



## Our Next Meetings

On May 26th at 7.30pm we will hear from Elliot Drobetsky Ph.D Professor, Department of Medicine University of Montreal and Research Center Maisonneuve-Rosemont Hospital. The title of his lecture is "Stemming the tide of sunlight-associated skin cancer: Myths and Realities".

June 17th is Men's Health Day and the McGill University Health Centre is organizing a day of information activities at the Angrignon Shopping Centre. Our group will be there with a booth to provide information.

We meet 7.30 pm every fourth Thursday of each month except July, August and December. All are welcome.

Sarto Desnoyers Community Centre  
1335, Lakeshore Drive, Dorval  
Contact us: (514) 694-6412

## Editorial

With this issue I have assumed the role of Editor/Writer of the PCCN/Montreal West Island Newsletter. The look is different from previous issues and I hope that you like it. Feedback is always welcome, as are contributions and comments. It is your newsletter after all.

As far as content is concerned, I need information from you on local and regional events that should be of interest to our membership. I will do the research on Prostate Cancer Institutions and their activities of interest to us, as well as drawing your attention to clinical trials that are recruiting, advances in research and new medications or treatments of interest.

Jeff Watson.

**Newsletter Disclaimer:** PCCN Montreal West Island does not assume responsibility for the contents or opinions expressed in this newsletter. All articles are for information only and not intended to be a substitute for the advice of a doctor or health care professional, or recommendations for any particular treatment plan.

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## Annual General Meeting

Three new appointments were confirmed at our Annual Meeting on April 28:

Secretary: Robert (Bob) Johannson  
BSc. Concordia; MSc. State University of New York  
Married for 48 years to Barbara with two sons and 5 grandchildren  
Spent his working days in Education on the Lakeshore as a teacher, consultant, administrator and part-time lecturer in the educational faculty at McGill.

Hobbies: Playing golf and being a Mr Fix-It at home and in the country. Coached baseball, soccer and Inter-City Hockey for 14 years.

Treasurer: Wayne Hemsworth. Born in Montreal, raised in Lachine. Father English, mother Mi'kmaq. Did Music performance in Cegep. Worked in the family business for 26 years, La Cie BBP (British Blue Print Co, Montreal) Opened his own store called Encadrement Art Rebel (custom picture framing) in Westmount. Two boys, one a cabinetmaker and the elder doing his Doctoral studies in Electrical engineering at McGill.

Newsletter: Jeff Watson. Born in England, Ph.D Ecology, emigrated to Canada in 1966. Worked in marine research, science publishing, international development and private consulting. Since moving to Montreal in 2005 he has been a full

time professional sculptor with four monumental sculptures in the Province and in private collections.

## Outstanding Contribution Award

On April 28<sup>th</sup>, 2016 Serge Carrier, M.D., FRCS(C), MMgmt., became the fifth recipient of this award in appreciation of his outstanding career dedicated to the treatment of men with Prostate Cancer and its side effects.



Photo: Dr. Carrier receives his award from George Larder

Dr. Carrier started his address of thanks with a bit of personal history: He didn't want to be a family doctor, (too diverse) but liked the idea of surgery - more focus. He also wanted to do something that wasn't so popular. Thus he chose urology with a slant towards men's health,

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sexual medicine and reconstruction. He felt that it was simple and as he stated, "I am a simple guy." He grew up in Quebec City, went to California for 2 years to do his post graduate training. On his return to Quebec, Dr. Carrier ended up in Montreal by accident., starting at the CHUM. He worked 18 yrs. at the Jewish, while part time at the Royal Vic for 12 yrs specializing in penile transplants and laser surgery for BPH. MUHC made him chief surgeon at the Lachine General Hospital, which is part of the MUHC. Most men after prostate treatment, whether radical prostatectomy, radiation or hormonal treatment find that they have erectile dysfunction. A penile implant is recommended after all other options have been exhausted. ex. Viagra, Cialis, pump and injections. The penile implant replaces the natural mechanics of an erection. It cannot exceed the penis cavity so it usually creates an erection slightly smaller than what the patient is used to. However there is no loss of sensation. Rate of satisfaction, Men 80 to 85 % , Women 85 to 95%. Two types of implants are available, the semi-rigid or inflatable. The semi-rigid is always semi erect. It points downward when not needed then is turned upright when needed. Recommended for older patients of 80 years and more. Devices last in general 15 to 20 yrs.

The operation lasts about an hour. The inflatable implant uses a pump to pump fluid into the device to create an erection then deflates when not needed. Younger men tend to choose this device which lasts for about 10 yrs. The operation requires 1 1/2 hrs. Either choice requires 6 to 8 weeks recovery with no sexual activity. The doctor has to deem you are healthy to withstand the operation. There is a 2 to 5 % risk of equipment failure. Other Dr. Carrier notables; Dr. Carrier does the operation solo, no nurses in attendance. The MUCH has 18 doctors on staff for prostate treatment. The government is currently considering not paying for PSA testing. He challenged this by indicating that it is more expensive to do a mammogram than PSA testing. His last words: The penis is a muscle that has to be exercised. "Use it or lose it."

## Sad News

We were saddened by the following news:

***John Donald (Jack) Bauer*** August 28, 1946 – April 8, 2016 passed away from a heart attack at the age of 69, doing what he loved; playing hockey. He is survived by his loving wife Horty (nee de Moss), daughter Jennifer (Michael), son Donald (Heather), grandchildren Caleb,

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Emma, Isaiah, Kaleigh, and Jonah, and brother Ralph (Debbie). Jack spent his working career in education on the West Island as a teacher and administrator. He will be sadly missed by the communities with which he was involved, including the Presbyterian Church of Ile Perrot, Emmanuel Christian School, Old-Timers Hockey, The West Island Cancer Center and the Prostate Cancer Montreal West Island Support Group.

## Alice Schwarcz

Dr. Joe Schwarcz's wife Alice lost her nine month battle with glioblastoma March 28th. Dr Joe had 43 wonderful years with Alice, rearing three outstanding daughters. The memories will never fade but life will never be the same for them. Our sincere condolences to you and all the family Dr. Joe.

## Procure Annual Conference

Procure, hosts an annual seminar in English with questions in both languages. Our intrepid Treasurer, Wayne Hemsworth was there on April 25 and here is his report:

### **Prostate Cancer and Surgery: Everything you need to Know before, during and after.**

Dr. Kevin Zorn, Urologist.

Dr. Zorn commenced the lecture with a quick run down on how prostate cancer is detected. ie;

DRE, bloodwork and biopsy. Then he proceeded to explain how the cancer, when detected is graded so that a course of action can be determined, surgery, radiation, hormonal or a combination of treatments.

Then he got to the good stuff - Robotic Radical Prostatectomy! This is absolutely amazing.

With the use of pictures and videos we were taken on a sort of sci fi journey. By using robotics, Dr. Zorn with the help of two assistants goes into the body cavity, through the navel, using robotic forceps and a video camera and removes the prostate. Some of the numerous benefits of doing the prostatectomy this way are - the doctor cuts and cauterizes at the same time thus minimizing bleeds. Less invasive. The surgeon is able to put up to 23 sutures to reconnect the urethra to the bladder where before 3 or 4 were used, thus resulting in less chance of bladder leakage inside the cavity, reducing post op complications.

Dr. Zorn seemed to take personal pride in the fact that he is able to introduce up to 300mm of water into the bladder and with the use of the robotic camera, he can see if there are any leaks and thus verify his suture work. This was not done before using conventional methods. The end results we are told are diminished side effects, accelerated recuperation and after over 700 patients, pad free continence after one month. Yippee!

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Five stars to Dr. Zorn for an amazing, informative evening! The lecture will be posted on the Procure.ca website and you can also watch the complete operation on <https://youtube/8AVfg3IXIRg>

## Prostate Cancer Canada

This is the most informative organization for Prostate Cancer information in Canada.

Website:

<http://prostatecancer.ca>

### *Webinars*

Many web seminars have been produced by Expert Angle and are of high quality and mostly easy to understand. Highly recommended.

For English:

<http://prostatecancer.ca/Search?searchtext=expert%20angle&searchmode=AnyWord>

For French:

<http://prostatecancer.ca/Search?searchtext=expert%20angle&searchmode=AnyWord>

### *Fathers' Day*

**Plaid for Dad** is back for 2016! Fathers' Day is a time when the focus is on men and families, so there is no better time to do something special to help protect the

1 in 8 men in Canada who will be diagnosed with prostate cancer in their lifetime. With the simple act of wearing plaid on June 17th – whether it is a shirt, a hat, a scarf, or even a suit – you are taking a stand against the most common cancer affecting men.

Visit [www.plaidfordad.ca](http://www.plaidfordad.ca) to see how you can get involved.

Our support group will be involved in an event at the Angrignon Shopping Centre, organized by the MUHC. Information will be sent by email as soon as we have details.

### *Caregivers' Booklet*

This small booklet is available free on demand and is available in both languages.

### *Advanced PC booklet*

Much is being written about Advanced Prostate Cancer these days and this little booklet in both languages is useful as a starter guide.

## Canadian Cancer Survivors Network

We received this recently by email:

**The Canadian Cancer Survivor Network** is working to help Janssen's ongoing communications efforts to support the advanced prostate cancer community. They are currently seeking to identify men

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living with advanced prostate cancer who are willing to share their stories and experiences with others facing similar circumstances.

If you are interested in responding to this opportunity, the activities you may be asked to participate in include speaking to media, such as newspaper, television or radio reporters.

Note that you can participate as much or as little as you would like to. You would not have to participate in all kinds of interviews; for example, you could choose to only participate in radio or print interviews, which are over the phone. They are also looking for participants who would be willing to participate in television interviews, which are in-person.

Janssen's communications team is looking to identify participants as soon as possible for their first media campaign, which is scheduled to launch in June in Vancouver. They would therefore be looking for men living with advanced prostate cancer in Vancouver to start with, but they would also like to hear from men living in other parts of the country. If you do not have advanced prostate cancer, please share this with a Warriors group in your region or with anyone you think might be interested.

Please get in touch with me if you would like to get involved!

Jackie Manthorne

President and CEO

(613) 898-1871

[jmanthorne@survivornet.ca](mailto:jmanthorne@survivornet.ca)

### *Editor's comments*

Note that you have to be currently treated with Zytiga (Abiraterone acetate) to qualify. I offered, but was excluded because I was no longer being treated with Zytiga. It failed after two months. Clearly, this is a public relations exercise by Janssen Inc, and that is reasonable. However, There is a need for men to be able to relate their experiences, good or bad, with advanced prostate cancer. Zytiga is not the only medication (although in general it is a very good one). I was unfortunate to be one of the 10% or so for whom it does not work. Maybe the Cancer survivor Network or Prostate Cancer Canada can stir up some interest.

### Canadian Partnership Against Cancer

The Canadian Partnership Against Cancer is an independent organization funded by the federal government to accelerate action on cancer control for all Canadians. The Partnership works with cancer experts, charitable organizations, governments, cancer agencies, national health organizations, patients, survivors and others to implement Canada's cancer control strategy.

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Toronto, March 23, 2016 /CNW/ - The Canadian Partnership Against Cancer (the Partnership) is pleased to see that the federal budget released today in Ottawa confirmed ongoing funding to the Canadian Partnership Against Cancer for \$47.5 million annually. This is confirmation that the Government of Canada will continue to support the Partnership and our collaborative model on progressing the [Canadian Strategy for Cancer Control](#).

## Clinical Trials Montreal

<http://www.canadiancancertrials.ca>

Use this link to find the 18 clinical trials for PC issues now recruiting in the Montreal area.

Clinical trials tend to assure a close surveillance during treatment.

## Advanced Prostate Cancer

People with this are affectionately known as “Warriors” in the PC Support Group Networks. I have Metastatic Castration Resistant Prostate Cancer (mCRPC), but not all sufferers have metastases.

When asked how I felt about being a “Warrior”, my answer was simple: “As long as I am bullet proof, not to worry”.

At this stage of PC progression the

disease is no longer curable, but it is treatable.

The sequence of treatments seems to vary. Some get chemotherapy such as Docetaxel right away, yet others get either Abiraterone or Enzalutamide, followed by Cabazitaxel or Radium-223.

Here is the summary of the **2015 CUA-CUOG Guidelines for the management of castration resistant prostate cancer (CRPC)**.

The team for these guidelines was headed by Dr. Fred Saad of CHUM

*Agents that have shown improvements in survival in mCRPC now include abiraterone, enzalutamide, docetaxel, cabazitaxel and radium-223. Bone supportive agents and palliative radiation continue to play an important role in the overall management of mCRPC.*

This document makes fascinating reading for anyone who enjoys the complexity of international research efforts.

There is much optimism in the research community following certain clinical trials, that more effective medications will be available in the near future to increase survival and improve the quality of life of the “Warrior” clan.

More on this in the June issue

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## Telephone Helpline (514) 694-6412

- v The PCCN—Montreal West Island Prostate Cancer Support Group encourages wives, loved ones and friends to attend all meetings. Please ask basic or personal questions without fear or embarrassment. You need not give your name or other personal information.
- v The PCCN—Montreal West Island Prostate Cancer Support Group does not recommend treatment procedures, medications or physicians. All information is, however, freely shared. Any errors and omissions in this newsletter are the responsibility of the authors.
- v The PCCN—Montreal West Island Prostate Cancer Support Group is a recognized charitable Organization (registration # 87063 2544 RR0001). All donations over 25\$ are acknowledged with receipts for income tax deductions. Donations and membership fees (voluntary) are a very important source of funds vital to our operations such as paying the printing and mailing our newsletter, hall rental, phone helpline, equipment, library, etc.

**Your support is needed now!**

**Please help us to help you!**

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