

May 2011

# NEWSLETTER

Comox Valley Prostate Cancer Support Group



The Motorcycle Ride for Dad is coming up Saturday, June 4 so keep that day free to lend a hand by manning one of the poker hand stops.

## NEXT MEETING:

Janice Trainor, who with co-chair Michelle Schwab, chairs the **The Walk of Hope** in the Comox Valley, will be speaking about Ovarian Cancer. Her presentation, "Knowledge is Power", is inspired by her late mother's example, who despite the odds survived many years. Janice's mother brought The Walk of Hope to the valley and helped many people while undergoing treatment herself. Through her own experience, Janice knows how important it is to spread awareness. Her presentation promises to be an invigorating and inspiring evening.

**7:30; Monday evening, May 9, 2011**

## Ramblings:

Has spring finally arrived? Seems so, as it is a beautiful morning while I write my ramblings!

Our April meeting guest speakers provided us with some very important and insightful information on the topic of pre-planning and affordable funeral services. Sandy Poelvoorde, from Boyd's Funeral Services, and Byron Hoover, a funeral planner, did an excellent job of explaining available options on a topic that we probably don't really want to think about.

The Cumberland May Day parade is May 23rd and we want you to be part of it. Let's set a goal of having the largest group of blue shirts in the parade! Please contact me (Doug McPherson) at 250-334-7341.

Comox Valley Motorcycle Ride for Dad (CVMRFD) will be on June 4<sup>th</sup>. If you are able to volunteer you can contact Bob O'Blenis at [rbob@telus.net](mailto:rbob@telus.net) or myself at 250-334-7341. Keep your ear tuned, this year CVMRFD will be tagging information about Prostate Cancer Canada Network-Comox Valley (PCCN-CV) to their radio ads. This ride is for prostate cancer so even if your participation is coming out and cheering them on it would be awesome for them to ride past a field of blue shirts.

Relay for Life is June 24-25. My Dad always told me to lead by example so I have just signed up. Every bit helps, if you would like to participate and join the "Reef Knots" in this event contact Bob O'Blenis at [rbob@telus.net](mailto:rbob@telus.net) or myself at 250-334-7341 and we will walk you through the registration process.

I hope to see you all at our May 9<sup>th</sup> meeting.

**Doug**

## News Flashes:

**Monday, May 23, 2011: Victoria Day Parade:** Let Doug know if you would like to join our Survivors' March down Dunsmuir in Cumberland's annual parade on the May holiday.

**Saturday, June 4, 2011: Motorcycle Ride for Dad:** Last year several members had a lot of fun helping out at registration, check points and refreshments when the 200+ motorcyclists helped to raise funds for prostate cancer research. To join in, contact Doug McPherson, Bob O'Blenis or Wayne Virtue.

**Monday, June 13, 2011:** Time again for the annual picnic at Don Lanyon's ranch located on Lanyon Road just off Marsden. (49° 39' 23.42" N; 125° 01' 02.98" W) for those on GPS! The picnic begins at 4:00 pm with the barbecue ready at 5:00. Be sure to bring folding chairs, plates and cutlery along with your meat selection. A potluck donation of either a green or bean salad; an appetizer; or a dessert along with whatever stronger libation you desire is all that is needed. Buns, condiments, potato salad, soft drinks, coffee and tea as well as napkins are provided. Wish for sunny warm weather to provide a welcome setting for a good opening event for the summer of 2011.

**Friday, June 24, 2011: Relay for Life:** Bob O'Blenis has registered 'The Reef Knots', the team our members always support. Please let Bob know as soon as possible if you would like to join the team's fundraising effort and 12 hour vigil ending Saturday morning June 25th at 7:00 am. Check out all the information on the internet at <[www.cancer.ca/relay](http://www.cancer.ca/relay)> and follow the leads to Comox Valley and The Reef Knots.

## Remind you of anyone??



2011

## Steering Committee



### Chair:

Doug McPherson  
250 336-8526

### Vice Chair:

### Secretary/Treasurer:

Brian Lunn  
250 338-8235

### Programs:

Doug McPherson  
Paul Ryniak

### Hospital Outreach:

Russ Engelmyer  
250 339--4986

### Social:

Bob O'Blenis  
250 338-2313

### Website:

Don Waddell  
250 338-6748

### Newsletter:

Brian Lunn  
250 338-8235

### Home Visits:

Don Lanyon  
250 334-2807

## Active Surveillance a 'Reasonable Choice' in Low-risk Prostate Cancer

March 24, 2011 *Irish Medical Times*

Active surveillance is a reasonable alternative to definitive treatment for a 65-year-old man with low-risk prostate cancer, according to a detailed decision analysis model reported in the *Journal of the American Medical Association*.

The analysis compared likely outcomes from brachytherapy, radiotherapy, prostatectomy or active surveillance consisting of prostate-specific antigen (PSA) measurements, digital rectal examination and re-biopsy one year after diagnosis (then every three years thereafter). With surveillance, treatment would be offered on evidence of disease progression, or if the patient ever chose it.

The model assumed the patient had a PSA level <10ng/mL, stage T2a disease or less, and a Gleason score of 6 or less.

Active surveillance was associated with the highest quality-adjusted life

expectancy (QALE), followed by brachytherapy, radiotherapy and prostatectomy.

The initial analysis assumed that prostate cancer-related death was reduced by 17 per cent with active treatment. The advantages of surveillance persisted, even if this was increased to 40 per cent. "However, the QALE gains and the optimal strategy were highly dependent on individual preferences for living under active surveillance and for having been treated," the researchers stated.

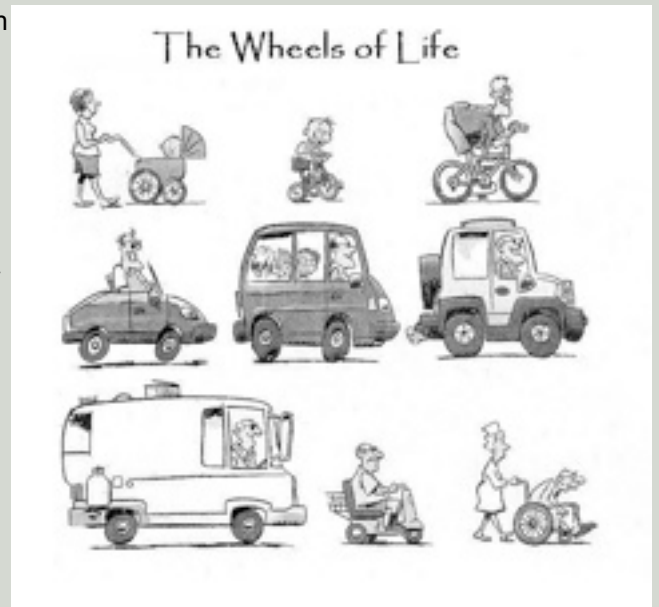
An editorial said that this rigorous analysis was an important contribution to the debate about management strategies in early disease but, for some men and their families, the concept that an early cancer remained untreated was unthinkable.

"This is not surprising given the historical context of the consequences of cancer diagnosis," it said. "But this sense of impending catastrophe is clearly unwarranted in the case of favourable-risk prostate cancer, given the high prevalence and low mortality associated with these tumours.

"Anxiety associated with the cancer diagnosis may be amenable to accurate information and reassurance. "Currently, about 90 per cent of early prostate was treated, the editorial said.



Member  
of the month: Paddy O'Blenis



### Comox Valley Prostate Cancer Support Group

website:

[www.cvprostatecancer.org](http://www.cvprostatecancer.org)

e-mail:

[prostatecancer@shaw.ca](mailto:prostatecancer@shaw.ca)

Mailing Address:

5976 Aldergrove Drive,  
Courtenay, BC, V9J 1W3

Meetings:

Comox Valley Health Centre,  
961a England Avenue,  
Courtenay, BC

Next Meeting:

Monday, 7:30 pm, May 9, 2011.

### Our Mission Statement:

*"We aim to help those who have been diagnosed with prostate cancer by providing opportunities for learning more about the disease through group discussions and personal support. We work to increase public awareness of prostate cancer through advocacy, presentations to interested groups, free prostate cancer screening and publicity."*

### Medical Advisors:

Dr. Aaron Clark  
Dr. James Chartrand  
Dr. Will Tinmouth

### Prostate Cancer Information

Prostate Cancer Canada:

[www.prostatecancer.ca](http://www.prostatecancer.ca)

Prostate Cancer Canada Network:

[www.prostatecancernetwork.ca](http://www.prostatecancernetwork.ca)

Canadian Cancer Society:

Information Line:

1 888 939-3333

Comox Valley Unit:

102 1509 Cliffe Avenue  
Courtenay, BC, V9N 2K6  
250 338-5454

Prostate Cancer Foundation BC

[www.prostatecancerbc.ca](http://www.prostatecancerbc.ca)

## Snowbirds Help Start the 2011 Motorcycle Ride for Dad



*Photo courtesy of Dene Belyk*

Wayne Virtue, our representative on the 2011 Motorcycle Ride for Dad coming up on Saturday, June 4, reports that their Saturday, April 16 promotional meeting had a successful turnout of over 20 bikes plus the Snowbird pilots, who were in spring training at the base. Judging by the broad smiles on the pilots, in their red coveralls, it was a lot of fun. You too can join in the fun by helping out on the big day. Let Doug, Paul or Wayne know and they'll add you to the roster.

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### New Study Provides Quality of Life Results

A new study shows nearly half of men feel worse after having their prostate gland removed due to cancer, although three-quarters would do it again given the same circumstances. Tens of thousands of men each year undergo the surgery, called prostatectomy, and may suffer long-term consequences to their quality of life, in particular sexual function. In a current study, published in the *Journal of Urology*, researchers asked 236 men how they were doing up to 1 year after surgery. Three out of four had regained their physical and mental well-being and had no more problems with incontinence than before the operation. But just one out of four had recovered his ability to have intercourse. The research team, led by Dr. Adrian Treijer at St. Antonius Hospital in Eschweiler, Germany, also teased out the circumstances that were tied to better recovery. Men were more likely to get their quality of life back if they had a type of surgery that leaves the nerves controlling erection intact, for instance, and if they participated in a rehabilitation program. While the study doesn't prove that rehab is helpful -- men who did better might be likely to join such a program, for example -- the possibility is worth noting, said Dr. Mark Litwin, a urologist at the University of California, Los Angeles, who was not involved in the study. Rehab programs, which are relatively new in prostate cancer care, can include talk therapy or a drug regimen to treat erectile dysfunction. "It's not just about recovery of the penis and its ability to become erect, but helping men come to terms with being a cancer survivor," Litwin said. Both physical well-being, such as experiencing less pain, and mental health, including feeling good and functioning well socially, were tied to remaining continent and not encountering any complications after surgery. *Journal of Urology*, online March 18, 2011.