



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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Merry Christmas

Our Kelowna Prostate Cancer Support & Awareness Group's meeting in November was a special meeting for our group as it was our 23rd Anniversary Meeting. The first Kelowna Prostate Cancer Support Group Meeting was held in November 1996.

The guest speaker at our Prostate Cancer Support & Awareness Group meeting in November was *Zahra Tromsness* a Registered Dietitian working with InspireHealth in Kelowna. Zahra gave us a very interesting, informative and educational presentation on healthful nutrition.

Zahra mentioned that prostate cancer is a complex disease and its cause is not entirely known. Its development is likely related to several risk factors. Diet and other lifestyle factors may be one of many possible causes of prostate cancer - and one of the few that can be modified. However, there are certainly men who eat healthy diets who develop prostate cancer. Ongoing research is studying how body weight and dietary factors may affect the risk of prostate cancer recurrence and progression. Early findings suggest that some of the same foods and nutrients that are related to the development of prostate cancer may also affect the risk of prostate cancer recurrence and the risk of other health conditions.

For men with prostate cancer lifestyle factors (diet, body weight, and physical activity) can also help to lower the risk of cancer progression and minimize the common side effects of treatment.

The *World Cancer Research Fund* and the *American Institute for Cancer Research* Cancer Prevention Recommendations - Limit Consumption of Sugar Sweetened Drinks, Limit Alcohol Consumption, Do Not Use Supplements for Cancer Prevention, Limit Consumption of Red and Processed Meats, Limit Consumption of 'Fast Foods' and other Processed Foods High in Fat, Starches or Sugars, Eat a Diet Rich in Vegetables, Fruit and Beans, Be Physically Active, Be a Healthy Weight.

InspireHealth is a not-for-profit supportive care organization, partially funded by the Ministry of Health. All of their services, programs and classes are Free.

Drs. Cox, Gleave and Goldenberg awarded Prostate Cancer Canada and Movember 2019 Discovery Grants -

The following information is an excerpt was obtained from the *Vancouver Prostate Centre's website*.

September 16, 2019 - Prostate cancer Canada today announced a \$2 million investment in prostate cancer research, awarding 10 Prostate Cancer Canada and Movember 2019 Discovery Grants. Grants recipients include the Vancouver Prostate Centre's Dr. Michael Cox, Dr. Martin Gleave and Dr. Larry Goldenberg.

Prostate Cancer's Achilles' Heal

Drs Michael Cox and Kishor Wasan (University of B.C. and University of Saskatchewan)

Prostate cancer feeds off of testosterone and is treated with hormone therapy when it spreads outside the prostate, cutting off the supply of testosterone to slow tumour growth. But in some cases, the cancer continues to grow, evolving to be incurable. The big question: how is it possible for prostate cancer to grow when its testosterone supply has been cut off? Drs Cox and Wasan are researching a new discovery - that cancer is actually changing cholesterol into testosterone. Their team is looking at cholesterol-lowering drugs, called statins, to cut off cholesterol's pathways into the prostate cancer cells. No cholesterol means no testosterone, which means cancer cells starve and stop growing. They hope to create a

therapy which would block both the creation of testosterone from cholesterol and the attraction of cholesterol to prostate cancer cells. Dr. Cox says: "The hope is that we'll be able to turn advanced prostate cancer into a manageable condition, not a lethal disease."

Tracings Cancer's Path from Innocuous to Lethal -

Dr. Martin Gleave (University of B.C.)

What Happens to a cancer cell when it stops responding to hormone therapy? How does it change, and what can that tell us? Using thousands of prostate cancer cells from patients, Dr. Gleave's team will examine the changes the cells go through when hormone therapy begins, ends, and throughout treatment. By identifying if similar changes occur in different patient's cells, Dr. Gleave hope to discover common genes that could help doctors better manage patient care.

Dr. Gleave says: "We expect this research will yield novel insights into why prostate cancer progresses and becomes resistant and could give doctors important information about which treatments will work best for their patients."

Designing Gold to Seek and Destroy Prostate Cancer -

Dr. Larry Goldenberg University of B.C.

On the heels of an explosion in the research of 'seek and destroy' cancer treatment, Dr. Goldenberg is taking it one step further. There are now ways to use radiation that targets and kills cancer cells with minimal damage to surrounding,

healthy tissue. Unfortunately, this type of treatment is not well focused for prostate cancer. Often healthy cells in the salivary glands, kidneys, and adrenal glands and other areas are damaged, resulting in significant side effects. For the first time, a specific part of prostate cancer cells is being studied to identify where radiation should be targeted. Dr. Goldenberg is designing a "gold" nanoparticle that would deliver radiation directly to that area of the cell, sparing damage to healthy tissue and reducing side effects for men receiving radiation treatment. Dr. Goldenberg says: "Optimistically, this research would allow us to significantly control metastatic prostate cancer, and perhaps one day destroy cancer in the prostate before it has a chance to spread."

WITT'S WIT (ON THE LIGHTER SIDE -

More Truth Than Fiction Here!!

Senior Driver from Sun City Center

My neighbor was working in his yard when he was startled by a late model car that came crashing through his hedge and ended up in his front lawn.

He rushed to help an elderly lady driver out of the car and sat her down in a lawn chair.

He said in excitement, "You appear to be quite elderly to be driving."

"Well, yes, I am," she replied proudly. "I'll be 97 next month, and I am now old enough, that I

don't need a driver's license anymore."

He asked, "How do you know?"

"The last time I went to my doctor, he examined me and asked if I had a driver's license. I told him yes and handed it to him."

He took scissors out of his drawer, cut the license into pieces, and threw them in the waste basket, saying "You won't need this anymore."

So, I thanked him and left!

<h4>1.5 Million Canadian Men over 50 at Unnecessary Risk for Prostate Cancer -</h4>

The following is an excerpt from information provided by Prostate Cancer Canada.

Prostate Cancer Canada recently asked Canadians about their knowledge of prostate cancer. The results were staggering, suggesting 1.5 million Canadian men 50+ are not seeking early prostate cancer testing through the PSA blood test. The survey, *Men at Risk: The Prostate Cancer Testing Gap*, shows that while awareness about the importance of early detection is high, Canadian men 50+ are not being tested.

"The gap between awareness and action means many Canadian men are putting themselves at risk for late prostate cancer detection - when the chance of survival decreases," says Dr. Rob Hamilton, Prostate Cancer Canada spokesperson and Urologic Oncologist, Princess Margaret Cancer Centre.

Prostate Cancer Canada recommends starting PSA testing at age 50 for most men and at age 45 for men who are at increased risk. When detected early, the survival rate for prostate cancer is close to 100%; detected late, three of four men will be lost.

"What's even more troubling is almost one third of men who know their risk is higher because of their age are not taking the initiative to see their doctors and get tested"

Key Survey Findings -

Canadian men aged 50+ are in denial

- An estimated 1 in 4 (1.5 million) Canadian men over 50 are not seeking early prostate cancer testing through the PSA test even though:
- 75% know that prostate cancer is the most common cancer in men.
- 72% know that survival is close to 100% when detected early.

Canadian men and women are well aware of prostate cancer and its health effects.

- Almost one in two know someone who has been diagnosed with prostate cancer: a family member, friend or colleague

- One in five have been closely affected by prostate cancer, meaning they have been diagnosed or have a father or brother who has been diagnosed.

- 72% know that prostate cancer is the most common cancer among Canadian men.

- 68% know that survival is close to 100% if diagnosed early.

One-third know that 50-59 years old is the recommended age for a first PSA test for most men.

"Men need to take action to prevent them from dying of a largely treatable cancer"

Note: This survey was developed and conducted by Prostate Cancer Canada from May - July 2019

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 - and TerSera for their support and their educational grants towards our newsletters and our support group.



UP COMING MEETING DATES FOR 2019 -

January 11- February 8 - March 14

Meeting Location:

Our meetings take place in the Harvest Room at the Trinity Baptist Church located at the corner of Springfield Rd. and Spall Rd. enter through the South Entrance off the main parking lot and follow the signs upstairs to the Harvest Room. The meeting begins at 9:00 A.M. Doors open at 8:30 A.M. There is elevator access if needed

NOTE: Many of our past newsletters are available for viewing and printing through our website. - www.kelownaprostate.com - A big *Thank You to Doris at Affordable Web Design for all her work on our website.*

