



# THE GYROLOG

THE GYRO CLUB OF EDMONTON

May 17, 2005

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## Gyrolog

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While this May 17<sup>th</sup> day might have been one of overcast and rain it was a day filled with Gyro friendship and a meeting marked by the enthusiasm of our **President Walter Yakimets**. Thirty Gyros and including five new friends gathered at the Mayfair Golf and Country Club to learn more about the treatment of prostate cancer through the use of such cutting edge treatment modalities as laser and photo dynamic therapy (PDT) from Dr. Ron Moore, a professor at the University of Alberta who specializes in surgery and oncology. Those gathered were not disappointed. We learned a great deal.

**President Walter** invited Poor, Young and Struggling **Roger Russell** to lead the assembly of friends in the singing of Cheerio and **Allan Warrack** shared a grace he had learned in 2000 while visiting with John and Helen Ross in the Killarney, Manitoba summer home. **Jack Brown** introduced his friends, **Warren Garbot** who was warmly welcomed as a return visitor, and **Dr. Ron Ramsey** who hailed originally from our sister province, Saskatchewan. **Carlisle Ross** was pleased to share our meeting with his good friend **Maurice Maughn** (and, no, I have not forgotten the "a" in the spelling of Maurice's last name – an error I foolishly was inclined to insist upon). **Tony Sheppard** joined the long list of Gyros who had encouraged friends to join us when he introduced **Ray Talford** to our group. In addition to introducing our guest speaker, **Dr. Ron Moore**, **President Walter** also introduced to the Gyros gathered, **Dr. Larry Mix**.

### POSTINGS

By "Sharing Gyros with a Friend" good things do happen and the club is pleased to announce the first Posting for **Warren Garbutt**. **Warren** is sponsored by **Jack Brown** and seconded by **President Walter Yakimets**. He and his wife **Vicky** live in Edmonton at 4819-143 Street (phone 435-2961, e-mail [wgarbutt@telusplanet.net](mailto:wgarbutt@telusplanet.net)). **Warren** is a Professional Engineer, retired from Imperial Oil. His hobbies are grandparenting his six grandchildren, photography and woodworking. Please extend a warm Gyro welcome to our new friends, **Warren and Vicky**.

### MARKINGS

As we travel the pathway of life there are numerous mileposts or markings along our route. One such key marking is our birth date and five members of our Club celebrate this special day during the month of May. Take the opportunity to wish happiness and good health to fellow Gyros **Bob Berube, Andy Friderichsen, Geoff Brewer, David Burnett, and Allan Warrack**. **Happy Birthday, gentlemen!!**

### GUEST SPEAKER – DR. RON MOORE

In his introduction of **Dr. Moore**, **President Walter** told us that our guest was born, raised and educated (principally) in the Edmonton region. He is one of a rare group of scholar/researchers who has a double doctorate – an MD and a PhD. The focus of his presentation, "Prostate Cancer – Lasers and Photo Dynamic Therapy" made it evident why these intertwined fields of research

Why such an extensive academic background was required. **Dr. Moore's** work can, in his words, be best thought of as “translational” in nature, drawing together through a translational portal the linked but a times disparate fields of basic (**why** cancer cells live and why cancer cells die) and clinical research (**how** cancer cells can be killed without destroying the host). To help us better understand the importance of translational research he shared with us a graphic cartoon of a subject who had been given a dosage of a newly developed drug (VIAGRA) that had been designed by basic researchers but had not yet been refined through clinical research and trials. Decorum prohibits the inclusion of this cartoon at this juncture but those present will recall it with a chuckle. **Dr. Moore's** research expertise takes him along the path of fundamental, basic research [that may seem to have little practical application] to the point where those fundamental insights/discoveries are made practical/utilitarian in the real world. To do this he must gain funding support from the large granting agencies such as the Medical Research Council (MRC), the Natural Sciences and Engineering Research Council (NSERC), the Alberta Heritage Foundation for Medical Research Council (AHFMR) [the creation of this latter funding agency was influence and shaped by **Peter Lougheed** and several key MLA's who served with him. Our fellow Gyro, Allan Warrack, was significantly involved with this landmark-funding program]. As the research of **Dr. Moore** and his team becomes increasingly practical his research funding sources derive more from biotechnical companies and ultimately from the large pharmaceutical companies. The pieces fit together in a complex matrix that is critically important to our health care system and to our own personal well being.

At the out set of his presentation **Dr. Moore** shared the following information with us:

- 30% of men over 50 will develop prostate cancer; it is a disease of aging
- 1 in 8 men will develop a clinical disease
- 3% of men will die of prostate cancer
- Prostate cancer is generally a slow growing form of cancer
- This disease is not all that sensitive to radiation and chemotherapy treatment
- There is no good predictive assay of prostate cancer's biological behavior
- No ideal treatment of this disease has yet been found but the treatments normally applied are radiation, surgery (radical prostatectomy), and hormone therapy (chemotherapy).

In recent years a new form of treatment has been developed. This treatment is based on the use of lasers and photodynamic therapy (PDT). That which we know as **Laser research** had its beginnings with basic research carried out by **Dr. Albert Einstein** who hypothesized that if one infused the protons and neutrons with high levels of energy an new amplification of energy would emerge as the light waves became coherent. Charles Townes who used microwaves to stimulate light by bouncing it between a perfect mirror and one that was incomplete built upon this basic idea. Over time light passed through ruby crystals became a more standard form of generating coherent light. We see this today in the red beam of light that is typical of modern lasers.

**Dr. Moore** lead the Gyros into the world of prostate cancer treatment by sketching out the use of Ureteroscopy as a critical way of carrying out direct inspection of the prostate gland without the need for invasive surgery. Combining this method of examining and treating the cancerous cells with Photo Dynamic Therapy critical new developments have been generated. Infusing photosensitizing drugs into the cancerous tissue and then using laser light on those areas identified the cancerous growth can be broken down and destroyed. One of the principles involved is that the laser light destroys such tissues as blood vessels that are essential in carrying oxygen to the cells. Once the blood vessels are destroyed, the cancerous cells are deprived of oxygen (lipid peroxidization) and they die.

But the quest to identify and to treat cancerous growth among humans in this way has required that **Dr. Moore** and his fellow researchers carry out intricate tests on relevant clinical models. To explain these stages of his research, **Dr. Moore** took us into the world of animal models that included the white Whistar rat and the dog (and what a twisted ethical path it was that led them to be able to use a specially bred dog for their research purposes – dogs being one of the few creatures aside from man that develops prostate cancer). By creating cancerous growth in these living models the Moore team was able to test the efficacy (usefulness) of brachytherapy, cryotherapy (freezing the tissues), after loading iridium, and TRUS (ultrasound waves that shatter the tissues on which the waves are directed – the more energy you put into the area the more tissues you destroy so you must target the tissue very carefully hence the use of fluorescence – photosensitizing drugs).

Along the path of relevant clinical models few Gyros present will forget **Dr. Moore's** cartoon with the caption: “HO Fred!!” and the aside “For heavens sake. Someone tell her it’s a mushroom!” It is remarkable how far the treatment of prostate cancer has come in recent years. One can only guess at what topics and what models Dr. Moore might tell us about on May 17, 2015. Whatever it may be one can be certain that it will be miniaturized and will work at the very fundamental levels of the nucleus of the cell and the mitochondria (the basic energy plants of life). However these new treatments develop we can be equally assured that the steps will be achieved by teams of researchers such as that lead by **Dr. Moore**.

**Gyro Bob Lippe** graciously thanked **Dr. Moore** for his fascinating presentation and encouraged him to “cut the cards” so that a Gyro could enjoy a free lunch. And the winner was!!? **Dr. Harry Kocil**.

## **HEALTH OF THE CLUB**

**Mort Morter** reported that our members are in good health and good spirits. He hopes to have many more reports of this type for us.

## **PROSTATE CANCER RESEARCH GOLF TOURNAMENT**

Our Annual Golf Tournament to raise funds for Prostate Cancer Research will be held June 17<sup>th</sup> – only a month away!. Marty Larson reported that we have had an excellent response from sponsoring groups and individuals but that we still need golfers to fill up the positions available. Gyros who would like to participate are urged to sign up. Roger

Russell, our designator Prize Selector Collector, urges anyone with prizes to be used for this event to contact him and he will pick up said prizes whenever and wherever they may be located (within reason, of course).

#### **GYRO MEETING – JUNE 7, 2005**

We will be hosting a very special guest at our meeting on June 7<sup>th</sup>. Our 3<sup>rd</sup> Vice-President (International) Ab Nightingale will be here to visit the four local clubs and he has asked to speak with our Club members at our June 7<sup>th</sup> meeting. Ab is a very devoted Gyro and is keen to do as much as possible during his term of office to strengthen our international programs. This is our opportunity to share ideas, dreams and, yes, concerns, with a key member of our International Executive. Please plan to come and to meet Ab Nightingale who is planning to spend a great deal of his personal time in District VIII this year.

#### **PAST PRESIDENT'S DINNER**

Our Immediate Past President, Dick Nichols (he of "It's another Fine Day in Paradise" fame) has arranged our annual Past President's Dinner for Tuesday, May 24<sup>th</sup>. It will be held in the Edmonton Petroleum Club with cocktails at 6:15 PM and dinner at 7:00 PM. The menu is attractive and the company is guaranteed to be great.

#### **HABITAT FOR HUMANITY PROJECT**

**John Ross** has shared with us the information that Gyros have, to date, donated \$26 in Canadian Tire money for Habitat for Humanity (Edmonton). Habitat is currently building four new homes in Mill Woods with plans for a 5-unit townhouse east of the Coliseum later this year. Your money is deeply appreciated and has been put to good use. Please continue to add your contributions – there will always be a collection box next to **Treasurer Mike Matei** at our meetings or give your contributions directly to **John**.

#### **REFLECTIONS OF GREAT MINDS ON GOVERNMENT**

Some of these words generate a sense of truth when one considers what is happening these days in "Rottawa" [courtesy of Allan Warrack].

"I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself by the handle." Winston Churchill

"A liberal is someone who feels a great debt to his fellow man, which debt he proposes to pay off with your money." G. Gordon Liddy

"Democracy must be something more than two wolves and a sheep voting on what to have for dinner." James Bovard, Civil Libertarian

"Giving money and power to government is like giving whiskey and car keys to teenage boys." P. J. O'Rourke, Civil Libertarian

"The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other." Ronald Reagan  
Same Old Bull

Allan (alias Gerry)

