

November 2010

Comox Valley
Prostate
Cancer
Support
Group

NEWSLETTER



NEXT MEETING:

November's meeting will focus on exercise and illustrating simple ways to maintain flexibility and muscle tone. Karen Berezon, Primary Health Care Program Developer for VIHA, plans an interactive practical session on the relevance of being active in the balance of life. After checking with the group to address any particular wants and questions, she will be talking about physical activity (cardiovascular, muscular endurance-strength, flexibility, balance, coordination, posture) and will lead a brief session on stretching that can be done from a chair. Please bring along a nylon strap, belt or long towel for use during the session. There will be a handout on how to continue stretching exercises on your own. The evening will be productive with healthy results to boot!

7:30 Monday evening, November 8, 2010

Ramblings:

Greetings and Salutations everyone!

Well what do you know; La Nina has arrived and apparently we are in for a snowy season. I am of a mind to suggest that early in the New Year we hold a General Meeting somewhere around the Equator. Please email or phone Brian if you have an inexpensive suggestion. You will read further in the Newsletter about the **Balls of Steel** Ball Hockey Tourney we are helping with, and I encourage you to lend a hand for a couple of hours.

We have had information about a couple of members who have been involved with our medical system but not Prostate related. Al Davies has received a new Hip and will be a bit nervous first time through Air Port Security. Mayda Virtue had a vehicle mishap and received a nasty break to her right ankle. Wayne says He is doing fine but is overwhelmed by the length of the Honey Do list. Have a speedy recovery Wayne!

See you all at the November meeting.

Barry

"The time has come, the Walrus said, to speak of many things.
Of ships and shoes and sealing wax, of cabbages and kings.
Of why the sea is boiling hot, and whether pigs have wings."

Lewis Carol

Comox Valley Prostate Cancer Support Group to affiliate with Prostate Cancer Canada and Prostate Cancer Canada Network.

Over the past 12 months the directors of the Comox Valley Prostate Cancer Support Group have been familiarizing themselves with the background and makeup of Prostate Cancer Canada (PCC) and Prostate Cancer Canada Network (PCCN), two national organizations recently formed but based on structures previously in existence. PCC, based in Toronto, is a nation-wide structure designed to raise awareness and fund research to fight prostate cancer. You can find detailed information about PCC on the internet at

<http://www.prostatecancer.ca>.

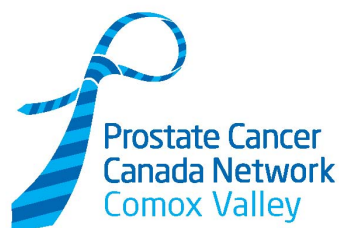
PCCN, with its own board of directors, is directly associated with PCC and acts as an umbrella to assist and to develop prostate cancer support groups such as ours throughout Canada. You can find information about PCCN on the internet at

<http://www.prostatecancer.ca/pccn>.

PCC and PCCN have been offering affiliation agreements to existing prostate cancer support groups across Canada and are developing a truly nation wide organization of support groups similar to ours. We received their affiliation booklet in December 2009 and after various discussions, including conferences with representatives of the Prostate Cancer Foundation BC, the BC provincial organization, the CVPCSG directors passed a motion to sign an affiliation agreement with PCC/PCCN in September 2010.

Our PCC/PCCN affiliation specifically allows a continuing relationship with both the Canadian Cancer Society and the Prostate Cancer Foundation BC, both of whom offer very important support. The true advantage of a formal affiliation with PCC/PCCN is the public connection with a national body that focuses exclusively on research and awareness of prostate cancer. Fund raising events organized by community groups under the associated sponsorship of PCC/PCCN such as the 'Balls of Steel' floor hockey tournament in Courtenay this November are a good example of local benefits involved with this association. In the coming months you will notice that our present formal name: Comox Valley Prostate Cancer Support Group will be displayed next to the logo illustrated below. Eventually our organization's name will be: Prostate Cancer Canada Network - Comox Valley. We will be the same group with the same mission statement, same activities, same personalities and same attitudes.

We look forward to answering any questions that you may have and please do not hesitate to contact Barry, Brian or Doug or any other director with your request.



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:

November 26/27: "Balls of Steel" Floor Hockey Tournament

The Joint - Physiotherapy and Sports Injury Centre along with **Prostate Cancer Canada** is organizing a 24 Hour Ball Hockey tournament. This year's 24 Hour Ball Hockey Tournament, called appropriately, "Balls of Steel", will be held on the weekend of November 26-27th at the Comox Recreation Complex. Net proceeds from the weekend's event will go directly to **Prostate Cancer Canada** to assist in their funding efforts in finding a cure for Prostate Cancer.

This event requires a tremendous commitment from volunteers to help host an amazing event. In order to make this happen our group is going to assist with setting up and taking down of tables, chairs and equipment etc. needed for the event. If you would like to join in this activity and at the same time meet young people who are getting together to raise funds to research the fight against prostate cancer, please phone Barry at 250 334-8803 or Russ at 250 339-4986.

December 13: Christmas Dinner

Our tenth annual Christmas Dinner will be at the Florence Filberg Centre starting at 5:00 with refreshments and dinner will be followed with entertainment. The Annual Stuffit Award will be presented after strict judging and there will be beautiful door prizes for the lucky winners. The dinner is pot luck with the turkey, mashed potatoes, buns, condiments and tea, coffee, soft drinks provided by the group's own resources. Those attending are asked to bring an appetizer **or** a salad **or** a cooked vegetable dish **or** a dessert. The portions should be plate size or a small casserole bowl, not gargantuan! Liquid refreshments are an individual choice but bear in mind the new laws about drinking and driving and how they are being enforced!! Be prepared for a very enjoyable evening..

October 18: Terri Odeneal on Hospice Care

An informative and detailed discussion evolved during our October presentation. Terri spoke about the progress towards the valley having a proper hospice facility



to help individuals and families with the end of life process. Currently the valley lacks any proper facility even though St. Joseph's Hospital has set aside a few beds for hospice purposes. Dying at home is an expensive proposition. The Hospice Society is in current discussions with VIHA to fund a proper hospice either on the St. Joseph's or Glacier View campus. There is a large discrepancy between funding of this type of facility between the south Island and communities north of the Malahat.

Comox Valley Prostate Cancer Support Group

website:

www.cvprostatecancer.org

e-mail:

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, November 8,
2010

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

Prostate Cancer Canada Network:

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

PSA Screening is Important!

ScienceDaily (Sep. 16, 2010) — A blood test at the age of 60 can accurately predict the risk that a man will die from prostate cancer within the next 25 years, according to researchers at Memorial Sloan-Kettering Cancer Center, in New York, and Lund University, in Sweden.

The findings, published online in the *British Medical Journal*, could have important implications for determining which men should be screened after the age of 60 and which may not benefit substantially from continued prostate cancer screening.

The study analyzed blood samples from 1,167 men born in 1921 that were collected between 1981 and 1982 as part of the Malmö Preventive Project in Sweden. All men were carefully followed until they had reached age 85 or had died. After studying various biomarkers, the researchers found that the PSA level was a highly accurate predictor of long-term risk. PSA testing has been recommended for the early detection of prostate cancer for many years; however this new data suggests a baseline PSA could determine who should and should not continue to be screened for prostate cancer.

"We were hoping to find a novel marker," said lead researchers Andrew Vickers, PhD and Hans Lilja, MD PhD. "What we found instead was a new way of using an old test."

According to the study, 126 men were diagnosed with prostate cancer, and of those, 90 percent of deaths occurred in men in the top 25 percent of PSA levels at age 60. The researchers concluded that men with a PSA level above 2 ng/ml at age 60 should be considered at increased risk of aggressive prostate cancer and should continue to be screened regularly.

Men with a PSA level below 1 ng / ml had a 0.2 percent chance of death from prostate cancer.

The researchers concluded that men with PSA levels in this range, which is about half of all men, should be considered at low risk of prostate cancer death and may not need to be screened in the future. The study also indicated that some men found to be at low risk may actually have prostate cancer; however it is not likely to cause symptoms or shorten their life by the age of 85.

"This is a key finding," said Dr. Vickers. "We know that screening detects many prostate cancers that are not harmful, leading to anxiety and unnecessary treatment. It is our ability to determine the risk of the really aggressive cancers that makes this approach of such great potential value."

NASTY RECEPTIONIST

An older gentleman had an appointment to see the urologist, who shared offices with several other doctors.

The waiting room was filled with patients. As he approached the desk, he noticed that the receptionist was a large, unfriendly appearing woman who looked like a Sumo wrestler.

He gave her his name.

In a very loud voice, the receptionist said, "YES, I HAVE YOUR NAME HERE; YOU WANT TO SEE THE DOCTOR ABOUT IMPOTENCE, RIGHT?"

All the patients in the waiting room snapped their heads around to look at the very embarrassed man.

He recovered quickly, and in an equally loud voice replied, 'NO, I'VE COME TO INQUIRE ABOUT A SEX CHANGE OPERATION, BUT I DON'T WANT THE SAME DOCTOR THAT DID YOURS.'

The room erupted in applause!

DON'T MESS WITH OLD FOLKS!