

Printed for the Prostate Cancer Support Groups as a courtesy of Newfoundland Power



Outstanding Contribution Award

This award recognizes individuals or groups (not necessarily prostate cancer patients/survivors) who have made outstanding contributions to achieving the goals and objectives of the Newfoundland and Labrador Prostate Cancer Support Groups. Any group or person associated with the prostate cancer support groups can nominate a person or group for this award.

Advisory Board chairperson Curtis LeGrow (left) presents the award to Mr. David Boone. Jonathan Galway (right) is representing the Minister of Health and Community Services.

Our first recipient is no stranger to the prostate cancer community and to the men and women of this province who are associated with the prostate cancer support groups. He and his brother are both survivors of the disease. He is always willing to do whatever it takes to promote the awareness message in the community and to offer support to those reaching out for help and information. **2007** marks the tenth anniversary for the prostate cancer support group movement in this province. We are honoring a decade of growing prostate cancer awareness and support by recognizing individuals who have played significant roles in promoting and advancing the program. We are very proud of the success of our public awareness programs like *Living Proof*, *Walk a Mile in His Shoes* and *Peace of Mind*. **Mr. David Boone** stepped up to the plate and not only helped with the development and success of *Living Proof* in this province but was also instrumental in advancing it as a national program. When we unveiled our new program *Peace of Mind* in 2006, he again offered his assistance. You saw the bus shelters around the city this past summer. He has been involved with our annual *Walk a Mile* awareness program since it was first conceived as a project after the 1999 provincial awareness tour.

Walk a Mile 2007

Walk a Mile continues to be our most successful awareness program. The 2006 walk included participants in 30 sites and raised more than \$90,000. The funds are used exclusively to promote awareness and to provide support. These funds are managed by the Canadian Cancer Society, NL division, for the prostate cancer support groups.

This program began in 2000 as a Father's Day event but many sites have recently shifted to the September Awareness Week. This year we are encouraging all our sites to schedule the event in mid-September. Although some sites may still walk in June, the promotion of the event will be geared to September. Contact Graham if you have any concerns.

Forum 2007

Plans are well under way in preparation for a public education forum on related issues in the diagnosis and treatment of prostate cancer in this province. This forum will be provincial in scope and will involve representatives from all of the province's prostate cancer support groups.

The forum is tentatively planned for mid-June and will be designed to broaden the public and medical community understanding of current issues related to the diagnosis and treatment of prostate cancer. It will be developed in consultation with the medical community. The forum will take place in St. John's.

Events Calendar

**National
Prostate Cancer
Conference
September 28-30
Toronto**

**Provincial
Survivor
Conference
October 5-6**

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Obesity Increases Risk of High-Grade Prostate Cancer

Researchers Involved in the Prostate Cancer Prevention Trial have reported that obesity increases the risk of developing high-grade prostate cancer and decreases the risk of developing low-grade prostate cancer.

The details of this study appeared in the **October 2006** issue of *Cancer Epidemiology Biomarkers and Prevention*.

Recent studies have suggested that obesity is an adverse risk factor for recurrence of prostate cancer after prostatectomy. Obesity has been associated with higher-grade tumors, a trend toward increased risk of positive surgical margins, and higher biochemical failure rates. One study has also shown that earlier. It has been suggested that obesity be included in a clinical nomogram for recurrence risk along with Gleason score and PSA doubling time.

The current study involved over 10,000 participants in the Prostate Cancer Prevention Trial with almost 2,000 cases of prostate cancer. These authors reported that obese men with a body mass >30 had an 18% decreased incidence of low-grade prostate cancer and a 29% increased incidence of high-grade prostate cancer. Obese men had a 78% increased risk of having a Gleason score of 8-10. These authors also reported that diabetes was associated with a 47% reduced risk of low-grade and a 28% reduced risk of high-grade prostate cancer.

Comments: These data give a partial reason for the higher recurrence rate after prostatectomy in obese men with prostate cancer.

Reference: Gong Z, Neuhaus ML, Goodman PJ, et al. Obesity, diabetes, and risk of prostate cancer: results from the Prostate Cancer Prevention Trial.

CancerConsultants.com



Recent meeting notes:

Patient Navigator (PN): Scott Antle reported that PN has been strongly recommended in the provincial cancer strategy document. He also reported that there was a planned forum for February 19-20 to develop a strategy action plan. Prostate cancer support group representatives and the PN committee would be invited to participate in this forum.

Peace of Mind campaign: Graham reported that the focus of the campaign now is to get the posters out to the clinics and pharmacies. Work has already commenced with that process. A series of regional media conferences will be held around the province similar to the Fluvarium event in May. This began in Corner Brook on November 28 and Grand Falls – Windsor on November 29 and will be completed next spring perhaps in Labrador City, Happy Valley – Goose Bay, Gander, Clarenville and Marystown. Graham also reported that November 28-29 was extremely successful, especially from a participation and media perspective.

CME (Continuing Medical Education): On Saturday, November 18, Graham had a **Peace of Mind** display and distributed information to family physicians, nurse practitioners and other health care providers at the Health Science Center CME program on Men's Health. There 57 doctors and practitioners registered.

Prostate Cancer National Conference: The Canadian Prostate Cancer Research Initiative (CPCRI) and the Canadian Prostate Cancer Network (CPCN) are planning **Prostate Cancer Conference 2007 "A Decade of Progress, A Future of Hope"**, September 28 – 30th, 2007 in Toronto. Building on the success of 1997's National Prostate Cancer Forum, CPCRI and CPCN are inviting participants to discuss advances in prostate cancer research over the last decade. The three day event will also serve as the annual CPCN conference. Registration and agenda details will be made available soon.

Happy Valley/Goose Bay: Graham reported that he has been in contact with survivor John Joy from HVGB about the possibilities of forming a support group in that area. John has agreed to take the lead and seek out other survivors interested in forming the group.

Provincial Conference/Retreat: It was pointed out that October 5-6 weekend, the scheduled time for the conference, may present some problem because of Thanksgiving Day. Graham will investigate the matter.

Advisory Board vice-chair: On January 16th, Bruce Peckford was elected as the vice-chair.

NL director for CPCN: Curtis LeGrow has completed his term as the NL director with CPCN (Canadian Prostate Cancer Network). At the January 16th board meeting, Bill Kennedy's name was submitted to CPCN as the director for this province.

Nutrition for Health: Advice from a Dietitian

Barbara Roebothan Ph.D., R.D.

Chronic illnesses like cardiovascular disease, cancer, diabetes and the often associated “overweight/obesity” problem are very common in Canada today. Rates are even higher in Newfoundland and Labrador. Is there anything that we can do to delay the onset of this ill health or lessen its severity? Does diet really help?

The simple (and luckily positive) answer to this question is YES. The cause of these illnesses which are so common in our society today is associated with many things:

1. genetic predisposition (for example, does cardiovascular disease run in your family?)
2. age (the older you get the higher the risk of developing many of these conditions)
3. sex (males are at a higher risk of developing some illnesses than females and females are at a higher risk of developing other illnesses than males)
4. a stressful life
5. smoking
6. limited physical activity
7. poor diet - and many others.

If there are so many factors associated with ill health, then why would a good diet be of much value? The beauty of diet is that you can control it yourself. Diet is one of the few factors listed above which you can do anything about (unlike genetic predisposition, age and sex). In addition, a good diet can have a significant effect (not just a little effect) on warding off some of these disease states and making you feel better. For example, the Canadian Cancer Society website suggests that diet and physical activity together can reduce our risk of developing cancer by approximately 30% and some research groups suggest that diet can have an even greater impact.

So what is a good diet? That is a harder question for many to answer than you may realize. The public is constantly bombarded with all kinds of stories about what you should eat and why, but most of these stories (although they may be exciting and probably even written by celebrities!) are not based on scientific research and are therefore often untrue and misleading. Be careful, as what sounds like it is too good to be true often is too good to be true. The most reliable guide to a good diet is still *Canada's Food Guide to Healthy Eating*. It suggests a diet with a VARIETY of foods- lots of fruits and vegetables (especially the dark green and orange ones), whole grain breads and cereals, and to a lesser extent (but still very important) low fat dairy products plus lean meat, fish or alternatives.

Diet though can't do it alone no matter how important it is. Remember, we can't control all of the factors which are associated with the cause of illness but we do have control over diet and a few others. We should work with as many of them as we can. Increase your physical activity, reduce stress and eat well. Use your common sense too. You may not be able to run a marathon but you can walk from the far side of the parking lot instead of parking right beside the door. You may not be able to cut all of the stress out of your life but you can take a break and have fun more often. You may not be able to quit French fries and gravy “cold turkey” but you can start with a smaller portion two times a week rather than an extra large every day.

So, you can get control of your life. Use your common sense and with a little effort (not necessarily a lot) you can gradually become healthier and happier.

Bally Haly Golf assists Prostate Cancer Support Group



On January 8th 2007, Bally Haly presented the St. John's Prostate Cancer Support group with a cheque for \$1000. Since 2004, Bally Haly has presented \$4000 to the prostate cancer support group from the proceeds of their annual Men's Invitational Golf Tournament. The support group, in turn, has channeled these generous donations into the Patient and Family Support Fund at the Dr. H. Bliss Murphy Cancer Center. It is our understanding that prostate cancer patients from all across the province have benefited from this fund. The support group is very appreciative of the support provided by Bally Haly.

Ken Dominic (center) presents the cheque to chairperson Andy Grant as group members look on.

Dr. Mostafa Elhilali brings light to the fight against prostate cancer.

The drug palladium bacteriopheophorbide called Tookad is good news for the 20,700 men who are diagnosed with prostate cancer each year in Canada. A recent Canadian clinical trial was the first to fully reveal its potential. Tookad is photosensitive, which means it only works where there is light. Dr. Mostafa Elhilali, chairman of the Department of Surgery at McGill, explains how it works: "we inject the drug into the circulation. Then, with a needlelike probe, we put laser light fibers inside the body where we want the drug to work." Activated by the light, Tookad causes the blood vessels to clot around the tumor – which dies when it is cut off from its blood supply. The treatment takes about half an hour. Two hours later, the drug passes out of the patient and the body's light sensitivity returns to normal.

A clinical trial with 13 men which ended in May 2006 had dramatic results. These patients had already tried radiation without success. But six months after the Tookad treatment, six men were free of cancer; follow-up biopsies found no sign of the disease. According to Elhilali these high risk patients currently have no effective treatment options, but almost half the tumors were eradicated. "This is why we are so excited", he says. Another clinical trial of 85 patients with prostate cancer is under way in Montreal and Toronto and an even larger multiple-center trial in both Canada and the United States will begin in January 2007.

Elhilali believes the treatment could also be used with other cancers, "as long as we can see the cancer with ultrasound or X-ray." Another plus: there is no limit to the size of tumor that can be treated – for larger ones, the number of laser fibers and the area of illumination can just be increased.

Avalon Prostate Cancer Support Group



In the picture to the left, Brenda Lockyer from the Dr. H. Bliss Murphy Cancer Center receives a cheque in the amount of \$1500 from chairperson Andy Grant. Also in the picture from left to right, are Terri Thomson, Keith Guzzwell and Graham Mercer. This makes a total of \$4500 given by the group to the Patient and Family Support Fund over the last two years. It is important to note that prostate cancer patients from all across the island benefit from this fund and equally as important that prostate cancer support group members from the St. John's area are assisting fellow survivors from across the island.

This is the tenth year anniversary for the support group movement in this province. It all began back in the fall of 1997. Most of the organizers are still actively involved, ten years later, in the work of the support group in providing support to the newly diagnosed and prostate cancer awareness to the public. The group meets on the first Tuesday of each month at the Elks Club. The meetings are open to the general public or to anyone seeking information or looking for support because of a prostate cancer diagnosis. The group is planning to mark the tenth anniversary with some special celebrations.

The support group is proud of the work it has done in the areas of providing support and public awareness. Every man is encouraged to have an annual prostate examination. It is important to understand that early diagnosis of prostate cancer generally results in more timely treatment and better outcomes. Remember, more than 20,000 new cases of prostate cancer are diagnosed in Canada each year and almost 400 new cases are diagnosed in this province.

The support group encourages the general public to get involved in the annual *Walk a Mile in His Shoes* public awareness campaign. The information on the St. John's walk will be released soon.

In the photo to the right, Terri Thomson (right), on behalf of the prostate cancer support group, presents a cheque to urology nurses Sue Hammond (center) and Brenda Hicks (left). This money will be used to purchase additional resource material for the urology wing, 4 South B, at the Health Science Center in St. John's. Again this money will be for the benefit of prostate cancer patients from all across the province.



*If you would like to have your **story/journey** printed in a future issue, please forward a copy of it, along with a recent photo (optional), to me at gmerc@nl.cancer.ca or write to:*

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