

PCA3 Biomarker

New Urine Test Reduces Unnecessary Biopsies

PCA3 is a biomarker that is highly over-expressed in more than 90% of prostate cancers, and that can be quantified in urine specimens following a digital rectal examination. Studies have shown that because PCA3 is highly specific for prostate cancer, it predicts the results of repeat biopsies more accurately than traditional prostate-specific antigen (PSA) testing.

Health Canada in August of this year granted medical company Gen-Probe a licence for “PROGENSA PCA3 assay”, a test that detects PCA3 in urine.

The licence was based on a prospective, multicenter clinical study of the assay that enrolled 507 men. The trial began in August of 2009 and concluded in May of 2010.

In Canada, the PROGENSA PCA3 assay is indicated for use in conjunction with other patient information to aid in the decision for repeat biopsy in men 50 years or older who have had one or more previous negative prostate biopsies. An elevated PCA3 score is associated with an increased likelihood of a positive biopsy. A prostate biopsy is required for the diagnosis of cancer. The PCA3 test is currently available in Canada, but is not covered by provincial
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A simple urine test helps determine need for repeat biopsies

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Monthly Meeting

Our next monthly meeting will be held at 7:30 PM Tuesday Sept. 13th, 2011

We meet at

Venu1008 (Fireworks)
1008 14 Street SE
in Inglewood

An Evening of Gratitude & Celebration

You are invited to join us for an evening of celebration and gratitude for all the friends of Prostate Cancer Canada Network Calgary. This includes you.



Jason's Notes

September is here and already the air has that fall feeling. Not that I'm complaining as fall is my favourite season. With Septembers arrival comes the a number of noteworthy events and activities.

First I should note that September is Prostate Cancer Awareness Month. Well, at least it is in the United States. The Canadian Cancer Society does however dedicate September to Men's Cancers, with prostate cancer being well represented.

You may remember from last issue of the Digital Examiner that Dr. Senfit of the Step Into Action run will be passing through Calgary during the week of September 26th. All seems to be on schedule and at the time of this writing Dr. Senfit just entered Saskatchewan. To keep an eye on the progress visit the www.StepIntoAction.ca website.

This month marks the second annual Stick-It to Prostate Cancer ball hockey tournament. The date for this very fun event is September 25th and will again be at Crossiron Mills.

I would be remiss if I did not mention the passing of Federal NDP Leader Jack Layton on Monday August 22, 2011. As you likely know Jack was first diagnosed with prostate cancer in 2010. Jack's courage and his public disclosure of his diagnoses brought much attention to prostate cancer in Canada. Jack passed away at the age of 61.

On a lighter note I want to remind you to join us on Tuesday September 13th 7:30pm for our evening of Gratitude and Celebration. You are still welcome even if you didn't have a chance to RSVP. Come out and enjoy the evening. I hope to see you there.



Jason Bedard
Executive Director



Prostate Cancer Canada Network Calgary

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health plans. Clinical trials were being conducted in Canada and the US on the PCA3 test to further evaluate the safety, accuracy and utility of the test. PCA3 may be helpful in identifying patients with a negative biopsy who continue to have high PSA levels, to determine who should have a repeat biopsy or MRI. It may also have a role in identifying patients with more aggressive

prostate cancer.

There were only a limited number of publications evaluating the value of the PCA3 test for men at risk of prostate cancer. Therefore, in order to support an expanded regulatory approval and payment by provincial health plans, Gen-Probe conducted clinical trials in Canada and the US to determine its benefit. 

Valuable Resources

YOGA THRIVE - Therapeutic Yoga for Cancer Survivors

Yoga Thrive is a research-based, therapeutic yoga program for cancer survivors and their support persons. This gentle, 12-week yoga program is based on hatha yoga, but has been modified for cancer survivors; especially those who are experiencing stiffness, pain, stress or fatigue. Dr. Nicole Culos-Reed has been researching the benefits of this program since 2002. Past participants have found significant benefits in overall mood, stress levels, physical strength, and quality of life.

Yoga Thrive is open to all cancer survivors (on or off treatment) and their support persons. Class sizes are kept small (15 max.) to ensure individual attention and safety, and no previous yoga experience is necessary. Each class is 75 minutes and held once per week over a 12-week period. The program is progressive (i.e. each class builds on the previous) and led by a certified instructor trained in the Yoga Thrive program. Participants have the option of registering in either level I or level II. Regardless of level, the Yoga Thrive program honours each individual body and its current limitations.

To register call Campus Recreation: **403-220-7749**

For more information please visit www.kin.ucalgary.ca/healthandwellnesslab

Mindfulness Based Stress Reduction

If you have a cancer diagnosis and are interested in learning to meditate, the Department of Psychosocial Resources of the Tom Baker Cancer Centre is offering an 8-week Mindfulness-Based Stress Reduction Program. Classes are open to cancer patients and their support persons. For more information please contact:

Linette Lawlor-Savage **403-355-3219**
Department of Psychosocial Resources
Tom Baker Cancer Centre, Holy Cross Site

Sleeping Well with Cancer and Beyond

I-CAN Sleep: A Program For Individuals with Insomnia and CANcer. From the University of Calgary Department of Psychosocial Resources. These 8-week group programs run regularly throughout the year in the Fall, Winter and Spring/Summer. To determine your eligibility for these programs please contact:

1-877-SLEEP40
or email icansleep@ucalgary.ca
www.icansleep.ca

Upcoming Events

2nd Tuesday - September 13th - 7:30pm

Our August Monthly Meeting

Venu1008 (Fireworks) 1008 – 14 Street SE

An Evening of Gratitude and Celebration

You are invited to join us for an evening of celebration and gratitude for all the friends of Prostate Cancer Canada Network Calgary. This includes you. This is a great opportunity to meet new people and better know your fellow members. Expect an enjoyable and entertaining evening that you will be glad you attended and disappointed if you missed.

There is no cost to attend. Your spouse, partner, or guest are also welcome.



2nd Tuesday - September 9th - 6:00pm

PCCN Calgary Warriors

Venue1008 (Fireworks)1008 - 14Street SE

For those men and their families dealing with advanced prostate cancer we have the Calgary Warriors. The Warriors are a caring and compassionate group, well organized and full of information. The Warriors serve the very important needs of hormone refractory and all those who have an interest in management of advanced prostate cancer. The Warriors meet on the second Tuesday of each month at the new time of 6:00 pm prior to the main PCCN Calgary meeting.

Sunday - September 25th

Stick-It to Prostate Cancer

Crossiron Mills, just north of the City Limits - NE Lot

Stick-It is a one-of-a-kind ball hockey tournament where Canadians of all ages play our country's favourite sport and raise money for Canada's most common cancer. It's not too late to enter your team in the event. For more information visit the website www.StickIt.net or contact Bonnie Ball 403-680-5373, Bonnie.Ball@prostatecancer.ca

GETCHECKED.CA

The ManVan™ is a valuable resource offered by the Prostate Cancer Centre to



provide on-site free baseline PSA blood tests for men over 40. The Man Van™ makes appearances at select events, but can also be found around the community each month. For the current schedule please visit GETCHECKED.CA

We have missed you. If you haven't been to a meeting since our days in the Foothills Hospital then you are really missing out.

We now meet at Venu1008 (1008 14 Street SE) in Inglewood.

We made this change to offer you a more comfortable environment and free parking.

Come to our next meeting on September 13th and see what you have been missing.

[Below: Our meeting space at Venu1008](#)

