

September 2011

NEWSLETTER



The 5th Annual Prostate Cancer Screening Day is on September 17th and if you can help for a few hours that day, please call Brian at 250.338.8235.

NEXT MEETING:

Dr. Jo-an Baldwin-Peters, whom many of you remember for her invigorating "*Intercourse vs Outercourse*" talk a few years ago, will present an equally challenging and interesting "*After Treatment Sexuality Options*" discussion this month. The material will include information from the online Sexuality Survey that was conducted last year, outlining the background, location and types of treatment as well as the various groups of survey participants. Dr. Baldwin-Peters also will be examining how important orgasm was for survivors and how they achieved it. She will share pertinent comments from the enormous number of responses that were received from survivors and their partners to round off her presentation. It will be a memorable evening; don't miss out.

7:30; Monday evening, September 12, 2011

Ramblings: .

Where did the summer go? I certainly hope everyone had an enjoyable time; I know Lisa and I did. We spent the last week in Germansen Landing (four hours north of Prince George) fishing and gold panning. We caught enough fish to eat, but not enough gold to retire so we had to go back to work.

As you can see in this newsletter, we have a full calendar of meetings this year with some very interesting speakers starting off with Dr. Jo-an Baldwin-Peters. For those of you who have heard her speak before, I'm sure you will agree we are in for a very inspiring presentation.

On a personal note, my family has (in my opinion) had more than our share of dealing with prostate cancer. For those who don't know my family history, it has struck yet again as my older brother has just been diagnosed. So far my dad and five of the six sons have had to deal with prostate cancer. My dad passed away in 2000 and my oldest brother in 2007. The remaining brothers are doing well and fortunately we all have a very positive outlook on life, to the point that we can openly discuss our situation and encourage the youngest brother to keep getting checked regularly, which he does. Needless to say he is a little nervous.

Life is what we make it and I believe having prostate cancer has made my life better. I truly do appreciate the life I have and have the desire to live my life to its fullest. I believe you are in a good place when you can say "if I died tomorrow I would die happy" (but I do still look both ways before I cross the street).

Doug

News Flashes:

Saturday, June 4, 2011: Motorcycle Ride for Dad: The second annual ride was blessed again with perfect weather and our members were on deck to man the card tables and to help out wherever they could. The participating 230 bikers raised \$14 000 to fight prostate cancer.

Monday, June 13, 2011: Annual Picnic: The weather also was great for the picnic which wrapped up with a Stanley Cup playoff game. No riots, although the final score deserved one!

Friday, June 24, 2011: Relay for Life: 'The Reef Knots' team raised \$655 and hardy team members stuck it out for the whole night. Kudos to Bob O'Brien together with his son, Sean; granddaughter, Alyssa and her friend along with Paul Ryniak and Norm Lundie. Many other members of PCCN-CV were there to cheer on the team and enjoy the Thrifty's Survivors' Dinner and Parade. The dry, cool over night event raised \$109 231 to fight cancer.

Friday, July 1, 2011: Canada Day Parade: There was a full turnout to hold all the placards and our luck with weather held. It's always rewarding to hear the welcome supportive applause from the bystanders.

Saturday, September 17, 2011: Prostate Cancer Screening Day: This year the lecture and question and answer session will be held in the Lodge Room of the Native Sons Hall beginning at 9:00 but the PSA and DRE procedures will, as usual, be at the North Island College beginning at 10:45. Advertisements for pre-registration will be in the local papers after Labour Day. If you would like to help at either venue, please contact Brian at 250-338-8235.

Monday, October 17, 2011: Harvest Auction Evening: Plan to get your garden produce ready for our annual fund raiser.

Ongoing: If you have a **Thrifty's Smile Card**, please be sure to use it. The returns that help us so much are drifting downwards and every bit helps.



Will I Live to see 80? Here's something to think about.

I recently picked a new GP. After two visits and exhaustive lab tests, he said I was doing 'fairly well' for my age. (I had just turned 71.)

A little concerned about that comment, I couldn't resist asking him, "Do you think I'll live to be 80?"

The doctor responded by asking, "Do you smoke tobacco, or drink beer or wine?"

"Oh no," I replied.. "I'm not doing drugs, either!"

Then he asked, "Do you eat rib-eye steaks and barbecued ribs?"

I said, "Not much since my former doctor said that all red meat is very unhealthy!"

"Do you spend a lot of time in the sun, like playing golf, sailing, hiking, or bicycling?"

"No, I don't," I said.

He asked, "Do you gamble, go on vacations or have a lot of sex?"

"No," I said.

He looked at me and asked, "Then, why do you even care?"

2011

Steering Committee



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Doug McPherson
250 336-8526

Vice Chair:

Secretary/Treasurer:

Brian Lunn
250 338-8235

Programs:

Doug McPherson
Paul Ryniak

Hospital Outreach:

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250 339--4986

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Bob O'Brien
250 338-2313

Website:

Don Waddell
250 338-6748

Newsletter:

Brian Lunn
250 338-8235

Home Visits:

Don Lanyon
250 334-2807

Brochures:

Norm Lundie
250 339-6474

'Step into Action' publicizes the steps to early Prostate Cancer detection with a cross Canada run

the steps to action*	25-34	35-39	40+
1 Know your family history <small>1 in 8 Canadian men will be diagnosed with Prostate Cancer. This rate at least doubles when a direct relative (father or brother) have been diagnosed. Men of African ancestry are 60% more likely, facing 1 in 4 odds.</small>	✓	✓	✓
2 Know Prostate Cancer's symptoms <small>Symptoms include: a need to urinate often, an inability to urinate, an urgency to urinate, difficulty in starting or stopping the flow of urine. Consult your doctor if ANY are present.</small>	✓	✓	✓
3 Annual Digital Rectal Exam (DRE) <small>performed by your family doctor</small>		?	✓
		<small>Based on family history and ancestry, consult your doctor.</small>	
4 PSA blood test (Prostate Antigen measurement) <small>arranged through your family doctor</small>		?	✓
		<small>Based on family history and ancestry, consult your doctor.</small>	<small>Baseline test at 40. Dependent on results & risk factors, again at 45 and annually from 50-70</small>

*The Steps to Action fact sheet published by the Lung Foundation, 17th Floor, 480-100 St. J. St., Toronto, Ontario, M5T 1A5. All trademarks Prostate Cancer.

stepintoaction.ca



Member of the month: Don Waddell

'Step into Action' is Dr. Riley Senft's personal quest to save the lives of future Prostate Cancer victims by educating men on the steps to early Prostate Cancer detection. Starting May 7, 2011, at Mile Zero in Cape Spear, NL, Riley has run nearly 60km each day across the country, finishing in Vancouver, BC in October 2011. In addition to educating men on the steps to early detection, 'Step into Action' is partnered with the VGH & UBC Hospital Foundation, a registered charity, raising funds in support of the Vancouver Prostate Centre, a National Centre of Excellence and world renowned research and treatment centre.

For more information check his website at <http://stepintoaction.ca/>



Prostate Cancer Canada Network - Comox Valley

website:

www.cvprostatecancer.org

e-mail:

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, September
12, 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

Prostate Cancer Canada Network:

www.prostatecancernetwork.ca

Canadian Cancer Society:

Information Line:

1 888 939-3333

Comox Valley Unit:

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Prostate Cancer Foundation BC

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