



THE PROSTATE CENTRE : SERVING VANCOUVER ISLAND & THE GULF ISLANDS

It's Time again to Take a Step to Fight Prostate Cancer

Join us at the Safeway Father's Day Walk/Run for Prostate Cancer!



SAFeway
FATHER'S DAY WALK/RUN
 for prostate cancer

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



THE PROSTATE CENTRE
 Serving Vancouver Island and the Gulf Islands

Welcome to the Reef Knot!

We also offer a monthly emailed newsletter) to help keep you informed on prostate health related issues and Prostate Centre activities.

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.

Our goal...

is to raise \$95,000 for prostate research and education here in our own community.

All you need to do to participate is be prepared to run, walk or stroll your way across the finish line. We have two routes to choose from — an 8km run/walk or a 3km Family Fun walk, so runners and walkers of all levels can participate!

TEAM UP to fight Prostate Cancer!

Interested in getting a group of friends, family members or co-workers together to start a team? Contact us at teams@theprostatecentre.org and we can help!

Anyone can collect pledges...you don't need to be a runner or walker to do so.

Register today and...

join hundreds of runners, walkers and volunteers as we lace up our sneakers for the 12th annual Father's Day Walk / Run for Prostate Cancer at Royal Roads University!

NEW FOR 2010:
 Raise \$125 and your individual registration is free!

All money raised at the Father's Day Walk/Run stays on Vancouver Island to help The Prostate Centre fund prostate cancer research and help promote prostate health awareness!

For more information, contact The Prostate Centre at 250-388-0214 or visit our website at www.theprostatecentre.org.

Do it for you ... Do it for Dad and take a step to fight prostate cancer!!

The Westcoast Motorcycle Ride to Live helps BC men and The Prostate Centre

The Prostate Centre is very excited to announce a brand new partnership with the *Westcoast Motorcycle Ride to Live*. All funds raised by riders, passengers or non-riders to the *Ride to Live* Vancouver Island will come to The Prostate Centre for research, education and support.

Why the *Westcoast Motorcycle Ride to Live*? This is an event that builds awareness and establishes hope and pride for men, their families and friends impacted by prostate cancer. Participants are encouraged to collect pledges that

are then donated to help fund prostate cancer research, education, support

and awareness programs right here in our own community. The *Ride to Live* is a poker run motorcycle ride with family oriented opening ceremonies at Ogden Point and closing festivities at the Mary Winspear Centre in Sidney.

Join us on Sunday, June 6!

For more information about the *Westcoast Motorcycle Ride to Live*, please visit the *Ride to Live* website at www.ridetolive.ca.



A UNIFIED VOICE FOR PROSTATE CANCER

On January 1, The Prostate Centre and the Vancouver Island Prostate Cancer Research Foundation took a big step in the right direction heading into 2010. These two separate organizations, with similar mandates around the cause of prostate cancer, have finally joined forces with a unified voice and have amalgamated under the umbrella of The Prostate Centre.

The result of the amalgamation will be a more efficient organization that can better serve the needs of newly diagnosed patients and prostate cancer survivors while increasing our capacity to educate the community about the importance of annual screening for the disease. We believe that there is strength in numbers, so if we can work in partnership

rather than in competition, it will be much more beneficial for the clients who use our services and the donors who support our programs. Essentially, we will be able to dedicate more resources to the people we serve in the community.

Highlighting a stronger commitment in helping men and their families right here on Vancouver Island, The Prostate Centre will continue to operate a program of

monthly public meetings with featured guest speakers, a hospital visiting service for men who have undergone recent prostate surgery, and a peer-to-peer counseling service for men with newly diagnosed prostate disease. For more information on the support group or to download its monthly schedule, please visit The Prostate Centre's website at www.theprostatecentre.org.



L > R: Leanne Kopp, ED, The Prostate Centre; Andrew Godon; Larry Forster; Dr Jim Ricks, Chair of the Board, The Prostate Centre

Hair Affa

Kate and Jeff's Story...

In 2005, my dad was diagnosed with prostate cancer, two months before our daughter, his only grandchild, was born.

My dad is still very involved in prostate cancer support here in Victoria. This has been such an important piece for him, to be involved in support for himself and for the other men in Victoria. He believes that the



Before



After

SELECT Study Transition

The SELECT Prostate Cancer Prevention Study is in transition here at The Prostate Centre. The final SELECT Study meeting in Chicago on October 21, 2009, highlighted plans to extend the SELECT Study in an altered format. Since then we have been working very hard to prepare for the final year of SELECT at The Prostate Centre.

Over the next several months we will be completing final study visits with our SELECT participants. Each participant will be asked the question: "Do you want to carry on with SELECT for another two to five years?" Those SELECT participants who say yes will be agreeing to fill out a questionnaire mailed to them annually from the SELECT Coordinating Center in Seattle. This questionnaire will contain



many of the same health-related questions we have been asking our participants since the beginning of SELECT.

The idea to study vitamin E and selenium in SELECT was based on previous findings that selenium and vitamin E act in synergy to inhibit carcinogenesis. The results of the Nutritional Prevention of Cancer (NPC) and Alpha-Tocopherol Beta Carotene Cancer Prevention (ATBC) trials supported the hypothesis that selenium and vitamin E could help prevent prostate cancer.

The strengths of SELECT are a robust

statistical design and a very large study population. However, the study is limited in that it was not designed to test different supplement formulations and doses. What SELECT has shown us is that in the doses and formulations used, selenium, vitamin E and selenium and vitamin E combined did not prevent prostate cancer in the generally healthy and varied population of men in the study.

Our SELECT men have made a valuable contribution to the existing body of knowledge concerning prostate cancer prevention. Research enables us to find the answers to important questions about cancer. For those of us at The Prostate Centre, participating in SELECT — the largest prostate cancer prevention clinical trial done to date — has been a deeply valuable experience.

Hair BC Keeps Growing + Growing!

education and support are keys to a healthy recovery.

There are over 30 men in Jeff's office, and to know that five of them will be diagnosed with prostate cancer at some time in their life is just staggering.

In November '09, Jeff and colleagues at the Ministry of Transportation participated in Hair Affair BC, growing moustaches to raise funds for The Prostate Centre. Over \$1700 was raised, and some pretty impressive 'staches cropped up as well!



The Judges

Clean-shaven, except for November!

I am a Prostate Cancer Survivor since 1990 when I had a Radical Prostatectomy. I have been cancer free ever since.

I'm now 83 years old and am clean-shaven each year until November when I grow a bushy beard in aid of The Prostate Centre. It is fun and for a worthy cause, and most people are very generous.

Great strides have been made in the treatment of prostate cancer since 1990, and my hope is that any man reading this will put aside all unfounded fears of having a test for prostate cancer. It is not invasive or painful, and the choices for treatment have advanced a good deal. Further advances are being made as people support prostate

cancer research. I urge every reader to lend their support to The Prostate Centre on Vancouver Island.



R. Paul Turner

Across Canada by Bicycle

What motivates a young guy to work for months getting himself in condition to ride a bicycle coast to coast? In the case of Sam Wade of Victoria, the motivation was the respect and love for a grandfather who was diagnosed with prostate cancer in the fall of 2008.

"I had spent the summer visiting him in France, getting to really know my grandfather, so the news of his illness was a terrible shock," Sam remembers. "I wanted to do something in his honour."

Sam recalled that he and a friend had talked about embarking on a great adventure, riding their bikes across the country. The more

he thought about it, the more he liked the idea of crossing the country to honour his grandfather and to raise money to fight prostate cancer. Three of Sam's friends — Fred Tsai, Brian Tong and Tevis Bateman — offered to join him. Together they planned a route across the country, starting in Victoria on May 22 and ending in St. John's, Newfoundland, at the beginning of August. They call the project "Pedalers for Prostate".

All the money that these Pedalers will raise — they have set their goal for \$25,000 — will come back to The Prostate Centre to help future families deal with a diagnosis of prostate cancer.

In the case of Sam's

grandfather, there is good news. His doctors in France report that, because the prostate cancer was detected early, it had not spread to other parts of his body. His chance for a full recovery is excellent.

Follow the progress of the four riders across Canada starting May 22 at www.theprostatecentre.org.



Sam Wade

Cholesterol and the Prostate

A lower cholesterol level may protect your prostate as well as your heart.

Researchers studied roughly 5,500 healthy men aged 55 or older who had been assigned to take a placebo for seven years in the U.S. Prostate Cancer Prevention Trial. Men who entered the study with total cholesterol under 5.2 mmol/L were 60 per cent less likely to be diagnosed with the most damaging kinds of prostate tumours — those with Gleason scores of 8 to 10 — than the men who entered the study with higher cholesterol. Other studies have found a lower risk of advanced prostate cancer in men who take cholesterol-lowering statin drugs.

What to do: It's too early to know whether a cholesterol-lowering diet or statin drugs can protect the prostate. But it's still worth eating a diet that lowers LDL ("bad") cholesterol (which should also lower total cholesterol). At worst, it will only protect your heart.

Adapted from *Nutrition Action and Cancer Epidemiol. Biomarkers Prev.*:2807, 2009.

Did you know?

In 2009, LDL testing was added as another screening test available at Men's Health Day? Join us on Saturday, September 25, at Mayfair Mall for your free PSA and LDL test, along with other important health assessments.

The Power of Giving

“Giving allows me to touch the lives of people I don’t even know, but whose lives I would like to help improve”

— L. Stanley Chauvin Jr.

Consider donating to The Prostate Centre as a part of your annual giving – there are many ways in which you can help:

- ▶ Make a **one-time donation online** at www.theprostatecentre.org or drop in and visit us;
- ▶ Consider becoming a **monthly donor**;
- ▶ Create a **special tribute donation** to honour someone or to recognize a special occasion;
- ▶ Make a **gift of stocks, bonds or mutual funds**;
- ▶ Talk to the Centre about leaving a **legacy gift**;
- ▶ **Volunteer your time** to help with an event;
- ▶ **Participate in events** hosted by The Centre.

Through your generosity, we will continue to make a difference for men of Vancouver Island and the Gulf Islands and their families.

Come Sail Away with us to Alaska!

Join us for departure on September 15th, 2010 on board Holland America’s ms Volendam.

This “Classic” Inside Passage, will include a 7 night sail with Port stops in Juneau, Skagway and Ketchikan. 3 days at



sea include cruising scenic Glacier Bay, as well as a trip up Tracy Arm. Note that there are only 3 ships traveling round-trip from Vancouver this summer – don’t miss this opportunity!

Inside Staterooms are priced starting at \$1085 CAD per person and Outside Staterooms are priced starting at \$1255 CAD per person, both are based on double occupancy and fully inclusive from Victoria.

The Prostate Centre Group Pricing includes:

- ▶ Return bus / ferry from Victoria to Vancouver
- ▶ All taxes and fees
- ▶ Pinnacle Grill lunch per person on board
- ▶ Cocktail Party / reception for the group on board the ship

- ▶ Group is fully hosted from Victoria with a minimum of 16 cabins sold
- ▶ \$200 per cabin will benefit The Prostate Centre

For more information, contact Merit Travel – Victoria: 250-477-0131; Colwood: 250-478-9505; Sidney: 250-656-0961; Toll-free: 1-800-409-1711.

For caring, supportive service for your Real Estate needs, call Tuula Shaw Spence at DFH Real Estate: 250-477-7291 or 1-800-668-2272.



For each completed purchase or sale I will gladly donate \$500 to The Prostate Centre to help fund their excellent programs.

Check it out...

LAUNCH FOR THE
Pedalers for Prostate
Saturday,
May 22/10
Mile ‘O’

The Westcoast Motorcycle Ride to Live
Sunday, June 6/10
Ogden Point

12TH ANNUAL
Father’s Day Walk/Run for Prostate Cancer
Sunday, June 20/10
Royal Roads University

10TH ANNUAL
Country Grocer Men’s Health Day
Saturday,
September 25/10
Centre Court
Mayfair Mall

For information on these and other upcoming events, visit our website www.TheProstateCentre.org


THE PROSTATE CENTRE
Serving Vancouver Island and the Gulf Islands

For more information, please contact us
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