



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, September 12, 2019

Speaker:

Nora Yeates, CEO
Cancer Foundation of Saskatchewan

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.

New Location:

Saskatchewan Cancer Agency
200-4545– Parliament Ave.

West of Lewvan Drive in Harbour Landing.

Meeting room is on ground level.

Free parking on-site.

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.



TAKE NOTE

New for 2019-2020

We will now be meeting at the Saskatchewan Cancer Agency offices at **200-4545 - Parliament Ave.** which is just west of Lewvan Drive in Harbour Landing. We will meet in the meeting room on the main floor, to the right as you enter. Entrance is through the south doors.

Doors will open at 6:00pm and lock at 7:30pm for security reasons. Free parking is available on site, other than in the reserved spots for SaskTel/Energy/Power as they have employees working after 6:00pm.



Reminder:

No support group meetings July/August – enjoy summer with Family and Friends!

September is Prostate Cancer Awareness Month

PCa deaths have dropped by 27% over the last 25 years due to advanced early detection and early treatment.

September's Presenter: Nora Yeates

Please welcome Nora to our next meeting!



Nora Yeates is the Chief Executive Officer (CEO) of the Cancer Foundation of Saskatchewan (Foundation). Nora has spent the last 15 years advancing her skills and knowledge through her work at the Canadian Cancer Society, Hospitals of Regina Foundation, and most recently, the University of Regina. Nora earned her Bachelor of Commerce degree from the University of Saskatchewan, her certification as a fundraising executive from CFRE International and recently completed the Community Shift Leadership Program at the Ivey School of Business in 2017.

Nora believes in community involvement. She is an advocate for the Association of Fundraising Professionals and has volunteered at both the local and national level for more than ten years. Both she and her husband Ian belong to the Rotary

Club of Regina and are season ticket holders for the Regina Symphony Orchestra, Globe Theatre and of course, the Riders. Together they have a blended family of 5 children and 4 grandchildren.

As the CEO of a brand new charity in Saskatchewan, Nora Yeates explains the start of this grassroots Foundation and how it came about. You will learn how the Cancer Foundation of Saskatchewan is filling a gap for the needs of cancer patients within our province.

Nora Yeates, B. Comm, CFR



TAKE NOTE

Member Survey for 2019-2020 Programming

We'd like to hear from you.

Please open the attached 2-3 minute survey link to share your thoughts with us.

[Click here to open the Member Survey.](#)

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

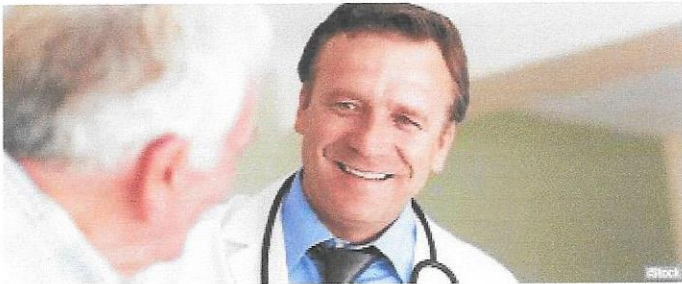
REGISTER NOW HERE.

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





How Prostate Cancer is Graded



Grading a cancer is a method doctors use to evaluate a patient's prognosis and determine the best management strategy. The higher the grade, the more aggressive the cancer's behavior. The Gleason grading system is used for prostate cancer, with a pathologist assigning the grade after reviewing a prostate biopsy slide.

The Gleason system assigns a number from 6 to 10 to indicate the cancer's aggressiveness. This number is actually the sum of two scores, each ranging from 1 to 5: a primary score, which describes the relative abnormality of the cells making up the largest area of the tumor, and a secondary score, which describes the cells of the next largest area. Gleason score 6 cancers tend to behave less aggressively than Gleason score 7 cancers, which, in turn, are not as aggressive as cancers scored 8, 9, or 10.

Today, 60 percent to 70 percent of cancers diagnosed by way of a prostate biopsy are graded as Gleason score 6; about 20 percent to 30 percent, Gleason score 7; and 5 percent to 10 percent are Gleason 8 and higher.

The Gleason score is not the only result you may see on your pathology report. Many pathologists also use a grading system from the International Society of Urological Pathology (ISUP). Your urologist will assist you with understanding the significance of all this information.

Reviewed On May 8, 2019



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 2019/2020

pccn.regina@gmail.com

Co-Chair - Bob Terichow
Phone: (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

Jim Odling
Phone: (306) 522-7590

James Froh
Phone: (306) 527-8290

Dwaine Snowfield
Phone : (306) 586-1403

Peer Sharing

Lawrence Ward
Phone: (306) 543-8215

Stan Hanoski
Phone: (306) 529-1322
or any Board Member

Out Reach Program

James Froh
Phone: (306) 527-8290

Jim Odling
Phone: (306) 522-7590

Steve Pillipow
Phone: (306) 586-9345

Dwaine Snowfield
Phone: (306) 586-1403

Peter Tyerman
Phone: (306) 525-6966

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

September 12

- Nora Yeates, CEO
Cancer Foundation of Saskatchewan

October 10

November 14

December 12

2020

January 09

February 13

March 12

April 09

May 14

June 11 – AGM

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
 - Dr. Garcia
 - Dr. Amjad