

January 2011

# NEWSLETTER



*Comox Valley Prostate Cancer Support Group*



**The Balls of Steel**  
floor hockey tournament had a happy windup  
December 15 presenting PCC with the proceeds of their  
successful fund raising drive.

## **NEXT MEETING:**

We are extremely fortunate to have Dr. Aaron Clark, MD, RCPSC-Urology, who has recently moved to the valley to open his urology practice sharing offices with Dr. Timmouth in Courtenay. Dr. Clark took over the practice of Dr. Berestain and as a result hit the ground running so to speak, and several of our members have already met him in course of their treatments. Dr. Clark will be speaking about new treatments and developments in research dealing with prostate cancer. It will be an informative prostate cancer session of interest to us all. This evening will also present a brief series of AGM reports.

**7:30; Monday evening, January 10, 2011**

## **Ramblings:**

## **Happy New Year everyone!**

Hopefully all went well over the Christmas Holiday and we are all beginning to get back to what is considered normal in our busy lives. We had an eventful December for our group, capped by a very successful Christmas Dinner that, judging from the feed back, was enjoyed by all. The highlight of the night (other than Lois and Paul each scooping a prize) was the Forbidden Plateau Barbershop Chorus entertaining us with their delightful renditions of songs, as they strolled down memory lane with the aid of a story telling elf.

The BALLS of STEEL committee invited members of our group to the Waverly in Cumberland to present a huge cheque for prostate cancer research and to take pictures ending the inaugural Ball Hockey tournament. Our heartfelt thanks go out to Jeanette, Kelly, Donna and Eddie from THE JOINT PHYSIOTHERAPY, VIG who took care of the preparations and the running of the wind up dance and to all the other hands who made this wonderful experience such a success. RUSS was our representative on the committee and did a masterful job. THANKS Russ.

*Th...Th...Th...That's all for now folks until next month.*

As Red Green would say "Keep your stick on the ice!"

**Barry**

# Obesity Worsens Prostate Cancer

[Menchie Tiongan](#) Dec 25th, 2010 [Featured News](#), [Health](#). [RSS 2.0](#).

A recent study published last Wednesday is suggesting that the size of a tumor in prostate cancer is directly proportional to the weight of the concerned individual; therefore, someone who has a bigger prostate cancer tumor is likely obese. Alternatively, a bigger tumor means it is more aggressive and it is likely to spread in the body.

Lead author Dr. Nilesh Patil of the Henry Ford Hospital based in Detroit, Michigan validates, "As the patients' body mass index increased, the tumor volume increased synchronously. He also adds, "Based on our results, we believe having a larger percentage of tumor volume may be contributing to the aggressive nature of the disease in men with a higher BMI."

The said study looked at the existing cases of 6,327 individuals who had tumors removed via a robotic procedure with the participants categorized into six groups based on their recorded BMI.

The prostate cancer sufferers' tumor were also weighed and then classified in an existing database of prostate weight.

## Island Highway Courtesy

As a Valley trucker stops for a red light on Hwy.19A, a sweet young thing catches up. She jumps out of her car, runs up to his truck, and knocks on the door. The trucker lowers the window, and she says, "Hi, my name's Heather, and you're losing some of your load!"

The trucker ignores her and proceeds down the street.

When the truck stops for another red light, the SYT catches up again. She jumps out of her car runs up and knocks on the door. Again, the trucker lowers the window.

As if they've never spoken, the SYT says brightly, "Hi, my name's Heather, and you're losing some of your load!"

Shaking his head, the trucker ignores her again and continues down the street. At the third red light, the same thing happens again.

All out of breath, the SYT gets out of her car, runs up, knocks on the truck door.

The trucker lowers the window. Again she says, "Hi, my name's Heather, and you're losing some of your load!"

When the light turns green, the trucker revs up and races to the next light. When he stops this time, he hurriedly gets out of his truck, and runs back to the SYT. He knocks on her window, and as she lowers it, he says,.....

"Hi, my name's Kevin; it's winter in CANADA, and I'm driving the damned SALT TRUCK.....!"

2010

Steering Committee



Chair:

Barry Hesson  
250 334-8803

Vice Chair:

Doug McPherson  
250 336-8526

Secretary/Treasurer:

Brian Lunn  
250 338-8235

Programs:

Barry Hesson  
Paul Ryniak

Hospital Outreach:

Russ Engelmyer  
250 339--4986

Social:

Bob O'Brien  
250 338-2313

Website:

Don Waddell  
250 338-6748

Newsletter:

Brian Lunn  
250 338-8235

Home Visits:

Don Lanyon  
250 334-2807

## News Flashes:

**December 13, 2010: Christmas Dinner:** As usual lots of laughs, lots of good friends and lots of great food provided a seasonal evening to remember. Slightly smaller turnout than usual meant more elbow room for those who were there. The concert and singalong were the best ever; starting right off with "Bluebird of Happiness" and guided along with spritely introductions of each set of songs. The Forbidden Plateau Barbershop Chorus provided great song books for the singalong and individual chorus members circulated among the diners to keep everyone in tune. It was a super start to the holiday season.



Member  
of the month: Roy  
Johnson

*Good Cheer Elves:*  
Ann & Berti



*Kitchen Elves:*  
Rick, Paddy & Doug

*Door Elves:*  
Paul, Russ & Don

**December 15, 2010: Balls of Steel Wrap Up:** What a rejuvenating evening of young energy! The Waverly Hotel in Cumberland was packed to the rafters with a crowd (very few gray heads) eating \$5.00 burgers (Yes, Virginia, there **are** bargains around!) to witness the amazing result of Donna, Eddie, Jeannette, and Kelly's organized planning. The Balls of Steel floor hockey raised \$15 000 for

prostate cancer research. What is also valuable is the increased awareness of prostate cancer within the younger community. Next year will be even better!  
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**February 14, 2011: St. Valentine's Day:** Don't forget to order your singing valentine from the Forbidden Plateau Barbershop Chorus before you come to hear Doug and Lisa McPherson explain and describe their experiences at the PCC/ PCCN conference in Toronto this past September.

## Comox Valley Prostate Cancer Support Group

website:

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

e-mail:

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

Mailing Address:

5976 Aldergrove Drive,  
Courtenay, BC, V9J 1W3

Meetings:

Comox Valley Health Centre,  
961a England Avenue,  
Courtenay, BC

Next Meeting:

Monday, 7:30 pm, January 10,  
2011.

## Our Mission Statement:

*"We aim to help those who have been diagnosed with prostate cancer by providing opportunities for learning more about the disease through group discussions and personal support. We work to increase public awareness of prostate cancer through advocacy, presentations to interested groups, free prostate cancer screening and publicity."*

## Medical Advisors:

Dr. Aaron Clark  
Dr. James Chartrand  
Dr. Will Tinmouth

## Prostate Cancer Information

Prostate Cancer Canada:

[www.prostatecancer.ca](http://www.prostatecancer.ca)

Prostate Cancer Canada  
Network:

[www.prostatecancernetwork.ca](http://www.prostatecancernetwork.ca)

Canadian Cancer Society:

Information Line:

1 888 939-3333

Comox Valley Unit:

102 1509 Cliffe Avenue  
Courtenay, BC, V9N 2K6  
250 338-5454

Prostate Cancer Foundation BC

[www.prostatecancerbc.ca](http://www.prostatecancerbc.ca)

## Ultrasound imaging may soon offer a reliable option for prostate cancer testing

Updated: 2010-12-09 09:40:34 CST Category: [Prostate](#)

Prostate cancer can be easily treated when it is discovered in its early stages. However, men often find the traditional rectal exam uncomfortable and sometimes avoid prostate cancer testing. A new study from European researchers has found that ultrasound testing may be a reliable, non-invasive way to diagnose the disease. Currently, diagnosis of prostate cancer requires a multi-step process. After [PSA testing](#) has noted high levels of a particular protein in the blood, men must undergo further testing, which can be invasive and uncomfortable. However, the new study from researchers at the Eindhoven University of Technology in the Netherlands showed that ultrasound imaging may be a reliable way to detect the presence of prostate tumors. It may also be able to predict the aggressiveness of these growths. The use of ultrasound imaging could allow doctors to be more precise in their prostate cancer diagnoses and help more men avoid invasive and potentially harmful procedures, which they may not need in the first place. Researchers said that their understanding of how to use the technology is still in an early stage, but hope that doctors will be able to begin using it soon.

## Nitroglycerin may aid in the treatment of prostate cancer

Updated: 2010-02-12 00:10:31 CST Category: [Prostate](#) by Alex Schoenfeld

A recent phase 2 study has found that a very low dose of nitroglycerin may be able to help slow or even stop the progression of prostate cancer without the harsh side effects associated with current treatments. In the study, Queen's University researchers targeted 29 men with increasing levels of prostate-specific antigen (PSA) following prostate surgery. Each patient was treated with a low-dose slow-release nitroglycerin skin patch. After the therapy was complete, all but one of the 17 patients who completed the treatment cycle showed a decrease or stabilization in the rate of cancer progression. "This peer-reviewed research is our first clear clinical evidence that low-dose nitric oxide therapy offers prostate cancer patients a new non-invasive treatment option," said Robert Bender, CEO of Nometics, which is developing products based on this and related research. "It is our intention to start broader clinical trials in 2010 to confirm and expand these results," he added. Prostate cancer is the second most common cancer in American men. Approximately 200,000 new cases of the disease will be diagnosed each year.

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A hunter and his friend were sitting in a tall tower stand along Highway 16 near Vanderhoof, BC early one cold December morning. Suddenly, a huge buck walked out over the corn they had spread in the low shrubs. The buck was magnificent ... a once in a lifetime animal. His rack was huge. The hunter's hand shook as his mind was already counting the Boone and Crockett points. Moving quickly, the hunter carefully aimed the Leopold scope on his 300 Win Mag at the unsuspecting buck. As he was about to squeeze the trigger on this deer of a lifetime, his friend alerted him to a funeral procession passing slowly down Highway 16. The hunter pulled away from the gunstock, set the rifle down, took off his hat, bowed his head and then closed his eyes in prayer. His friend was stunned.

"Wow, that is the most thoughtful and touching thing I have ever seen you do. You actually let that trophy deer go to pay respects to a passing funeral procession. You are indeed the kindest man I have ever known, and I feel lucky to call you a friend."

The hunter shrugged. "Yeah, well, we were married for almost 37 years."