

The Digital Examiner

www.ProstaidCalgary.org



Greetings prostate cancer community, friends, and neighbours.



We hosted our second annual Wine Festival fundraiser last month and want to thank everyone who participated and helped make this year's event such a success. I'd like to give a great big shout out to **Tony Spoletini** and **Spolumbo's Fine Foods & Deli** for coming on board once again as our food sponsor. No doubt about it, the wine was phenomenal....but the Spolumbo's food really stole the show. The taste and presentation was 5 stars, and the service was impeccable. Thank you also to our VIP special guests **Stephanie and Bret Hart**, and **Gord and Susan Norrie** for coming out and helping to raise awareness to our Society and prostate cancer.

Our thoughts have now turned to the winter party season, and next up is PROSTAID's Pathfinder's Award party. Established in 2014, the Pathfinder's Award recognizes individuals who have contributed significant service to helping men and their families deal with prostate cancer. **We are very proud to announce this year's recipient is Dr. Dean Ruether.** PROSTAID's Pathfinder's Award celebration is being hosted on Tuesday December 12th. Mark it on your calendar! More information will be included in the November Digital Examiner and on [PROSTAID Calgary's website](http://prostaidcalgary.org).

Reminder: For those of you who receive monthly issues of The Digital Examiner via Canada Post delivery, your renewal is now due. PROSTAID Calgary requires a minimum annual donation of \$25 to cover the costs. Donations can be made via credit card on the [PROSTAID Calgary website](http://prostaidcalgary.org), or mail your cheque to:

PROSTAID Calgary
PO Box 72126, RPO Glenmore Landing
Calgary, Alberta, T2V 5H9

PROSTAID Calgary relies on the generosity of the community to keep our programs running and **donating is easy!** Just give us a call 403-455-1916 email info@ProstaidCalgary.org or visit http://prostaidcalgary.org/c_donate.php

Warm regards,

Kelly Fedorowich

Executive Director, 403-455-1916

October 2017 Number 217

Meeting Schedule Tuesday October 10, 2017

7:30-9:00PM	General Meeting (GM) Room 205 (Lecture Room) Kerby Centre
6:30-7:30PM	Warriors (Advanced Disease) Room 208 (Board Room) Kerby Centre
6:30-7:30PM	Wives, Partners & Caregivers Room 313 Kerby Centre Join us for a cuppa tea & great conversations
6:30-7:30PM	Welcoming Group Room 311 Kerby Centre Whether you're newly diagnosed or new to our group, Everyone is Welcome



Dr. Shelley Spaner joins us in October to talk about the "Evolving Role of Prostate MRI." A specialist in diagnostic radiology, Dr. Spaner completed her Medical Degree at the

University of Alberta in Edmonton in 1996. In 2001 she completed her Fellowship in Diagnostic Imaging, also at the U of A, and became a Fellow of the Royal College of Physicians and Surgeons of Canada. That same year, she was appointed to the medical staff of Alberta Health Services, a position she continues to hold.

After her training, she joined Mayfair Diagnostics (formerly Radiology Consultants Associated), becoming a

Kerby Centre is located at 1133 7th Ave SW. Parking is FREE in lots on both sides of 7th Ave. Remember to register your vehicle license plate number at reception to avoid ticketing. The WEST LRT conveniently stops at the front doors of the Kerby Centre. Our General Meetings are open to the public and free. A light snack and refreshments are served. Ladies, family members, and caregivers are always welcome!

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partner in 2003. She has worked with this group of almost 50 radiologists ever since, providing medical imaging and specialized radiology services in Calgary, Southern Alberta, Saskatchewan, the Yukon and the NWT.

In 2002 she began teaching at the University of Calgary, and was appointed clinical assistant professor in 2003. Dr. Spaner is a member of the Alberta Society and the Canadian Association of Radiologists, the Society of Abdominal Radiologists, and the Radiological Society of North America as well as numerous other Medical Associations. She became a Board Member at the Prostate Cancer Center in Calgary in 2015.

Shelley Spaner's "Women for Men's Health"

Two years ago, Shelley founded a group called "Women for Men's Health." The impetus for this initiative stemmed from a visible lack in the current system, which frequently sees men "fall through the healthcare cracks." More often than women, men present at the end stage of disease processes – diseases that can be prevented or fairly easily treated, if discovered early. As the disparity between women and men's health care resources became more evident to her, and as she witnessed first hand the incredible work done at the Prostate Cancer Center, she started the "Women for Men's Health" initiative with the goal of engaging women as active players to help close the gender gap with respect to men's health and wellness.

Her vision is to create a program along with the Calgary Prostate Cancer Centre, which resides within the Southern Alberta Institute of Urology. The program will be all inclusive and easily accessible for men. Its primary goal is to shift men's behaviors towards preventing treatable disease and maintaining good health. It will endeavor to mobilize women as key players in this effort. The message is simple, to prevent men from dying in this province from modifiable health factors, we need to provide them with the information and resources that will enable them to make good health care choices and we need to ensure that all men have easy access to these resources and medical professionals.

PROSTAD CALGARY ON SOCIAL MEDIA



Ontario patients fight for province to fund robotic prostate cancer surgery

Read about the battle our PCCN brothers are waging in Ontario:

Ontario patients are fighting for the province to fund robotic surgery to treat prostate cancer, which is currently paid for by donations at St. Joseph's Healthcare. The Ministry of Health says it hasn't decided yet if it will follow a controversial recommendation against provincial funding made by the Ontario Health Technology Advisory Committee (OHTAC) in July.

Patients were not consulted before the Health Quality Ontario committee gave its advice, and they want their voices heard. "I'm so shocked that we're not embracing this technology," said Bill Faulkner, who had the surgery just over a year ago in Hamilton. "To go backwards is unthinkable."

The men are speaking out about their concern after cabinet minister Liz Sandals sent an email to one of them suggesting the province supports the recommendation. "The ministry agrees with OHTAC's assessment that the use of robotic systems in prostatectomies should not receive a special, higher payment than use of the regular surgical approach," states the email dated Sept. 20 to Glen Tolhurst from the Prostate Cancer Canada Network in Waterloo Wellington.

The Ministry of Health says "wires may have been crossed" and maintains it is still reviewing the advice. A statement from Sandals' spokesperson, Matt Ostergard, on Sept 22 clarified "no decision has been made." The ministry says it's consulting Ontario's surgical training programs and other stakeholders before coming to its own conclusion.

But patients want to know why the ministry isn't asking them what value they place on a minimally invasive procedure with a shorter recovery time and less blood loss compared to the alternative open surgery, which has a much larger incision.

"Talk to us," said John Baxter, a 57-year-old management consultant from Cambridge who had the surgery at St. Joseph's just over a year ago. "The mental struggle we go through is so difficult. To add any other physical barriers to me is inhuman, and how do you quantify that. The government needs to go back, revisit this and talk to the people who it affects."

Baxter was one of six men who have started a letter-writing campaign to tell MPPs about how they were up and walking within hours of their surgery, left the hospital after one night, experienced so little pain that some didn't take any medication and were back at their jobs, working from home, in under a week.

"The worst part of the whole surgery was wearing a catheter for two weeks — that was more obtrusive and more painful than the surgery," said Baxter. "Surgery is becoming less and less intrusive. Why would we digress and go back to a surgery that's more intrusive and has the person incapacitated for a longer period of time?"

The committee chose not to include patient voices in its [172-page report](#). *"We concluded that direct patient engagement for this health technology assessment would provide limited value and impact to this project,"* states the report.

Patients could not disagree more with the committee's conclusion.

"Not dealing with the patients is a glaring omission," said John Clark, a 73-year-old retired compliance manager from Cambridge who had the surgery in Toronto in February 2013. "It's very discouraging to hear the recommendations especially because I have two sons. It's distressing to hear we've decided to take steps backwards."

One of the reasons the report left patients out was the assumption that choice over surgery type "is often not within a patient's control," so there is uncertainty over how much "patient preference impacts."

But all six men say their doctors gave them the three options of radiation, open surgery or going to another centre for the robotic procedure, and left the decision in their hands. They describe taking great care to do their "due diligence" before making a choice.

The report concluded there is not enough evidence that the robotic procedure is better than traditional surgery for radical prostatectomy. It found no justification for the province to pay an extra \$800,000 to \$3.4 million a year for the technology.

The men say the added "pain and suffering" that goes with a more invasive procedure has a cost that is not reflected in the recommendation. But their main motivation is standing up for the one in seven men who will develop prostate cancer and potentially want a less-invasive option.

"In my opinion, if the government of Ontario were to take this away, I think it would be a disservice to men," said Baxter. "As a person who has gone through cancer, it never leaves me. I think about it every single day of my life. The surgery part of it had the least effect on me. It was the easiest experience."

Written by Joanna Frketich Hamilton Spectator

[Article has been abridged. Click here to read in its entirety.](#)

**Prostate cancer breakthrough:
New treatment could destroy INCURABLE tumours**

Prostate cancer in men that was previously thought to be incurable could now be treated.

New research has discovered that using a specialized form of radiotherapy could allow them to kill the disease off. A joint study by the Institute of Cancer Research in London and the UK's leading cancer hospital, the Royal Marsden, revealed that intensity modulated radiotherapy (IMRT) could successfully eliminate the cancer.

They found it wiped out the disease when used on cancer cells that had spread from the original prostate tumour to pelvic lymph nodes. The treatment works by allowing doctors to give a high dose of radiation directly to cancer cells while protecting the surrounding healthy tissue. Radiation is a common type of cancer treatment that works by making small breaks in the DNA inside cells to stop them growing and dividing and causing them to die. Experts had previously thought that giving radiotherapy to the lymph nodes near a prostate tumour could be too risky due to the potential damage that could be done to the bowel due to therapy.

Researchers found that when using IMRT - rather than conventional radiotherapy - only 8 per cent to 16 per cent suffered issues with their bladder or bowel.

In the new study, scientists discovered that the new treatment could be safely targeted at the pelvis – a common site for prostate cancer cells to spread – to help stop the disease spreading.

Of the 447 patients involved in the study, 71 per cent of patients with prostate cancer were alive and free from the disease five years after having the new treatment.

After eight-and-a-half years, 87 per cent of men were alive, with manageable side-effects.

While not available everywhere just yet, IMRT is becoming the standard care for prostate cancer at major cancer centres.

Written by Lauren Clark www.express.co.uk

[Article has been abridged. Click here to read in its entirety](#)

Enjoying Life to the Fullest as a Man Living with Prostate Cancer—patient perspective

Stewart Campbell is the treasurer of PROSTAID Calgary and an active member of the Warriors group. He recently shared his story with CancerCare.ca as part of Prostate Cancer Awareness month.

Stewart Campbell describes himself as someone who is “living with cancer.” In 2007, the Cochrane, Alberta resident was diagnosed with high-risk prostate cancer after feeling lower back pain and going for a checkup with his family physician.

At that point, the disease had already escaped his prostate gland and metastasized to several lymph nodes. It meant that primary treatments such as surgery and radiation were not options. That put Campbell on a different path — one where the focus was on controlling his metastatic prostate cancer, rather than curing it. Campbell has managed his cancer with targeted oral therapies and chemotherapy, which have been very effective for him at different times throughout his treatment journey. The 70-year-old lives a satisfying life. That may not have been possible as little as 10 years ago, but, thanks to treatment innovations, today men like Campbell can continue doing the things they enjoy.

Throughout his professional life in the agricultural processing industry, Campbell was someone others turned to for advice and knowledge. That hasn’t changed, but now he uses those skills to help fellow cancer patients.

Each month, 20 or so members of PROSTAID Calgary’s Warrior Support Group (for men with recurring disease or metastatic castration-resistant prostate cancer) meet at their favourite pizza joint. “It’s a time when we exchange personal life stories with one another, discuss treatment options, and provide support,” Campbell says. “I’ve made some great friends — people I would have never met if I had not been diagnosed with prostate cancer.”

Giving back to his community

As someone who spent his life doing research for business, Campbell is keen to use that passion to learn more about his disease and to share information with members of PROSTAID Calgary. He scours medical literature, research studies, and oncology websites to get news on the latest developments and clinical trials. These become topics of conversation at the Warriors’ more “technical” meetings held monthly. “When I was first diagnosed, I didn’t know what PSA was,” says Campbell. “Now, there’s much more awareness amongst men about

prostate cancer, and they understand that it’s an important blood test to get, along with an annual checkup by their physician.”

If it’s not medical information he’s looking up, Campbell is reading about history and tracing his ancestry online. He thrives at acquiring and sharing knowledge. And when Campbell isn’t consulting on a part-time basis, assisting with fundraising for prostate cancer initiatives or doing research, he’s spending time with his family — 4 daughters, 5 grandchildren, and his wife of almost 48 years.

He takes his grandkids for riverside strolls — an opportunity he uses to teach them about science and nature. “When they get older, I’ll teach them things about business,” he says.

In the meantime, Campbell is savouring all the smaller moments of life — watching documentaries or dramas based on historical events to keep his mind active, picking up fresh fruits and vegetables, such as tomatoes, peas, raspberries, strawberries, and Saskatoon berries from farmers’ markets, or sipping a glass of red wine. He’s a social person who thrives on getting to know people.

If you visited his town, you might spot Campbell at one of its many coffee shops or pubs, reading a newspaper or more likely striking up a conversation with strangers and discovering their unique story. He’s someone whose thirst for knowledge and understanding won’t ever quit. And that has served him — and so many others — well as a man living with cancer and enjoying what life offers.

Michelle Sponagle, ca.editorial@mediaplanet.com
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