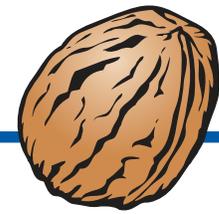


The Walnut



NEWSLETTER OF PROSTATE CANCER CANADA NETWORK OTTAWA
P.O. Box 23122, Ottawa, ON K2A 4E2 • (613) 828-0762 • info@pccnottawa.ca

DECEMBER, 2014

New Treatments Coming For Castrate Resistant Prostate Cancer

Metastatic prostate cancer treatments aren't what they used to be.

Thanks to new treatment options and clinical trials, medicine has moved forward in leaps and bounds to effectively treat patients who were once deemed nearly untreatable. Such was the theme of the message delivered by The Ottawa Hospital's Dr. Shawn Malone last month.

During his 25 years of practice, which includes being an associate professor at the University of Ottawa, Dr. Malone has come to believe in the worth of clinical trials. About a third of his patients are, in fact, involved with them. "Trials are critical for improving survival and advancing patient care," he said at the meeting. "They offer cutting edge treatment and 'raise the bar' for oncologists and residents in training."

His presentation included explanations of how traditional treatments have fared of late compared with some of the newer ones. For instance, palliative chemotherapy has considerable toxicity issues with a modest survival benefit. As a result, the majority of castrate resistant prostate cancer (CRPC) patients don't receive it. There's a need, he said, to come up with novel strategies.

He explained how CRPC works and the differences between castrate and hormone resistant cancers. Though his slide presentation included an array of medical jargon and charts, he was able to simplify these and demonstrate in clear terms just how new treatments are coming about. The entire presentation will be available on our web site: pccnottawa.ca

In the end, members suffering from this stage of the disease left confident there are viable options which are successfully prolonging life as well as improving the quality of it. ■

Monthly Meeting

Thursday, Dec. 18

6:30 p.m.

Our Annual Christmas party featuring our own Hal Floysvik and the Original Trillium Dixieland Jazz Band.

Delicious snacks and marvelous drinks will be available, all of which are bad for us... but so what!

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 Street on the left. Parking is at the rear of the church. Please remember your contribution for the St. Stephen's food bank.



Warriors + 1

No meeting in December

The "Warriors + 1" support group meeting is normally held the Tuesday BEFORE the regular monthly meeting at the Maplesoft Centre for Cancer Survivorship Care 1500 Alta Vista Drive (at Industrial in Cancer Survivors Park, across from Canada Post).

Cracking Open This Walnut

Ho-Ho-Hold on! You're going to want to examine our new layout. If you're reading *The Walnut* for the first time, you're in for a prostate cancerous treat. We may have all had it, but we certainly haven't had it! Come to our Christmas party on Dec. 18 to find out why.

And if you're a veteran reader, well then you already know what we're all about, don't you?

We're a fun bunch, aren't we?

You, too, are invited to the Dec. 18 bash.

But the big question at the party will be, "Will we have chocolate macaroons?"





P.O. Box 23122, Ottawa, ON K2A 4E2
 613-828-0762 (Voicemail)
 Email: info@pccnottawa.ca • pccnottawa.ca

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.

Co-chairmen	John Arnold and Bill Dolan
Past Chair	Wilf Gilchrist
Vice Chair	Vacant
Treasurer	Jim Thomson
Secretary	John Temple

Steering Committee

Program Director	Bill Dolan
Mentoring Director	Harvey Nuelle
Outreach/Awareness	John Arnold
Volunteer Coordinator	Bill Lee
Peer Support Director	Knowlton Constance

Newsletter	Editor: Richard Bercuson Layout: Shannon King Contributor: John Dugan Photos: Richard Bercuson Distribution: Andy Proulx, Martien de Leeuw
------------	---

Members at Large	David Brittain, Lionel Burns, John Dugan, Gerry Gilbert,
------------------	---

Admin Support	Mike Cassidy, Martin de Leeuw, Fil Young
---------------	---

Website	Chris Brown
Database	Hal Floysvik
Thank you cards	Joyce McInnis

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.

Key Positions Needed For PCCN Ottawa: Job Descriptions

Co-chair – 2 positions

- ▶ Co-chair steering committee 10 monthly meetings
- ▶ Point of contact for PCCNO from web enquiries, phone, email
- ▶ Delegate enquiries to the appropriate SC member for action
- ▶ Updates membership at monthly meetings of SC activities
- ▶ Works with treasurer, newsletter editor and webmaster
- ▶ Oversees special projects & functioning of the association keeping SC informed.

Community coordinator – 1 position

- ▶ Coordinates information sessions with Speakers Bureau lead. Sessions are for speaking engagements and booth setups as required
- ▶ Orders material, shirts and hats for volunteers (suggestion: volunteer coordinator take over things with volunteers, ie. purchase of shirts and hats for volunteers)
- ▶ Keeps track of booths and tracks their use as they go out and back to the office
- ▶ Interacts with those in the community who do prostate cancer work – currently Ride for Dad, Maplesoft, the Ottawa Hospital (TOH) and PCCN.

- ▶ Tracks booth handouts and replenishes them
- ▶ Seeks out potential opportunities to spread awareness of both our support group and prostate cancer awareness in the region.

Fellowship / meeting coordinator – 1 position

- ▶ Seeks speakers for 8 monthly meetings (in partnership with TOH who have agreed to provide medical, research speakers for PCCNO)
- ▶ Looks after all things related to the monthly meetings
- ▶ Supports canteen coordinator and all bills related to monthly meetings, such as food and juice supplies
- ▶ Works with the audio visual person
- ▶ Oversees special projects related to the membership, eg. Christmas party, RA Exercise program, June BBQ.

Secretary – 1 position

- ▶ Works with co-chairs, prepares SC meeting agenda & minutes of monthly meetings, coordinates scribes for the 8 monthly membership meetings.
- ▶ Writes SC meeting synopsis for newsletter
- ▶ Takes Communication committee minutes on dealings with the community ■

Over-treatment of Older Men with Life Expectancies < 10 years

from prostatecancerinfonk.net

According to a paper published in *Cancer*, “Men aged < 80 years at diagnosis who have life expectancies < 10 years often receive aggressive treatment for low-risk and intermediate-risk prostate cancer, mostly with radiation therapy.” Unless you look at the details of this paper, you could easily get the impression that this conclusion refers to men being diagnosed and treated today. In fact, the data supporting this conclusion apply only to men diagnosed between 1991 and 2007.

Now it is certainly true that men who are diagnosed with early-stage, low-and intermediate-risk prostate cancer today, and who also have major co-morbidities and a life expectancy of < 10 years, are still at risk for over-treatment of their cancer (for a number of reasons, including uncertainty about their life expectancy). However, it is important to see the new paper as a *reference* against which to be able to assess whether such risk for over-treatment declines over time in the future. It does *not* tell us what the actual risk for over-treatment is today, in 2014.

Daskivich et al. actually report the following:

- ▶ Overall, life expectancy was < 10 years for 50,049/96,032 of these men (52 percent).
- ▶ Life expectancy varied based on age and comorbidity score and was < 10 years for
 - Men aged 66 to 69 years with Charlson scores ≥ 2
 - Men aged 70 to 74 years with Charlson scores ≥ 1
 - All men aged 75 to 79 years
 - All men aged ≥ 80 years

- ▶ For the men with a life expectancy < 10 years, treatment was aggressive (surgery, radiation, or brachytherapy) for

- 68 percent of men aged 66 to 69 years
- 69 percent of men aged 70 to 74 years
- 57 percent of men aged 75 to 79 years
- 24 percent of men aged ≥ 80 years

- ▶ For the same set of men with a life expectancy of < 10 years, aggressive treatment was

- Radiation therapy for
 - 50 percent of men aged 66 to 69 years
 - 53 percent of men aged 70 to 74 years
 - 63 percent of men aged 75 to 79 years
 - 69 percent of men aged ≥ 80 years
- Surgery for
 - 30 percent of men aged 66 to 69 years
 - 25 percent of men aged 70 to 74 years
 - 13 percent of men aged 75 to 79 years
 - 9 percent of men aged ≥ 80 years

It is profoundly to be hoped that, when we are able to look at comparable data for the period from 2008 to 2014, we will see a far greater percentage of these men with limited life expectancies being managed on active surveillance and/or watchful waiting so that

therapy can be deferred for as long as possible, and the patients can maintain the highest possible quality of life until it is clear that aggressive or palliative therapy is really necessary. ■

The Walnut Laureate



GIFT OF GIVING

by Glenn Kletke

Have to admit it
I don't have a poem
long enough
for all the things
doctors give me.

Just think of it
all that advice
those psa numbers
the pharmaceuticals
the surgeries
the radiation therapy
the hormone therapy
the hope, the help
the hold-on-a-moment
what's happening here?

Have to confess
I'll never locate
a shopping cart
big enough to hold
everything they've
shoved my way.

But the odd day
when I'm in the aisle
cartless and alone
something tells me
as I glance towards
the check-out line
the only life
I get to own
is the one I'm able
to give myself.

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

The Back Page

Steering Committee Summary for Nov. 28, 2014

- University of Ottawa volunteer projects to be dropped.
- Jim Thomson will talk to Chris Brown re sponsorship recognition on web-site and will contact Janssen for the OK.
- Harvey Nuelle to prepare Ottawa Urologist lists.
- Bill Dolan proposed \$10,000 donation for Dr. Malone's clinical trials. Research committee will recommend whether to support Dr. Malone's clinical trials and the amount.
- Walnut distribution to the Ottawa Public Library in October.
- Hal Floysvik and John Dugan to prepare draft manual for January/February 2015.
- John Arnold will work out details with Dr. Bella on short videos on penile rehab
- New year projects to include Richard Bercuson's awareness video, Black walnut project & the memorial book for members who have passed, and The "Get Tested" Tuit project.
- Richard Bercuson's book "Assume the Position" will become an e-book. Demand for printed version? Some e-book profits to PCCN Ottawa.
- 3 prospective new members for the SC. Still no replacements for the co-chairs.
- Will Lee and volunteers will contact members to seek further nominations. Jim Thomson will prepare job description for Volunteer Ottawa to advertise for a secretary
- David Brittain attended Huntsville support group conference. 30 attendees represented 18 groups. PCC attended and talked about webinars. Movember funding is down.
- Harvey Nuelle - 3 newly diagnosed in November. He presented to the Orleans East Lion's Club, received \$100, to the Navan Lions Club, received, \$200, and got \$2,500 from Bell.
- Partnership with TOH for monthly speakers.
- November meeting sponsored by Janssen. Xmas party budget max of \$1,000.
- We will provide volunteers for the April Cancer Society daffodil sale.
- Hal Floysvik simplifying the database. Need to change the constitution to reflect that membership donations are donations, not fees.
- John Arnold and Will Lee attended Ride for Dad volunteer recognition event. Bill Dolan & John Arnold attended a TOHF function on current research.

Co-Chairs Anyone?



After two marvelous years heading up our organization, John Arnold and Bill Dolan are vacating their co-chair positions in the New Year. They have put in many hours of top quality work not just to keep PCCN Ottawa running but also to set it on a firm and direct path to the future. We are richer (figuratively) for having had them at the helm.

Meanwhile, there are two chairs that need filling almost immediately. Both John and Bill will be available of course to assist their successors.

Interested? Even a teeny bit? Come to our Christmas party on Dec. 18 or contact them at:

Bill: b.dolan@sympatico.ca

John: johna001@magma.ca



Our mentorship director Harvey Nuelle (left) presents a \$2500 team award cheque to Bill Dolan. The money comes from Bell Canada, which makes grants available to Bell employees and retirees for community volunteer work.

This was Harvey's 14th such donation from Bell, a recognition of his excellent work with the newly diagnosed and for his support of prostate cancer awareness.

Harvey has had several bouts with cancer since 1980.