

The Walnut



NEWSLETTER OF THE PROSTATE CANCER ASSOCIATION OTTAWA
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JUNE, 2010



Special Alterna Do it for Dad Issue

Welcome to the 12th annual Do It For Dad family run and walk!

The place to be on Father's Day, June 20, will be Carleton University's Anniversary Park when activities begin at 7 am.

A fundraiser for the Ottawa Regional Cancer Foundation and Prostate Cancer Association Ottawa (PCAO), this prestigious and important event brings together families in support of the men in our lives who have been diagnosed with and treated for prostate cancer.

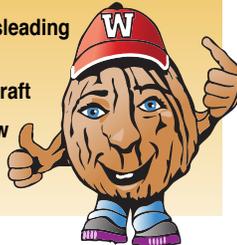
There will be fantastic pancake breakfast along with, of course, the 5 km and 10 km runs and family walk.

Leading the way in the run will be the famous and fabulous PCAO Prostate GURUS. For information about sponsorship, see the last page of this newsletter.

Your support is appreciated. ■

Cracking open this Walnut

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A message from Allan Rock, President, University of Ottawa

As a survivor of prostate cancer and a firm believer in the power of education, I am honoured to be associated with the Alterna Do It For Dad event again this year. There are many admirable organizations and superb events that raise funds for worthy causes. I am participating in this event not only because I have been personally affected by prostate cancer, but because I have met some remarkable people whose stories inspire me and resonate with me. I think men are starting to talk more openly about health issues that affect them and I want to do my part in encouraging the dialogue about prostate cancer through education and awareness.

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

Chair	Dan Livermore (Acting)
Vice Chair	Vacant
Treasurer	Sherry Coates
Past Chair	Ted Johnston
Administrative Director	John Dugan

Team leaders

Membership	Vacant
Mentoring	Harvey Nuelle
Outreach	Ted Johnston
Meetings Program	Bill Dolan
Meetings Setup	Bob Blackadar
Women's Focus Group	Diane Desjardins
Newsletter:	Editor: Richard Bercuson Layout: Shannon King Distribution: Andy Proulx Contributors: Ludwick Papaurelis John Dugan Wilf Gilchrist
Members at large	Jim Arnett, Wilf Gilchrist, Ron Marsland, Eric Meek, David Brittain, Mottie Feldman, Ludwick Papaurelis
Cards & Greetings	Joyce McInnis
Church Liaison	Bob McInnis

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.

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

Leadership Team Meeting | May 27, 2010

SUPPORT GROUP AFFILIATION AGREEMENT – Chairman Dan Livermore opened discussions on the Agreement. Wilf Gilchrist and John Dugan presented proposals as well as referencing the latest draft. A more detailed review is included elsewhere in this edition of the Walnut.

TREASURER'S REPORT – Bank balances for the month ending April 30th:

Alterna Savings & Chequing Account – \$6,505.45

Alterna Savings in Trust Account – \$3941.18

Manulife Bank Business Advantage Account – ON BUDGET

Membership Drive response (from Oct. 1/09) is 293 renewals for a total of \$13,385.00

ADMINISTRATIVE REPORT – Lower than normal activity from the HELP LINE and web site. The 2010 Dried Prostate Award recipient was approved with the presentation planned for the June 17 meeting. The replacement chair program discussed. St. Stephens will review and present it to the church Board. The ORCF report on PCa research was presented. Lack of dollar values did not completely comply with our request. ORCF has requested an invoice for DIFD. Dugan is to determine the specifics. Why DIFD was not listed in the latest OUR VOICE was resolved. Their source was the web site of Prostate Cancer Canada where DIFD was not included with other events across Canada. A straw vote of members at the May 20th meeting would allow PCAO to distribute member's names and contact to outside agencies such as the Canadian Cancer Society, ORCF and others on a controlled basis. *Had someone stepped forward as a Volunteer Team Leader, this step would not be necessary.*

MEMBERSHIP/PROGRAM – May 20 speaker and subject were well received. Members must understand that, despite planning, some speakers cancel at the last moment. An excellent video library will be our back up. Problems with our sound system resolved by Wilf Gilchrist. *No one has offered to be our Volunteer Team Leader.*

MENTORING – Harvey Nuelle and his team are available to assist newly diagnosed. Our HELP LINE often requires follow up calls in the evening. It continues to be our connection with the community.

OUTREACH – Members attended the ORCF Courage Program Launch as well as the Ottawa Hospital Robotics round table discussions. Great supporters from Winchester, Jan and Tom Clapp, presented PCAO with a cheque covering the proceeds from their breakfast to support Prostate Cancer. Wilf Gilchrist and John Dugan reviewed the efforts of Tara Beechey and her Logistics Committee in supporting DIFD. One of our members will be the recipient of the Mike Collingwood Award on stage at DIFD. Great things planned for Father's Day.

COMMUNICATIONS – Posters and other promo material for DIFD were distributed. ATP inventory to be moved to church storage area.

NEXT MEETING – Thurs., June 24, St. Stephen's Anglican Church – 9:30 am – All welcome. ■

Hospitals' new services

Between 2009 and 2014, it is expected there will be a 17% increased demand for cancer services in Ottawa and the Champlain health region. This explains the massive expansion undergone recently, and to continue, at The Ottawa Hospital (TOH) and Queensway Carleton Hospital (QCH) facilities.

Such was the message delivered at the May PCAO meeting by Michele Holwell, social worker at TOH Cancer Assessment clinic. She spoke on behalf of Greg Doiron who was unable to attend at the last minute. Ms. Holwell's informative presentation highlighted the collaborative approach taken by the two centres in governance, operations and fundraising. At TOH, for instance, there have been massive improvements

in all facets of patient and ambulatory care. These have included reduced wait times for TRUS biopsies from as long as 12 weeks to as little as less than two weeks. There has also been better patient education with regards to decision-making aids and treatment options.

Right now, she explained, TOH and QCH have about a 60/40 split with respect to facilities improvement with TOH's expansion and QCH's new facility, the Irving Greenberg Cancer Centre. TOH's Prostate cancer assessment clinic has streamlined the referral process, provided multi-disciplinary care, ensured communication between care providers and has enhanced supportive care for both patients their families.

Following her talk, attendees tossed questions her way. One key question had to do with the definition of palliative care. Her view was that the term requires revisiting, that really it dealt



◀ Winchester's Jan and Tom Clapp presented a cheque for \$2155 to the PCAO at the May meeting as a result of their fundraising breakfast. In his introduction of Jan Clapp who spearheaded the move, Bill Dolan quipped, "It's the women behind the men who kick our butts."



▲ Michele Holwell addresses the May meeting

with the last six months of life and certainly not the years that some patients have lived with. She explained that perhaps chronic management might be a more appropriate term as more information for patients is needed with respect to primary and advanced cancer care. She made it clear, too, that patients are living much longer these days with cancer and that it has more become a chronic illness. ■

Want to buy – sorry – sponsor a GURU? See page 6

NEXT MONTHLY MEETING

Thursday, June 17, 2010

6:30-7:30 pm: Mentoring for newly diagnosed in the Shalom Room

7-7:15 pm: Association business

7: 15 pm: Diane Manii of The Ottawa Hospital Cancer Centre will discuss "Support and Rehabilitation at the Cancer Centre: what are the services and how do I access them?" The presentation will cover all nine types of services offered by the Psychosocial Oncology Program at both campuses of The Ottawa Hospital Cancer Centre, the General and Irving Greenberg Family Cancer Centre. The talk will focus on services that are most beneficial to men with prostate cancer and their families, including group and educational sessions.

We meet 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 Steet on the left. Parking is at the rear of the church.

Please remember your contribution for the St. Stephen's food bank.

“May” is a word custom-made to mislead us

from prostatecancerinfolink.net

Every year thousands of published research papers and articles carefully use the word “may” or “could” in a headline or a conclusion... and can lead to misconceptions and misunderstandings as a consequence.

Here are two perfect examples. In an article in the British newspaper *Daily Mail*, “Snacking on” walnuts “can cut the size of “prostate” tumors and slow their growth. The article is based on a report presented at the National Meeting of the American Chemical Society in San Francisco. The media release heading from the American Chemical Society carefully includes the phrase “First evidence that walnuts *may* [emphasis added] help fight prostate cancer.”

Apparently researchers at the University of California researchers made this discovery after studying the diet of genetically modified rodents, but by the time this report reached the newspapers, the word “may” had vanished. The *Daily Mail* article went on to state that the investigators were advising “men add around 14 shelled nuts to their diet for optimal health.” (One of them may well have said this, but it does not appear in any official public statement.)

Now walnuts are a perfectly wonderful food. In reasonable quantities, as part of a well-balanced diet, they may even have demonstrable long-term health benefits in humans. Apparently, what the researchers had done was to feed a tiny quantity of walnuts as part of their daily diet to some laboratory mice that are genetically programmed to develop prostate cancer. A control group of the same mice got the same diet except with soybean oil instead of walnuts. The walnut-fed mice developed prostate cancers that were about 50 percent smaller than the control mice. Those cancers also grew 30 percent slower. Now that is absolutely fascinating with respect to the biology of prostate cancer in a highly specific strain of laboratory mouse.

However, there is no data to suggest a similar effect would be seen in man. *Could* that be the case? Sure it *could*, maybe, just possibly. Should you start to solemnly add 2.5 ounces of shelled walnut to your diet on a daily basis on the grounds that it will, with even a high probability (let alone certainty), lower your risk from prostate cancer? There’s no evidence whatsoever to justify such a decision. If you like walnuts, eat them. They *are* likely to be better for you than the turkey club sandwich with mayonnaise or the double massive burger

with cheese and fries you might have been considering for lunch!

In another study, appearing online in *Cancer*, Walsh et al. have shown a possible association between infertility and risk for prostate cancer. The authors identified 22,562 men who were evaluated for infertility between 1967 and 1998 at 15 California infertility centers and linked to the California Cancer Registry. They then compared the incidence of prostate cancer among these men to the incidence of prostate cancer in an age- and geographically-matched sample of men from the general population, with the following results:

- **168 cases of prostate cancer were identified in the men who had previously been categorized as infertile.**
- **Men with male factor infertility were found to be 2.6 times more likely to be diagnosed with high-grade prostate cancer than age- and geographically matched men from the general population.**

They conclude that “Male infertility *may* [emphasis added] be an early and identifiable risk factor for the development of clinically significant prostate cancer.”

However, by the time this report was featured on the *Los Angeles Times* “Booster Shots” health blog, the first sentence read as follows: “Men who have difficulty conceiving children are 2.6 times as likely to have highly aggressive prostate cancer and 60% more likely to have slow-growing tumors.” The word “*may*” had vanished. ■



Support Group Affiliation Agreement

Background

The Prostate Cancer Foundation of Canada was founded in 1994. In 1999, it merged with the Canadian Prostate Cancer Research Fund to become the Prostate Cancer Research Foundation of Canada. In May, 2009, after ten years of successful fund raising and research efforts, the Foundation rebranded itself to become **Prostate Cancer Canada (PCC)**. This year the Canadian Prostate Cancer Network (CPCN) merged with PCC to become the **Prostate Cancer Canada Network (PCCN)**.

Purpose

By uniting under a common name and speaking with one voice while maintaining important local work and independence, help can be provided to save thousands of lives and provide support to those living with prostate cancer. The core mission of the former CPCN remains the same, to strengthen and build a network of independent support groups across Canada. PCCN will accomplish this mission by utilizing the marketing, fund raising and administrative resources of Prostate Cancer Canada. This capability will also increase both the awareness of prostate cancer and the presence of local support groups. The vision of a strong, unified organization under a single banner will eliminate confusion in the minds of donors and sponsors. In line with the vision PCCN feel the appropriate name for our Association would be **Prostate Cancer Canada Network - Ottawa (PCCN Ottawa)**

Our Position

In signing the Affiliation Agreement we are asked to change our name from the Prostate Cancer Association Ottawa (PCAO) to Prostate Cancer Canada Network - Ottawa (PCCN Ottawa). Of major concern is the possibility of giving up the title **Do It For Dad** for the Alterna Do It For Dad! Father's Day Family Walk and Run annual event. PCAO founded and continues to promote this fund raising event for prostate cancer research with the growing support of local sponsors and the Ottawa Regional Cancer Foundation. In light of these and other concerns, your Leadership Team are preparing a statement to accompany the proposed signing of the Affiliation Agreement clearly stating our position on these issues. There are various positive aspects to being a member of a Canada wide network of support groups. These have been carefully evaluated in the preparation of our response to the request from PCCN. ■



Gurus compete on Race Weekend

by Wilf Gilchrist

Five Gurus took up the challenge and tried to run their socks off during May's race weekend. Some did great, some did fantastic, and wore holes in their socks.

Fred Nadeau, Wilfred Gilchrist and Mike Scott entered the 5 km run. The competition was fierce with over 7500 entrants. Much easier for the men though with 4565 women and only 2939 men entered. The women these days are just so energetic. Fred is running faster than last year. He was 9th in his age category of 93 entrants. Wilf is becoming a slug. Amazingly he was 3rd in his age category of 22 entrants. Mike is holding his own with a 6th place finish in his last year in his age category.

Randy Dudding took on the 10 km run. He was running in a field of 8497 with just about the same ratio of women to men. Randy is still turning in respectable times.

On Sunday, Richard Bercuson returned to the punishment routine again this year and tackled the full marathon. He took 4 minutes off his time of two years ago, and a remarkable 16 minutes off his time of five years ago. That shows you just how much he thrives on punishment.

Arland Benn didn't make it into the 5 km run. The events were full when he went to enter. And Dennis Featherstone had an encounter with a suitcase that cut his running abilities off at the knees. We wish him a rapid recovery.

Saturday was quite warm and slowed the runners down some in the 5 and 10 km runs. It cooled off over night and the temperature was delightful and overcast on Sunday. Wilf was out watching the finishers on Sunday, didn't catch any Gurus in action so no pictures. There sure were a lot of happy faces though crossing the finish line.

Results for the 5 km and 10 km runs are easily attainable at <http://www.sportstats.ca/race-calendar.php?lang=eng> The results for the full and half marathons are also there but they are more cumbersome to get at.

Congratulations to all.

Hear Ye! Hear Ye! Hear Ye!

How to buy – sorry – sponsor a GURU in the Do It For Dad:

1. Choose a GURU you like. Or choose one you don't like. Or don't know. Or would like to meet. The GURU team members are as follows:
Arland Benn (less youngest)
Richard Bercuson (youngest)
Bill Dolan (almost coolest)
Randy Dudding (coolest)
John Gibberd (perhaps tallest)
Gerald Gilbert (thinks tallest)
Wilf Gilchrist (most determinedest)
Ron Marsland (kind of nicest – sort of)
Fred Nadeau (team captain – self-annointed)
Mike Scott (bestest smile)
2. Open wallet. Remove credit card with the highest limit.
3. Go to this website:
<https://ottawacancer.akaraisin.com/Common/Participant/Search.aspx?seid=3058&mid=22>
Or, in Google, type “Alterna Do It For Dad” then on the web page click “Sponsor a participant”
4. Type the GURU's last name or the team name
5. Click on the GURU you want to buy – sorry – sponsor
6. Spend, spend spend!!!
7. Lean back and sigh for you have now done a very nice thing!
8. Go to the DIFD event on Father's Day and cheer on your newly purchased – sorry – sponsored GURU

Do It For Dad quiz:

Bring your answers to the PCAO booth at the DIFD event on Father's Day and win:

an autographed copy of “Assume the position” by Richard Bercuson

*a copy of the new BOUNDER men's magazine
a PCAO pen*

*a hug from PCAO Administrative Director
John Dugan*

our everlasting thanks...

1. GURU running shirts are yellow because:

- a – too much bleach
- b – only colour left in the store
- c – GURUS love canaries

2. The GURU motto “Let's outrun prostate cancer” is:

- a – A palindrome for “Recnac etatsorp nuttyo s'tel,” a top secret medical formula
- b – An acronym for this news-letter's editor's life story
- c – Deep. Very deep

3. The GURU team captain is:

- a – Fred Nadeau
- b – Wayne Gretzky
- c – Tom Cruise

4. The word GURU stands for:

- a – Great URU
- b – GUys Really Undertheweather
- c – GUysRUNning

5. To become a GURU:

- a – You used to have a healthy prostate
- b – You'd like to have a prostate
- c – You've spent many a night “prostate” on the couch

6. In their spare time, GURUS:

- a – Run for cover
- b – Run for their lives
- c – Run around with the wrong crowd

7. Prostate cancer afflicts:

- a – Mostly men
- b – All non-women
- c – Those with prostates

8. The purpose of a prostate is:

- a – Unknown, but a lot is suspected
- b – Kind of known, but ignored
- c – Widely known, but includes naughty words not for publication here

9. Effective treatments for prostate cancer do not include:

- a – chocolate cake and red wine
- b – swallowing whole walnuts
- c – belly massages

10. The families of those with prostate cancer:

- a – Never use the word “hose”
- b – Hold majority shares in various underwear manufacturers
- c – Have no children named “Ed”