



## PCCN Ottawa Seeking Eager New Volunteers

Along with the above are three key roles that support the organization. These are *Membership*, the *Executive* and *Communication*.

*Membership* includes our volunteers and members database providing the necessary membership information. *The Executive* is central to all we do by providing the window into our organization and the necessary functions of the organization as a whole. The last important piece is *Communications*, which gathers, for the first time, all our communication efforts, from “The Walnut” to public relations to advertising and web delivery to the world.

On September 19, we are holding elections to confirm our officers and volunteers for the coming two years. The “V Card” (Volunteer Card on page 3) is a summary of PCCN Ottawa’s current opportunities. The elections offer **anyone the opportunity to contest any position** in the organization. That is to say, **all positions are open**. If you wish to contest or nominate someone (making sure they are agreeable to the nomination) please call the PCCN Ottawa office at 613 828-0762 and clearly express your wishes by September 15, 2013.

See *Seeking Volunteers* on page 3

In January, 2013, Bill Dolan and John Arnold agreed to co-chair PCCN Ottawa. Since then, they worked at the “Back to Basics” which is now known as “The Future of Prostate Cancer Support in Ottawa.”

The main purpose of this endeavour was to clearly outline PCCN Ottawa’s key activities and essential roles. This also acknowledges volunteerism is the heart and soul of our organization. As with any volunteer organization there are more jobs than volunteers to do them. Bill and John believe that for our

organization to be healthy and focused on the future, our membership needs to step forward once it understands the core values and tasks outlined.

These core values (some would say functions or activities) can best be described in, three words: *Support*, *Community* and *Fellowship*.

**Support:** The support of the men and their families who are dealing for the first time with prostate cancer along with those who continue to actively seek treatment for their prostate cancer.

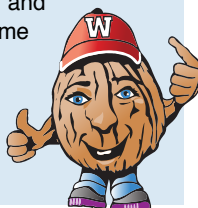
**Community:** Focused on the community we live in – Ottawa, eastern Ontario and the Outaouais – through outreach and awareness activities where the association delivers information and participation in all things prostate cancer.

**Fellowship** (some would say friendship, others comradeship): Serves our members as an outlet to be themselves through social activities during their life long prostate cancer journey.

### CRACKING OPEN THIS WALNUT

Back so soon?

The big news, aside from it being Prostate Cancer Awareness Month, is it’s also election time. The campaigns are done, the politicking and verbal sparring, too. Come out to the association’s elections on Sept. 19 and vote. Even vote more than once. We won’t tell.



# Summary of Steering Committee Meeting, Thurs., Aug. 22, 2013

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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.

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

## Steering Committee

Program Director	<b>Bill Dolan</b>
Mentoring Director	<b>Harvey Nuelle</b>
Outreach/Awareness	<b>John Arnold</b>
Volunteer Coordinator	<b>Bill Lee</b>
Peer Support Director	<b>Knowlton Constance</b>
Newsletter	<b>Editor: Richard Bercuson</b> <b>Layout: Shannon King</b> <b>Photos: Chris Brown</b> <b>Distribution: Andy Proulx, Arland Benn</b> <b>Contributors: John Arnold, Bill Lee</b>

Members at Large	<b>David Brittain, Lionel Burns, John Dugan, Gerry Gilbert, John Stonier</b>
Admin Support Team	<b>Mike Cassidy, Doug Payette, Martin de Leeuw, Fil Young</b>
Website	<b>Chris Brown</b>
Database	<b>Wilf Gilchrist</b>
Thank you cards	<b>Joyce McInnis</b>

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.

## Chairman's Report

Chairman's report focused on the "PCCN Ottawa: Activities, Roles & Responsibilities" document. Bill Dolan and John Arnold tabled it for Steering Committee approval. After amendments, it was approved for circulation to our members. There is an article on it in this month's Walnut.

The September Prostate Cancer Research Institute Conference will be attended by Ed Acheson and Lionel Burns. They will report to the membership later this fall on the conference's highlights.

## Bill Dolan's Report

PCC Chairman Rocco Rossi indicated they do have an interest in the "Do It for Dad" logo and will retain it.

At the August, 2013, meeting, he presented how our September elections would proceed, focusing on the various functions and the vacancies to be filled.

The September meeting elections evening will feature Dr. Roanne Thomas who will talk about lymphodema after treatment for men with prostate cancer.

The October meeting will feature a talk by Dr. Chasen Martin who will discuss palliative care.

At the November meeting, Mr. Frank MacMillian, a local lawyer will talk about wills and estate planning.

Rocco Rossi has been invited to address our members in January, 2014.

## John Arnold's Report

On July 20, 25 PCCN Ottawa members participated in the Sparks Street Mall Car Show. We sold \$1,040.00 or 56 tickets for the "Rock the Road Car Raffle" for Prostate Cancer Canada. All tickets, sold and unsold, have been returned to PCC in Toronto. The draw will be on September 18, 2013.

The City of Ottawa has proclaimed September as "Prostate Cancer Awareness Month."

Everyone is invited to the September Steering Committee meeting, Thursday, September 26, 2013, 9:30 a.m. St. Stephen's Anglican Church. ■

## In Memoriam

PCCN Ottawa member Jack Galbraith passed away on August 31 at his home, which was his wish. He was 90.

Long time association member Bob Stoddard passed away on Aug. 31. A veteran of both World War II and Korea, he was 84.

The association sends its condolences to their families

# V – card

## Support Team:

Assistants #1 \_\_\_\_\_,  
#2 \_\_\_\_\_

## Warriors Coordinator:

\_\_\_\_\_

## Community Team:

Assistant \_\_\_\_\_

## The Speakers' Bureau:

#2 \_\_\_\_\_, #3 \_\_\_\_\_,  
#4 \_\_\_\_\_, #5 \_\_\_\_\_

## Fellowship Team:

Assistant \_\_\_\_\_

## Canteen coordinator:

Assistant \_\_\_\_\_

## Volunteer Co-ordinator Team:

Assistant \_\_\_\_\_

## Database Coordinator:

Assistant \_\_\_\_\_

## Vice Chairman:

\_\_\_\_\_

## Office Support Team:

Office #1 \_\_\_\_\_,  
Office #2 \_\_\_\_\_

## Woman's group "Side by Side":

#1 \_\_\_\_\_, #2 \_\_\_\_\_,  
#3 \_\_\_\_\_, #4 \_\_\_\_\_

## Communications Team Leader:

\_\_\_\_\_

## PR team:

#1 \_\_\_\_\_, #2 \_\_\_\_\_

## Advertising team:

#1 \_\_\_\_\_, #2 \_\_\_\_\_

Please join us as we promise you will enjoy the challenges and have fun. And most importantly, you will make a difference in Ottawa's prostate cancer support group. ■

## NEXT MONTHLY MEETING

Thursday, September 19

**6:30 p.m.:** Prostate Cafe - Join our members, both new and experienced, for some relaxing conversation and good snacks including, we hope, tasty macaroons!

**7 - 8 p.m.:** PCCN Ottawa elections

**8 - 9 p.m.:** **Dr. Roanne Thomas** will discuss Lymphedema. Dr. Thomas is Canada Research Chair in Qualitative Health Research with Marginalized Populations and Associate Professor in the Faculty of Health Sciences (School of Rehabilitation Sciences). She is a member of the advisory board for the Canadian Lymphedema Framework, and co-chairs the research group for this organization.

**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.**

## WARRIORS SUPPORT GROUP

Tuesday, September 17: 1-3 p.m.

**(NOTE: Warriors meetings are 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)

# Car Raffle Volunteers

The July 20 Sparks Street car show was a huge success. Not only did the show feature an array of vintage autos but there was also a raffle for the spectacular special edition Camaro

The following gave their time that weekend to sell tickets and promote PCCN Ottawa:

Ed Acheson, John Arnold, Bob Belter, David Britten, Lionel Burns, Mike Cassidy, Knowlton Constance, Mike Costello, Bill Dolan, John Dugan, Dan Faber, Hal Floysvik, Chuck Graham, Raymond Leclerc, Will Lee, Dan Litten, Paul Mayotte, Bernie Murphy, Harvey Nuelle and John Temple.

The photos by Chris Brown provide, well, “snapshots” of the event. ■



## The Walnut Laureate



### END OF OMEGA

by Glenn Kletke

It once held a position of highest esteem  
as the alpha and omega of supplements.

Thrown at you as omegas three, six, nine  
until the six and nine got slightly tarnished.

Now it's down with omega three, last star  
still shining in the heart-supporting trinity.

Kicked in the pants for its encouragement  
of prostate cancer. Take it and it looks like  
you both win *and* lose and who can predict  
what gets fingered as the next huge threat

to your health? Will they ever be finished?  
Get prostate cancer fighters right for once?

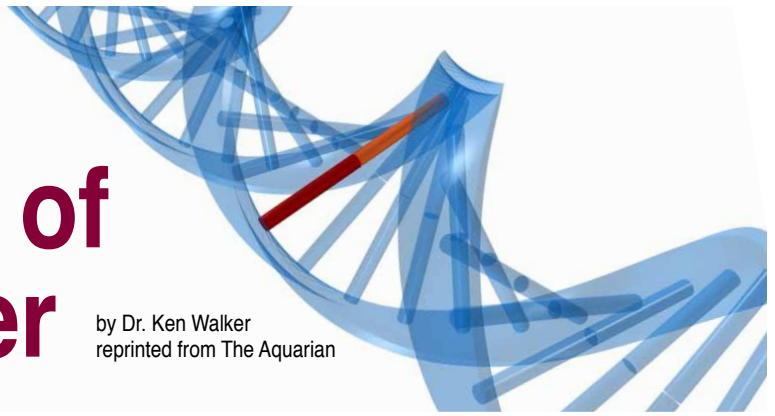
Come clean, confess they're may be none?  
Declare every single supplement a misuse?

Meanwhile till their guns blaze again, back  
you go to curcumin and pomegranate juice.

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

# How Genetics Affect the Risk of Prostate Cancer

by Dr. Ken Walker  
reprinted from The Aquarian



It has been said that “Blood is our destiny”. Or that, “Bad hens have bad eggs”. Or that, “He was not merely a chip off the old block, but the old block itself”. Each year studies show that genetics play a huge role in whether or not we develop malignancy. But how big a role does genetics play in prostate cancer? Now, a world-wide study reports a major breakthrough, showing that some males seem to be genetically predisposed to this baffling cancer.

Earlier studies reported five to ten percent of prostate cancers were due to genetics. For example, a man with one close relative, such as a father or brother, with prostate cancer is twice as likely to develop this malignancy as a man with no family history of the disease. But if two close relatives are affected, the risk of developing this cancer is increased five times.

Other research at The Memorial Sloan-Kettering Center in New York suggests that men with mutations in the gene BRCA2 show an increased risk of prostate cancer.

Recently, in an intensive international trial, Danish researchers from Rigshospitalet and others, discovered congenital defects which predispose to prostate malignancy.

This research involved 31 research groups from all over the world and included 25,000 males with prostate cancer. What was shocking was the finding that 72 congenital genetic defects predispose to prostate cancer! Dr. Andrea Roder, a physician at the Copenhagen Prostate Cancer Center

at Rigshospitalet, said, “With this study, we believe to have clarified about 30 percent of the heredity in prostate cancer”.

It is believed that this study will help target early discovery of prostate cancer in the future by identifying patients who require early treatment.

I hope this is the case as prostate cancer continues to be one of the most perplexing malignancies for men faced with this diagnosis. There is always one big question to answer. Is it better to continue with the devil you know, or the one you don’t know? And the great trouble in trying to answer this question is similar to asking “How many angels can dance on the head of a pin?”

So what makes this decision so difficult? In some cases, developing prostate cancer is like getting gray hair. Autopsies show that by age 70 about 50 percent of men have microscopic cancer in the gland. It’s often as tame as a pussycat, a slow growing malignancy that may take 15 years to cause death. In the meantime death may occur for many other reasons.

The late D. Willet Whitmore, a world authority on prostate cancer, once remarked that, ‘Growing older is invariably fatal, cancer of the prostate only sometimes.’

But the dilemma is that prostate malignancy, although normally a pussycat, can also be a raging tiger that kills quickly. And trying to determine which one is present is easier said than done.

Even the PSA test to diagnose prostate cancer has been questioned. In 2011 a panel of U.S. experts reported that healthy men should say “No” to the test. To those favouring the test this is like damning Motherhood and apple pie. They claim the test saves lives.

But how many lives does it save? For instance, the prestigious New England Journal of Medicine reported a European study that followed 162,000 men for 10 years. Of those who had the test 363 died. But of those not given the test 261 still died. A difference of 102 deaths out of 162,000 men isn’t terribly impressive.

But even if the test saves lives it can also result in severe complications from surgery or other treatments. Being a medical journalist I receive considerable feedback from readers. Many have said, “If I had known I’d end up in diapers, or impotent, I would not have agreed to the surgery”.

Unfortunately, one still needs the Wisdom of Solomon to know how best to treat prostate cancer. Hopefully this new genetic research will be able to predict which malignancies require early treatment, and which ones are better left to the devil you know.

*Dr. Ken Walker (Gifford-Jones) is a graduate of the University of Toronto and The Harvard Medical School. He trained in general surgery at the Strong Memorial Hospital, University of Rochester, Montreal General Hospital, McGill University and in Gynecology at Harvard. He has also been a general practitioner, ship’s surgeon and hotel doctor. ■*

# HEAR YE! HEAR YE! HEAR YE!

Prostate Cancer Canada Announcement

## THREE PSA RECOMMENDATIONS KNOW YOUR NUMBER

Mr. Rocco Rossi, CEO of Prostate Cancer Canada and  
Dr. Rajiv Singal, Toronto East General Hospital

**Recommendation 1** – Men in their 40s should get a PSA test to establish their baseline.

**Recommendation 2** – Men at high risk for prostate cancer should talk to their primary care provider before 40 about prostate cancer.

**Recommendation 3** – At or over age 70, the decision to end PSA testing should be based on individual factors.

This announcement was the official kick-off for prostate cancer awareness month in September. There has been much controversy on PSA testing and the announcement underlines PCC's position on it. This was pre-announced at an August 28 webinar.

We (PCCN Ottawa) agree with these recommendations and see them as a start. We look forward to more discussion on the use of PSA testing for the men and their families, especially when considering screening for prostate cancer. Now hopefully we can educate our primary care physicians, the General Practitioner, on the need for PSA testing.



## PROSTATE CANCER AWARENESS MONTH

SEPTEMBER 2013

**WHEREAS**, prostate cancer is the most common cancer to affect Canadian men; and

**WHEREAS**, 1 in 7 Canadian men will be diagnosed with the disease in his lifetime; and

**WHEREAS**, an estimated 23,600 Canadian men will be diagnosed with prostate cancer this year; and

**WHEREAS**, 90% of prostate cancer cases are curable if detected and treated in their earliest stages; and

**WHEREAS**, Prostate Cancer Canada encourages men over the age of 40, as part of their annual checkup, to initiate a conversation with their doctor about early detection of prostate cancer, which may include prostate-specific antigen (PSA) testing and a digital rectal exam;

**THEREFORE**, I, Jim Watson, Mayor of the Ottawa do hereby proclaim **September 2013 as Prostate Cancer Awareness Month** in Ottawa.

Jim Watson  
Mayor



  
**NORDIC WALK MARCHÉ NORDIQUE**  
FOR CANCER SURVIVORSHIP POUR LA SURVIE AU CANCER

**DISCOVER**  
THE POWER OF THE POLES

.....

this fall, make every step count

SUNDAY, OCTOBER 20, 2013 | 3KM, 7KM, 10KM or 15KM  
Walk starting at the Ottawa Regional Cancer Foundation,  
1500 Alta Vista Drive

Register today – [www.ottawacancer.ca](http://www.ottawacancer.ca)

Proceeds Benefit: Ottawa Regional Cancer Foundation