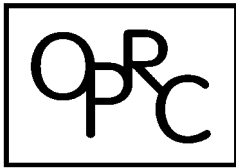


# **KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP NEWSLETTER**



**OKANAGAN PROSTATE  
RESOURCE CENTRE  
SOCIETY**

**Okanagan Prostate Resource Centre**  
Suite 210A – 3001 Tutt Street,  
Kelowna, B.C., V1Y 2H4  
Phone – 250-712-2002  
Fax – 250-712-2004  
E-mail – [oprc@telus.net](mailto:oprc@telus.net)



**PROSTATE CANCER  
CANADA NETWORK**

**Prostate Canada Network**  
Ste. 306, 145 Front St. East  
Toronto, Ont. M5A 1E3  
Toronto Ph. – 416-441-2131  
Calgary - Ph. 403-453-1910  
Toll Free – **1-866-810-2726**

<http://www.prostatecancernetwork.ca>

**CCS Cancer Information Line – 1-888-939-3333**

**Publisher/Editor– Bren Witt**

**Newsletter available on line at –<http://www.prostatecancernetwork.ca>  
and at [www.procansupport.com](http://www.procansupport.com)**

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## **HAPPY NEW YEAR**

**M**r. Graham Walker was our guest presenter at the December meeting of the Kelowna Prostate Cancer Support and Awareness Group. Close to five years ago Graham was instrumental in opening a very unique fitness facility in Vernon, B.C. known as DiMENsions Fitness Express. DiMENsions Fitness Express is a 30-minute Men's only Hydraulic Fitness Circuit Workout. This workout combines strength training with a cardiovascular workout. Whether your fitness level is that of a professional athlete, or you are a 'late in life' beginner exerciser – this is the place for you to get a fantastic workout! DiMENsions will be opening a new facility in Kelowna early in the New Year. Graham described to those present the concept of DiMENsions as well as told us a little of the many men who attend this facility on a regular basis. Some of these men have visited the facility over 500 times.

Graham is also a pharmaceutical representative for Bayer Health Care representing the PDE5 inhibitor Levitra® so following his presentation on DiMENsions Graham gave those present a brief description on the differences between the three PDE5 inhibitors.

## Drinking Coffee May Fight Prostate Cancer -

The following is a short excerpt of an article that appeared on December 8 on the *MedlinePlus website* by *HealthDay*.

**T**wo recent studies indicate that having few more cups of coffee and running that extra mile each day can reduce a man's risk of dying of prostate cancer.

The case for coffee and physical activity as prostate cancer preventatives is far from proven, according to recent research, but data from the *Health Professionals Follow-Up Study* show a clear association with both daily activities.

Kathryn M. Wilson, a research fellow in epidemiology at the *Harvard School of Public Health*, and the lead author of one report showed that in the 20 years from 1986 to 2006, 4,975 cases of prostate cancer were diagnosed, affecting about 10 percent of the 50,000 men enrolled in the study

Only 846 of those cancers diagnosed were considered to be life-threatening, because they had spread beyond the prostate gland or were growing aggressively, Wilson said. And while the study only found a weak relationship between consuming six or more cups of coffee a day and a reduced risk of all forms of prostate cancer (down about 19 percent), the reduction for the aggressive form was much more marked – down 41 percent.

There was a clear relationship between the amount of coffee

consumed and prostate cancer risk, Wilson said: The more coffee you drank, the more effect we saw.”

The caffeine in coffee doesn't seem to be the link, since the same reduction was seen for consumption of decaffeinated coffee, she said. Instead, “it has something to do with insulin and glucose metabolism,” Wilson said. “A number of studies have found that coffee is associated with a reduced risk of diabetes.”

This study is just a starting point for establishing a relationship between coffee and prostate cancer, Wilson stressed. “At this point, we would just like to confirm whether it exists in different populations,” she said. “We hope that this study drives more research so that we really know what is going on.”

Another study by *Stacey A. Kenfield*, a research associate at the *Harvard School of Public Health* looked at the levels of physical activity among 2,686 men is reviewed in the next article **“Exercise Can Benefit Men With Prostate Cancer”**

## Exercise Can Benefit Men With Prostate Cancer –

The following information is an excerpt of an article prepared by *Megan Brooks* with *Reuters Health* in New York. This article was obtained on Dec. 9, 2009, and originated with *ABC News*.

**A**s little as 15 minutes of physical activity a day can substantially cut death rates in men with prostate cancer, new research hints.

“We saw benefits at very attainable levels of activity,” lead investigator *Dr. Stacey A. Kenfield* of *Harvard School of Public Health, Boston*, noted in a statement from the *American Association for Cancer Research Frontiers in Cancer prevention Research Conference* underway in *Huston*.

She added in an email to Reuters Health, “We recommend that men with prostate cancer do some type of physical activity for their overall health, even it is a small amount, such as 15 minutes of activity per day walking, jogging, biking or mild gardening. Vigorous activity may be especially beneficial for prostate cancer, as well s overall health.

The findings stem from 2,686 men with prostate cancer whose physical activity was assessed repeatedly both before and after diagnosis. The subjects were followed between 1986 and 2008.

Regular physical activity – both vigorous and non-vigorous – was associated with a lower risk of death from any cause, the researchers found, whereas regular vigorous activity was associated with a lower, but nonsignificant, risk of death due to prostate cancer.

Specifically, men who engaged in physical activities equivalent to jogging, biking, swimming or playing tennis for about a half-hour per week – had a 35 percent lower risk of death from any cause and a modest 22 percent reduction in risk of death from prostate cancer.

Specific to walking, the investigators found that men who

walked 4 or more hours per week, compared to those who walked less than 20 minutes per week, had a 23 percent lower risk of death from any cause.

In addition, compared with men who walked less than 90 minutes per week at an easy pace, those who walked 90 or more minutes per week at a normal or very brisk pace had a 51 percent lower risk of death from any cause. Reuters Health. “The percent reduction was 56 percent.”

“When we looked at prostate-specific mortality, we only saw a benefit with more vigorous activity – at 5 or more hours of vigorous activity per week,” Kenfield told Reuters Health. “The percent reduction was 56 percent.”

“Physical activity, specifically vigorous activity, has been linked with a lower risk of advanced prostate cancer, so we expected to see a protective effect of exercise,” on death due to specifically to prostate cancer, Kenfield commented.

“Since physical activity has other well-established benefits including reducing risk of other diseases such as heart disease and diabetes, we expected to see a lower risk for all-cause of mortality as well,” she added.

While previous studies have focused on how physical activity affects the risk of developing prostate cancer, this is the first large study to examine exercise in relation to death in prostate cancer survivors, Kenfield and colleagues note.

**EDITORS NOTE:** We have to remember that both of the above articles are based on new research. More extensive research will be needed to

determine if what has been suggested actually proves out.

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## WITT'S WIT (ON THE LIGHTER SIDE) -

### **The Blonde and Her Windows**

**This is a blonde talking about replacing the windows in her home:**

Last year I replaced all the windows in my house with that expensive double-pane, energy-efficient kind, and today I got a call from the contractor who installed them

He was complaining that the work had been completed a whole year ago and I still hadn't paid for them,

I said, Helloooo.....just because I'm blonde doesn't mean that I am automatically stupid. Why should I pay for them? You told me when you installed them that in ONE YEAR these windows would pay for themselves!

Helloooo? It's been a year, I told him.

There was only silence at the other end of the line, so I finally just hung up.

He never called back. I bet he felt like an idiot.

## Pfizer & BC Cancer Agency Launch \$9M Collaboration to Tackle Cancer –

The following is an excerpt of a press release of December 3, 2009 that originated with the BC Cancer Agency.

The Drug Company Pfizer is entering into a three-year, \$9-million research collaboration with the BC Cancer Agency and the Vancouver Prostate Centre, a University of British Columbia (UBC) and Vancouver General Hospital (VGH) Centre of Excellence, to tackle new treatment avenues for breast, ovarian and prostate cancer. This is the single largest investment by Pfizer into British Columbia's public research sector, and it recognizes the strength and world-class cancer expertise that resides in this province.

"While British Columbia has some of the best cancer survival outcomes and lowest incidence rates in Canada, we are committed to building on our successes through investments and innovations in prevention, treatment and research," said Health Services Minister Kevin Falcon. "I would like to thank Pfizer Canada for their recognition of British Columbia's cancer research abilities with their investment of \$9 million for research into new treatments of breast, ovarian and prostate cancer."

"This investment is a major step into the fight to control cancer in tumour areas that kill thousands of British Columbians and Canadians every year," said Paul Lèveque,

president, Pfizer Canada. “Pfizer is excited about the opportunity to collaborate with the BC Cancer Agency and the Vancouver Prostate Centre, as they are outstanding translational research centres with international reputations. Overall British Columbia’s research climate, capacity and expertise are why Pfizer has brought close to \$25 million of additional investment to the province since 2007.”

The Vancouver Prostate Centre, under the leadership of Dr. Martin Gleave, has developed an early drug discovery platform that brings multiple experts together to rapidly and efficiently evaluate the mechanism of action and efficacy of new drug molecules.

“Research collaborations with experienced industry partners are vital to translating our discoveries into effective medicines for patients. Thanks to this collaboration with Pfizer, we will be able to extend our search for new therapeutic targets and biomarkers, using the BC Cancer Agency’s unique breast tumour resource,” said Dr. Samuel Aparicio, head of the molecular oncology and breast cancer research program at the BC Cancer Agency and a professor in the department of pathology and laboratory medicine at UBC. “By combining our platforms with our anonymous, long-term data on breast cancer patients in B.C., we hope to discover new drug targets and biomarkers that will be developed into new therapies.”

The research at the Vancouver Prostate Centre will be

conducted through the Translational Research Initiative for Accelerated Discovery and Development (PC-TRIADD), directed by Dr. Martin Gleave, who is also a distinguished professor in the department of Urologic sciences, UBC faculty of medicine, and the B. C. leadership chair in prostate cancer research.

“This partnership with one of the world’s major pharmaceutical companies supports and accelerates one of our key areas of focus, which is to identify why prostate cancer becomes hormone-resistant and to use this information to develop new treatments that improve the quality and longevity of life to patients,” said Gleave. “We are proud to work with Pfizer and the BC Cancer Agency to continue to bring discoveries from the lab to our patient clinic and offer the best in cutting-edge treatment to British Columbians.”

It is hoped this collaboration will identify new molecular entities that can be developed into therapeutics to fight cancers more rapidly. Breast cancer is the second leading cancer-related cause of death in females, and prostate cancer is the third leading cancer-related cause of death in Canada.

The BC Cancer Agency and the Vancouver prostate Centre are respectively programs of the Provincial Health services Authority and Vancouver Health Research Institute and UBC’s Faculty of Medicine.