



REGINA PROSTATE CANCER SUPPORT GROUP INC. NEWSLETTER

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.

**Our next meeting is on
Thursday April 11, 2019**

Program:

TrueNTH Lifestyle Management for PCa
& Pelvic Floor Therapy

Time:

Registration – 6:15pm

Meeting – 6:30pm – 8:30pm

The time change is to accommodate one on one discussions and to have the meeting room cleared for lock up by 9:00pm.

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.

Meeting room is on the 2nd floor.

Free evening parking along
McIntyre Street.

Visit our website!
www.pccnregina.ca

Our Mailing Address:

PCCN REGINA - PO Box 37264
REGINA, SK S4S 7K4

Please email us at pccn.regina@gmail.com if you have any questions.

To ensure you are receiving all of our newsletters and notices ensure pccn.regina@gmail.com is in your contact list.
If you would like to be removed from our newsletter and notices please use reply stating "Unsubscribe" in the subject line.

April's Presenters:

TrueNTH Lifestyle Management with Jacqui Dumont

Physical Activity, Stress-Reduction, and Nutrition Program for Men Living with Prostate Cancer in Regina.



Jacqui Dumont has been actively working in the fitness industry for 20 years. She is a Certified Fitness Instructor with SPRA, specializing in Older Adult Fitness, is a Personal Trainer Specialist, and Nutrition Wellness Specialist with Canadian Fitness Professionals, a Certified Yoga Instructor, and a Licensed Funeral Director.

Jacqui's "main job" besides being a grandma and spending time with family is a passion for healthy and active living. By offering fun and effective fitness classes, Jacqui strives to meet the needs of a wide range of ability and fitness levels to help others live a healthier lifestyle.

The summer of 2018 brought the opportunity to participate in and complete the Thrive Health Services Cancer and Exercise Course with the University of Calgary. Jacqui is looking forward to working in this more specialized area of fitness and is grateful for the opportunity.

Pelvic Floor Therapy with Deana Karner MScPT, tDPT

Deana Karner is a physiotherapist at Brownstone Health, who, as well as treating orthopaedic injuries and conditions, also specializes in pelvic floor physiotherapy. She lives in Regina with her husband and two children, where she can be found either at the hockey rink in the winter, or at the lake in the summer.

Pelvic floor physiotherapists are physiotherapists who have had advanced training, in order to adequately assess and treat pelvic floor dysfunctions within a physiotherapy scope of practice. They provide assessment and treatment in both women and men for such pelvic conditions as urinary and faecal incontinence, pelvic pain, sexual dysfunction or pain, constipation, post-operative rehabilitation, low back and hip pain, and more.

PCa is known as a man's disease --- but is it?

Liz's Story - Love, Loss and Laughter

Liz Sheppard did everything with her husband, Paul. Whether spending time together with their three sons or heading out on their next road trip, they were inseparable. At 51, Paul never expected a prostate cancer diagnosis. For six months, Liz was by his side, supporting him through his treatment.

“The two of us drew strength from each other,” she says. “I supported him any way I could. We had a lot of fun in the hospital. The nurses loved him. We had our moments, of course, and the frustrations and the tears, but he went head on with a positive attitude.”

Liz was with Paul from the moment he was diagnosed: “I said I loved him and that we’d do whatever we had to. Our sex life wasn’t important. He knew that too, because the bond we had was so much more than that. We would do anything for each other.”

Paul passed away at the age of 52 in hospital surrounded by his family. “I wish Paul was a survivor, but it didn’t happen,” says Liz.

“But if one person catches their prostate cancer in time because I’ve told my story, I’ve done my job.”



Their time in the hospital was hard, but also full of laughter. “He was always such a joker. One day, the nurses were helping him and I go, ‘Honey, you’re in bed with five women around you!’ He just went, ‘And what can I do?’ and they just laughed. They loved to see him, even if he wasn’t their patient.”

Whether it’s speaking about her own experience, or encouraging others to take charge of their health, Liz is doing all she can so no one else loses their husband. She opens up on social media, and gets her workplace involved with Movember and Plaid for Dad.

She’s also kept their three sons informed since day one. “The boys spent a lot of time with their dad in the hospital, they had to have their time too,” she says. “Liam gave out awareness brochures to his teachers and wanted them to know it’s not an invasive test.”

“The boys know how important early detection is, so I know they’ll be tested.”

2019 Home Show Review

Thanks to all those who volunteered to man our information booth at the Home Show. Well Done!

The objective was to spread the word about our support group, who we are, what we do, when we meet, the importance of PSA testing and sharing /providing information to those recently diagnosed. We provided valuable information that some thought or did not know was available.

Approximately 100 individuals stopped by to pick up information brochures and to ask questions. Many who stopped by had already gone through their journey and shared their story. Others just didn’t want to talk about Prostate Cancer. A special thanks to Board member Stan for chairing the project.





GOOD TO KNOW

More Options for Nonmetastatic Castration-Resistant Prostate Cancer



Men whose prostate cancer has not spread to other sites in the body but who have rapidly rising PSA levels despite androgen deprivation therapy (ADT) now have two more treatment options.

Previously, the only treatment for men with this condition—called nonmetastatic castration-resistant prostate cancer (NM-CRPC)—was to continue ADT until their cancer spread, at which time they would receive therapy to help control the spread, pain, and other related symptoms.

In 2018, the U.S. Food and Drug Administration (FDA) approved apalutamide (Erleada) for men with NM-CRPC based on findings from the SPARTAN trial. In that study, men with NM-CRPC who received apalutamide remained free of metastasis for 40.5 months, on average, compared to 16.2 months in others given a placebo.

Another 2018 study, the PROSPER trial, found that men with NM-CRPC who received enzalutamide (Xtandi) remained metastasis-free for an average of 36.6 months, compared to 14.7 months for the placebo group. Based largely on those findings, the FDA approved enzalutamide—previously only intended for men whose prostate cancer had already spread—to treat NM-CRPC.

It's not yet clear whether these drugs improve overall survival. Be sure you understand their risks and benefits before choosing to take either of them.



GOOD TO KNOW

NEW TOOL: Cancer Graph App

Your bridge to better treatment now available on Apple iOS and Android.

This tool is designed for cancer survivors and care givers. It works to help guide men diagnosed with PCa through treatment, to track symptoms and any side effects.

More at <http://www.cancergraph.com>



TAKE NOTE

Updated Exercise Advice for Men with Prostate Cancer

Not so long ago, some doctors discouraged men with prostate cancer from exercising. But that thinking has changed. In general, all men living with cancer who can exercise should be encouraged to do so, in a way that feels safe and comfortable for them.

Research has clearly demonstrated that regular exercise prevents premature death from all causes, and even light forms of exercise, like walking, may be helpful. A novel finding, originally reported in the Journal of Clinical Oncology in 2011, was that regular, vigorous exercise—that is, an activity that increases your heart rate, such as brisk walking or jogging—appears to be beneficial in terms of preventing death from prostate cancer. For this study, the investigators followed 2,705 men diagnosed with nonmetastatic prostate cancer between 1990 and 2008 and found that those who engaged in vigorous exercise for at least three hours a week had a 61 percent lower risk of dying of prostate cancer compared with men who had less than one hour per week of vigorous physical activity.

In a separate study published in Cancer Research, the same researchers reported a similar benefit from brisk walking in preventing progression of prostate cancer in men with localized disease.

Subsequently, several other large epidemiologic studies reported similar benefits of exercise in men with prostate cancer.





TAKE NOTE

“Whole Milk” Linked to Increased Risk of Prostate Cancer Recurrence

Drinking whole milk is associated with an increased risk for prostate cancer recurrence in men who have undergone treatment for the disease, according to a study reported in 2018 in the journal *Prostate*.


Previous research from observational studies suggested that men who regularly consume dairy products have an increased risk for prostate cancer, but less was known about the impact these foods and beverages have after diagnosis.


Researchers asked 1,334 men who had received a diagnosis of nonmetastatic prostate cancer within the previous two years to fill out questionnaires about their diets. Eight years later, 137 men had died of prostate cancer or had evidence of recurrence, such as rising PSA levels. Overall, men who consumed whole milk four or more times per week were 73 percent more likely to experience recurrence than those who consumed fewer than three servings per month. Whole milk's apparent influence on recurrence was limited to men who were overweight or obese (BMI 27 or higher), among whom whole milk tripled the risk. High levels of saturated fat in whole milk may be the culprit, the authors theorize.

The findings from this observational study don't prove that whole milk increases risk of recurrence. Nevertheless, if you're overweight or obese, switching to low- or nonfat dairy can help you save calories and, perhaps, lose a few extra pounds—a move that's been proven to be a good idea for your overall health.

Milk and Prostate Cancer



 The intake of total dairy products was associated with increased PCa incidence [HR = 1.12 (95% CI: 0.93, 1.35); >2.5 servings/d vs. ≤0.5 servings/d]. Skim/low-fat milk intake was positively associated with risk of low-grade, early stage, and screen-detected cancers, whereas whole milk intake was associated only with fatal PCa [HR = 1.49 (95% CI: 0.97, 2.28); ≥237 mL/d (1 serving/d) vs. rarely consumed]. In the survival analysis, whole milk intake remained associated with risk of progression to fatal disease after diagnosis [HR = 2.17 (95% CI: 1.34, 3.51)]. In this prospective cohort, higher intake of skim/low-fat milk was associated with a greater risk of nonaggressive PCa.

 Song Y, Chavarro JE, Cao Y, Qiu W, Mucci L, Sesso HD, Stampfer MJ, Giovannucci E, Pollak M, Liu S, Ma J. Whole milk intake is associated with prostate cancer-specific mortality among U.S. male physicians. *J Nutr*. 2013 Feb;143(2):189-96.

PROSTATE CANCER CONFERENCE



The prostate cancer conference is open to anyone interested in attending. Starting Friday September 6th at noon and running until Sunday September 8th at noon at the Inn at the Quay, 900 Quayside Drive New Westminster BC. Topics include: nutrition, exercise, incontinence, sexual health, leadership styles, facilitating a meeting, technology, marketing, view from a partner, how to get new members...and more!

SEPTEMBER 6 - 8 2019

NEW WESTMINSTER BC
registration: www.prostatecancerbc.ca

REGISTER NOW HERE.

An open invitation if you happen to be traveling through or visiting in Vancouver.





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 2018/2019

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2019-2020 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.

2019

January 10 - Advance Care Planning

February 14 - Will Planning

**March 14 - Sexuality after
Prostate Cancer**

**Apri 11 - TrueNTH Fitness and
Pelvic Floor Therapy**

May 9 - TBA

**June 13 – Annual Meeting
/ Member Appreciation**

July – August – No Meetings

Pending for 2019-2020

- UofR RN Professor on PCa Patient Care
- Update on UofR PCa Research Program we are funding
- Prostate Assessment Centre
- Saskatchewan Cancer Agency
- Nora Yates, CEO
Cancer Foundation of Saskatchewan
- Collen MacDonald: Tena Products
- Jolly's Medical: Incontinence Products