

Prostate Centre Pitches in on 9th Annual Country Grocer Men's Health Day



You'll feel like family.

The Prostate Centre is one of the community organizations putting together the annual Country Grocer Men's Health Day, which lets participants interact with a broad range of health care providers and health educators in an informal and entertaining environment.

Through health assessments — including free PSA testing, consultations and educational materials — men are encouraged to make positive lifestyle choices and to seek early and appropriate treatment for disease and injury.

Providing free PSA testing to men is our key goal in support of potential early diagnosis of prostate cancer — in 2008, 24 of the 483 men tested were outside the normal range. This information was sent to the participants and their family doctors.

- *Mayfair Mall*
- *Saturday, September 26, 2009*
- *9:30 am to 3:30 pm*

Other features at this year's event include:

- ◆ Exercise and pain management
- ◆ Blood-pressure monitoring
- ◆ Hearing test
- ◆ Men's urogenital health
- ◆ Fitness and balance
- ◆ Oncology nutrition
- ◆ Central nerve testing
- ◆ Personality style/communication test
- ◆ Prostate cancer awareness

One of the biggest successes of Men's Health Day is that it has helped educate men on how important it is to take a proactive role in their own health maintenance.

The goals of Men's Health Day are to introduce participants to a range of health care services and health information sources that enable men of all ages to implement positive lifestyles for themselves and their families so they can live happier and healthier lives.

Partners Push Prostate Screening

Having a wife or live-in partner motivates men to go for early prostate cancer screening, according to a University of Michigan study in Cancer Epidemiology, Biomarkers and Prevention.

The study of more than 2,000 Caucasian men found those with a family history of prostate cancer were 50 per cent more likely to be screened. If they were worried about prostate cancer, they were nearly twice as likely to be screened. However, men living alone were 40 per cent less likely to be screened than those with a partner.

—from the Times Colonist

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The reef knot is the national symbol of prostate cancer awareness. It represents strength, unity & courage.



THE PROSTATE CENTRE

Proudly supported by



FIGHTING PROSTATE CANCER

Welcome to the Reef Knot!

Email tpc@TheProstateCentre.org and let us know:

- ◆ topics you'd like to see in future issues,
- ◆ if you'd rather get The Reef Knot by email,
- ◆ others who would like to receive it,
- ◆ if you would like to be removed from our mailing list.

Safeway Father's Day Walk/Run Raises \$80,000 on Island

The 11th Annual Father's Day Walk/Run for Prostate Cancer was a huge success, with a record-breaking 632 registrants participating in either the 3K or 8K walk/run at Royal Roads University. This year's event helped to raise more than \$80,000 for prostate cancer education and research right here on Vancouver Island.

Across Canada, the event raised \$1,150,000, with 6,588 participants and 448 teams. In 2008, 3,954 participants and 267 teams raised a total of \$916,000. This is the first year the event has raised more than \$1 million gross!

The Prostate Centre would like to thank all of our sponsors, participants and volunteers who have shown their continued support for the men and their families who have been affected by prostate cancer.

We would also like to send a very special Thank You to all 30 teams and individual participants who put forth the extra fundraising effort to collect pledges. This event continues to get bigger and better, all because of such amazing community support and dedication. Thank you all for your support!

This year's top "Fundraising Heroes" are:

Top Individual Pledge Collectors:

Margi Bhalla	\$6,425
Sela Bhalla	\$5,025
David DesBrisay	\$3,485

Top Team Pledge Collectors:

Tara's Team	\$14,251
MedEx Fitness	\$2,977
Team Kirby	\$2,786

Top Youth Pledge Collectors:

Leo & Sophia Jansch	\$285
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From top left:
Before race start
Top male runners
Sidney Safeway
BC Transit
Tillicum Safeway

From top right:
It's a Digital World
Team Kirby
MedEx
Dougie's Gang



Mark Your Calendars: Father's Day 2010

10 am, Sunday, June 20, 2010,
 at Royal Roads University

We look forward to seeing you at the 12th Annual Father's Day Walk/Run for Prostate Cancer. It's not too early to begin thinking about building a team of eight for next year's event. Sign up your family, friends, co-workers and neighbours!

Contact The Prostate Centre for more information on how to get started.



What's All This About Vitamin D?

Vitamin D is often referred to as “the sunshine vitamin” because direct exposure to ultraviolet B, or UVB, sunlight causes the vitamin to form in the skin. Brief full-body exposure in a swimsuit to bright summer sunshine of 10 to 15 minutes a day is required for the body to make an adequate amount of vitamin D to meet its needs without supplementation. Vitamin D in the body facilitates proper blood sugar and calcium levels, proper functioning of the heart and gastrointestinal system and helps protect the body from infection, osteoporosis, diabetes and cancer. Vitamin D's effects in the body are indeed far-reaching.

Vitamin D and Sun Exposure

How much sun exposure you get affects vitamin D levels in your body. The farther north you go, the less vitamin-D-producing UVB sunlight there is. Throughout the fall and winter months in the northern hemisphere, the increasingly acute angle of the sun causes the UVB rays to have difficulty penetrating the atmosphere and reaching the skin.

Of course, during the winter months in Canada, we are even less inclined to expose our skin to the elements because of the freezing temperatures. Snowbirds who had their vitamin D levels tested after returning north after the winter would probably find that they have much higher levels of vitamin D in their blood than those of us who had wintered in a northern climate.

Darker skin produces less vitamin D because melanin, the substance that gives skin its color, acts as a UVB sunscreen. When UVB light penetrates the skin, it breaks open a molecule found there which starts the formation of vitamin D. Sunscreen blocks UV light so it interrupts this process.

Vitamin D production in the skin declines with age and obesity contributes to vitamin D deficiency through uptake and storage of vitamin D in the fat cells of the body leaving less circulating in the blood.

Sun Exposure and Skin Cancer

Between 1930 and 1950, researchers were puzzled to find that as sun exposure and skin cancer rates increased, rates of non-skin cancers decreased. This early research seemed to link vitamin D and non-skin cancers, and more recent studies support a relationship between sufficient vitamin D levels in the body and a decreased risk of developing colon, esophageal, prostate, breast, ovarian, pancreatic and blood cancers.

Vitamin D is used by cells in the body to form a molecule that enables the cells to communicate with each other about important matters concerning cell differentiation. Cancer is a disease of uncontrolled cell growth where cells lose the ability to differentiate, or recognize what kind of cells they should ultimately become. Cancer cells have lost the ability to differentiate properly, which means the cells are primitive and do not look like the typical mature cell. Undifferentiated cells reproduce themselves more rapidly, crowding out the normal cells. It is important for cells in the body to know when to divide and when to rest, and vitamin D is needed for this to happen.

Forms of Vitamin D

Vitamin D is the building block of the hormone calcitriol, which increases the absorption of calcium and phosphorus from the intestines and decreases their excretion in the urine.

Vitamin D exists in two forms: vitamin D₃ or cholecalciferol, which is derived from animals, usually sheep's wool or fish oil; and vitamin D₂ or ergocalciferol, which is a vegan form usually obtained from yeast.

Large single doses of vitamin D₂ do not last as long in the body as equivalent doses of vitamin D₃. Dietary sources of vitamin D include fortified milk and margarine, fatty fish and eggs (if the chickens have been fed vitamin D).

Sun exposure is known to be the most efficient method to ensure

adequate vitamin D levels in the body. Unfortunately, the strong sunshine that causes vitamin D to form in the skin can also cause sunburn and skin cancer if overexposure occurs.

Vitamin D and Alternatives to Sun Exposure

In recent years, authorities such as Health Canada and the Canadian Cancer Society have encouraged the use of sunscreen and avoidance of strong sunlight to decrease the risk of developing skin cancer.

The Canadian Cancer Society recommends that adults living in Canada who are at high risk for vitamin D deficiency take a vitamin D supplement of 1,000 International Units (IU) a day. This includes people who are older, dark skinned, don't go outside often or who when outside wear clothing that covers most of their skin. Canadians who are at lower risk for vitamin D deficiency are encouraged to take 1,000 IU of vitamin D a day during the fall and winter months when sun exposure is minimal.

What does all this mean? The Canadian Cancer Society does not recommend relying only on the sun to get enough vitamin D because more exposure to the sun may increase the chance of getting skin cancer which is the most frequently diagnosed cancer in Canada.

The recommendation of the Canadian Cancer Society is that Canadians consider taking vitamin D supplements and getting small amounts of sun exposure to maintain optimal levels of vitamin D while minimizing the risks of UV exposure. The Canadian Cancer Society has not changed its SunSense guidelines, which recommend reducing exposure to the sun especially between 11 o'clock in the morning and 4 o'clock in the afternoon when the sun's rays are most intense, and using a sunscreen with a sun protection factor (SPF) between 15 and 30.

Although the Canadian Cancer Society recommends a supplement of

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Best Wishes to Elspeth Moore

Elspeth Moore retired from the Centre at the end of May. With great passion and organization, Elspeth has been a trial coordinator for the SELECT Study for the last six years. She always made her trial "guys" feel special through her individual attention and meticulous follow-up.

Els will be missed by all the staff and volunteers; her leadership and attention to every detail helped create the Centre's strong reputation with the SELECT trial.

We wish Elspeth every success in her retirement. She intends to enjoy her daily walks and do some traveling. Our grateful thanks for your contributions, Elspeth.



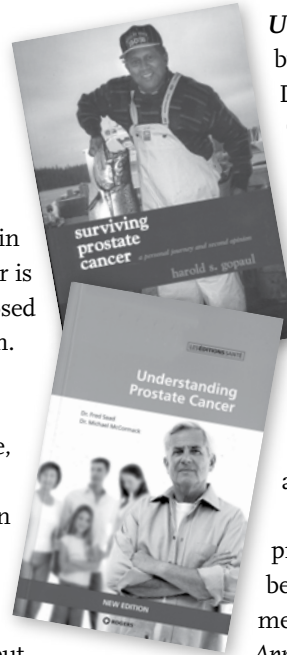
Check Out Our Library!

Drop by The Prostate Centre and browse our collection of books and DVDs on prostate cancer, prostate health and treatment options, nutrition and sexual health, as well as general health, healing and well-being. A few new additions to our library include:

Surviving Prostate Cancer, a personal journey and second opinion

by Harold S. Gopaul
One in eight Canadian men will develop clinically significant prostate cancer in his lifetime. Prostate cancer is the most frequently diagnosed internal cancer among men. The chance of developing prostate cancer increases rapidly after 50 years of age, and more than 50 per cent of men over 50 have benign growth in their prostate.

This book is not only a survivor's story about surviving prostate cancer, but it also explains the complexity of this disease, some misunderstandings about it and the findings of a multitude of scientific studies.



Understanding Prostate Cancer

by Dr. Fred Saad and Dr. Michael McCormack

The Prostate Centre recently received new, updated copies of this popular book.

This easy-to-read volume is an outstanding source of information on the prevention and causes of prostate cancer, early diagnosis and the treatment options available, as well as their side effects and complications, and living with prostate cancer.

'The more men know about prostate cancer, the more they will be able to help themselves and meet the disease head-on.' (Dr. A.G. Aprikian, from the Preface)

Loan time for books and DVDs is generally three weeks. There's no limit to the number of books/DVDs that can be borrowed!

What's All This About Vitamin D?

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1,000 IU of vitamin D a day in particular during the fall and winter months, many practitioners in the naturopathic community believe that between 4,000 and 10,000 IU of vitamin D a day is more

appropriate for health maintenance and disease prevention.

Clearly, more research is needed to ascertain the many roles of vitamin D in the body and to pinpoint the therapeutic ranges of vitamin D for health maintenance and disease prevention.

Large-scale clinical trials would help identify the amount of vitamin D needed to maximize health benefits and the long term risks, if any, associated with taking large doses of this unique and hard-working vitamin.

Teresa Cederberg, RN

Check it out...

Prostate Cancer Awareness Week

September 14-18/09

9TH ANNUAL
Country Grocer Men's Health Day

September 26/09

At Men's Health Day '08, 483 men had a free PSA test!

Motorcycle Ride for Dad

May 23/10

INFO:

www.MotorCycleRideforDad.org

Do it for Dad - The Safeway Father's Day Walk/Run for Prostate Cancer

Sunday, June 20/10

For a complete listing of the monthly speakers for the Victoria Prostate Cancer Support Group meetings, please visit the Centre's website: www.TheProstateCentre.org


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