in "Movember".

Begun several years ago in Australia, Movember has proven to be an immensely successful fund-raising and awareness campaign in many countries around the world. Funds raised will be shared 50/50 with Prostate Cancer Canada. The following information is from the Movember web Site:

*"The 'Mo', slang for moustache, and November come together each year for Movember.*

*Each Movember we challenge men to change their appearance and the face of men's health by growing a moustache. Funds raised benefit Prostate*

*Cancer Canada (and the NL Support Groups — ed.).*

*We had some incredible prizes and competitions in 2010, which range from national prizes, to gala parté prizes, to the highly coveted International Man of Movember title.*

*If you would like to join the global movement that is changing the face of men's health, sign up for Movember."*

Registration on the web site opens in September. For more information, go to

<http://ca.movember.com/> contact your local Support Group leader, or call Darrell at 1-888-753-6520.

## Health Matters

### Finger Length a Predictor of Prostate Cancer?

Gentlemen, take a look at the fingers of your right hands. If your ring finger is longer than your index finger, and you have not yet been diagnosed with prostate cancer, you should definitely make a prostate exam a part of your regular routine. According to a British study, you may be at an increased risk to develop the disease. In the study, done in 2010, it was found that the length of a man's right-hand index finger as compared to his ring finger is likely to be an indication of whether or not he is at high risk to develop prostate cancer. The study, which was published November 30, 2010, in the *British Journal of Cancer*, was carried out on about 4500 individuals. The researchers concluded that there was a direct relationship between the relative length of a man's fingers and the amount of prenatal testosterone in his system. A man who has a ring finger longer than his index finger is likely to have a higher level of testosterone. As testosterone is a positive factor in the development of prostate cancer, this is concluded to be

a strong indicator. Accordingly, in women the ring finger is usually shorter than the index finger, due to higher prenatal levels of the female hormone estrogen.

From the *British Journal of Cancer* (2011) **104**, 175–177. doi:10.1038/sj.bjc.6605986 <http://www.bjcancer.com> Published online 30 November 2010

Available online at: <http://www.nature.com/bjc/journal/v104/n1/full/6605986a.html>

### Experimental Vaccine Seems To Cure Prostate Cancer in Mice

Researchers have been hunting for years for a vaccine that would cure cancer. If the information in this article is to be believed, they are closer now than ever before. Instead of using a virus to attack the cancer cells, as was generally done in the past, these researchers have created a vaccine made from a combination of human DNA from healthy prostate tissue cells and then inserted them into a virus. This product is then injected into a cancerous prostate. The cancerous cells recognize the antigens in the new virus and begin a strong im-

mune response. However, instead of being outsmarted by a cancer which adapts to the virus, the virus itself can adapt to the cancer and continue to fight in new ways.

Dr. Leonard Litchenfeld, deputy chief medical officer for the American Cancer Society in Atlanta, said that news of the study "certainly holds out hope that this may represent a true advance." However, he goes on to say, "There is still a ways to go before we can get excited and say it will have benefit for patients with prostate cancer."

The team hopes to put this new vaccine into human patients within three to five years.

Report published online June 19, 2011, in *Nature Medicine*. Available online at <http://health.usnews.com/health-news/family-health/cancer/articles/2011/06/19/experimental-vaccine-seems-to-cure-prostate-cancer-in-mice>

Scan this bar code

▶  
with your  
Smart Phone to  
connect with  
our web site.



Future issues of *In Touch* will feature news items from our support groups. If you have news of activities from your group, please send them in, along with suitable photos.

If you would like to have your personal *story/journey* printed in a future issue, please forward a copy of it, along with a recent photo (optional), to

[dvetman@nl.cancer.ca](mailto:dvetman@nl.cancer.ca) or mail to

Darrell Yetman P.O. Box 8921 70 Ropewalk Lane St. John's, NL A1B 3R9

**VISIT OUR WEBSITE [www.prostatecancersupport.ca](http://www.prostatecancersupport.ca)**