

KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP NEWSLETTER



**OKANAGAN PROSTATE
RESOURCE CENTRE
SOCIETY**

Okanagan Prostate Resource Centre

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The guest speaker at our meeting in April was Lisa Aschenbrenner, the nutritionist at the InspireHealth office in Kelowna. She gave us a presentation on how we can help to reduce inflammation on our bodies naturally. She spoke on whole grains, healthy fats and healthy protein. As we should know Breakfast is the most important meal of the day and it should contain a combination of protein, fat and carbs.

Some ways in which to increase anti-inflammatory fats -

- Fish oil & Wild cold water fish
- Extra virgin olive oil
- raw local honey

We should be eating a rainbow of colours that includes all the following colours - red, orange, yellow, blue, green, purple and white.

Rising Star Eyes New
Weapons against Prostate
Cancer -

The following is off the Internet and originated with the *Western News* by *Paul Mayne*

Deemed a "high-risk, high-reward" venture Hon Leong is confident his latest research could halt the devastating spread of prostate cancer.

The Pathology and Laboratory Medicine professor is looking to determine the effectiveness of three separate drugs he has confirmed to be resilient in stopping metastasis (the spreading of cancer in the body), with the goal of representing a new class of therapies for the treatment of patients with advanced prostate cancer. For his efforts, he has received a Prostate Cancer Canada (PCC)/ Movember Rising Star Grant, his second in less than four years.

Now in its fourth year, the Rising Star award recognizes outstanding new prostate cancer researchers and supports their pursuit of groundbreaking research. Funded by the Movember Foundation, and selected by PCC, Leong will receive \$450,000 over three years.

"We want to translate drugs into the clinic," said Leong, who narrowed the potential life-saving drugs to three down from 22. "We have a small list of drugs that seem to stop metastasis, or the spread of cancer. These drugs could be

transformative because metastasis is the main cause of death in prostate cancer patients. Preventing further spread could significantly improve overall survival."

Leong's lab, located at St. Joseph's Hospital, London Ontario will seek to determine which of the three drugs works the best, in hopes a single drug will emerge to be evaluated in a first-in-human clinical trial. While there is currently no way to stop the primary cancer cells from attempting to set up shop elsewhere in the body, Leong said his job is to make their arrival in the bones - where 90 per cent of prostate cells migrate to - as uninhabitable as possible.

This is arguably the greatest challenge facing prostate cancer patients and their caregivers, he added. Once prostate cancer spreads to the bone, it can be associated with extreme pain and is usually associated with a poor prognosis.

"We haven't figured out ways to prevent the cancer cells from leaving the primary site, but we have figured out ways, when it actually arrives, to prevent it from getting across to where it wants to go. We're not letting it seed a new place. We're preventing further spread. There might be a first set of metastasis, but if we can freeze out more metastasis, then we could really extend overall survival rates, so you don't die from prostate cancer."

Leong describes his initial Rising Star grant, in 2013, as a turning point in his career. The funding enabled his work in developing two separate blood tests for prostate screening and prognostication. Described as 'liquid biopsies,' the tests are being evaluated currently in Saskatchewan and Ontario.

"Canada will now be recognized internationally for these tools," he said, adding, PSA tests can be misleading and may lead to unnecessary biopsies. "Fragments come off the tumour and are being released into the blood. With these tests, the blood can be analyzed to determine if the cancer is getting worse. We are sending too many men to get biopsies done. Wouldn't it be great to have a blood test that only looked for life threatening cancer?"

Leong acknowledges Prostate Cancer Canada and Movember Canada for their financial support - totaling almost \$1 million all together. He is "blown away" to be receiving the award for the second time, adding the backing has single handedly started his lab's translational and basic science efforts. "They have accelerated this by decades as far as I'm concerned," he said.

WITT'S WIT (ON THE LIGHTER SIDE) -

What is Celibacy?

Celibacy can be a choice in life, or a condition imposed by circumstances.

While attending a Marriage Weekend, my wife and I listened to the instructor declare,

"It is essential that husbands and wives know the things that are important to each other..."

He then addressed the men, "Can you name and describe your wife's favorite flower?"

I leaned over, touched my wife's hand gently and whispered,

"Robin Hood - All Purpose, isn't it?"

And thus began my life of
Celibacy.....

New Milestone for Device that Can "Smell" Prostate Cancer -

The following is from the Internet and originated with *UPI.Com* and written by *Stephen Feller*.

LIVERPOOL, England, Feb. 11 - A device successfully detected prostate cancer in men during a trial by "smelling" the disease using a gas chromatography sensor system, researchers reported.

Researchers in England conducted a pilot test of the device, Odoreader, with men being treated at urology clinics, finding it could identify compounds allowing doctors to diagnose cancer using urine samples.

Gas chromatography, or GC, sensor systems, which analyze molecules in a substance or the air, are partially inspired by studies showing dogs could smell cancer, said the team of researchers, which developed the Odoreader in 2009.

"There is currently no accurate test for prostate cancer, the vagaries of the PSA test indicators can sometimes result in unnecessary biopsies, resulting in psychological toll, risk of infection from the procedure and even sometimes missing cancer cases," *Norman Radcliffe*, a professor at the University of West England, said in a press release. "our aim is to create a test that avoids this procedure at initial diagnosis by detecting cancer in a non-invasive way by smelling the disease in men's urine.

For the study, published in the *Journal of Breath Research*, researcher recruited 155 men at two urology clinics who had symptoms indicative of possible cancers. Of the men 58 per cent were diagnosed with prostate cancer, 24 had bladder cancer, and 73 had haematuria, or a poor urinary stream, but no cancer.

The device was able to identify prostate cancer samples with 95 per cent sensitivity and 96 per cent specificity, and bladder cancer at 96 per cent sensitivity and 100 per cent specificity.

Researchers said they are looking for funding for a full clinical trial in order to continue showing the efficacy of the device.

"If this test succeeds at full medical trial it will revolutionize diagnostics," *Dr. Raj Prasad*, an urologist at the North Bristol National Health Service Trust in England said. "Even with detailed biopsies there is a risk that we may fail to detect prostate cancer in some cases. Currently indicators such as a diagnosed enlarged prostate and unusually high PSA levels can lead to recommendations for biopsy if there is a concern that cancer may be prevalent. An accurate urine test would mean that many men who currently undergo prostate biopsy may not need to do so."

15-Month Old Williston North Dakota Child has Rare Prostate Cancer -

The following is an excerpt of an article published in the *Williston Harold* by *Elizabeth Hackenburg* Feb, 2016.

When Jennifer Fougner's 15-month old son began acting fussy a couple of days after Christmas, the young mother wasn't too worried. She knew from past babysitting experiences that kids often get sick, and rebound just as quickly.

"I never thought it was serious, I though they would just give him some kind of medicine," she said.

But after several trips to the emergency room at Williston, where

she was repeatedly told that baby Colton had an ear infection, something didn't seem right. She pointed to the growing bulge on her son's stomach, but doctors seemed to shrug it off.

"I kept seeing this thing on his belly getting bigger and bigger, and he wasn't peeing," Fougner, 22 said. "They just listened to his belly and said it was his ear."

Finally, the little boy became listless after not going to the bathroom for three days, and she took him back to the emergency room, where a CT scan showed a mass the size of an adult fist near Colton's groin.

The scary discovery prompted an emergency flight to a medical center in Fargo, and a day or two, the mother and son checked into the Mayo Clinic in Minnesota. On January 4, doctors there diagnosed Colton with stage 2 *Embryonal Rhabdomyosarcoma*, a rare form of prostate cancer.

The time since has been a blur for Fougner, a Williston native who now spends all of her time caring for her son and taking him on frequent trips to Bismarck for chemotherapy.

On top of the Chemo treatments Colton will also have a two-month stay at the Mayo Clinic for radiation treatments.

The toddler has managed to remain a happy little boy despite the discomfort of a catheter, and

appetite loss from aggressive chemo treatments.

Despite the size of the tumour, Fougner says the prognosis is encouraging.

"The doctors say he's going to get better, and that they caught it before it spread," she said.

The Kelowna Prostate Cancer Support & Awareness group does not recommend treatment modalities or physicians: However, all information is fully shared and is confidential. The information contained in this newsletter is not intended to replace the services of your health professionals regarding matters of your personal health.

The Kelowna Prostate Cancer Support & Awareness Group would like to thank Janssen - manufacturer of Zytiga® - Abiraterone for their support in producing this newsletter.



UP COMING MEETING DATES- for 2016

June 11th - NOTE: We take July and August off so our next meeting will be on September 10th.

Meeting Location:

Our regular monthly meetings are held on the second Saturday of from September to June in the Orchard Rooms at the Parkinson Recreation Centre on Harvey Ave., with access off Spall Rd. Our meetings begin at 9:00 A.M. and are generally over by 11:00 A.M.

Thank you for helping us "Win the War Against Prostate Cancer."

The Okanagan Prostate Resource Centre operates on donations. We would like to thank the Companies, Service Clubs, Organizations and Individuals that have made donations in order to help us operate this very valuable center. If you wish to make a donation please feel free to fill out the form below. Your support is gratefully appreciated. Our official Registered Charitable Number is - 89269 1718 RR0001

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