



Stop Slow Growing Prostate Cancer Cells From Growing Fast!

By Wilf Gilchrist



Attention men! Stop slow growing prostate cancer cells from becoming fast growing ones. The trick is – how do you do that?

That was the message at the June PCCN Ottawa meeting at St. Paul University from Dr. Rob Rutledge. Dr. Rutledge, a radiation oncologist at the Cancer Centre in Halifax and Assistant Professor in the Faculty of Medicine at Dalhousie University, outlined how prostate cancer cells develop.

Naturally occurring over a lifetime, prostate cells grow and divide causing

the gland to enlarge. Occasionally some cells are damaged while being formed. These cells, when they divide, produce other damaged cells. The build-up of damaged cells over the decades causes cancer to grow in the first place. The same type of damage can turn slow growing cancer cells into fast growing cancer cells. This can become a concern when a man reaches his 50s and 60s.

What causes the damage? Important factors are: age, heredity, diet, and the environment. Age is inevitable. Choose your parents carefully. Cancer risk is doubled in men with one first degree relative with cancer, five times the risk for two 1st degree relatives. Diet and environment are more controllable. What is good for prevention is also important in keeping cancer from getting worse and recurring, from changing from slow growing to fast growing cells.

Diet is a major factor in developing prostate cancer. Risk increases for those who eat: animal fats, well done red meats, dairy products, transfats, diet low in vegetables, or have more than five alcoholic drinks per day. Obesity increases the risk factor.

After primary treatment, even if PSA is undetectable, there is still a chance of cancer cells being present. If PSA reappears post-treatment due to cancer

recurrence and rises significantly, hormone adjuvant therapy may be used, either intermittent or continuous, to lower the PSA. Eventually hormone treatment may not work due to the development of castrate resistant prostate cancer.

New drugs such as Zytiga (abiraterone) are coming on the market and are effective in lowering PSA for recurrent cancer patients. There is hope these drugs may be useful for newly diagnosed men who are still in the potentially curable category. Such drugs may improve the cure rates in prostate cancer. The same thing happened with breast and pediatric cancers. Take advantage of clinical trials if possible. This is how science is pushed forward.

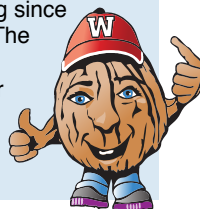
Hormone treatment leads to osteoporosis, weight gain, decreased muscle strength, lowering of hemoglobin, mood changes, decrease in mental function and diabetes. To help prevent osteoporosis take calcium, but calcium by itself is insufficient to increase bone density. Weight training is also excellent for building bone density. Take at least 1000 IU of vitamin D daily, 2000 is better.

Dr. Rutledge's objective was to help people empower themselves – understand what is happening to you, get the best from the medical

See Slow Growing Cells on page 3

CRACKING OPEN THIS WALNUT

We slither into the heat with a potpourri of interesting events of the last few weeks. Please check page 3 for the date of the August meeting since there is no August issue. The editorial staff will use the time off to research proper uses of; the semi-colon and - hyphen. Have a relaxing summer!



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PCCN OTTAWA is a volunteer organization of prostate cancer survivors and caregivers. Our purpose is to support newly-diagnosed, current, and continuing patients and their caregivers. PCCN Ottawa is a member of the Prostate Cancer Canada Network.

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PCCN 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.

PCCN Ottawa 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. We collaborate with local organizations such as The Ottawa Hospital, the Ottawa Regional Cancer Foundation, the Canadian Cancer Society, urologists and oncologists for information and support.

Steering Committee Meeting Summary Thursday, June 28, 2012

Letter in Support of Abiraterone

A letter will be sent from PCCN Ottawa to the Premier of Ontario about adding Zytiga (abiraterone) to the Ontario Drug Benefit formulary. Abiraterone is beneficial for advanced prostate cancer patients and could become a primary form of treatment for prostate cancer. Our members will be asked to send letters to their MPPs.

PCCN Advisory Council

David Brittain is being nominated by PCCN Ottawa for membership on the PCCN Advisory Council. The paper work is being prepared.

Cancer Survivor Use of TOH Fitness Centre

Cancer survivors who have been using the Fitness Centre at Cancer Centre on Smyth Road have been informed they will no longer be able to use the facility. A letter requesting a review of the decision has been prepared and sent to Dr. Kitts, CEO of The Ottawa Hospital. Three PCCN Ottawa members signed the letter.

Treasurer's Report

The Treasurer tabled the PCCN Ottawa Statement of Financial Position as of December 31, 2011 as well as a Statement of Revenue and Expenses for the period January 1– December 31, 2011. The documents required by the Canada Revenue Agency have been sent in for the year 2011.

Ride to Meetings

There may be a need to establish a *Call for a Ride* process for members who do not have a means of getting to our monthly meetings. **Anyone needing a ride should call our office and leave a message or send an email in advance of the meeting.**

Upcoming Meetings

The July meeting will be led by Ludwick Papaurelis. The session will be called *Circle of 2012* and will provide an opportunity for members to discuss how things are going for them.

In August, there will be a social meeting.

Thanks to Volunteers

Bill Lee, the Volunteer Coordinator, thanks all volunteers for their help at the three events held so far this year (Daffodil drive, Motorcycle Ride For Dad, and the Alterna Ultimate Run For Dad.)

Outdoor Banners/Flags

Banners or flags that can be used outside where it might be windy are needed. John Arnold is looking into the design and pricing of something suitable. ■

Cancer Fitness Centre Bans Cancer Patients

By Wilf Gilchrist

Cancer survivors have recently been informed that they are no longer going to be allowed to use the Cancer Centre Fitness Centre. Employees of The Ottawa Hospital can continue to use the gym while cancer survivors have been banned. PCCN Ottawa has signed a letter being sent to Dr. Kitts, President and CEO of The Ottawa Hospital to express the view that this is a disservice to cancer survivors.

In part the letter reads: "We would urge you and your colleagues to review this decision and to reinstate at least the orientation of new and post-treatment patients so that they become familiar and comfortable with exercising their way to good health."

Cancer survivors have had to turn to other gyms in the Ottawa area in order to continue with their weight or resistance training.

In his recent talk to the PCCN Ottawa group, Dr. Rob Rutledge, who received his radiation oncology training at the University of Ottawa and the Cancer Centre on Smyth Road, noted that in the past Ottawa has been a leader in carrying out studies that showed the benefits of weight training therapy for prostate cancer survivors in maintaining muscle mass and bone density during treatment.

Slow Growing Cells from page 1

system, live a healthy lifestyle by getting plenty of exercise, following a good diet, getting good sleep, and controlling your weight. Talk to experts for their advice.

Empower yourself at the level of mind, body, and spirit when it comes to dealing with prostate cancer. Use your mind to research and understand the medical language. Do things in

your life that allows your body the best opportunity to cope with the disease of cancer. Live a quality of life that lifts your spirit to enjoy life to the fullest. It is you who decides how to live your life. Exercise gives you energy, allows you to sleep better, it releases the "happy" hormones. Exercise is number one in terms of making people feel better. ■

Meet the Warriors



▲ Meet the Warriors (from left to right): Ludwick Papaurelis, Derek Ansell, John Stonier, Saad Hanna, Jake Freill, Douglas Payette, and Elie Moussalli

NEXT MONTHLY MEETING

Thursday, July 19

6:30-7:30 p.m.: Mentoring for newly diagnosed in the Shalom Room.

6:30 p.m.: Prostate Café. It's coffee time. An open forum and social time for everyone and an opportunity for discussions in small groups in the Café before the meeting starts.

7:15 p.m.: Time for PCCN Ottawa business.

7:30 p.m.: Ludwick Papaurelis will host *Circle of 2012*, a discussion with members on how their treatments are going.

AUGUST MEETING

Thursday, August 16

A night of socialization – hosted by everyone.

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.

Reovirus Can Trick the Body's Defenses to Kill Cancer Cells

from University of Leeds

Scientists have shown how a promising viral therapy that delivers a double blow to cancer can sneak up on tumors undetected by hitching a ride on blood cells.

The work, led by researchers from the University of Leeds and The Institute of Cancer Research (ICR), reveals how the 'hitch-hiking' virus is shielded from antibodies in the blood stream that might otherwise neutralize its anti-cancer properties. The findings, from a study in patients, suggest that viral therapies like this can be effectively injected into the bloodstream during routine outpatient appointments – just like standard chemotherapy agents – making them potentially suitable for use against a wide range of cancers.

Reovirus is a promising new way of treating cancer that attacks the disease on two fronts. Not only does the virus kill cancer cells directly, but it also triggers an immune response – like a vaccine – that helps eliminate residual cancer cells.

Many patient trials of reovirus are currently underway, including several in the UK led by the same University of Leeds and ICR scientists. Up until now, however, doctors have not been sure about the best way to deliver the experimental treatment. Although the virus can be injected directly into tumors, this is a relatively complicated procedure requiring considerable technical expertise. This delivery method also makes it difficult to treat tumors deep within the body, such as the liver, lungs, pancreas, and stomach.

Researchers had been concerned that reovirus might not reach the tumors it was supposed to treat if it was delivered intravenously, like standard chemotherapy agents are. They had expected that antibodies in the blood would mop up and neutralize the virus before it arrived at its intended target.

But now tests on a small group of patients have shown that this is not the case. In fact, not only did the virus stay active during its journey through the bloodstream but it also homed in on cancer cells, ignoring nearby healthy tissue.

University of Leeds' researcher Professor Alan Melcher, who receives funding from Cancer Research UK, jointly led the study. He said: "It seems that reovirus is even cleverer than we had thought. By piggybacking on blood cells, the virus is managing to hide from the body's natural immune response and reach its target intact. This could be hugely significant for the uptake of viral therapies like this in clinical practice." ■

Study on Treatment Side Effects Requires Participants

Researchers at Mount Allison University under Dr. Lisa Dawn Hamilton are conducting a study examining the psychological side effects of prostate cancer treatment.

If you or your partner are currently undergoing such treatment and would be interested in participating in or learning more about our study, please phone 1-506-364-2649 or email Dexter Van Dam at mashlabprostatecancerstudy@gmail.com. You can participate directly by going to <http://cancerstudy.mashlab.ca> ■



The Walnut Laureate



HYMN

by Glenn Kletke

*Exercise experts have leapt into our meeting
getting our attention but getting us TO attention
up on our feet as if we were rising to sing a hymn
in some musty basement of an old church
which, I suppose, is exactly what we're doing
a hymn to our future health, hold onto your hats
you sinister cells bent on some future mayhem
we're going to push you just like you're pushing us
improve our posture, stand up tall and straight
take our rightful place in the world again and learn
like a child leaning over newly-baked cinnamon buns
to breathe deeply, breathe deeply, breathe again.*

Glenn Kletke's poetry has most recently appeared in "Whistle for Jellyfish" published by Booklands Press



GURUs Lead Ultimate Run



▲ After the Father's Day Run, the GURUs gathered in the shade for a team photo. If you can name them all, you will win a fabulous new PCCN Ottawa writing utensil.

It was a warm and glorious June 17 Father's Day that saw the 14th edition of the Ultimate Run For Men's Cancers/Do It For Dad organized by Ottawa Regional Cancer Foundation.

With the expanded space of the parade ground, activities spread out comfortably with lots of room for the warm up exercises and pancake breakfast.

The Prostate Gurus were there in full force participating in the 5 and 10 km events. The GURUs included Arland Benn, Bill Dolan, (team captain) Fred Nadeau, John Gibberd, Randy Dudding, Richard Bercuson, Ron Marsland and Wilfred Gilchrist.

PCCN Ottawa also sponsors Team Don Hampton. Don was one of the founding members of the Prostate Gurus. His daughter Jen Christie continues his tradition by gathering some of her family and friends. In fact, the youngest "runner" on Team Don Hampton was Jen's son, one year old Roger, pushed in a wobbly stroller while the oldest Guru team was 86.

The extended Team Don Hampton is one of the really inspirational things about this event. Jen says, "It is a very special event for all of us. I am

so moved that I have such amazing friends and family. I know Dad would have loved it."

Arland and Bill power walked their way through the 5 km distance. A lean but not mean Fred Nadeau is going faster than he was back in 2004. John Gibberd is slowing down a little, but still finished very close to Fred. Three generations of Randy Dudding's family did the 5 km distance. Richard Bercuson ran a speedy second half of the 10 km while Ron Marsland was the most inspirational Guru. For a guy who doesn't run, he managed the 5 km five minutes faster than six years ago. Wilfred Gilchrist surprised himself in the 5 km run with a respectable time, given no training.

Other prostate cancer related runners were out as well. Richard Cathcart, an advanced prostate cancer participant, edged out Ron on clock time. John Temple's son Peter ran the 10 km. Lesley, Richard Bercuson's wife, flew through the 5 km distance, outpacing Wilfred. Congratulations to Donald Bobiash for running the 10 km distance four days after completing seven weeks of radiation treatment for his prostate cancer. ■

News about Vitamin D Supplements in PCa Cells

from *ScienceDaily*

Higher oral doses of plain vitamin D raised levels of calcitriol in prostate tissue. Higher prostate levels of calcitriol, a hormone made from vitamin D, corresponded with lower levels of the proliferation marker Ki67 and increased levels of cancer growth-inhibitory microRNAs in prostate cancer cells, according to data presented at the AACR Annual Meeting 2012.

The results not only point to the mechanisms by which vitamin D affects the rate of prostate cancer growth, but also indicate that vitamin D may slow the growth of prostate cancer cells, a key finding given that the role of vitamin D in prostate cancer has been "controversial, with some suggesting that higher levels of vitamin D should be avoided," said Reinhold Vieth, Ph.D., professor at the University of Toronto.

"This study shows calcitriol makes the foot come off the gas pedal of cancer growth. We are not able to prove that the speed of the car has slowed down, but it certainly is a good sign," said Vieth. "We expect that this early-phase clinical trial will open the door for more detailed clinical research into the usefulness of vitamin D in the treatment or prevention of prostate cancer."

Researchers found that calcitriol levels in the prostate increased progressively with each daily dose of vitamin D, with 40,000 IU showing the highest levels. These higher levels of calcitriol corresponded with lower prostate levels of Ki67, a protein that indicates prostate cancer cell growth, as well as higher levels of specific growth-inhibitory microRNAs.

Vieth stressed that he and his colleagues do not advocate vitamin D supplementation in doses higher than 4,000 IU daily. Patients were assigned to the 40,000 IU daily dose because of the short pre-surgical time frame available for study, not as a regular regimen.

"Plain vitamin D provides the raw material to permit the body to take care of its own needs," he said. "We showed here that plain vitamin D allows the prostate to regulate its own level of calcitriol, and at the doses we used, for the time frame we used, it has been safe with the hoped-for desirable outcomes."

The next step in this line of research will be to conduct a phase III clinical trial in which men who are being monitored for prostate cancer progression will be randomly assigned to placebo or to a "high" dose of plain vitamin D.

HEAR YE! HEAR YE! HEAR YE!

The Ottawa Hospital Foundation Unveils Cancer Wall



In May, TOHF's President and CEO Tim Kluge spoke at the unveiling of the Cancer Wall. The following are the highlights of his presentation:

"You are members of the caring community that built a new Cancer Centre," he said, "with more chemotherapy beds, centralized radiation services, more space, more natural light and a comfortable environment that promotes recovery. The 20-20 Campaign – a campaign to raise 20 million dollars in 20 months – actually raised \$24.5 million.

THE OTTAWA HOSPITAL FOUNDATION GRATEFULLY RECOGNIZES THE OTTAWA SUPPORT GROUP FOR MEN WITH PROSTATE CANCER PCCN OTTAWA WHO, IN HONOUR OF WILLIAM RICKWARD, GENEROUSLY SUPPORTED PROSTATE CANCER RESEARCH AT THE OTTAWA HOSPITAL

— 2012 —

LA FONDATION DE L'HÔPITAL D'OTTAWA REMERCIÉ SINCÈREMENT LE GROUPE DE SOUTIEN D'OTTAWA POUR LES HOMMES ATTEINTS DU CANCER DE LA PROSTATE RCPC OTTAWA DE SON APPUI GÉNÉREUX EN L'HONNEUR DE WILLIAM RICKWARD, ENVERS LA RECHERCHE SUR LE CANCER DE LA PROSTATE À L'HÔPITAL D'OTTAWA



▲ PCCN Ottawa's Harvey Nuelle represented the association at the unveiling of TOHF's donor wall. Here he stands by the sign indicating the room named for the group. Inside the room is a plaque honouring the association and the donation by the late William Rickward.

"You are members of the caring community that helped to establish the Centre for Innovative Cancer Research – supporting research and clinical trials that bring new cancer treatments and new hope to cancer patients.

"You are members of the caring community that brought us the CyberKnife – the world's first robotic radio-surgery system. At a cost of \$3.5 million, it's a technological advancement made possible because of donor support.

"Donors also brought us the da Vinci Robotic Surgical System, now being used to treat prostate cancer. The \$5 million cost was entirely paid for by caring individuals who decided this leading-edge technology as something our community needed.

"And our caring community raised money to establish a new Research Chair in men's health, allowing us to focus research and funding into men's cancers.

"We are able to offer these life-saving treatments and research to our cancer patients because of you.

"So please – take our thank you's and multiply them by tens of thousands – because, as overwhelming as it may seem, that is the true impact of your generosity."

Some Cancer Stats:

- Last year alone, 2,200 cancer patients have taken part in clinical trials at TOH
- Almost 1,300 CyberKnife treatments took place
- Over 100 cancer patients have been treated with the da Vinci robotic surgery system since it began operating in the fall of 2011.

Thank You to Janssen Pharmaceuticals

PCCN Ottawa thanks Janssen Pharmaceuticals for a generous donation to our support group. The donation helps us in producing our monthly newsletter, our monthly meeting expenses and our other ongoing awareness raising efforts in the Ottawa area. Janssen has assisted in bringing speakers to Ottawa.

Janssen manufactures the drug named Zytiga (Abiraterone) which was approved by Health Canada last year. Zytiga is approved for men with metastatic prostate cancer who are no longer responding to current hormonal suppression drugs, such as Zoladex and Lupron, and have also had chemotherapy. Zytiga has been approved for use in six provinces in Canada. Unfortunately it is not yet covered by the Ontario Drug Benefit Plan.

We appreciate Janssen's support very much.