

## That Pesky Prostate

By Craig W. Anderson

If you are recovering from the various treatments for prostate cancer or if a -- let me put it in doctorese -- Radical Retropubic Prostatectomy and the ever-popular Pelvic Lymph Node Dissection along with hormone and radiation therapy is in your future or past, read on.

I'm hoping my story will benefit those who're beginning the prostate cancer recovery process, such as it is, and that what I've learned during a year of fighting this ugly, miserable disease will ease their journey.

Until October 2010 cancer always happened to the "other guy"; I was sympathetic to his plight and then went about my business... until I became one of those "other guys" and in 2010 joined the ranks of the estimated 217,730 men with prostate cancer. I definitely did not want to be one of the predicted 32,050 deaths but there they were, the numbers about my cancer, straight from the American Cancer Society.

My urologist broke the news to my wife and me after I'd donated a pint or two of blood and had undergone a biopsy -- more about that later- - with the words nobody wants to hear: "You have cancer."

The world in which I'd lived for 66 years, my comfortable universe, rippled and I suddenly slipped into that alternate universe of folks who have cancer, leaving the other cancer-free dimension behind. That's how it felt for me when the diagnosis reared its ugly head. Cancer. I have it. Damn!

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- **Details on our February 14th meeting entitled Intimacy Is The Secret. Not a meeting to miss.**
- **In The News, read the current prostate cancer headlines.**
- **Notice of Guy Corneau event in Calgary entitled To Live Again!**
- **Full schedule of upcoming events and meetings.**

### Monthly Meeting

Our next monthly meeting will be held at 7:30 PM  
Tuesday February 14th, 2012

We meet at  
**Venu1008**

**1008 14 Street SE  
in Inglewood**

### Intimacy Is The Secret

**Experts share what works best**

Join us for a provocative discussion on intimacy, the key to rekindling stressed relationships and rediscovering your passion. Bring your partner and we will give you a rose to present them. A great way of earning some extra points.



## Jason's Notes

With the new year well on its way and winter very nearly nonexistent I am looking at our plans for 2012. We have some amazing presentations booked and many new projects to bring you even more of the good things you have come to expect from Prostate Cancer Canada Network Calgary.

The good things we do however have to come from somewhere. They come from our many volunteers, donors, and caring members. So, let me take a few lines to welcome two new and outstanding volunteers to our Board of Directors.

Steve Belway: Many in the prostate cancer medical community will know Steve Belway from his work and contributions to Calgary's Prostate Cancer Centre.

Rick Brown: Also a well known name in the prostate cancer community is Rick Brown who has played a key role in making the Calgary Motorcycle Ride for Dad campaign the local success that it is.

With volunteers like these we are assured another year of continued growth and achievement.

As you may know, our Board of Directors is made up of volunteers. These roles are filled by anyone who wants to make a difference in the lives of those affected by prostate cancer.

Now, I would like to make note of a Calgarian who did something recently that I feel was very brave and had a big impact. As you may have seen in the news, Mayor Nenshi very publicly got his first PSA test to mark his 40th Birthday. Well done Sir.

This month brings with it of course St. Valentines Day. If you weren't planning on flying your partner to Paris for fine dining and romance then I have something almost as good. Take your partner instead to one of the many amazing restaurants in Calgary's Inglewood and after walk

on over to our monthly meeting. That's right, our February meeting happens to fall on this most amorous of days.

What better topic could we offer you than that of Intimacy. We are calling the evenings main presentation, *Intimacy Is The Secret*.

The secret to what you ask? The secret to bringing passion back into one's relationship. The secret to reducing stress and increasing life enjoyment. The secret to healing from the emotional scars left by prostate cancer and moving into a life you can feel you have control of. These are what lay in wait for you to discover.

I look forward to seeing you on February 14th and perhaps even at a local restaurant beforehand.



Jason Bedard  
Executive Director  
Prostate Cancer Canada Network Calgary



The Digital Examiner  
a publication of



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Charitable Number 869261602RR0001

## Continued from page 1 - *That Pesky Prostate*

My brother-in-law and I have explored this rather unique feeling -- he's in remission from a serious form of cancer -- and I wasn't surprised that he feels the same way. He's been fighting his battle longer than I have, but we agree that our viewpoint about life has changed and that now we're separated from everyone else in a subtle way, because there is an element in our lives that could remove the uncertainty about how long we'll live.

Now that I was in the realm of prostate cancer, I did my due diligence and explored a few of those millions of Internet references and found that this particular cancer of the prostate -- the gland in the male reproductive system situated below the bladder and in front of the rectum -- is common in old guys, fellows 65 and older and that, much to my chagrin, was me.

Old? 66 isn't old! But it's old enough to have prostate cancer.

Did I have symptoms of the disease? Frequent urination, many journeys to the john in the middle of the night, having a hard time getting the old stream going, bloody urine, and last but by no means least, did relieving myself cause pain? Nope, none of that, no overt symptoms indicating my prostate was in betrayal mode.

My urologist is terrific but like many of our physician friends, despite her concerns about yrs. trly. and my malaise and how I felt about it, the vagaries of the treatments and their effect on me weren't completely relayed to me.

Doctors, at least those I've dealt with, usually evince concern about how their patients feel, but let's face it, we're the ones being treated and what's commonplace to a doctor isn't necessarily known to us. Therefore, explanations, warnings and advice from the doctors that could make this ordeal more bearable are often forgotten. No condemnation here, just saying that information gaps between doctor and patient happen.


There I was, sans important information during recuperation, which means I had to invent, test

and implement my own strategies to create a smoother recovery. Entrepreneurial instincts surface to make life easier via innovation and recovery from prostate cancer treatments needs knowledge, nuance and applying the tricks of the recovery trade.

Of course, these are my experiences only; I'm not dispensing medical advice, and no doctors had a hand in this, although during surgery their hands were in me. But that's another story.

Here, I'll relate my adventures with The Claw, the Hanger, KY, Mr. Foley's Bag, the New Universe, Radiation Guns, Hormones, Getting Out and About With my Engineer's Friend, the Fun of Sleeping with a Neoprene Tube, the Thrill of Bladder Spasms, and perhaps the most memorable occurrence of all: being catheterized for three weeks.

My odyssey down the Prostate Cancer Highway began with the type of complete physical which includes many popular activities, including: pee-in-a-cup, X-Rays, bone scans, MRI, CAT scan, peering into my ears-nose-throat, the Icy Stethoscope Patdown here and there on my torso, and complete blood analysis. The final results indicated all was good, I was in tip-top shape... except for my PSA -- Prostate Specific Antigen -- which was high enough for my doctor to schedule a consult with an urologist who recommended a biopsy.

I'll get to that thrill-packed adventure in next months article. To be continued. 

**Visit Craig's Blog on Huffington Post at [www.huffingtonpost.com/craig-w-anderson](http://www.huffingtonpost.com/craig-w-anderson)**

Craig W. Anderson has been a writer for 25 years on business, agriculture; sports editor; published author, "Science Fiction Films Of The 70's" and fiction published in national venues such as Asimov's; science fiction illustrator and artist; raised in Central Valley, attended San Jose State; partnered with father in a retail business; worked as a business consultant and public speaker; international sales with Dole Pineapple; coached high school track & field, soccer for 20 years.

# In The News

## Drug for enlarged prostate shown to delay progression of cancer, Lancet study shows

January 23rd, 2012

By The Toronto Star - thestar.com

Men diagnosed with low-risk, localized prostate cancer who were given the drug dutasteride had a significant delay in progression of the disease over a three-year period, according to a study published online Monday in *The Lancet*, a respected medical journal.

It's "good news" for men who have low-risk prostate cancer because aggressive treatment, such as surgery and radiation, "can have a major impact on their quality of life, with risks of impotence and incontinence," said Dr. Neil Fleshner, head of the urology division at Toronto's University Health Network (UHN), who led the study.

The three-year clinical trial involved 302 men between the ages of 48 and 82, who had low-risk, localized prostate cancer and were being regularly monitored for clinical changes in their condition, a treatment option called "active surveillance."

It was funded by GlaxoSmithKline, which manufactures Avodart, a brand-name version of dutasteride.

Half of the study participants received a placebo and all of the men underwent biopsies at 18 months and three years.

The study showed that 48 per cent of those who received the placebo had a progression in the disease, compared to 38 per cent of those who got the drug.

The final biopsies at the end of the study indicated that the men who got the drug were less likely to have cancer detected — 36 per cent, compared to 23 per cent. That doesn't mean the cancer is cured but it's "shrunk so small we can't find it," said Fleshner.

Dutasteride, commonly used to treat enlarged prostate, works "by inhibiting the male sex hormone that causes the enlargement in the first

place," said Fleshner. (There's no link between enlarged prostate and prostate cancer.)

In a critical comment, also published Monday by *The Lancet*, British doctor Chris Parker said "the study duration of just three years was very short compared with the natural history of prostate cancer. Long-term outcomes remain unknown."

A small percentage of the men in the study who were on the drug reported side effects, including difficulty with erections or desire (5 per cent), breast tenderness or enlargement (3 per cent.)

Prostate Cancer Canada estimates that 25,000 new cases of prostate cancer will be diagnosed this year and 4,100 men will die from the disease. About one-third of prostate cancer cases are considered aggressive and fast-growing.

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## Abstract: Adverse Effects of Robotic-Assisted Laparoscopic Versus Open Retropubic Radical Prostatectomy Among a Nationwide Random Sample of Medicare-Age Men

January 3rd, 2012

By Michael J. Barry, MD, Mass. General Hospital

**Purpose** Robotic-assisted laparoscopic radical prostatectomy is eclipsing open radical prostatectomy among men with clinically localized prostate cancer. The objective of this study was to compare the risks of problems with continence and sexual function following these procedures among Medicare-age men.

**Conclusion** Risks of problems with continence and sexual function are high after both procedures. Medicare-age men should not expect fewer adverse effects following robotic prostatectomy. The full article can be obtained from <http://jco.ascopubs.org> and search for JCO.2011.36.8621

The above news excerpts are for informational purposes only.

Please always speak to your Doctor about all your concerns and questions related to your health.

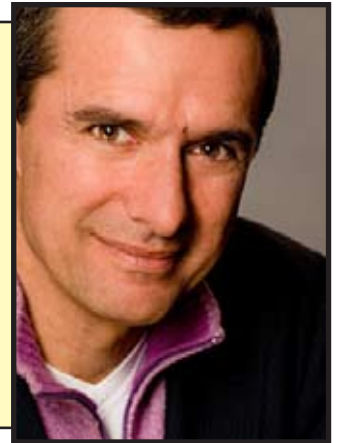
# Guy Corneau, Live in Calgary

## To Live Again!

**Friday, March 30th, 2012 at 7:30pm**

After being diagnosed with a grave illness, one is greatly tempted to close down or to become completely identified with the disease. In my presentation I want to talk about my own experience of Stage Four Cancer. I will discuss the meanings of the disease on the physiological, psychological and spiritual levels, as well as a way to dialogue with the diseased elements from a psychological perspective. I will also address some concrete ways to alter our interior states through this ordeal since these states strongly open us to joy and interior renewal, in their influence on our day-to-day lives. I will comment on my preference for a holistic approach that combines words of Dr Matthew Budd : **“Cancer is too good an opportunity for transformation to waste it”**.

Guy Corneau is the best-selling Canadian author of several books on the subject of personal development. He is also a survivor of Stage Four Cancer.



**This event is presented by the C.G. Jung Society of Alberta in Calgary**

**A special rate of \$20 is available to members of PCCN Calgary**

**To learn more visit [www.CalgaryJungSociety.org](http://www.CalgaryJungSociety.org)**



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## Prostate Cancer and Sexuality

Participants will learn how treatments for prostate cancer can influence sexuality and how to help overcome these effects. This session is available to men receiving treatment for prostate cancer, along with their spouses or partners.

These one-hour information and discussion sessions begin at 11:30AM on the 1st Monday of most months in Room CC105 on the Main Floor of Tom Baker Cancer Centre.

Contact Dr. John Robinson at 403-355-3211 to confirm dates and participation.

## Upcoming Events

### 2nd Tuesday - February 14th

#### 5:00pm - Pre-meeting Dinner Get-together

**Salt & Pepper Restaurant - 1413 9th Avenue SE**

Join fellow members for a pre-meeting social time, good food and drink at the Salt & Pepper Restaurante Mexicano. The restaurant is only a very short walk from Venu1008 where we hold our monthly meeting.

#### 6:00pm - PCCN Calgary Warriors

**Venue1008 - 1008 - 14Street SE**

For those men and their families dealing with advanced prostate cancer we have the Calgary Warriors. The Warriors are a caring and compassionate group, well organized and full of information. The Warriors serve the very important needs of hormone refractory and all those who have an interest in management of advanced prostate cancer.

#### 6:30pm - Active Surveillance Group

**Venue1008 - 1008 - 14Street SE**

Men under active surveillance often have a whole set of questions and fears often not well addressed. This group will give men the opportunity to learn from others who chose the same course for managing their prostate cancer. If you are under active surveillance, or if you are deciding on treatment and active surveillance is an option, this group is for you.

#### 7:30pm - Our February Monthly Meeting

**Venu1008 - 1008 - 14 Street SE**

### Intimacy Is The Secret

Join us for a provocative discussion on intimacy, the key to rekindling stressed relationships and rediscovering your passion. Bring your partner and we will give you a rose to present them. A great way of earning some extra points.

## Neighbourhood Social Groups

To better help you connect with others affected by prostate cancer we host a number of social groups throughout the city.

These meetings give our members the opportunity to meet and socialize outside of our regular monthly meetings. This is a great way to better know fellow members and meet others.

Come out to the group that works best for you. Everyone is welcome.

#### Thursday February 23rd - 11:30am

##### Thornccliffe/Greenview Social Group

##### Everyone Welcome

Denny's Restaurant

5015 4 Street NE

(McKnight Blvd and Edmonton Trail)

For more information contact Jason  
403-455-1916

[jason.bedard@pccncalgary.org](mailto:jason.bedard@pccncalgary.org)

#### No Meeting in February

##### Bonavista Social Group

Ricky's All Day Grill Restaurant

606-12101 Lake Fraser Drive SE

(Avenida Shopping Centre)

Don't see a group that works for you? Then consider starting a group in your area. We will support you in creating a new group and help recruit members for you. If you are interested call Jason at 403-455-1916 anytime to discuss.

#### GETCHECKED.CA

The ManVan™ is a valuable resource offered by the Prostate Cancer Centre to provide on-site free baseline PSA blood tests for men over 40. The Man Van™ makes appearances at select events, but can also be found around the community each month. For the current schedule please visit [GETCHECKED.CA](http://GETCHECKED.CA)

