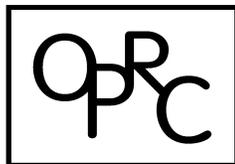


KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP NEWSLETTER



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Okanagan Prostate Resource Centre

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MERRY CHRISTMAS

We celebrated the 20th Anniversary of our Prostate Cancer Support & Awareness Group at our meeting in November. We started the meeting by going over some upcoming programs and then opened it up to question from the audience. This resulted in a very active meeting with a number of interesting questions from those in attendance, including a very interesting question from a fellow attending his first meeting. My wife Yvonne then gave those present a break down on the history of the Support Group including all the projects and other things that we have done over the past 20 years. This included mall displays, forums, awareness walks and all the speaking engagements I have made all over the Okanagan. Thank You to all the support group members for your on going support.

Yvonne and I would like to take this opportunity to wish everyone a **Very Merry Christmas** and the very best in the **New Year**.

Study Sees Rise in Advanced Prostate Cancer Cases - Not Everyone Agrees

The following is information that was contained in the August 2016 issue of the *Digital Examiner Calgary's Prostate Cancer Newsletter*. An excerpt of information that originated with CBS Interactive Inc.

The number of new cases of advanced prostate cancer in the United States has soared by about 72 percent in the last decade, according to a new study.

The result was published in *Prostate Cancer Prostatic Diseases*, a journal from *Nature*, prompted researchers to question whether a recent trend of fewer men being screened may be contributing to the rise.

One of the hypothesis is the disease has become more aggressive regardless of the change in screening. The other idea is since screening guidelines have become more lax, when men do get diagnosed, it's at a more advanced stage disease.

The researchers looked at information from the national Cancer Data Base, which included more than 767,000 men from 1,089 medical facilities nationwide who had been diagnosed with prostate cancer between 2004 and 2013.

They focused on metastatic cases - meaning the cancer had spread from the prostate to other parts of the body by the time it was diagnosed. Just 3 percent of the patients had metastatic prostate cancer.

The analysis showed that largest increase was seen among men 55 to 69 years old. That age group saw a 92 percent surge in cases in the past decade, from 702 new cases in 2004 to 1,345 in 2013. The sharp up tick is particularly troubling, the authors said, because men in this age group are believed to benefit most from prostate cancer screening with PSA (prostate-specific antigen) blood test and early treatment.

The rate of metastatic prostate cancer overall increased 72 percent, from 1,685 cases in 2004 to 2,890 in 2013. The report also found that the average PSA level of men diagnosed with metastatic prostate cancer in 2013 was 49 - almost double that of men diagnosed in 2004, who had an average PSA of 25. This indicates a greater extent of disease diagnosis, as the blood level of PSA - a protein produced by the prostate gland - is often elevated in men with the disease.

The authors note that fewer men are now being screened for prostate cancer following a 2012 recommendation by the U.S. Preventive Services Task Force against routine PSA tests to detect prostate cancer. The group cited "convincing evidence" that "PSA-based screening results in considerable overdiagnosis" that can ultimately lead to more harm than good.

"The fact that men in 2013 who presented with metastatic disease had much higher PSAs than similar men in 2004 hints that more aggressive disease is on the rise," *Dr. Edward Schaffer* said. "If I were

a patient , I would want to be vigilant. I firmly believe that PSA screening and rectal exams saves lives." (Dr. Edward Schaeffer is chair of urology at Northwestern University Feinberg School of Medicine and Northwestern)

Dr. Eric Klein, chairman of the Glickman Urological & Kidney Institute said he believes the USPSTFs (U.S. Preventive Services Task Force) recommendation against PSA screening played a big role in the increase in metastatic prostate cancer cases seen in the study. He, too, finds the task force's prostate cancer screening advice problematic, citing the development of more accurate blood and urine tests and the general movement away from a rush to treat early stage prostate cancer cases, with more doctors opting for the wait-and-see approach of watchful waiting.

But the American Cancer Society has criticized the methods used in the latest study, saying a more accurate measure would be to look at the rates of disease and mortality, as opposed to simply counting the number of cases.

"Epidemiologists learned long ago that you can't simply look at raw numbers. A rising number of cases can be due to simply to a growing and aging population among other factors," the American Cancer Society's chief medical officer *Dr. Otis W. Brawley* said in a statement. "In addition, in this study the rise they detected began before the USPSTF guidelines for screening changed. There may or may not be a rise in the rates of metastatic

disease; but because of a flawed analysis, this study does not answer that important question.

The authors also note that the rise in metastatic cases began to rise before 2012 when the USPSTFs updated guidelines were announced.

Still the study author *Dr. Adam Weiner*, a urology resident at Northwestern's Feinberg School of Medicine, said tweaking the guidelines again may be the answer to catching more cases and thus saving lives.

"The results indicate that screening guidelines and treatment need to be refined based on individual patient factors and genetics," he said. "This may help prevent the growing occurrence of metastatic prostate cancer and potential deaths associated with the disease. This can also help minimize over diagnosing and over treating men with low-risk prostate cancer who do not need treatment.

Prostate Cancer -

The following are some little known interesting facts about this disease.

Did you know that ----

- Prostate Cancer is the most diagnosed cancer in American and Canadian men, second only to non-fatal skin cancer.
- In the average American family, the husband has a greater risk of developing prostate cancer than the wife has of developing breast cancer.

- Last year in Canada it was estimated that there would be 24,000 new cases of prostate cancer and 3,800 of these men would be from B.C.

- Approximately 4,100 Canadian men lost their battle with the disease last year.

- Prostate cancer usually has no symptoms in its early stage and there are no self tests for this disease.

- The five-year survival rate approaches 100% if malignant prostate cancer is treated in its early stage.

- The five-year survival rate drops to 28% if malignant prostate cancer spreads to other parts of the body

- African American men have the highest prostate cancer incidence rates in the world.

- African American men have a prostate cancer mortality rate that is more than twice as high as that of any other racial group.

- More than 2.9 million men are living in the USA today with a history of prostate cancer.

- 1 out of every 8 Canadian men will be diagnosed with prostate cancer in their lifetime.

- 1 out of every 9 women will be diagnosed with breast cancer in their lifetime.

The following are some other very interesting U. S. facts comparing prostate cancer and breast cancer -

- \$80.0 million Congressional funding for prostate cancer.

- \$120.5 million Congressional finding for breast cancer.

- 42% of existing male cancer cases in California are prostate cancer cases.

- 43% of exiting female cancer cases in California are breast cancer cases.

- The median age at diagnosis of prostate cancer is age 66 For women's breast cancer it is age 61.

- The death rate from prostate cancer and breast cancer are comparable.

- The Affordable Care Act provides free breast cancer screening, but not free prostate cancer screening.

- Men have a 50% higher risk factor for developing any type of cancer than women have.

The above information was compiled by the *Santa Cruz County Prostate Cancer Support Group* and the U.S. data came from the *American Cancer Society and the National Cancer Institute*.

Some Canadian facts - from the 2016 Canadian Cancer Statistics -

- Men have a 44.7% lifetime probability of developing cancer compared to a 41.4% for women.

- Actual 2010 data indicates that there were 22,435 new cases of Prostate cancer, and 22,890 news cases of female breast cancer.

- This 2010 data also indicated that 3,165 men in B.C. were newly diagnosed with prostate cancer compared to 2,960 women who were newly diagnosed with breast cancer.

WITT'S WIT (ON THE LIGHTER SIDE)

The Best Way to Pray

A priest, a minister and a guru sat discussing the best positions for prayer, while a telephone repairman worked nearby.

"Kneeling is definitely the best way to pray," the priest said.

"No," said the minister. "i get the best results standing with my hands outstretched to Heaven."

"Your both wrong," the guru said. "The most effective prayer position is lying down on the floor."

The repairman could contain himself no longer. "Hey, fellas," he interrupted. "the best prayin' I ever did was when I was hangin' upside down from a telephone pole."

NEW SUPPORT GROUP MEETING LOCATION BEGINNING IN JANUARY 2017 -

Unfortunately we are losing our current meeting space at the Parkinson Recreation Centre beginning next month, however, We believe that we have located an excellent space to hold our future meetings.

We have made arrangements to hold our future meetings in the **Aberdeen - Pandosy Meeting Rooms in the Holiday Express Conference Centre located at the Holiday Inn Express** next to Canadian Tire on Harvey Ave. We hope this will work out for everyone - there is great parking with a level entrance to the facility.

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 2017

January 14th. - February 11th. - March 11th. - April 8th. - May 13th & June 10th.

Meeting Location:

Our regular monthly meetings are held on the second Saturday of each month in the Aberdeen - Pandosy Rooms at the Holiday Inn Express Conference Rooms - 2429 Hwy 97 North, at the Holiday Inn Express Hotel located next to the Canadian Tire Gas Bar. 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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