

MAY 2004

THE WALNUT



NEWSLETTER OF THE PROSTATE CANCER ASSOCIATION OTTAWA
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MESSAGE FROM THE CHAIR



In April, I attended the Civic Reception in the Council Chambers of Ottawa City Hall to recognize individuals in our community who have performed in an outstanding manner volunteering their services in a number of wide ranging categories. All had been nominated by local service clubs, health units, women's and men's organizations as well as cultural groups and others dedicated to providing humanitarian service to those in need. I attended by invitation since we had proposed Gordon Seabrook as one of our members most worthy of recognition in two of the 20+ categories, "HEALTH" and "COMMUNITY ACTIVISM OVER AGE 65." Gordon was unfortunately not the winner in either category but did receive a Certificate of Appreciation from the Mayor and Gordon's local City Councillor. I was very much impressed by the number of people attending. The Council Chamber was full with many seats added to take care of the overflow. The Mayor and most of the City Council were in attendance as well as other dignitaries including Brian Kilrea Coach of the Ottawa 67's who presented a number of sports awards.

In the Mayor's opening address he stressed the importance of volunteers in almost every facet of our civic infrastructure. He included programs for our youth and seniors, health care and a wide range of other areas where, without volunteer-based support groups,

such community focused organizations simply could not exist.

I had these thoughts in mind when I attended the launch of Do It for Dad 2004 last month. I was very impressed by the number of individuals attending who have volunteered to support our joint event with CS COOP to raise funds and awareness for prostate cancer. Jim Bloomfield, our retiring Treasurer (see p. 4) also came to mind as the originator of the Pancake Breakfast of DIFD, and as one who has given many hours of service to PCAO. Ted Johnston did a fine job as the Master of Ceremonies introducing the community leaders supporting DIFD, including Max Keeping, who, as our Do It for Dad Honorary Chairman, commented on his personal battle with prostate cancer.

Both events were on my mind for days afterwards. I never thought of volunteerism as such a broad, important and necessary need in our community. A fair number of our members contribute to our activities while also volunteering for other organizations and groups in our area. It's this group of individuals, both men and women and often our youth, who continue to give their time and expertise in supporting others. I saw and felt their pride and sense of accomplishment at both events and thought how great and deserved it is. As ever, I encourage all members to give however they can.

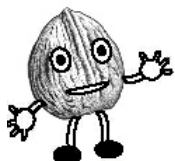
John Dugan

THURSDAY, MAY 20

6:30 P.M. ORIENTATION FOR NEW PATIENTS AND MEMBERS

7:00 P.M. ASSOCIATION BUSINESS

7:15 P.M.: DIET AND PROSTATE CANCER: DR. NEIL FLESHNER, HEAD OF UROLOGY, UNIVERSITY HEALTH NETWORK, TORONTO will discuss the influence of nutrition in dealing with prostate cancer (See Page 8).



HI! I'M WALLY. THIS NEWSLETTER IS NAMED 'THE WALNUT' BECAUSE IT IS SIMILAR IN SIZE AND SHAPE TO THE PROSTATE GLAND – BUT YOUR GLAND SHOULD NEVER FEEL LIKE A WALNUT. I WELCOME YOUR THOUGHTS AND CONTRIBUTIONS TO THE NEWSLETTER AND ASSOCIATION. DEADLINE FOR THE NEXT ISSUE IS JUNE 4.

WE MEET, AS USUAL, ON THE THIRD THURSDAY OF EACH MONTH AT ST. STEPHEN'S ANGLICAN CHURCH, 930 WATSON STREET. FOLLOW THE QUEENSWAY TO THE PINECREST EXIT AND PROCEED NORTH, PAST THE TRAFFIC LIGHTS, TO ST. STEPHEN'S STREET ON THE LEFT. *Parking is available at the rear of the church. There is no admission fee, but contributions are welcomed for the St. Stephen's food bank.*

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Chair John Dugan
Vice Chair Vacant
Vice Chair (DIFD) Ted Johnston
Treasurer Jim Bloomfield
Secretary Randy Dudding

Committee Chairs

Member Services Peter Cooney
Program David Brittain
CPCN Liaison Fred Hostetter
Church Liaison Bob McInnis
Setup Bob Blackadar
Orientation Bill Dey, Harvey Nuelle,
Peter Cooney, Stewart Given, John
Webster, Milan Gregor

Hand-in-Hand Vacant
Publicity and Awareness Ted Johnston
Prostate Awareness Week Vacant
Newsletter Editor Ted Johnston
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Members at Large

Ken McClymont Jacques Mousseau
John Trant Eric Meek

Herman van den Bergen,
Member of the *CANADIAN PROSTATE
CANCER NETWORK*: www.cpcn.org

The Prostate Cancer Association of Ottawa does not assume responsibility or liability for the contents or opinions expressed in this newsletter. The views or opinions expressed are solely for the information of our members and are not intended for self- diagnosis or as an alternative to medical advice and care.

The PCAO is a volunteer organization of prostate cancer survivors and caregivers. Our purpose is to support both current and newly diagnosed patients and their caregivers.

PCAO MISSION STATEMENT

We provide information on prostate cancer to those in need, gathered from a variety of sources. We participate in events that provide a venue for promoting awareness of prostate cancer through our informed member interaction at public gatherings or as speakers. Raising funds for prostate cancer research is a continuing challenge. We collaborate with local organizations such as the Ottawa Regional Cancer Centre, Canadian Cancer Society, and urologists and oncologists, as key sources for information.

ASSOCIATION BUSINESS

By Randy Dudding, Secretary

The Steering Committee met April 29, 2004 at St Stephen's Church. John Dugan was in the chair; present were Messrs. Dudding, Bloomfield, Brittain, Meek, Johnston, and O'Hara.

FINANCIAL: Treasurer Jim Bloomfield reported that PCAO has over \$10K in chequing and trust accounts and a GIC of \$10K. Active Membership now stands at 360 and Friends of the Association at 42. The committee agreed that May 1 will represent the start of the membership renewal campaign for 2004/05; funds received after this date will be credited as such. The PCAO Nevada ticket outlet (at Minto Place) has recorded its first complete sale. The Treasurer anticipates a payment soon. The mid-April 'Battle of the Badges' hockey game between the City Fire Fighters and Police resulted in a \$1000 donation to PCAO.

ADMINISTRATION: Randy Dudding reported that all items arising from correspondence have been dealt with. Fred Hostetter continues to monitor and deal with Voice Mail enquiries which have dropped off to about one a day. Copies of the ORCCF Challenge Magazine have been received and will be available at the May general meeting. The Supporter Appreciation Award for Robbi Hay of Challenge Magazine and the Ottawa Citizen's Our Town was delivered to her; the Ottawa Unit of the CCS has been invited to the May meeting. Mr. Dugan reported that Gordon Seabrook was awarded a City of Ottawa Civic Appreciation Award. The Treasurer was directed to prepare a more detailed analysis of the affordability of the proposal for a contracted Administrative Officer for the Association

MONTHLY MEETINGS: Mr. Brittain confirmed that Doctors Neil Fleshner and Paul Rennie respectively will be speakers at the next two meetings and that the July and August meetings will be informal with no guest speaker. The fall program is being organized.

AWARENESS: Gordon Seabrook and Ted Johnston attended the recent Editorial Board meeting of the Challenge Magazine. Several outreach events have taken place and a few more are planned in the coming weeks. The Committee voted to sponsor 20 luminaries in honour of prostate cancer survivors and victims at the Canadian Cancer Society *Relay for Life* at Nepean Sportsplex in June.

THE WALNUT: Ted Johnston reported the deadlines for future issues of the newsletter and announced that a substitute editor will be needed for the October issue as he will be away.

DO IT FOR DAD: The official launch of 2004 took place April 28 at the CS CO-OP. John Dugan spoke on behalf of the Association, while Ted Johnston acted as Master of Ceremonies and introduced Max Keeping as the Honourary Chair. The committee agreed to pay the entry fee for the "Prostate Guys Running" (GURUs) as representatives of the Association in the Do It for Dad Team Challenge. The Committee also agreed to underwrite the cost of T-shirts for a primary school team entered in the Challenge.

ELECTIONS: Eric Meek reported that no candidate had been identified to stand for executive positions of the Association. Members undertook to continue the search for candidates.

The next Steering Committee meeting will be Thursday, May 27, 2004 at St Stephen's Church. **Attendance is open to all members.**

GETTING YOUR EMOTIONS IN ORDER

SHARING AND CARING ARE HEALTHY

Men need to be more open about their health problems, to share experiences, and to be more aware of their physical selves. Dr. Ross Gray, Co-Director of the Psychosocial and Behavioural Unit at Toronto's Sunnybrook Regional Cancer Centre offered this advice to the April meeting of the Association.

"Groups like yours (the Prostate Cancer Association Ottawa) are models for what can be done," he said, noting that by showing and telling what members have gone through they offer hope and inspiration to others facing health problems generally.

Dr. Gray based his presentation on stories from his book *Prostate Tales*. He explained that the intent of the book is to provide useful information to men about their behaviours so they can deal more easily with diagnoses and treatments of traumatic illnesses such as prostate cancer. "Men are less active than women in seeking information about health so they are less knowledgeable and that makes them less alert to body changes and thus more likely to underestimate the risk."

He described the notion of masculinity as having four elements: be powerful; compete; low tolerance for 'sissy stuff'; and, be 'sturdy oaks'. "Those who emphasize these qualities usually have the most health problems," said Dr. Gray. This notion also affects health care systems as men usually get less time than women when consulting with doctors. "But," he cautioned, "That could be because men don't talk easily about health problems, they need their wives or their doctors to lead them."

Young men need to be educated, he urged. "It's too easy to blame societal expectations for male risk-taking with health. We men need to take responsibility for our selves and our fellows."

He went on to note that too often the impact of treatment for prostate cancer (or other illnesses) on sexual function is understated by doctors. "Over 80 per cent of men treated for PCa have erectile dysfunction," he asserted, "and when they find themselves in that situation they are not accustomed to seek help – and when they do, the technology is difficult to master." He said there is a recognition of the need to find better ways, and emphasized that for success in such matters both husband and wife "must be in the same book and on the same page."

Addressing emotional issues, Dr. Gray said most men go through serious shock, disbelief, anxiety when diagnosed and that leads to loss of appetite, sleep disruption and other manifestations not directly related to the illness. "The need for support and contact increases, but the notions of masculinity – e.g., self-reliance and independence -- may impede taking positive action." He suggested sharing experiences with other men and talking with wives about physical and emotional feelings while going through treatment can be helpful.

"Being positive, however, doesn't mean not being negative. There is a balance," he pointed out. "And you should change some of your life priorities and be sure you are doing things that you enjoy." He also advised that making preparations for death can provide some relief from anxiety. "We are not immortal, so by 'taking care of business', you can lessen your concern for the impact on family members."

Overall, his talk emphasized that men should not be afraid to ask for help – and take time consciously to relax.

Former PCAO chair and long-time PCAO member **Gordon Seabrook** was among the volunteers cited for City of Ottawa Civic Appreciation Awards at the end of April. He has been awarded a certificate recognizing his contributions to community wellbeing through his work with the Association.

Gordon has performed many valuable roles with the Association, not least as the man who brought Do It for Dad to Ottawa. He served as PCAO Chairman and has continued as a member of the Steering Committee to the present where he has provided a guiding hand to many of the activities that have been undertaken. He has ably represented the Association on the Editorial Board of *Challenge Magazine* and was lauded for his contributions when he announced recently that he will step down from this responsibility.

FAREWELL BUT NOT GOOD BYE

I have been honoured to serve as Treasurer for the Prostate Cancer Association Ottawa now for almost six years but it is now time to turn to other things. I came into the organization, like many others, searching for information and hoping to find a kind ear to which I could express my concerns and fears. I found instead several hundred ears and a great source of information and, to the limited degree the Association permits, advice on how to tackle this illness. But even more, I found an opportunity to help others facing this challenging time in their lives. I have made some great friends and have spent an enjoyable time working with the people who have stepped forward to offer their services to the executive over the years. So far, no-one has stepped forward to fill the role I am departing but I hope that will soon be accomplished. To that person and, indeed, to one and all I give my wishes for good fortune and as memorable a time as I have had in this Association. I will still be participating in some fashion but, in the meantime, thank you all for allowing me to be of service.

Jim Bloomfield

N.B. NEWS FROM THE NINON BOURQUE PATIENT RESOURCE CENTRE

CHRISTINE PENN WRITES: “We wish you low PSAs and may your days be good, and long upon the earth”. Thus ends the text of “**A Primer on prostate cancer : The empowered patient guide**” by Stephen B. Strum MD and Donna Pogliano (described as “a partner of a warrior in the battle against prostate cancer”) Life Extension Media, 2002. Stephen B. Strum is a medical oncologist, member of the American Society of Clinical Oncology and the American Urological Association. He now heads the Prostate Cancer Research Institute, so you will note a bit of promotion for the organization. Apart from this, the book is packed with lots of information about diagnosis, treatment, coping and has several appendices with resources, glossary and explanations of staging, the Gleason scale, the Partin tables and much more. The photos and diagrams, most in colour, are very helpful (there’s even a photo of Dr Gleason himself!) All in all, a very information-rich resource.

Prostate Cancer : a comprehensive guide for patients by J Smith, R Persad, K Jefferson and B Patel. Tfm Publishing Limited, 2003. This is a British book, written by 3 urologists and a medical writer. 106 pages. Very concise, no-nonsense style. Chapters include risk factors, prevention and complementary therapies, drug trials, diagnosis and staging, treatment, after the operation, possible complications of surgery, treatment of advanced prostate cancer, newer treatments.

Further to Ross Gray’s visit last month, we remind you that copies of his book “**Prostate Tales**” and the video of his play “**No Big Deal**” are available for borrowing.

To find out more about the above and for cancer information in general, please call 613-737-7700 ext 6980 or visit the Ninon Bourque Patient Resource Library, main floor, General Division, Cancer Centre.

The Canadian Cancer Society has published its annual statistical report for 2004, highlighting two special topics: *International Variation in Cancer Incidence 1993-7* and *the Economic Burden of Cancer in Canada, 1998*. The report notes that prostate cancer remains the most frequently diagnosed cancer in Canadian men and an estimated 20,100 men will be diagnosed with it this year. An estimated 7,200 Ontario men were diagnosed with prostate cancer last year, and 1,600 men died from it – but the report doesn’t say when they were diagnosed or how long they survived after treatment. You can pick up a copy of the report from the CCS, at the ORCC Ninon Bourque Resource Centre or in most hospital information racks. The CCS website will also lead you to highlights and the report: www.cancer.ca. While at the website, you can also find helpful dietary and exercise information to contribute to your survival.

RELAY FOR LIFE

The annual Relay for Life is set again for June 11. This night of recognition for cancer survivors and victims will be at the Nepean Sportsplex. It begins at 7:00 p.m. with a Survivors Lap to which all cancer survivors are invited to participate followed at dusk by the Luminary Ceremony when candles are lit around the track in memory of lives claimed by cancer. And all through the night teams from across Ottawa and surrounding area will be walking the track to demonstrate their support for the fight against cancer.

The Prostate Cancer Association urges its members to join the Survivors Lap and has pledged \$100 to the Luminary Ceremony to remember those whose lives were shortened by prostate cancer. For more information on the relay, call the Ottawa branch of the Canadian Cancer Society (613-723-1744 ext 225) or visit the website at www.cancer.ca and follow the links.

Support Comes in Different Sizes:

Large Group Meetings with Lectures or Smaller Personal Exchanges

“These monthly meetings aren’t for me. I want to meet with a few other patients to chat and exchange views on our treatment and what or how we are doing.” This sentiment was recently expressed at a general meeting.

Small, intimate support groups seem to spring up spontaneously when a few members realize they are receiving the same treatment or live in the same area of the city. An invitation for coffee and a chat leads to a group being formed. While the Association does not officially form such groups, it recognizes they are useful complements to the monthly meetings and is prepared to facilitate people wanting to get together. The Association may be able to provide information materials or non-financial assistance that would help the search for knowledge.

A group who shared radiation time last year has carried on under the banner of “Glow Worms” and another group is the Prostate GURUs; both have been featured in past newsletters and Glow Worms earned special mention in the current Challenge magazine. Another group, formed six years ago, has met periodically for social and practical chats and one of those members says “my wife and I feel blessed we were able to find such a group.”

Denny Shortliffe, who lives in the vicinity of St. Laurent Boulevard and Montreal Road, has offered to be a starting point for another group. “I have a motorcycle and I can go anywhere,” he said, “and I want to meet with other survivors to compare experiences.” So, if you are interested to meet Denny, call him at 749-6909

Or, if you want to be in touch with other patients and survivors, call the Association Voice Mail and we will try to facilitate some matching. Leave your name, address and telephone number – along with a possible meeting place and we’ll let others know. The meeting place could be a Tim Horton’s, a local mall, a community centre, a church, a home, wherever you feel comfortable and able to talk.

One cautionary note: The Association cannot take responsibility for whatever discussions may take place and reminds members to discuss with their doctors any possible treatments or changes in treatments.

THE WAY I FIGURE IT, EARLY PSA TESTING SAVES MONEY

John Peck initiated a campaign to have the cost of diagnostic PSA tests included in the provincial health plan. He reports, on his website, an Australian study that showed “it costs the equivalent of \$16,000 (Cdn.) for a radical prostatectomy to eliminate prostate cancer before it has spread. To treat a patient with prostate cancer after it has spread costs \$32,000. That’s a saving to the government of 50 per cent, or \$16,000 for every patient that is diagnosed early enough. The conclusion of the study: “early detection and treatment saves lives, misery and money.”

“If PSA tests found early-stage prostate cancer in only a third of the men who are diagnosed in Ontario every year, that could result in the government saving \$40 million a year. Subtracting the \$16 million cost of PSA tests for one in four men over the age of 40, that’s an annual net medical cost saving to the government of \$24 million.

So that’s an annual cost of \$16 million per year, assuming 1 out of 4 would have it done, which is probably high.

If you want to keep up on John Peck’s efforts to persuade Ontario to pay for diagnostic PSA testing, visit his website at www.epcdo.ca or write to him at 94 Glenview Avenue, Toronto, ON. M4R 1P8. He can be reached by e-mail at jpeck@epcdo.ca or by telephone at 1(416) 487-1012.



The reef knot lapel pin is the symbol for prostate cancer survivors and their supporters. The four ends of the knot represent the interdependence, strength and unity shared among patients, survivors, their families, supporters and the links among support groups nationally. You can obtain your pin at any Association meeting for only \$5.00.

THOSE FABULOUS GURUS ARE ON THE GO



The yellow T-shirts of the Prostate Guys Running – the GURUs – have been seen at running events in the Ottawa Valley throughout the past months, and some have even been noted in more southern climes.

Chief GURU Wilf Gilchrist led Mike Scott and Peter Nadeau in *Run for the Reach*, then he was with Arland Benn, John Gibberd, Fred Nadeau, and Jennifer Hampton (an honorary member) in the *Physiotherapy Run* before taking the team (as seen above) of Wilf Gilchrist, Peter Jones, Fred Nadeau, Arland Benn, and Randy Dudding on the road in the *Diefenbooker Classic* in Carp). Peter Jones and Dennis Featherstone earlier in the year participated in runs in Florida and North Carolina. There will be a team of ten in the *Do It for Dad*, including two ‘honourary’ female members, daughters of survivors.

The GURUs are always looking for running companions. If you want to sign up, Call Wilf Gilchrist at 731-9722 or e-mail him at wilfredg@sympatico.ca. They meet monthly for fellowship at Patty’s Pub on Bank Street; the next meeting is June 3 at 7:00 p.m. The Gurus also provide welcomes to newcomers at the monthly PCAO meetings.

SHEDDING LIGHT ON VITAMIN D’S LINK TO PCa

A book, authored by a PCAO member, on the linkage between Vitamin D and prostate cancer has now been published. Peter Hyde has spent the past eight years reviewing literature on this subject. [Sunlight, Vitamin D, and Prostate Cancer Risk](#) is intended to demonstrate that insufficient access to the sun's ultraviolet-B (UV-B) irradiance, necessary for photosynthesis of vitamin D, increases the risk of progression in prostate cancer. Mr. Hyde recommends that public health initiatives be undertaken to emphasize the importance of ensuring adequate year-round vitamin D nutrition, obtainable from brief periods of sun exposure where practicable and from appropriately higher intakes of supplemental D and foods. More information on the book and author can be found at: www.xlibris.com/SunlightVitaminDandProstateCancerRisk.html and www.xlibris.com/PJHyde.html.

The book is available in hardback, paperback, and e-book from the Xlibris Corporation, 436 Walnut Street, Philadelphia, PA 19106-3703. Tel: 888-795-4274 and 215-923-4686; Fax: 215-923-4685; e-mail: Info@Xlibris.com and Orders@Xlibris.com

Celibacy can be a choice in life – or a condition imposed by environmental encounters.

While attending a Marriage Encounter Weekend, Walter and his wife, Peg, listened to the instructor declare: “It is essential that husbands and wives know the things that are important to each other. He addressed the men: Can you name and describe your wife’s favourite flowers?”

Walter leaned over, touched Peg’s arm gently, and whispered: “Pillsbury All-Purpose, isn’t it?”

And thus began Walter’s life of celibacy.

GOT A MOTORCYCLE? JOIN THE *MOTORCYCLE RIDE FOR DAD* ON SATURDAY MAY 29.

The police-escorted parade through the city begins at Lynx Stadium at 9:00 a.m. sharp. Get more information and register on-line at www.motorcycleridefordad.org or look for forms at Scotiabank branches, Mark’s Work Warehouse and participating motorcycle dealers. It’s all in support of the fight against prostate cancer. (But save your pledges for the *CS CO-OP Do It for Dad*, a PCAO event.)

MY RANT: Must there be a crisis in the PCAO?

As Editor, I dislike using space in this way but, for the past several months, members have been told that the current executive members are stepping down from their positions and replacements are needed to continue the leadership of this organization. In our individual crises, the Association became a lifeline to information and stability. That didn't happen without people doing things to make sure the information and assistance was in place. The present Executive and Steering Committee members have shouldered the load happily for a varying number of years for each but the time has been reached for the Chairman, the Secretary and the Treasurer to say "Enough. I want to be relieved." A change of leadership is a good thing bringing fresh energy and thought to the organization.

This Association, in 12 years of existence, has been of great assistance to hundreds of men facing the trauma of diagnosis and treatment for cancer. PCAO has also been active in making more men (and women) aware of the threat of prostate cancer and the ease of diagnosis and treatment. We have saved lives and forestalled grief and hardship for families. Is this to be lost in the absence of new volunteers coming forward to help the next generation of victims?

Many members have volunteered for tasks associated with our outreach program and for duties with Do It for Dad. To date, no one has come forward to volunteer for managing these programs and ensuring that the future of PCAO is secure. The present Steering Committee members are not quitting. They are still committed to making contributions and assisting the Association to be a positive force in our community. The more who step forward to take on responsibilities, the easier it becomes for all.

You have benefited from the existence of this Association. It's time to pay back.

Ted Johnston

In addition to a new Chairman, a Secretary and a Treasurer, men are needed to help organize the monthly meetings, to take photographs or write articles for the newsletter, to take charge of the website, to keep track of and assign volunteers, to maintain and upgrade information and display materials, to represent the Association to other organizations, to develop proposals for more secure funding of the Association, to maintain the membership mailing list, to ..., well, the list can go on. What can you do? What **will** you do?

Call the Voice Mail 828-0762 or e-mail pca@ncf.ca with your offer of assistance.

A SUGGESTION FOR YOUR CRAVINGS

"Want something new in snacks? Looking to cut back on saturated fats and fattening carbs? Loblaw's has introduced cooking schools in its newer stores – and is offering some interesting courses on healthy food choices. For a fee of \$30, you can join a class on August 9, (6:30-8:30 p.m.) at the College Square store in Nepean to sample and learn how to prepare low fat healthy snacks to satisfy when the junk food craving hits. Certified nutritional consultant Terry Gentes demonstrates oven baked crispy fries, guacamole with homemade tortilla chips, better than bought homemade pizzas, power nut truffles and more. If you are tired of the same old cereal and toast routine, watch for Better Breakfasts as an item on their menu of classes. Call or visit Customer Service at College Square or Gloucester Centre for more information.

PCAO is a member of the Canadian Prostate Cancer Network; visit www.cpcn.org

WHERE WILL YOU BE ON JUNE 20?



CS

the work is best to awareness, treatment and research in Ottawa. The money raised is pledged to the Ottawa Regional Cancer Centre which has used the more than \$500,000 of the first five years for research and treatment needs.



CS CO-OP Do It for Dad is off and running for the sixth year and all are hoping for an even greater success. Max Keeping, popular CJOH-TV news broadcaster, and the Honorary Chair for this year's event helped launch the run at the end of April. He spoke emphatically about the need for early diagnosis to help bring down the morbidity statistics associated with prostate cancer, and urged all listeners to make sure their male relatives and friends are made aware of being tested early.

John Dugan, PCAO Chair and Dr. Hartley Stern, head of the Ottawa Regional Cancer Centre also shared the podium in launching the 2004 event. *CO-OP Do It for Dad* takes place on Father's Day, Sunday June 20 from Anniversary Park at Colonel By Drive (enter from Carleton University) but now underway to make it a success. PCAO members are urged to do their

raise funds for this annual event which benefits all facets of prostate cancer

If you can walk and chew gum at the same time, you can also raise funds and be a volunteer or a footloose participant in the run/walk. Entry and pledge forms will be available at the May PCAO meeting, and are always available at branches of the CS CO-OP or at Running Room stores. More information can be obtained at www.cscoop.ca (find the icon for 'Do It for Dad') and you can register on-line.

COMING DOWN THE ROAD:

May 20, Dr. Neil Fleshner's presentation will draw on his current work with randomized trials of nutritional intervention in prostate cancer and laboratory work assessing oxidative biomarkers and cell cycle regulation in prostate cancer cells exposed to micronutrients.

June 17, we welcome Dr. Paul Rennie, Director of the Vancouver Prostate Centre, to talk about exciting developments at this leading Canadian centre.

Sunday, June 20: Celebrate Father's Day by participating in CS CO-OP Do It for Dad Family Run and Walk.

Summer Meetings are July 15 and August 19: There is usually a video presentation and free discussion session at each meeting.

September 16 is the next regular meeting; speaker to be announced.

PCAO MEMBERS ARE REMINDED THAT MEMBERSHIP RENEWAL TIME BEGINS IN JUNE. PLEASE COMPLETE THIS FORM AND FORWARD IT WITH PAYMENT TO:

PCAO, P.O. BOX 23122, OTTAWA, ON. K2A 4E2 OR BRING TO THE NEXT MEETING

I am pleased to support the continuing work of the Prostate Cancer Association Ottawa with the enclosed membership fee of \$25.00

NAME:

ADDRESS:

CITY:

PROVINCE

POSTAL CODE

Optional:

TELEPHONE NUMBER ()

E-MAIL ADDRESS

PCAO is a registered charitable organization

PCAO thanks **MDS NORDION**, a major supplier of reactor and cyclotron produced isotopes for health care and research applications for the printing of this newsletter.