



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 December 13, 2018

*** NOTE:** New times for 2018-2019

Program:

Music by Ryan Hicks

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.

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.



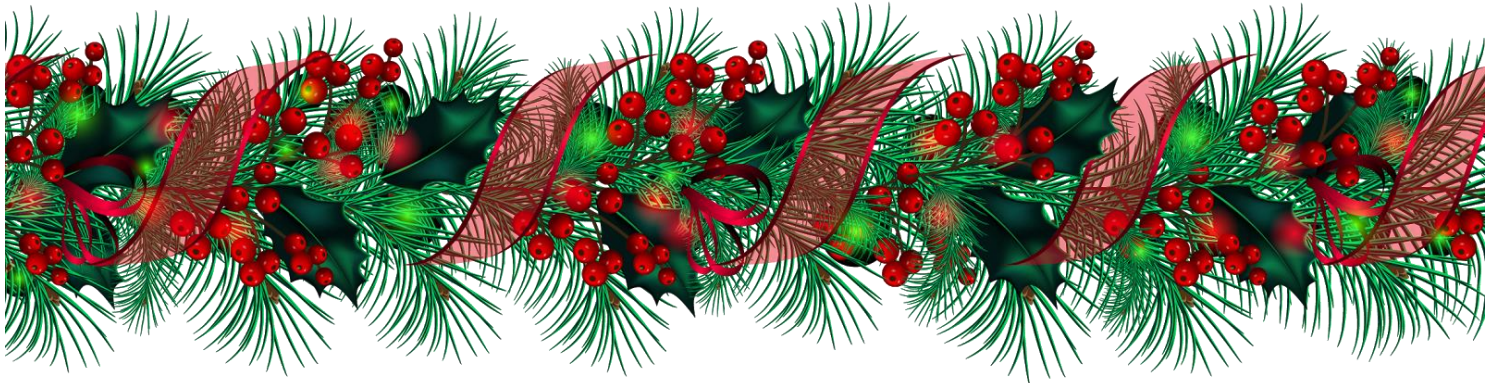
TAKE NOTE

December Program

December 13th Support Group meeting features a seasonal musical program featuring **Ryan Hicks**. Ryan is a singer/songwriter from Regina. Ryan has been performing in a number of musical ventures as a vocalist, guitarist, bassist and occasional harmonica player for over 15 years. Ryan Hicks makes melodic, cinematic alt-pop music. Come out and enjoy seasonal music and food with our members. Q&A roundtable rounds out our evening. Please join us.

**Are you or a loved one facing a recent Prostate Cancer diagnosis?
Talk or email an information specialist today.**

Call 1-855-PCC-INFO (1-855-722-4636) or email support@prostatecancer.ca



From the Board of Directors:



May your holiday season be filled with Good Health; Happiness and Peace with the very best for the coming year.



GOOD TO KNOW

Factors That Can Affect a Man's PSA Level

The prostate-specific antigen (PSA) test measures blood levels of a protein called prostate-specific antigen, which is produced by prostate cells. PSA often rises in men who have prostate cancer. But an elevated PSA level doesn't always mean that a man has the disease. Conversely, a normal PSA level doesn't always mean he doesn't have it. Here's what men should know about factors that can affect their PSA test results.

False Alarm

PSA screening produces a significant number of false alarms, since PSA levels in the blood may be elevated for reasons other than prostate cancer. These include:

- Prostatitis, an inflammation of the prostate
- Benign prostatic hyperplasia (BPH), an enlargement of the prostate
- Ejaculation within 48 hours before the test
- Some evidence implicates digital rectal exams and bicycle riding within 48 hours before the test as causes of increased PSA levels as well.

Based on findings from large screening trials, most doctors would consider a PSA above 3 ng/mL to 4 ng/mL in men between 50 to 70 years of age to be a reason for further evaluation, especially if it is rising.

False Reassurance

Two drugs used to treat prostate enlargement, finasteride (Proscar) and dutasteride (Avodart) lower PSA levels by about 50 percent. You should have a PSA test before starting treatment with either drug so that subsequent PSA values can be interpreted in light of this baseline value. If you're already taking one of the drugs and your baseline PSA level wasn't obtained, your current PSA test results should be doubled to estimate your "true" PSA level.

The medication Propecia, which is a lower dose of finasteride marketed for the treatment of male-pattern baldness, also lowers a PSA value to the same extent as the larger dose of finasteride. If you use Propecia, alert your doctor so your PSA results can be adjusted accordingly.



GOOD TO KNOW

Is PSA Screening Right for You? 6 Essential Questions to Consider

Guidelines from professional groups, including the American Cancer Society (ACS), the American Urological Association, and the United States Preventive Services Task Force advise men to discuss the pros and cons of prostate-specific antigen (PSA) screening with their doctors.

To help you decide whether screening is right for you, here are six key questions to consider and discuss with your doctor:

1. How high is my prostate cancer risk?
2. Am I willing to undergo a biopsy if my test comes back positive?
3. How would I feel if the biopsy revealed that my results were false-positive, which would mean that I had a procedure I didn't need?
4. Do I want to learn that I have prostate cancer even if it might be slow growing and would never have caused harm?
5. Would I be willing to forego immediate treatment and choose active surveillance instead?
6. How would I feel if I developed prostate cancer after choosing not to be tested?

If you decide to get screened, you and your doctor should also discuss how often you should have the test; research suggests if your PSA level is low, it's OK to wait two to four years to be retested.



GOOD TO KNOW

Transrectal Ultrasound and Prostate Biopsy: What to Expect

If the results from a man's digital rectal exam (DRE), prostate-specific antigen (PSA) test, or both suggest prostate cancer may be present, transrectal ultrasound is performed to determine the size of the prostate, to identify any areas that are suspicious for cancer, and to direct the needles used for prostate biopsy. A prostate biopsy typically takes about 15 to 20 minutes and is performed on an outpatient basis.

Doctors routinely use a local anesthetic such as lidocaine (Xylocaine) to reduce discomfort during the procedure. The ultrasound examination is performed with the man lying on his side. An ultrasound probe (about the size of a finger) is gently inserted 3 to 4 inches into the rectum. The probe emits soundwaves that are converted into images corresponding to the different prostate zones. Small prostate cancers are usually not detectable by ultrasound examination. Fitted to the probe is a biopsy gun with a needle that is fired through the wall of the rectum. The needle extracts small pieces of prostate tissue in less than a second. Ideally, at least 10 to 12 tissue samples ("cores") are taken from the prostate. A pathologist examines the samples under a microscope to determine whether cancer is present.

If the prostate biopsy shows no cancer but the physician still suspects that cancer is present because of an abnormality on the DRE or PSA test, a repeat biopsy may be performed. Each year, about 1 million prostate biopsies are performed in the United States, and of those, about one in three are cancerous.

A prostate biopsy usually causes only minor discomfort. Common side effects include minor rectal bleeding; blood in the stool, urine, or semen; and soreness in the biopsied area. All of these side effects resolve over time.



TAKE NOTE

Prostate Cancer: Survive & Thrive Symposium

6th Annual Prostate Cancer Symposium was held November 3, 2018 in Saskatoon.

Steve, Lawrence and James attended. **Dr. Anne Katz** was the keynote speaker. She is a certified sexuality counsellor at CancerCare Manitoba and a Clinical Nurse Specialist at the Manitoba Prostate Centre. Her presentation was titled *"It's a Couple's Thing: Sexuality after Prostate Cancer"*.

She has educated health care providers and cancer survivors about cancer, sexuality, and survivorship around the world and is an avid blogger for ASCO Connections.

Dr. Katz is the author of 13 books for health care providers and health care consumers on the topics of illness and sexuality as well as cancer survivorship. She was awarded the SSTAR 2015 Consumer Book of the Year Award for her book: *Prostate Cancer and the Man You Love: Supporting and Caring for your Partner*. Dr. Katz is the editor of the Oncology Nursing Forum, the premier research journal of the Oncology Nursing Society.

Other Featured Speakers included:

Dr. Kunal Jana (urologist) - *Active Surveillance*

Steven Kary (oncology pharmacist) – *Testosterone and the role of Hormone Therapy*

Ask the Experts (Panel)

- Dr. Anne Katz - clinical nurse specialist, Manitoba Prostate Centre
- Dr. Indranil Das - family physician, Saskatoon
- Steven Kary – oncology pharmacist
- Dr. Kunal Jana - urologist, Saskatoon
- Dr. Nayyer Iqbal - medical oncologist, Sask Cancer Agency

Ask the Experts (Panel) provided an open and honest forum to speak about recurring questions and shared concerns amongst prostate cancer survivors.



TAKE NOTE

A message from TrueNTH --- A New PCa Exercise Program in Regina!

Lifestyle Management for Cancer Survivors

Regardless of when you have been diagnosed and what treatment you've received, regular physical activity, stress reduction and following a healthy lifestyle are all recommended for people living with cancer. Research supports the benefit of exercise to improve symptoms of pain and fatigue, as well as the survivor's strength, fitness, and quality of life.

Taught by an instructor who has completed the Thrive Health Services Cancer Lifestyle Management Course, and is trained to modify exercises to fit the needs of each individual, in a supportive and communal environment.

City of Regina-Fieldhouse
1717 Elphinstone St.

Wed. 1:15-2:15 \$60 per session
Jan. 9- Feb. 27; March 6-April 24; May 1-June 19.

To register go to Regina.ca & for more information call: (306) 777-7158

Thank you for spreading the word to everyone in PCCN Regina! We hope that there will be many men wanting to take part in this program, especially as we are starting a new campaign called #movethatman which is encouraging support people to give the men in their life an extra nudge to get up and active.



These programs are evidence-based so that your health concerns are addressed, you are kept safe, and that you enjoy every minute!

Select your province on the Truenth.ca website to find the programs available near you.

Don't see a program listed in your area? You can get a home program through the secure online portal

Contact lifestyle@truenth.ca to get more information and to find out about any future community programs that may be coming to your region.



TAKE NOTE

About Prostate Cancer Canada



In 1994 Ron Evason founded the Prostate Cancer Foundation of Canada. Diagnosed with prostate cancer in 1993, he realized that there was little, if any, high caliber research being done for the disease. The Foundation's mission was to support research into the cause, cure, and prevention of prostate cancer.

The Foundation worked tirelessly with professionals and organizations to advance the prostate cancer cause. A 1997 National Prostate Cancer Forum brought together 150 stakeholders to develop direction for future research, communication, and advocacy activities. The Foundation continued to move forward on forum recommendations by participating in the Prostate Cancer Alliance of Canada.

In July 1999, the Foundation merged with the Canadian Prostate Cancer Research Fund, to become the Prostate Cancer Research Foundation of Canada. Since then, the Foundation has become one of Canada's foremost organizations dedicated solely to raising funds for research to eliminate prostate cancer.

In May 2009, after ten years of successful fundraising and research efforts, the Foundation re-branded itself from the Prostate Cancer Research Foundation of Canada to Prostate Cancer Canada.

VISION

Prostate Cancer Canada's vision is to be a global leader in the fight against prostate cancer, earning the enthusiasm and support of Canadians through integrity, compassion, and innovation.

MISSION

Prostate Cancer Canada is the leading national foundation dedicated to the elimination of the most common cancer in men through research, advocacy, education, support and awareness.

KEY MESSAGES

- Prostate Cancer Canada invests the generous donations of Canadians towards funding research that will uncover better diagnostic and treatment options, and towards providing comprehensive education and support services for those living with and affected by prostate cancer.
- Prostate Cancer is the most common cancer in men; 1 in 7 Canadian men will be diagnosed with prostate cancer in their lifetime.

[VIEW MORE OF PCC'S KEY MESSAGES & THEIR WEBSITE HERE.](#)



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

pccn.regina@gmail.com

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Co- Chair - Lawrence Ward
Phone: (306) 543-8215

Treasurer - Larry Smart
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Steve Pillipow
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Dwaine Snowfield
Phone: (306) 586-1403

Grant Rathwell
Phone: (306) 766-2372

2018-2019 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.

2018

September 13 - Dr. Asim Amjad

October 11 - Dr. Deb Korol

**November 8 - Men's Mental Health
Allen Blair Cancer Centre / Movember**

December 13 - Music by Ryan Hicks

2019

January 10 - Advance Care Planning

February 14 - Will Planning

March 14

Apri 11

May 9

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

July – August – No Meetings

Pending for 2019

- UofR Professor on PCa patient care
- Update on UofR PCa Research Program we are funding
- Prostate Assessment Centre
- Saskatchewan Cancer Agency