

The Digital Examiner



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Annual General Meeting

The Board of Directors of Prostate Cancer Canada Network Calgary Society will hold its Annual General Meeting from 7:30pm—8:00pm, Tuesday, May 12 at the Kerby Centre. The meeting will:

- Receive the Treasurer's Report and MNP Auditor's Report for fiscal 2014.
- Appoint our Auditor for 2015.
- Nominate and elect members to the Board of Directors.
- Consider all other business brought to the meeting by members.

This meeting will be the last official business provided by our faithful and efficient Treasurer Bill Moir. We hope that everyone thanks Bill for his work and dedication. Bill has definitely earned a lay degree in accounting.

Director Gerry Hawley has volunteered to take over as Treasurer. Gerry is an accountant by first training. With Gerry becoming Treasurer, our Board will have a vacancy for the position of Secretary.

Our Bylaws allow for 15 members to serve as Directors. We have 8 men and 3 women who have agreed to continue as Directors. So we are wanting to fill 4 Director positions. When the new Board meets, they will elect a Secretary of the Board and Society from amongst those elected.

The Board of Directors meets once a month, on the Thursday prior to each General Meeting. Board meetings are held from 12:00 noon—1:30PM at the Kerby Centre. A light lunch is served at 11:45AM.

Please contact Ron Gorham at (403)730-6534 or email rongor@shaw.ca if you are interested to serve as a Director or as Secretary of the Board and Society.

Our journeys continue

Stewart Campbell, Executive Director

May 2015

Number 188

Tuesday, May 12, 2015 Meeting Schedule

- 5:00 PM: Moxie's Grill & Bar**
888 7th Ave. SW, Calgary, AB
- 6:30 PM: Wives, Partners & 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: Annual General Meeting.**
Kerby Centre Lecture Theatre

8:00 PM: Speakers Bureau - Our Outreach to the Community

Dave Lunn, B.Ed.
Incoming President
PROSTAID Calgary

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.

Speakers Bureau Our Outreach to the Community



Dave Lunn is our incoming President. Dave has put together a Powerpoint presentation that will be available to members for talks about prostate cancer in the workplace and to service clubs and other community groups. Dave will describe our new "Speakers Bureau" after the AGM, welcomes your inputs to improve the presentation, and your offer to become part our Speakers Bureau.



- Full house of 200+ attendees
- World-class speakers – A Huge **THANK YOU**
- Presentations of interest to men and women
- 16 health exhibits for men and women
- A great venue – Grey Eagle Resort & Casino

To Our Sponsors – A Huge **THANK YOU**



By all accounts, the Cancer Survivorship Symposium we held at the Grey Eagle Resort & Casino on Saturday, March 28 was a tremendous success. Our speakers were world-class and their presentations and the 16 health exhibits covered topics of interest to men and women across a variety of cancer types. By Wednesday prior to the Symposium, we knew we were going to have a full house of attendees.

The Symposium promises to be more than a one-day event. It is going to provide many long-term benefits to our members, our organization, and to the health exhibitors that participated in the Symposium. For example, we have:

- Learned that several attendees have since joined exercise and yoga programs and are modifying their diets to be more cancer and heart-health friendly,
- Seen a huge increase in the traffic to our website and YouTube video channel,
- Established contacts with several prostate cancer support groups in western Canada, and
- Launched collaborations with other cancer support groups and service agencies in Calgary and area.

I think it is safe to say there is energy in Calgary and area for a 2016 Cancer Survivorship Symposium. Stay tuned!!



We sincerely would like to thank George Brookman and West Canadian Digital Imaging Inc. for their support of **PROSTAID Calgary** and their contribution to the printing and distribution of **The Digital Examiner** each month.

Defining 'progression' and triggers for curative intervention during active surveillance

Low-risk and many cases of low-intermediate risk prostate cancer have little or no metastatic potential, and do not pose a threat to the patient in his lifetime. Recent evidence has clarified who these patients are and supports the use of conservative management in such individuals.

RECENT FINDINGS: A key element of conservative management is the early identification of those 'low-risk' patients who harbour higher risk disease and benefit from definitive therapy. This represents about 30% of newly diagnosed low-risk patients. A further small proportion of patients with low-risk disease demonstrates true biological progression over time to higher grade disease (as distinct from grade increase on repeat biopsy due to resampling). Men with lower risk disease can defer treatment, in most cases for life.

The results of active surveillance, embodying conservative management with selective delayed intervention for the subset who are reclassified as higher risk over time based on repeat biopsy, imaging or biomarker results, are associated with a 5% cancer-specific mortality at 15 years.

SUMMARY: Active surveillance for low-risk prostate cancer is well tolerated in the intermediate-long term time frame. Further refinement of the surveillance approach is ongoing, incorporating MRI, targeted biopsies and molecular biomarkers to improve appropriate patient selection and triggers for intervention.

SOURCE: Klotz L. Division of Urology, Sunnybrook Health Sciences Centre, University of Toronto, Toronto, Ontario, Canada. *Curr Opin Urol.* 2015 May;25(3):258-66.

Darkside Racing & Lift King Raffle «0»

	Prizes	Tickets: \$5 each or 3 tickets / \$10	Value
First:	Lift King Garage and Man Cave Sales & Service Neon Sign		\$1000
Second:	Matco Tools Two Drawer Service Cart		\$604
Third:	Grey Eagle King Suite, 2 Show Tickets & 4 Buffet Tickets		\$535
Draw Date:	Sept 30, 2015 at Kerby Centre, Calgary		Raffle Licence 402363



2 ft x 6 ft Neon Sign



In support of PROSTAID Calgary
www.prostaiddcalgary.org



www.darkside.ca



www.liftking.ca



www.matcotools.com



www.greyeagle.resortandcasino.ca

This summer, Darkside Racing will again be travelling throughout Alberta with their Top Fuel dragster. Our logo is proudly displayed on the dragster and raffle tickets are sold as a fund raiser for **PROSTAID Calgary**. This sponsorship works because we know of men who after visiting with Kelly and Dave: had their PSA tested, learned they were at risk, and subsequently had treatment for prostate cancer.

PROSTADID Calgary's Website and YouTube Channel

On our website at www.pccncalgary.org and our YouTube channel [pccn calgary](http://www.youtube.com) at www.youtube.com, we have more than 80 videos of presentations to our General Meetings and 2015 Cancer Survivorship Symposium. The topics cover:

- The full spectrum of prostate disorders,
- Treatment options,
- Side-effects from various treatments, and
- Survivorship.

These videos are great information sources for prostate cancer survivors and those living with prostate cancer. Collectively, they have been viewed more than 25,000 times. See below for a selection of leading titles and speakers.

Prostate Cancer in a Family Medical Practice - Ashesh Pabbies, MD of the Foothills Medical Clinic in Calgary, AB.

Imaging of Prostate Cancer - Shelley Jane Spaner, MD of RCA Diagnostics in Calgary, AB.

Southern Alberta Institute of Urology - Dr. Bryan Donnelly introduces the urology institute and discusses topics in prostate cancer.

Robotic Surgery and What is Next - Dr. Eric Hyndman & Tarek Bismar, MD. discuss the history and advances in robotic surgery.

Brachytherapy - Dr. Siraj Husain overviews the prostate, the disease, treatment options and how radiation treatment has evolved.

Myths, Misconceptions & Misinformation with PCa – Mack Roach III, MD discusses controversies in the treatment of PCa.

Surgical Options for Erectile Dysfunction and Incontinence - Dr. Richard Baverstock about erectile dysfunction and incontinence.

New Drugs in the Prostate Cancer Clinic – Dr. Dean Ruether from the Tom Baker Cancer Centre in Calgary gives an update about new drugs and treatment advances in prostate cancer.

Androgen Deprivation Therapy – Drs. Lauren Walker and John Robinson describe the context for when ADT is used to treat prostate cancer and how to manage changes and side effects.

Nutrition & Healthy Eating – Keri Adams discusses healthy eating and how it can help deal with stress and other variables like PCa.

Sexuality after Prostate Cancer - Reanne Booker, BSc., MN talks about how relationships and sexual performance can change after PCa and the things men and couples can do to preserve sexuality.

Rediscovering Sex After Prostate Cancer - Dr. Richard Wassersug presents an insightful talk on what couples can do using alternative methods to remain intimate and keep their spark alive.

What Men Won't Talk About...and Women Need To Know - Glenda Standeven talks about her philosophy of "Choosing to Smile" despite being an amputee due to bone cancer and having a husband, Rick, who is a prostate cancer survivor.

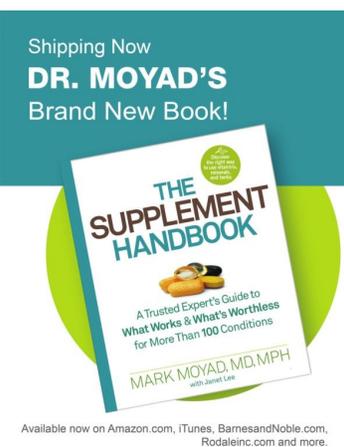
Exercise for Men with Prostate Cancer - Dr. Nicole Culos-Reed. Nicole Culos-Reed, PhD, head of the Health & Wellness Lab at the University of Calgary gives a talk on why exercise is important for the rehabilitation and longevity of prostate cancer survivors.

Sleep Well Tonight - Dr. Chris Carruthers discusses to control and improve sleeping patterns by citing medical studies, her personal experience, and many other techniques acquired in her over 35 years of practice.

Acupuncture and Chinese Medicine - Dr. William Zhao, traditional Chinese medicine doctor also trained in western medicine, talks about the principles and the benefits of acupuncture in maintaining a healthy lifestyle.

Experiences From a Survivor - George Brookman, Calgary businessman and philanthropist, presents a serious and also light hearted look at his prostate cancer survivorship to the attendees of the 2015 Cancer Survivorship Symposium.

Mark Moyad, MD, MPH, University of Michigan Dr. Mark Moyad is the only physician the US who has an endowed chair to study vitamins, minerals, herbs, and other supplements. For the past 25 years, he's been researching supplements and using them in his practice. He's the doctor other doctors go to when they want research-backed information on natural remedies. Dr. Moyad is also up front about when prescription or over-the-counter drugs are the better choice. He speaks frankly about those supplements that have little or no value in treating cancer, or may be harmful.



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 Brand New Book!

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PROSTADID CALGARY'S 7TH ANNUAL SHOW 'N SHINE "FUN IN THE 50'S" FESTIVAL

SUNDAY, JUNE 28, 2015
 GLENMORE TRAIL & 37 ST SW

GREY EAGLE
 RESORT & CASINO

Including the ManVan & health exhibits for men and women

Health Canada Approves Xtandi® (enzalutamide) for Patients with Metastatic Castration-Resistant Prostate Cancer

On April 16, Health Canada approved a new indication for the use of Xtandi (enzalutamide) to treat patients with metastatic castration-resistant prostate cancer (mCRPC) who are asymptomatic or mildly symptomatic after failure of androgen deprivation therapy (ADT). The approval was based on results of the Phase III PREVAIL trial which enrolled 1,717 men world-wide. The PREVAIL trial included 13 Canadian trial sites including Calgary and Edmonton.

In the PREVAIL trial, men receiving Xtandi exhibited a statistically significant improvement in overall survival and delayed time to radiographic progression or death as compared to those on placebo. Specifically, Xtandi significantly:

- Reduced the risk of radiographic progression by 81%,
- Delayed the start of chemotherapy by 17 months, and
- Reduced the risk of death by 29%, all compared to placebo.

Hello from Kelly Let's Get Curious About Curiosity

Fact: A prostate cancer diagnosis is life altering. It defines how we perceive our past and how we envision our future. But I would like to remind you all of the old adage "Yesterday is history, tomorrow is a mystery, today is a gift; that's why they call it the present!" Friends, life unfolds in the present.

And while most of us will agree that it's important to live in the present moment, putting this belief into action can often be very difficult. We are, after all, creatures of habit and all too often routine = familiarity and predictability = tuning out. Have you ever noticed that when we think we understand something, we inevitably stop paying attention to it? But novelty is different. Newness grabs our attention and evokes curiosity. Being curious is about recognizing novelty and embracing the pleasures & meaning that they offer us.

I believe that curiosity is an essential life skill ingredient for living a fulfilling life in the present moment. Curiosity helps us cope with the challenges of everyday life and improves our ability to handle chaos. It gives us perspective and helps us to maintain a sense of wonder and appreciation for life.

"I have no special talent. I am only passionately curious."
~Albert Einstein

Did you know that as a child, Albert Einstein revealed an extraordinary curiosity for understanding the mysteries of

science and the universe? And that at the age of 42, Einstein was awarded the Nobel Prize in Physics which launched him into international superstardom. His name became a household word synonymous with genius and is recognized worldwide. I find it truly amazing that at the age of 73, Einstein wrote *"I have no special talent. I am only passionately curious."* Albert Einstein credited his insatiable curiosity for his many major contributions to science and the world! And while you and I might not be the world's next Einstein, we all have the ability to rediscover curiosity and create experiences that can profoundly enrich our lives.

Folks, there is an unknown adventure waiting around every corner. I hope you will all get curious about curiosity - it can be a wonderful step towards living your life to the fullest!

"I could not, at any age, be content to take my place by the fireside and simply look on. Life was meant to be lived. Curiosity must be kept alive. One must never, for whatever reason, turn his back on life." ~Eleanor Roosevelt

Tips for stimulating curiosity:

- Ask questions - curiosity fuels our imagination.
- Create a bucket list.
- Read - the more we know the more we want to know.
- Start a journal.
- Keep an open mind and embrace change.
- Try a new recipe.
- Enroll in a class or workshop.
- Seek opportunities to improve skills.
- Go for a walk and explore your neighborhood/city.
- Try something new in the boudoir.
- Learn a new language.

I would like to invite you to join me on Tuesday, May 12 for our **PROSTAID Calgary** Wives, Partners and Caregivers Focus Group. Colleen Cuthbert is joining us to talk about the importance of exercise in caregivers.

Kelly Fedorowich, Wives, Partners & Caregivers Focus Group

Hey Guys Lend Us Your Ladies

**1 Man Dancing with 1200 Partners in 24 hours.
Become Part of a New World Record!**



Radisson Hotel & Conference Centre
Friday, Saturday, October 2/3, 2015
www.danceyourpantsoff.ca

This is not your ordinary dinner, show and dance.

We will join Canada's number one World Record holder, Suresh Joachim, and help him to dance with the most number of partners within a 24 hour period and a new world record!!

This is a fundraising event for **PROSTAID Calgary**.