

# The Digital Examiner



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## PROSTAID Calgary

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In January and February, **PROSTAID Calgary** had booths in two major motorcycle, car and truck shows at the BMO Centre at the Stampede Grounds in Calgary.

We know from experience that the discussions we have at these shows encourage many men to visit their family doctor and get their PSA checked. And, after follow-up with a urologist, some are advised they have prostate cancer. With early detection and treatment, the disease is curable. However, if not detected early, prostate cancer can be lethal.

Once again, Darkside Racing will join us:

- At our **7th Annual Show 'n Shine** for classic, collector and vintage vehicles to be held Sunday, June 28 at the Grey Eagle Resort & Casino, and
- Carry our message to shows and drag races throughout Alberta.

All totaled, we expect to create awareness about prostate cancer amongst > 60,000 visitors attending these shows in 2015. Your Board of Directors would really like to thank our volunteers and Darkside Racing for taking precious time away from their businesses, families and weekends to help us in our mission.

Stewart Campbell, Executive Director

## Sexuality After Prostate Cancer

Sexuality is often profoundly affected by a cancer diagnosis and the subsequent impact on quality of life can be devastating. Changes in sexuality are a common consequence of cancer and its treatment. Often, the cancer itself can directly affect sexuality by impairing function of the parts of the body involved in sexual activity or by altering hormone production that in turn, affects how the sex organs function. In addition,

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## Tuesday, March 10, 2015 Meeting Schedule

- 5:00 PM: Moxie's Grill & Bar**  
888 7th Ave. SW, Calgary, AB
- 6:30 PM: Ladies and Caregivers**  
**NEW!!** Room 313 at Kerby Centre  
Kelly Fedorowich, Facilitator
- 6:30 PM: Newly Diagnosed & Active Surveillance Group**  
Room 311 at Kerby Centre
- 6:30 PM: Warriors Group**  
Board Room at Kerby Centre
- 7:30 PM: General Meeting.** Kerby Centre Lecture Theatre

## Sexuality After Prostate Cancer

Reanne Booker, BScN, MN

*Our General Meetings are open to the public and free. Cookies, fruit and refreshments will be served.*

**Come join us at the Kerby Centre** at 1133 7 Avenue SW, Calgary, AB T2P 1B2.

Parking is FREE at the Kerby Centre in lots on both sides of 7th Ave. The WEST LRT stops at the Kerby Station, right at the front door of the Kerby Centre.

**Ladies, family members and caregivers are always welcome at our meetings.**

the various types of treatment (surgery, chemotherapy, radiation therapy and hormone therapy) can all affect sexual function. Changes in sexuality not only affect the individual who has been diagnosed with cancer, but also may have a significant impact on the partner as well.



We sincerely thank  
**West Canadian Digital Imaging Inc.**  
for printing and distributing  
**The Digital Examiner.**

### Reanne Booker, BScN, MN Oncology Nurse Practitioner

At our Ladies and Caregivers meeting at 6:30 PM and our General Meeting at 7:30 PM on Tuesday, March 10, Reanne Booker will address the changes in sexuality that may arise after a prostate cancer diagnosis. In addition, ways to discuss sexual health concerns with healthcare providers will be covered. An overview of potential strategies for dealing with sexual health concerns will be provided.



Reanne Booker, MN BScN, is a Nurse Practitioner who has practiced in oncology for over 15 years. Her clinical and research interests include symptom management, sexuality and cancer, quality of life, palliative care and advance care planning. Reanne has taught with the Faculties of Medicine and Nursing at the University of Alberta and in the graduate program with the Faculty of Nursing, University of Calgary. She is the mother of two very active, amazing & wondrous little girls.

### Long-term Efficacy and Safety of Enzalutamide (Xtandi) Monotherapy in Hormone-naïve Prostate Cancer

Tombal B *et al.* Eur Urol. 2015 Feb 13. pii: S0302-2838(15)00070-6. doi: 10.1016/j.eururo.2015.01.027. [Epub ahead of print]

**BACKGROUND:** Enzalutamide (Xtandi) is an androgen receptor inhibitor with a demonstrated overall survival benefit in metastatic castration-resistant prostate cancer. A phase 2 study of enzalutamide monotherapy in patients with hormone-naïve prostate cancer (HNPC) showed a high response rate for the prespecified primary endpoint (ie, prostate-specific antigen [PSA] response at week 25), regardless of metastases at baseline, and favorable tolerability.

**OBJECTIVE:** To determine the long-term efficacy and safety of enzalutamide monotherapy at 1 and 2 year.

**DESIGN, SETTING, AND PARTICIPANTS:** Open-label, single-arm study in patients with HNPC and noncastrate testosterone ( $\geq 230$  ng/dl).

**INTERVENTION:** Oral enzalutamide 160mg/d until disease progression or unacceptable toxicity.

**OUTCOME MEASUREMENTS AND ANALYSIS:** PSA response ( $\geq 80\%$  decline from baseline) assessed at 1 year (49 weeks) and 2 years (97 weeks).

**RESULTS AND LIMITATIONS:** The median (range) age was 73 (48-86) years and 26 patients (39%) presented with metastases at study entry. Of 67 patients enrolled, 45 (67%) remained on enzalutamide at week 97. For patients remaining on therapy, the PSA response rate at week 97 was 100% (95% confidence interval 92-100%). Of 26 patients with metastases at baseline, 13 (50%) had a complete and four (15.4%) had a partial response as best overall tumor response up to 97 weeks on treatment. There was overall maintenance of total-body bone mineral density (BMD) and moderate changes in lean and fat body mass at 49 and 97 weeks. The most common adverse events were gynecomastia, nipple pain, fatigue, and hot flushes. The study limitations include lack of a control group and of endocrine, glycemic, and lipid data at 97 weeks.

**CONCLUSIONS:** Long-term enzalutamide monotherapy in men with noncastrate HNPC is associated with large sustained reductions in PSA, signals indicating a favorable tumor response, and favorable safety/tolerability profile, with relatively small negative effects on total-body BMD.

**PATIENT SUMMARY:** In this long-term follow-up of the efficacy and safety of enzalutamide monotherapy in patients with hormone-naïve prostate cancer, enzalutamide maintained long-term reductions in prostate-specific antigen, with a minimal impact on total-body bone mineral density.

### Current Unmet Needs of Cancer Survivors

HealthDay News -- January 19, 2015

Many cancer survivors have unresolved physical and mental health issues long after being cured, according to a US study published online Jan. 12 in *Cancer*.

The new study involved 1,514 cancer survivors who completed an American Cancer Society survey asking about unmet needs. More than one-third (38.2%) pointed to physical problems related to their cancer or its treatment. For example, incontinence and sexual problems were especially common among prostate cancer survivors, the researchers found.

Cancer care often took a toll on financial health, too. About 20% of the survey respondents said they continued to have problems with paying bills, long after the end of treatment.

This was especially true for black and Hispanic survivors. Anxiety about recurrence was also found to be common among survivors, irrespective of the type of cancer or years cancer-free.

"Overall, we found that cancer survivors are often caught off guard by the lingering problems they experience after cancer treatment," study author Mary Ann Burg, Ph.D., of the University of Central Florida in Orlando, said in a journal news release. "In the wake of cancer, many survivors feel they have lost a sense of personal control, have reduced quality of life, and are frustrated that these problems are not sufficiently addressed within the medical care system."

Burg added that doctors need to be honest with patients about the side effects of cancer and its treatment, and that health care providers need to coordinate their efforts to help survivors and their families cope with the challenges they face.

**Source:** [Burg, MA, et al. Published online by Cancer, Jan 2015; doi: 10.1002/cncr.28951.](#)

## Advance Care Planning

Written by Kelly Fedorowich, [PROSTAID Calgary](#) Ladies and Caregivers Support Group Facilitator

I'd like to thank all of the men and women who emailed me and/or chatted with me at our February [PROSTAID Calgary](#) General Meeting. I've been deeply touched by your warm responses to my article distributed to members by email on Palliative Care, "*An Important Conversation*".

Over the past few weeks, I have had more conversations on the topic of palliative care...well, certainly more conversations than I'd ever had prior. And that's exactly the point - like so many of us, I really didn't think about Palliative Care - ever.

### Conflict

On one hand, I was honored that so many of you responded to the article by talking about Palliative Care - or more specifically **asking**. You were asking all of the important questions - what, where, when, why, how, and how much. But at the same time I was disappointed in myself ..... disappointed because I didn't have the answers to the incredibly important questions that so many of you were asking.

*I didn't have the answers to your Palliative Care questions and I knew that needed to change.* I made a silent pledge that I would educate myself to the in's and out's of the

Canadian Palliative Care system so that I could become a conduit for knowledge sharing.

### The Game Changer

On February 10, the email arrived that would allow me to turn my intentions into action. The email came from Anna Johan who is the Project Coordinator of Advance Care Planning in Canada. On February 17, I had a wonderful conversation with Anna Johan and Louise Hanvey, Advance Care Planning Project Director. I am incredibly proud to share with you all that I am now part of the **Advisory Committee for Advance Care Planning in Canada**.

The Advance Care Planning Advisory Committee is a task group of the Canadian Hospice and Palliative Care Association that champions advance care planning for men with prostate cancer, their partners, families and caregivers.

### What is Advance Care Planning?

Imagine - one day, without warning, you find yourself in a hospital, unable to communicate.

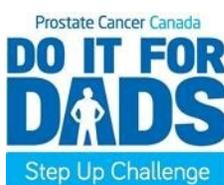
Who would speak for you and make health care decisions on your behalf?

Advance care planning is a process of communicating your wishes for future care and naming a Substitute Decision Maker – someone who will speak for you if you can't speak for yourself. It's a way to give your loved ones the confidence to make decisions during a difficult time.

We know that advances in prostate cancer have increased survivorship – but we also know that every Canadian will someday face end-of-life decisions. Give the gift of knowledge to your loved ones by sharing your wishes and values.

Please visit the Advance Care Planning Website and "*Start the conversation about end-of-life care*"

<http://www.advancecareplanning.ca/making-your-plan/prostate-cancer.aspx>

 **Sunday, March 1, 2015. Do it for Dads Step-Up Challenge** is a fund raising activity of [Prostate Cancer Canada](#). Part of the money raised will support programs at the Tom Baker Cancer Centre. If you wish to volunteer, please [click here](#) for PCCanada's registration form or email Bobby Hrehoruk, Volunteer Engagement, Prostate Cancer Canada at [bobby.hrehoruk@prostatecancer.ca](mailto:bobby.hrehoruk@prostatecancer.ca).

## CANCER SURVIVORSHIP SYMPOSIUM

Saturday, March 28, 2015, 8:30am—5:00pm  
Grey Eagle Resort and Casino, Calgary, AB

On Saturday, March 28 from 8:30am—5:00 pm, **PROSTAIID Calgary** will hold our **1st Cancer Survivorship Symposium** at the Grey Eagle Resort & Casino in Calgary. We have lined up an exceptional faculty and panelists for this symposium. There will be a Hospitality Room at the Grey Eagle hotel on Friday evening from 6:00—9:00 PM sponsored by **PCCN Edmonton** and a Health Exhibition on Saturday by non-profit and commercial health care providers.

Men and women who are cancer survivors, caregivers, and leaders of support groups from across western Canada are all invited to attend. We hope to attract > 200 registrants.

### THERE IS NO CHARGE FOR THE SYMPOSIUM AND LUNCH PLEASE REGISTER EARLY:

- Complete & return the registration form enclosed in the envelope with this issue of **The Digital Examiner**;
- Register on-line at [www.prostaidcalgary.org](http://www.prostaidcalgary.org);
- Phone Stewart Campbell at 403 455 1916; or
- Email [info@pccncalgary.org](mailto:info@pccncalgary.org).

Attendees will be responsible for their own travel and accommodation.



The Grey Eagle Resort & Casino has exceptional hotel and meeting rooms for this type of event. For

attendees to the Symposium, the Grey Eagle Hotel is offering a reduced rate for a deluxe two queen bed room including a breakfast for \$154/night. **Phone Toll Free: 1.844.719.8777 for Hotel Reservations.**

## SAVE THIS DATE!!

**Volunteers Needed. Visit the Show.**



**Sunday, June 28, 2015.**

Our **7th Annual Show 'n Shine** will be held just prior to the Calgary Stampede at Grey Eagle Resort & Casino. We had record number of classic cars, trucks and motorcy-

cles last year and have space for 500 vehicles.

In addition, we will have:

- **Musical entertainment** to stir up the crowd,
- Our 2nd annual **Men's Health Challenge** exhibition, and
- **Prostate Cancer Centre's ManVan** to provide baseline and trending PSA tests for men 40 years & older.

## SYMPOSIUM AGENDA

- 8:30 am** Steve Belway, President, **PROSTAIID Calgary**
- 8:35 am** Eric Hyndman, MD, Urologist, Southern Alberta Institute of Urology (SAIU). Symposium Moderator.
- 8:40 am** Tracy Mann, Yoga Passage, Calgary, AB. Getting us started for the day!!
- 9:00 am** Mark Moyad, MD, MPH, University of Michigan. Dr. Mark Moyad is the only physician in the US who has an endowed chair to study vitamins, minerals, herbs, and other supplements. He's the doctor other doctors go to when they want research-backed information on healthy diets and natural remedies.
- 10:15 am** **Break & Health Exhibits**
- 10:30 am** John Lewis, PhD, University of Alberta. Dr. Lewis studies cancer metastasis and is developing strategies to detect and block the spread of cancer.
- 11:30 am** **Working Lunch & Health Exhibits**  
Eric Hyndman, SAIU  
George Brookman (The Brookman Dodger)  
Pete Bombaci, Movember Foundation
- 1:30 pm** John Oliffe, PhD, RN, University of British Columbia. His health research programs includes cancer, mental health, depression & suicide, and the assessment of the work of cancer support groups.
- 2:30 pm** **Break and Health Exhibits**
- 3:30 pm** Nicole Culos-Reed, PhD, University of Calgary. The goal of her research is to develop physical activity programs that positively impact the physical and psychological factors that cancer survivors experience, ultimately enhancing patient quality of life.
- 4:30 pm** Eric Hyndman, MD, SAIU. Wrap-up and Attendees Survey
- 4:45 pm** Steve Belway, President, **PROSTAIID Calgary**  
**We look forward to visiting with you at the Symposium.**

## Some Humour: Igor's Problem

I'm guessing we all know someone who has had a brush with the authorities, on the way home from a social event with family & friends.

Well, our bud Igor was out one evening with friends and had more than several beers, nice wine & vodka shots. Although relaxed, he still had the common sense to know he was slightly over the limit. That's when he did something he'd never done before - he took a taxi home. Sure enough, there was a police DUI road check on the way, but since it was a taxi, they waved it past. He arrived home safely.

Well ..... , Igor's never driven a taxi before!! Now it's in his garage and he doesn't know where he got it. This is all a real surprise to Igor and he'd like to know what to do with it.

*Be safe out there folks. Don't drink & drive. And if you need a taxi, don't call Igor.*