

KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP NEWSLETTER



**OKANAGAN PROSTATE
RESOURCE CENTRE
SOCIETY**

Okanagan Prostate Resource Centre

To make an Appointment Call –

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CCS Cancer Information Line – 1-888-939-3333

Publisher/Editor – Bren Witt

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We had an extremely interesting, informative, educational and even humorous speaker at our October meeting. **Mr. Lou Rouix** was our special speaker. Lou has a Certificate in Counselling Science. and has worked in the health field for more than 18 years.

In 2013 he developed a men's health program utilizing the Osbon ErecAid Vacuum Therapy System to help those men with ED, this was in partnership with the Men's Health Centre at the Diamond Centre at VGH in Vancouver. The Men's Health program was started by Urologist Dr. Larry Goldenberg.

Lou also started a men's support group for all men with ED - no matter the organic cause or the age of the men. To date he has seen over 600 men and has great success with his clients. His oldest client is 93 and his youngest is 18. Lou now lives in Kelowna and can be reached at - Men's Specialty Health Services - 250-681-3719 or by emailing him at - Lou@mensspecialtyhealthservices.ca

A Bit of History about Our Kelowna prostate Cancer Support and Awareness Group

Today November 12th. is a special day for the Kelowna Prostate Cancer Support and Awareness Group as we are celebrating our 20th. Anniversary. The first meeting of the Kelowna Prostate Cancer Support and Awareness Group was held on Saturday November 9th., 1996 in the meeting room at the Kelowna Branch of the Canadian Cancer Society (CCS). This first meeting was co-facilitated by Karen Mellor an employee with the Canadian Cancer Society and prostate cancer survivor, Bren Witt. There were 22 people in attendance at this meeting, including a few supportive wives. It was mentioned that a larger venue would be needed to accommodate the strong turn-out, and a new location in one of the Kelowna General Hospital's meeting rooms was found.

The Kelowna Prostate Cancer Support and Awareness group has held monthly meetings (with the exception of months July/August) since 1996, with Bren continuing as facilitator. Over the years, the group has grown and changed, welcoming many new faces, as well as saying good bye to some dear friends. The group has also moved around Kelowna and area, as different venues became available; currently the meetings are held at the Parkinson Recreation Centre in Kelowna. At the present time we are in the process of looking for a new meeting location as we will be losing

the Parkinson Recreation Centre location in the new year.

Bren began publishing a monthly Newsletter in August 1997. Since that time, the newsletter has been distributed at meetings, and today recognizes a much larger distribution that includes local and out-of-town physicians, doctors at the BC Cancer Agency in Kelowna, Pharmaceutical Reps, support groups and individuals across Canada, and is also available online, at www.oprc.com. As of October 2016, 216 issues of this newsletter have been written and shared.

In addition to support – a significant focus of the group is education and awareness. Over the years, Bren has invited many local health professionals to speak at the meetings; as well as research scientists and physicians from Vancouver and Toronto, and a variety of other professionals involved in the field of men's health and wellness. Thank you to all for your support. The group has shared their vision and voice at local events to promote Prostate Cancer Awareness. Members of the Kelowna Prostate Cancer Support & Awareness Group also volunteered their time at a free PSA testing clinic that was held at Orchard Park Mall and was organized by the Canadian Cancer Society in 2000. They also volunteered their time to help out with two very successful Forums at the Kelowna Community Theatre that the Okanagan Prostate Resource Centre had put on. These forums took place in 2002 and 2004. Volunteering at information tables at

Orchard Park Mall and at Health Awareness Events, two Father's Day Walks for Prostate Cancer organized by the Okanagan Prostate Resource Centre in 2008 - 2009. And for the past years since we have supported the Father's Day walks through the Vancouver group, the Prostate Cancer Foundation of BC. And since 2012 we have supported the Motorcycle Ride for Dad event.

Given Bren's experience and knowledge in the field of Prostate Cancer and Support, he has been invited to participate in other Prostate Cancer information events held in Kamloops, Barrier, Salmon Arm, Vernon, Summerland, and Penticton; as well as facilitating a large Prostate Cancer Awareness Forum in Trail. In addition to these larger events, Bren has had the opportunity to speak with local Service Clubs, including Rotary, Lions, Kinsmen K40, Gyro, the Masons and others, on the topic of Prostate Cancer Awareness.

In the past 20 years Bren has been in contact with a great many men and their families. Sadly, too many have been lost to this disease, we are fortunate to have known them, and the many survivors who still attend the group. One such survivor has been with the group since the beginning and has been at every meeting faithfully, and has helped with all of our events for the last 20 years. We are so appreciative for your support and friendship.

Thank you to everyone who have donated financially to the Kelowna Support Group. Also for all those who have given of their time to come

out to our monthly meetings and who helped out and supported many of our different fundraisers and events, that the support group has been involved with over the years. Also, thank you to the Pharmaceutical companies that have supported the support group over the years to help keep the Newsletter going. All of this is very much appreciated.

In February 2001 Bren was instrumental in opening the Okanagan Prostate Resource Centre Society that was originally located next door to three urologists on Tutt Street. This is a unique centre where men can obtain information on treatments and other issues around male health and specifically prostate cancer. Because of high rent and other expenses the office was moved to his home office in March 2010, in February 2017 this unique Centre will have been going for 16 years. Bren has been in contact with men and their families right across Canada, from Vancouver Island to Newfoundland since he began the Support Group and Resource Centre.

If anyone is looking for further information or an appointment to speak with Bren please feel free to call 250-712-2002 - if he isn't in please leave a message and he will get back to you. You can also email him at - oprc@telus.net

WITT'S WIT (ON THE LIGHTER SIDE)

Write It Down

A couple in their nineties are both having some short term memory loss.

While in for a checkup, the physician says that physically they're okay, but since they're having trouble remembering things, they might start writing things down.

Later that evening they're sitting and reading, when the husband gets up.

"Would you like anything from the kitchen?" he asks.

"Some vanilla ice cream," his wife replies.

"Okay."

"Shouldn't you write it down so you don't forget it?" she asks.

"Don't worry I won't forget"

"Well" she says. "A few raspberries on top would be great. You want to write that down?"

"I've got it honey. A bowl of vanilla ice cream with raspberries on top"

"And chocolate sauce, too. Maybe you'll forget that. Want me to write it down for you?"

A little miffed, he replies, "I've got it! Ice cream, raspberries and chocolate sauce. I don't need it written down, for gosh sakes!"

He waddles out to the kitchen. A half hour later, he comes back with a plate of ham and scrambled eggs, and gives it to his wife.

She stares at the plate a few seconds, then says, "***You forgot my toast.***"

A Better Biopsy -

The following is a reprint of an article that appeared in the Fall 2016 issue of the BC Cancer Foundation publication *Partners in Discovery*

Doctors detect treatment resistance through a simple blood test.

For men dealing with metastatic prostate cancer, there's only so much time treatment can buy. And their doctors need accessible genomic information on each patient's disease in order to make effective treatment decisions.

Collecting this information has proven challenging until now.

Dr. Kim Chi is a Medical Oncologist and senior scientist at the BC Cancer Agency and has worked closely with colleagues at the Vancouver Prostate Centre to demonstrate the clinical value of performing genomic profiling through non-invasive blood tests, rather than biopsy.

They've proven that a blood test can provide clinical genomic detail to help inform treatment decisions through profiling of the cell-free DNA (cfDNA) found within the blood sample. This non-invasive method will help overcome significant clinical challenges and patient discomfort with current biopsy procedures.

"We believe that a blood test holds the critical cfDNA detail required to inform highly targeted clinical decisions for our patients. Our studies are now building on these findings to advance the remarkable promise of cfDNA as we implement a blood biopsy profiling approach into precision medicine research for our patients," Dr. Chi says.

Profiling the cfDNA of patients provided Dr. Chi and his colleagues with concrete indicators of an individual's resistance to treatment and revealed potential targets for treatment.

These findings are critical for men with this advanced disease, as resistance to treatment is inevitable.

for this reason, there is an urgent need to establish a practical method of collecting and profiling the genomic attributes of a patient's cancer to help guide treatment.

Dr. Chi is confident that cfDNA liquid biopsies will provide a simple method of predetermining the appropriate treatment selection for his patients to increase success rates and decrease the chance of resistance or treatment failure. That will require clinical trials with larger numbers to validate cfDNA as a predictor of treatment resistance and sensitivity.

DEFINITIONS TO KNOW -

- **Liquid Biopsy:-** A blood test performed to reveal robust molecular information about a tumour.

- **cfDNA:-** Cell-free DNA is found in blood samples of cancer patients; it exhibits the genetic and epigenetic changes found in the patient's tumour, offering valuable information about which treatments will be effective.

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

- December 10th

Meeting Location:

Our regular monthly meetings are held on the second Saturday of each month 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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