

# **KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP NEWSLETTER**



**OKANAGAN PROSTATE  
RESOURCE CENTRE  
SOCIETY**

**Okanagan Prostate Resource Centre**

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Welcome back, Yvonne and I hope everyone had a great summer and were able to spend a great deal time with both family and friends.

We had a great deal of interactive and general discussion at our meeting in June. We followed this up with a bit of social time as this was our last meeting until September.

We would like to take this opportunity to thank all those who turned up to help wave flags for the *Motorcycle Ride for Dad* event and to those who helped out at the *Father's Day Walk/Run for Prostate Cancer*. Thank You again to all who helped out at these events, your help and support is always appreciated.

**Please Note that because of a pervious commitment our October Meeting will be held a week earlier - This meeting will be held on October 1st.**

## What Are the Stages of Prostate Cancer?

The following information was obtained from *Newsmax.com* by Brande Plotnick - March 28, 2016

Just like with other cancers, the prognosis for prostate cancer depends on the stages of the disease, or how much it has progressed.

There are a couple of different ways that the progression of prostate cancer can be described, according to WebMD.

The American Cancer Society explained that staging for prostate cancer will determine the best course of treatment.

The most widely used staging system is the "TNM" system developed by the American Joint Committee on Cancer.

- The "**T**" stands for tumour and is used to describe the extent of the main tumour in the prostate and surrounding structures.
- The "**N**" stands for nodes, and indicates whether the cancer has spread to the lymph nodes.
- Finally the "**M**" indicates whether the cancer has metastasized, or

spread to other parts of the body.

Within each value for TNM, there are stages assigned based on the severity of the prostate cancer, according to the American Cancer Society.

- Within the "**T**" category, for example, **T1** means the cancer cannot even be felt during a manual exam or seen with ultrasound. **T2** means the tumour can be seen or felt, but is still confined to the prostate. There are also **T3** and **T4** stages if the tumour is more advanced.
- The "**N**" category has three values within it: **X**, meaning lymph nodes were not tested, **0**, meaning the prostate cancer has not spread to the lymph nodes, and **1**, meaning it has spread to lymph nodes.
- The "**M**" category has two values: **0** meaning the cancer has not spread, and **1** means the cancer has spread.

These categories can even have sub-stages that describe the prostate cancer with more detail.

Determining the stages of prostate cancer can be done using a variety of different tests, said the Prostate Cancer Foundation.

For cancers that have spread, imaging studies such as CT scans,

MRIs, and bone scans can often detect the severity.

WebMD noted that other tests such as the digital rectal exam, prostatic specific antigen blood test, (PSA), and exploratory surgery of the lymph nodes can help assess the stages of prostate cancer.

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## WITT'S WIT (ON THE LIGHTER SIDE) -

### The Atheist and the Bear

An atheist was taking a walk through the woods. 'What majestic trees! What powerful rivers! What beautiful animals!', he said to himself.

As he continued walking alongside the river he heard a rustling in the bushes. Turning to look, he saw a 7 foot grizzly charging towards him.

He ran as fast as he could up the path. Looking over his shoulder he saw the bear was closing in on him. His heart was pumping frantically and he tried to run even faster.

He tripped and fell on the ground. He rolled over to pick himself up but saw the bear raising his paw to take a swipe at him.

At that instant the atheist cried out. 'Oh my God!...'

Time stopped.  
The bear froze.  
The forest was silent.

It was then that a bright light shone upon the man and a voice came out of the sky saying:

"You deny my existence for all these years, teach others I don't exist and even credit creation to a cosmic accident. Do you expect me to help you out of this predicament? Am I to count you as a believer?"

The atheist looked directly into the light.

"It would be hypocritical of me to suddenly ask you to treat me as a Christian now, but perhaps, could you make the BEAR a Christian?"

"Very well," said the voice. The light went out, and the sounds of the forest returned.

And then the bear lowered his paw, bowed his head and spoke: ***"Lord, bless this food which I am about to receive and for which I am truly thankful, Amen."***

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The following is a reprint of an article that appeared in the June Issue of The Digital Examiner - The Calgary Prostate Cancer Newsletter.

## **Stereotactic Body Radiation**

Five-Year study shows that Stereotactic Body Radiation therapy (SBRT) to treat prostate cancer offers a higher cure rate than more traditional approaches.

**T**he study - the first trial to publish five-year results from SBRT treatment for prostate cancer - found a 98.6% cure rate with SBRT. Stereotactic body radiotherapy (SBRT) is a way of giving radiation to a tumour from several different directions to target the treatment very accurately. This state-of-the-art technology allows a concentrated dose to reach the tumour while limiting the radiation to the surrounding healthy tissue.

"The high cure rate is striking when compared to the reported five-year rates from other approaches like surgery or conventional radiation, which range between 80 to 90 percent, while side effects of this treatment are comparable to other types of treatments," said Dr. Raquibul Hannan, Assistant Professor of Radiation Oncology and lead author for the study. "What we now have is a more potent and effective form of completely noninvasive treatment for prostate cancer, conveniently completed in five treatments."

The current form of radiation is 44 treatments given over nine weeks. In contrast, the SBRT therapy we used allows the delivery of highly focused radiation in only 5 treatments, allowing patients to return to their normal lives more quickly. SBRT is both more convenient and has increased potency.

In addition to shorter treatment times, researchers found that side effects were not necessarily different compared to other forms of prostate cancer treatment. In the short term, the side effects of SBRT can include urinary issues (urgency, frequency and burning) and rectal irritation, which are often temporary and reverse within four weeks of treatment. Researchers found a small risk of longer-term urinary and rectal complications, which is also comparable to conventional treatments. Decrease in erectile function was seen in 25 percent of patients, fewer than with conventional radiation or surgery, said Dr. Hannan.

To reduce the side effects associated with SBRT, current clinical trials at UTSW (University of Texas Southwestern) are using a unique and biodegradable rectal spacer gel to protect the rectum. UTSW is currently the only accredited site in Texas at which this spacer gel can be used.

The following information originated with UT Southwestern Medical Centre Harold C. Simmons Comprehensive Cancer Centre..

**Editors Note:** Dr. David Kim spoke to the Kelowna Prostate Cancer Support & Awareness Group in May and mentioned that the Cancer Centre for the Southern Interior in Kelowna is going to begin offering Stereotactic Ablation Radiation Therapy (SABRT). This will be a randomized trial study and would involve having treatments once a week over 5 weeks and each treatment would last about 1/2 hour.

## Some Information on the PSA -

The following is a bit of information that I received from a presentation by *Dr. Juanita Crook* -

### Prostate Cancer Facts

- Significant problem for men's health
- Most common malignancy
- Second most common cause of cancer death
- >30,000 die each year of prostate cancer in USA alone, 4,000 in Canada
- Screening advocated for the past 2 decades

### PSA Definition and History

- The function of PSA is to liquefy semen to release spermatozoa.
- First isolated from seminal fluid as a marker for investigation of rape crimes, 1978.
- Produced by normal & malignant prostate glandular cells.
  - < 10 ng/ml
  - 10-20 ng/ml
  - > 20 ng/ml
- Normal for a man <50 is <1.0 ng/ml
- Increases with age because of BPH
- Rate of increase over time can suggest whether BPH or cancer.

## PSA (other neat facts)

- PSA should be proportional to prostate volume
- PSA goes sky high after biopsy or brachytherapy. May take 4-6 weeks to come down
- PSA will increase with infection or prostatitis
- PSA after successful surgery should be undetectable

### The Ostrich Problem: Risks of Not Screening

- The men who NEED treatment and cure will not be found until it is too late
- Already seeing and alarming trend to men referred with much higher PSA's and more advanced cancer.

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.

The logo for Janssen, featuring the word "Janssen" in a blue sans-serif font followed by a stylized blue swoosh or arrow pointing to the right.

**UP COMING MEETING DATES- for 2016**

**October 1st. (PLEASE NOTE: Because of a prior commitment the October Meeting will be held on the FIRST Saturday of the Month) - November 12th - 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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