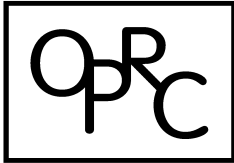


KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP NEWSLETTER



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Publisher/Editor– Bren Witt

**Newsletter available on line at – www.cpcn.org
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The special guest speaker at our February support group meeting was *Ms. Corinne Wade, B.Sc., PT., MCPA* a local physiotherapist who has a special interest and who has taken specialized courses in urinary disorders in both men and women, as well as men's health, male and female pelvic pain. Corinne has spoken to our support group in the past and is always extremely well received by all those in attendance. She was able to give all those in attendance an extremely interesting overview on male urinary problems including urinary incontinence. Corinne was able to explain very effectively the correct and proper way to do kegal exercises. As she mentioned when someone is doing Kegel exercises properly you should not see any outward movement in your body. As an example you should not squeeze or tighten your buttock, abdominal or thigh muscles while doing Kegel exercises and Do Not hold your breath as you are exercising.

Corinne had a hand out for those attending the meeting entitled the Ten Healthy Bladder Habits For Men.

Experts Urge U.S. Prostate ‘man-o-gram’ –

The following originated with *Reuters North American News Service* and was published on January 14, 2009.

Prostate cancer experts urged Congress and the incoming Obama administration on January 14 to make a major research commitment to find better detection methods, including what they call a “man-o-gram.”

Their idea involves a sophisticated ultrasound, magnetic resonance imaging or other methods to find dangerous prostate tumors, akin to the common mammogram scans used to find breast tumors.

Dr. Faina Shtern, who heads the Boston-based nonprofit *AdMeTech Foundation* is coordinating the advocacy effort, said \$500 million is needed over five years.

Many men now have a blood test measuring levels of a protein produced by the prostate gland called prostate-specific antigen, or PSA.

Elevated PSA levels may indicate prostate cancer, but benign conditions can also raise levels. Men with elevated PSA often must have an invasive biopsy to test prostate tissue for cancer.

Only about 25 to 30 percent of men who have the biopsy actually turn out to have prostate cancer. And experts believe that many cancers detected after PSA screening are so minor they would never present a threat if left untreated.

There is as controversy among cancer researchers about whether PSA screening actually saves lives, with many arguing that it leads to unnecessary surgical and radiation treatment for minor cancers, causing negative side effects.

And because there is no reliable imaging technique to guide the selection of tissue for the prostate biopsies, doctors take random plugs of prostate tissue blindly and may miss tumors.

“Right now what is done is barbaric,” Shtern said in a telephone interview.

We need to be able to find the cancers that are going to be significant – and only target those,” *Dr. Thomas Wheeler, of Baylor College of Medicine in Houston*, one of the experts, said in a telephone interview.

More than two-dozen experts from institutions including *Johns Hopkins University, Harvard medical School, the University of Chicago, the University of Miami and Stanford University* joined the effort.

Then signed letters to Congress and the U.S. National Institutes of health, which funds medical research, saying more accurate imaging technology would lead to better guidance for diagnosis, biopsy and minimally invasive treatment.

Shtern said their needs to be a better initial screening test than the PSA test, perhaps a new blood or urine test focused on another biological indicator of prostate cancer.

Editors Note: Locally I don't believe too many if any men are being treated unnecessarily. Today quite a few men are being followed using Active Surveillance rather than having immediate treatment.

Golfers Take Note:

A new prostate cancer fundraiser is coming to the Kelowna area in August. Mr. Agostino Masi, the Manager of the Restaurant Agostino's at Shannon Lake together with the Shannon Lake Golf Course are planning on hosting a Charity Golf Tournament on Friday August 7th 2009. This is the first of what is planned to become an annual event. The cost of the tournament is going to be \$180.00. This includes Lunch, a shared Golf Cart, Dinner and 18 holes of Golf. For further information and to reserve a spot in this tournament please call Mr. John Jacoby Golf the Pro at Shannon Lake Golf Course 250-768-4353 or Agostino Masi at Agostino's 250-768-9020. Within the next few weeks they will have more information and entry forms available on the Shannon Lake Golf Course website www.shannonlakegolf.com. I will also keep everyone up to date with new updates and information as they are received and become available.

WITT'S WIT (ON THE LIGHTER SIDE) -

Remind You of Anyone You Know?

While on a road trip, an elderly couple stopped at a roadside restaurant for lunch.

After finishing their meal, they left the restaurant, and resumed their trip.

When leaving, the elderly woman unknowingly left her glasses on the table. And she didn't miss them until they had been driving for about forty minutes.

By then to add to the aggravation, they had to travel quite a distance before they could find a place to turn around, in order to return to the restaurant to retrieve her glasses.

All the way back, the elderly husband became the classic grouchy old man.

He fussed and complained, and scolded his wife relentlessly during the entire return drive.

The more he chided her, the more agitated he became. He just wouldn't let up for one minute.

To her relief, they finally arrived at the restaurant. As the woman got out of the car, and hurried inside to retrieve her glasses, the old geezer yelled out to her, "While you're in there, you might as well get my hat and my credit card."

Early Prostate Cancer Patients Have 95 Percent Success With Brachytherapy –

The following is an excerpt of an article that appeared in the Vancouver Sun by *Gerry Bellett* regarding a study by the BC Cancer Agency that appeared in the medical journal *Urology*.

A study of early-diagnosed prostate cancer patients shows that 95 percent of those treated using brachytherapy – the planting of a radioactive particle in the prostate – have had their cancer cured.

The results of a study of 1,006 patients treated through the BC Cancer Agency's prostate brachytherapy program from 1998 to 2003 was published in a late January issue of the medical journal *Urology*.

The cancer agency said 95 percent of men did not experience a biochemical recurrence – a rise in the blood level of PSA (prostate-specific-antigen) – following brachytherapy, “which indicates a likely cure of prostate cancer.”

“These are excellent results demonstrating that brachytherapy should be considered the gold-standard treatment for men with localized prostate cancer,” Dr. Mira Keyes, head of BC Cancer Agency's brachytherapy program said on January 27.

The majority of the men involved in this study were placed on hormonal therapy for approximately three months prior to their treatment and for an additional three months following treatment.

To date, more than 2,500 men have been treated by the agency using brachytherapy.

Other forms of treatment for prostate cancer are surgery to remove the cancer mass, or external beam radiation to destroy it.

She said there have been no studies done to determine if brachytherapy was better than surgery.

However, she said the procedure was less invasive than surgery and could be completed within an hour, allowing the patient to go home.

“She said the sexual potency rate was higher with brachytherapy than with surgery.

Prostate cancer is the most frequently diagnosed cancer in Canadian males. On average, 386 men are diagnosed with the disease each week in Canada.

Brachytherapy implants small radioactive seeds into the prostate gland that deliver a precise dose of radiation to the tumor.

Most patients were able to resume normal physical activities within days of treatment and side effects were mild and transient, with long-term side effects being rare, the study found.

Keyes said different forms of brachytherapy were also being used by researchers to treat other cancers. But the results with prostate cancer were spectacular.

Prostate Cancer ‘Likely Cure’ Prompts B.C. Debate –

The following is an excerpt of an article that appeared in the Feb. 3 issue of the *Vancouver Sun* and was written by *Pamela Fayerman*.

Some Prostate Cancer experts are criticizing a BC Cancer Agency announcement for exaggerating a treatment’s effects by describing it as a “likely cure.”

But one of the researchers who headed a study of the treatment said she stands by the claim.

Dr. Martin Gleave, Director of the Vancouver Prostate Centre, said the BCCA minimized brachytherapy’s potential side-effects and effects on quality of life, “which can be debilitating.”

As with surgery to remove the prostate, Gleave said, men who have brachytherapy can suffer urinary and sexual complications for weeks, months or longer.

The BCCA release said side effects were relatively mild and transient. Long-term effects were said to be rare and sexual function was preserved in “many” patients.

The published study did not include data on side effects, but co-author Dr. Mira Keyes said they will be published later.

Gleave said the study involved men at low risk of developing aggressive cancer in the near future and was based on a median follow-up of five years, so it’s premature to call the treatment a “likely cure.” But he praised the brachytherapy program and the study.

“The radiation oncologists are to be congratulated for implementing this program and delivering results on par with many major centres in North America,” he said.

Dr. Ian Thompson, head of urology at the University of Texas Health Sciences Center (San Antonio), said patients in the study were relatively low-risk and followed for only five years, so “I’m not surprised that the control rates were so good”.

Dr. Larry Goldenberg, head of urological sciences at the University of B.C., said brachytherapy is one of a handful of treatment options for certain patients.

“It may be a potential cure for some men, but it is not at this time a cure or a likely cure until there is more experience with it and longer-term studies,” Goldenberg said. “I’ve seen patients who had late relapses 10 years after treatment, so I always say that you’re not out of the woods for the rest of your life.”

He denied there was a turf war between surgeons and radiation oncologists.

Gleave said the study shows brachytherapy outcomes are about equal to external-beam radiotherapy and prostate removal surgery for men with low to intermediate-risk cancer.

Dr. Armen Aprikian, chief of urology at McGill University Health Centre, echoed Gleave’s concern that the study was too short to justify the claim.

One of the other points to mention is that most patients required at least six months of hormonal therapy, which also carries side effects.

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-

April 11th – May 9th – June 13th – July 11th – August 8th

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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