



# THE DIGITAL EXAMINER

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## IT'S OUR TIME.

Local information and personal support for those diagnosed with prostate cancer.

Contact [pccncalgary.org](http://pccncalgary.org)



Our next general meeting is at 7:30 PM Tuesday

June 11th 2013 at Kerby

**Come meet and hear Dr. William Zhao**

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and individual members like you.

Thank you all, we can't do it without you.

Our June 11th guest speaker:  
**Dr. William Zhao**



Dr. Zhao is a licensed Acupuncturist in the Province of Alberta.

A graduate of China's top Medical University\* with extensive training in both western and traditional Chinese medicine, Dr. Zhao has over 28 years of academic and clinical experience in Canada and China in treating disease, cancer and pain, in which he has successfully helped thousands of patients achieve health and wellness.

In addition, Dr. Zhao has advised The Alberta Government on various acupuncture regulatory and licensing policies and also gives frequent lectures to various professional and patient groups.

Ph.D., of Traditional Chinese Medicine integrated with Western Medicine, Division of Hematology and Oncology, Beijing University of Traditional Medicine and Pharmacy, P.R. China (1998)

Master Degree of TCM integrated with Western Medicine in internal medicine, Beijing University, P.R. China (1989)  
Bachelor of Traditional Chinese Medicine, Hunan Traditional Medical University, P.R. China (1982)

### Diet can thwart prostate cancer progression

Men with early-stage prostate cancer may be able to inhibit tumor growth and progression by following a high-fiber diet, according to recent study results.

The research focused on inositol hexaphosphate (IP6), a major constituent of high-fiber diets. Prostate cancer occurs at similar rates in Asian and in Western cultures, yet tends to progress in the latter but not in the former. Asian diets are high in IP6, whereas Western culture diets generally are not, explained study coauthor Komal Raina, PhD, of the University of Colorado Cancer Center in Aurora, Colorado, in a statement issued by the facility.



Raina's team fed mice with transgenic adenocarcinoma of the prostate with 1%, 2%, or 4% IP6 in drinking water from age 4 weeks until age 28 weeks. Control mice received plain water.

## PCCNC meets at Kerby Centre on the second Tuesday of every month.

Magnetic resonance imaging (MRI) showed a profound reduction in tumor size among the mice in the IP6 group, wrote Raina and colleagues in *Cancer Prevention Research* (2013;6[1]:40-50). IP6 also significantly decreased membrane phospholipid synthesis and glucose metabolism.

"The study's results were really rather profound," Raina emphasized. "We saw dramatically reduced tumor volumes, primarily due to the antiangiogenic effects of IP6."

Raina's team concluded that oral IP6 supplement blocks growth and angiogenesis of prostate cancer in transgenic adenocarcinoma of the mouse prostate in conjunction with metabolic events involved in tumor sustenance. This results in energy deprivation within the tumor, suggesting that IP6 has the potential to suppress growth and progression of human prostate cancer.

### Unique Prostate Cancer Partnership Develops Programs for Survivors

Fresh from the inaugural working meeting of ASAP (A Survivorship Action Partnership), a Movember-funded program, the network participants are inspired and ready to develop programs that will support prostate cancer survivors. The group, the first of its kind on the Canadian cancer landscape, consists of health care representatives who interact regularly with prostate cancer survivors and their friends, families and caregivers.

The network, led by PCC and funded by Movember, met on Feb. 26 and 27 in Vancouver to share ideas, experience and focus on the business of providing the right support, at the right time, in the right place, by the right individual. It's about what happens after a patient hears those words: You have prostate cancer - and offering support and education programs that will help everyone touched by the diagnosis and the decisions, actions and outcomes that follow.

Delegates representing 19 clinical, community and academic institutions from across the country participated in the workshop. Survivors and non-medical members of the public also fully participated, providing insight and advice into the programs offered.

"The hard-earned funds of Canadian Mo Bros and Mo Sistas are what make this program possible," says Pete Bombaci National Director, Movember Canada. "For the first time ever, experts from across Canada are working together with prostate cancer survivors and caregivers to develop solutions that will improve the quality of life for those affected by prostate cancer."

"The important thing is that we are helping survivors and their circle of care live their best possible lives," says Maureen Rowlands, Director of Support Services

at Prostate Cancer Canada. "That could mean offering programs to help patients effectively navigate through the healthcare system, tools to help make the best possible individualized treatment decisions, or patient and caregiver education modules presented via a variety of channels, from apps to workshops."

Information on ASAP's progress will continue to flow through Prostate Cancer Canada's website and social media channels. Prostate Cancer Canada would like to recognize the Movember Foundation as the sole funder of this initiative.

### Singer/songwriter Dan Hill runs from prostate cancer—and he beats it.

If there's one word to describe award-winning singer/songwriter and accomplished author Dan Hill, it would be "unbreakable."

Dan Hill says: "On Dec 14th I had prostate surgery. The only thing that keep(s) me sane, that gave me faith in my body, was my running. Strangely I was beating all my 20-year 10-mile records right up to the surgery. It was as if my body was reminding me that despite the prostate cancer it was super strong and as long as I ran and celebrated my health, my life, I'd pull through.

Hill is a testament to running and what the benefits of running can do for your mind, body and soul. Hill believes the physical benefits of running and an active lifestyle helped him beat cancer. He wrote his poignant



story, "Running from Cancer," of being diagnosed with prostate cancer in the April 16, 2012 issue of *Maclean's Magazine*. Hill wrote, "One in seven men in Canada will face prostate cancer — almost none of them will ever talk about it."

## Focal Therapy for Prostate Cancer Advances

MILAN—Laser ablation, cryotherapy, and hemiablation brachytherapy are among the novel approaches that show promise for the focal treatment of localized prostate cancer (PCa), according to studies presented at the 28th annual congress of the European Association of Urology. Most of these treatments are performed under magnetic resonance imaging (MRI) guidance.

Uri Linder, MD, and collaborators at the University Health Network in Toronto reported on the first comprehensive safety study and initial biological response to MRI-guided and controlled laser focal ablation in men with localized PCa. The phase 1 study included 38 men with low-to-intermediate risk localized tumors. All patients underwent the procedure on an outpatient basis. Under MRI guidance, surgeons placed laser fibers within the prostate near the tumor via the perineum. The median follow-up was 538 days. No intra-procedure complications occurred.

Of 34 patients who had post-procedure biopsy, 16 (47%) had negative findings, and nine (26%) had a negative biopsy in the ablated quadrant of the prostate, but had cancer detected in the contralateral lobe. Of 10 patients with Gleason 3+4 disease, eight had negative findings.

The average baseline PSA level was 5.6 ng/mL; at four months, the average PSA level was 3.6 ng/mL. No patient had a urinary tract infection or post-procedure fever. Of 32 patients with mild or no erectile dysfunction prior to the procedure, 31 (96%) maintained potency after the procedure without the use of phosphodiesterase-5 inhibitors.

The researchers concluded that the initial biologic response to treatment suggests that tumors can be completely ablated in 75% of cases without incurring significant morbidity, the procedure might be a viable option for patients with Gleason 3+4 disease. They noted that the pre- and post-procedure work-up imaging and biopsy schemes need to be evaluated further for better patient selection and significant tumor detection. In addition, the treatment technique needs to be refined to achieve higher rates of complete ablations.

### Hemiablative brachytherapy:

In a separate study, Kazutaka Saito, MD, and colleagues at Tokyo Medical and Dental University Graduate used hemiablation brachytherapy using I-125 seeds to treat 16 men with unilateral prostate tumors as demonstrated with extended prostate biopsy. All had clinical stage T2a or less, Gleason score of 7 or less, a maximum cancer length less than 10 mm, and a PSA value less than 20 ng/mL. The target lobe was treated up to the midline as defined by the urethra. I-125 seed implantation was used to deliver a dose of 160 Gy under real-time ultrasonographic guidance. The men had a median age of 72 years, and 57% had low-risk and 43% had intermediate-risk PCa.

The median follow-up was nine months. No post-treatment severe acute complications such as urinary retention or bleeding were observed. Among sexually active patients, ejaculatory function was preserved without dry ejaculation during follow-up. PSA values decreased significantly without biochemical failure based on the Phoenix definition (nadir plus 2 ng/mL). MRI revealed no evidence of residual or new lesions at 12 months. All patients are alive except one who died from an unrelated cause 15 months after treatment.

“Based on the initial results, hemiablation brachytherapy can be a treatment option in focal therapy for unilateral prostate cancer in patients selected using extended biopsy and MRI,” the authors concluded in their study abstract.

### Cryoablation:

In a third presentation, researchers from The Netherlands reported findings of a study including 10 men with histologically confirmed local recurrence of PCa following radiotherapy. Jurgen J. Fütterer, MD, PhD, of Radboud University Nijmegen Medical Centre in Nijmegen, and colleagues noted that cryosurgery for PCa under transrectal ultrasound guidance has been performed for several years for salvage treatment purposes after radical prostatectomy or radiotherapy. Due to poor visibility, however, high complication rates are not uncommon. MRI-guided cryosurgery may reduce these high complication rates because it has excellent soft tissue contrast. Additionally, they, pointed out, MRI guidance enables both accurate lesion targeting as well as three-dimensional monitoring of iceball growth.

For the procedure, surgeons inserted a urethral-warmer into the urethra and placed a transperineal plate attached to a flexible arm against the perineum. They inserted cryoneedles with real-time MRI guidance and inserted a rectal warmer into the rectum. Both warmers were flushed with warm water to protect the tissue from freezing. Iceball formation and tissue coverage was monitored continuously under near real-time MRI guidance. Two freeze-and-thaw cycles were performed. Treatment time was defined as from the moment the first MR image was performed until the last MR image was finished. Follow-up consisted of PSA-level measurement every 3 months and a multi-parametric MRI after 3, 6 and 12 months.

The procedure was technically feasible in all patients, the investigators reported. In one patient the urethral-warmer could not be inserted. This procedure was cancelled and successfully repeated two months later. Median age of the patients at the time of treatment was 67 years (range 52-76 years), their median PSA level was 3.7 ng/mL (range 0.9-8.7) and Gleason scores varied from 7-10.



### Officers of the Society:

#### President

Willem Smink  
403 949 7790

email: [willems@pccncalgary.org](mailto:willems@pccncalgary.org)

#### Secretary

Rob Pentney

email: [robp@pccncalgary.org](mailto:robp@pccncalgary.org)

#### Treasurer

Bill Moir

email: [billm@pccncalgary.org](mailto:billm@pccncalgary.org)

#### Executive Director

Bob Shiell  
403.455.1916

email: [bobs@pccncalgary.org](mailto:bobs@pccncalgary.org)

#### Chaplain

Bobbie Osadchey  
403.719.5755

[bobbie0@shaw.ca](mailto:bobbie0@shaw.ca)

[www.pccncalgary.org](http://www.pccncalgary.org)

PCCN Calgary  
PO Box 72126  
RPO Glenmore Landing  
Calgary, Alberta  
T2V 5H9

PCCN Calgary 5th Annual

## “Show and Shine”

Sunday, June 30th

Grey Eagles Casino

Dust off your baby and show it off, or just join the hundreds of others who come out to see a great collection of hot rods, vintage cars, collectables and motorcycles.

Registration is from 9 AM to noon and the show runs from noon to 4 PM. There will be prizes and trophies in judged vehicle classes.

**FUN FOR THE WHOLE FAMILY!**

### GETCHECKED.CA

The Man Van™ 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)

## Meet Bonnie Ball, Prostate Cancer Canada



Bonnie Ball was born and raised in Toronto but has spent her adult life living in Vancouver and for the last 16 years here in Calgary. For 25 years she was a sales representative for Johnson & Johnson Inc. in the consumer sales division. Her volunteering at special events for Prostate Cancer Canada here in Calgary led her to an incredible opportunity to join the organization as Community Development Manager for Western Canada as their lone employee out West 3 years ago. She manages all signature events for the West, namely the Wake Up Call Breakfasts and the Safeway Father's Day Walk/Run, initiated the Stick-It to Prostate Cancer Ball Hockey Tournament, and maintains close relationships with all major sponsors for all events, especially with Canada Safeway. She has just recently joined PCCN Calgary's board of directors, in an advisory capacity and as the lone female on board says this is the most rewarding and fulfilling part of her job. "It is an honour for me to join this amazing group of men – their commitment and dedication to helping all men diagnosed with prostate cancer, is truly outstanding. For me personally it is about improving the

lives of all prostate cancer survivors, and their families" PCCN Calgary has just recently launched a women's support group that meets an hour before the regular monthly meetings that Bonnie would love to have more women come out to and share their stories, very informal and especially beneficial to the newly diagnosed partners that have attended. Bonnie has 2 grown sons successful in their chosen careers and both living in Calgary.