



# PCCN REGINA PROSTATE CANCER SUPPORT GROUP INC. 2016 SUMMER NEWSLETTER AUGUST 2016

## The purpose of PCCN Regina is:

1. To increase awareness, knowledge and understanding about prostate cancer in the community we serve.
2. To arrange and conduct regular monthly meetings.
3. To provide education sessions and information to prostate cancer survivors, their families, friends, and the public.
4. To provide for sharing of experiences and concerns.
5. To provide counseling services these counseling services do not include recommendations for treatments, medicines or physicians.
6. To promote courage and hope.
7. To co-operate with other cancer agencies in the fight against cancer.

SUMMER IS QUICKLY  
ENDING...

Our next meeting is  
on September 8th!

### Time:

Our meeting will be on  
Thursday September 8th 2016

The meeting will start at 7:00 p.m.  
and will end at 9:00 p.m.

### Place:

Canadian Cancer Society building  
located at 1910 McIntyre St, Regina.

McIntyre St. is the next street East of Albert St.  
1910 McIntyre is between Victoria Ave. and 12th Ave.  
McIntyre St. is a one way heading north  
Meeting room is on the 2nd floor

**FREE PARKING:** The parking would be street parking and the use of CCS parking lot, located adjacent to the west side of the 1910 McIntyre building and their north building parking lot which is located on the north side of 12th Ave.

## Our Mailing Address:

PCCN REGINA - PO Box 3726  
REGINA, SK S4S 7K4

Please email us at [pccn.regina@gmail.com](mailto:pccn.regina@gmail.com) if you have any questions.

## Updates

*In March 2016, Dr. Jennifer St.Onge gave us a presentation on a PC research project through the RQHD.*

*We have now funded \$7000 towards the project.*

*Dr St.Onge will return during our 2016-17 programing with an update.*

*We continue to search for an "Editor" to put together our notices and newsletters in a timely fashion. We do have a printer / publisher, but we do need someone to gather the info to send on. If you are interested or know of a potential candidate, call either Lawrence or Bob.*



**Images from Carmen's Walk for Dad**

## Carmen's Walk for Dad

*A Thank You note from Carmen to whom we owe a BIG Thanks for the funds raised.*

I want to extend Thanks to everyone who supported me leading up to our walk to support PCCN-Regina!

On the day of the walk we had over 60 people walking, who jointly raised in excess of \$8,800.00 in donations for the PCCN-Regina Chapter. These funds will stay in the community and be used in the community and surrounding area to benefit the goals of PCCN-Regina. It was truly an amazing thing, seeing all the walkers gather for a common cause, and that was to support all men in their struggle through this emotional and stressful time. My hope is that we are able to maintain the momentum going into next year and build on what we have achieved this year.

Our goal this year was to not only obtain donations, but to raise awareness in support of the PCCN-Regina so that they could do what they do best, and that is to provide information, support to those that have been newly diagnosed, ongoing support to those that are continuing to feel the effects of what they have gone through, and work towards thoughts of a better tomorrow.



I believe those goals have been met, the donations exceeded our original expectations. Thanks so much to all of you who have donated and solicited donations in support of Prostate Cancer. We also had some great sponsors assist us by way of a tent and tables, with water, coffee, juice, donuts and muffins, and for that I am very grateful. These may be little things, but they certainly are necessary to make any function a success. We also had some great volunteers, who came together to make all of those tasks that much easier to bear, as many hands make the chores that much easier. A

special thanks to PCCN-Regina who partnered with me in support of this overall initiative, they had the good will and foresight to see something good come out of this.

I believe we raised awareness for Prostate Cancer as there was a Leader Post Reporter on hand, Barb Pacholik, who wrote a very good article, which was published on the second page of the Regina Leader Post on Monday, June 20<sup>th</sup>, following the walk. In addition, we had live coverage on Global Regina, on the 6:00 and 10:00 o'clock News also on the Monday. Thanks so much to the Leader Post and Global Regina for taking the interest that they took in furthering our story.

Awareness, such as we had on that day and the day following, although excellent exposure, is a fleeting moment in time, as there are so many important causes and only limited resources to make it a reality. My dream, as indicated, is to build on our success from 2015 and 2016 and make 2017 an even better year for awareness.

If anyone wishes to share in my goal, to raise funds and awareness for PCCN-Regina in support of all men, please give me a call or send me an email and we will arrange a meeting for this September in preparation of not only the 2017 walk, but potential new initiatives going forward.

Thanks so much everyone.

**Carmen Hanoski**

Phone: 306-535-9569 / Email Address: [carmen2121@hotmail.ca](mailto:carmen2121@hotmail.ca)



## Urinary Incontinence: The Other Complication

Many men focus on erectile dysfunction as the major complication of radical prostatectomy for prostate cancer. They're wrong. Recovery of urinary control is far more important, and if that happens slowly, or never happens at all, urinary incontinence will cast a far greater shadow on their lives than impotence would. Hence, many men are surprised and embarrassed by the urinary incontinence they typically encounter following prostate surgery.

Although the urinary incontinence itself isn't life threatening, the stigma attached to wet clothing and offensive odour can have profound consequences that may lead to humiliation and social withdrawal.

How common is incontinence following a radical prostatectomy? At medical centers of excellence, incidence of serious urinary incontinence appears to be low, in the 3 percent range. However, if you look at overall national patient survey data, the urinary incontinence numbers are dramatically higher, in the range of 50 to 60 percent.

The reason urinary incontinence develops is because the healthy tissue responsible for urinary control is at high risk during a prostate procedure due to its nearness to the prostate itself. Surgically removing the prostate entails separating the part of the urethra that passes through the prostate at the point where it joins the remaining sphincter located just downstream. It also may mean removal of part of the sphincter muscles when the tumour is extensive and possible damage to the nerves that control sphincter action if the operation is difficult to perform because of prostatic size or variations in anatomy.

Experienced surgeons are certainly aware of these technical aspects of the surgery and generally keep this in mind when counselling patients about the relative safety of radical prostatectomy as opposed to other forms of treatment for the disease.

The good news. Most urinary incontinence, fortunately, is temporary. As the pelvic floor that supports the bladder heals and the external sphincter muscle that controls urine flow becomes more efficient, continence typically returns within a few weeks or months after catheter removal. The time frame varies, depending on the extent of the surgery, your age and the surgeon's experience in rebuilding the urinary tract and preserving the urinary sphincter.

Hello,

It is a pleasure to write to you on behalf of the TrueNTH Lifestyle Management (LM) team about a national wellness survivorship project supported by Prostate Cancer Canada (PCC) and funded by the Movember Foundation. We hope to increase awareness about the project with PCCN groups.

One of the goals of the LM project is to ensure men have access to prostate cancer physical activity, nutrition and stress-reduction resources and programs to help them adopt healthy practices. A website and online portal has been developed which gives men access to personalized programs, trackers, tools, and health libraries of prostate cancer specific wellness resources.

Registration on the portal will connect users with the TrueNTH LM central team and allow them to sign up for a 12-week home-based physical activity and yoga program. Users can also choose to join the TrueNTH LM portal simply to track their health and browse the wellness resources without a formal program. Users can register at [lifestyle.truenth.ca](http://lifestyle.truenth.ca).

We have included links below to several videos about the project:

- [Portal Feature Overview](#)
- [Participant Testimonial](#)
- [What is TrueNTH LM?](#)

If required, we have promotional materials that we can share with you to make referral to TrueNTH LM simple. Please share this information widely with your groups. Should you or your members have questions, please contact us by phone at 403-210-8482 or email at [lifestyle@truenth.ca](mailto:lifestyle@truenth.ca).

Sincerely,

**Lauren Voss, CSEP-CEP**  
Research Assistant | Health & Wellness Lab  
Community Liaison | TrueNTH Lifestyle Management

For **Dr. Nicole Culos-Reed, PhD**  
Professor | University of Calgary, Faculty of Kinesiology  
Lead Investigator | TrueNTH Lifestyle Management

**“The Lifestyle Management Program” provides online tools and resources for PCa survivors to lead a healthy balanced lifestyle.**

# TrueNTH LM Website

## How to Make It Work For You

Online tools and resources for leading a healthy, balanced lifestyle.



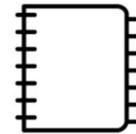
### Dashboard

View your trackers, workbooks, and wellness plans. Customize it to fit your needs.



### Health Library

Information on physical activity, nutrition & stress-reduction. Mark your favourite resources so they are easy to access again.



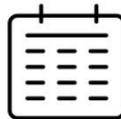
### Workbooks

Put together by the TrueNTH LM team to guide you through the 12-week programs. Complements your wellness plan.



### Circle of Care

Connect with the LM team, your professionals & other people in TrueNTH LM. Send messages and share resources.



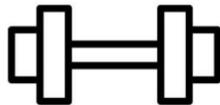
### Scheduling

Scheduling daily or weekly activity into your day will help keep you on track. You can also schedule other appointments or to do items.



### Forums

Connect with other survivors across Canada and with health and fitness professionals.



### Resistance Training Workouts

Your personalized physical activity program prescribed to you by a cancer and exercise fitness professional.



### Trackers

Health trackers for things like activity levels, sleep, and fatigue. Can even sync with wearable technologies, such as FitBit.

## **Advance Care Planning Resources – Movembers TrueNth initiative with Prostate Cancer Canada**

Currently, the resources we have are:

- 1) Website (acp.truenth.ca): Check out our new website where you will find answers to FAQs, registration for webinars, and advance care planning resources specific to your province/territory!
- 2) Online Advance Care Planning workbook (available on our website): If you visit our website and register to the TrueNTH ACP Portal, you will find a step-by-step guide for men with prostate cancer and their loved ones on how to complete an advance care plan. A hardcopy version of the workbook will be available at the end of June 2016.
- 3) Webinars: If you would like to learn about advance care planning from the comfort of your own home, you can sign up for our free online webinars. They are suitable for men with prostate cancer, as well as their partners, families and caregivers. To sign up for our next webinar visit:

<http://www.eventbrite.ca/e/educational-online-event-advance-care-planning-for-men-with-prostate-cancer-tickets-25350422797>



### **Prostate Cancer Canada and Canadian Cancer Society Partnership:**

Prostate Cancer Canada partners with the Canadian Cancer Society and together we provide the Prostate Cancer Information Service (PCIS).

PCIS is a help line serviced by information specialists who answer questions by phone or email. You can learn more by clicking on the link here: <http://prostatecancer.ca/Support/Services/Talk-with-an-Information-Specialist>

Just so you know – PCIS keeps an updated list of all support groups so information specialists can direct patients and families to a group in their area!



# PCCN REGINA PROSTATE CANCER SUPPORT GROUP INC.

PCCN REGINA PROSTATE CANCER SUPPORT GROUP TAX DEDUCTIBLE DONATION

PCCN Regina is a volunteer support group for men diagnosed with prostate cancer and their families. We are a registered charity that relies on the generosity of its members, supporters and friends to fund its programs. Charitable deduction receipts for income tax purposes are issued for amounts of \$10.00.

You can donate by sending a cheque to:

**PCCN – Regina: PO Box 37264  
Regina, SK S4S 7K4**

Donor's Name: \_\_\_\_\_

Donor's Address: \_\_\_\_\_  
\_\_\_\_\_

Postal Code: \_\_\_\_\_

If this gift is in memory/honor of someone, please provide mailing address information if you wish us to provide a notification.

This gift is in memory/honor of: \_\_\_\_\_

Send Notification to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postal Code: \_\_\_\_\_

## **BOARD STRUCTURE 2016/2017**

[pccn.regina@gmail.com](mailto:pccn.regina@gmail.com)

**Co-Chair** - Bob Terichow

Phone: (306) 584-9293 / (306) 581-9158

**Co-Chair** - Lawrence Ward

Phone: (306) 543-8215

**Treasurer** - Larry Smart

Phone: (306) 757-4959

**Secretary** - Dwaine Snowfield

Phone: (306) 586-1403

**Monthly Program** - Gordon Kerfoot

Phone: (306) 789-8555

**Tom Gentles** - Honorary

Phone: (306) 586-7702

**Peer Sharing**

Lawrence Ward or any member of our Board

Phone: (306) 543-8215

**Out Reach Program**

Jim Odling

Phone: (306) 522-7590

Dwaine Snowfield

Phone: (306) 586-1403

Sieg Hodel

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Steve Pillipow

Phone: (306) 586-9345

Grant Rathwell

Phone: (306) 766-2372

Stan Hanoski

Phone: (306) 529-1322

James Froh

Phone: (306) 450-0909

## 2016-2017 MONTHLY PROGRAM DATES

Support Group meeting dates are the second Thursday of each month. Monthly Programs are being developed and will be announced in future newsletters.

**2016**

**September 08**

**October 13**

**November 10**

**December 08**

**2017**

**January 12**

**February 09**

**March 09**

**April 06**

**May 11**

**June 08**

Annual Meeting

**July and August**

No meetings