



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 February 14, 2019

Program:

Presentation on Will & Estate Planning
Kellan Gulka-Tiechko, Barrister & Solicitor

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.



February's Presenter: Please welcome Kellan to our next meeting!

Kellan Gulka-Tiechko is a lawyer at Canham Miller Law Office in Regina, where his practice focuses on Wills & Estates, Real Estate, and Business Law. People live complicated lives and they should make sure that their estate planning is right for their circumstances and reflects their wishes. Proper estate planning should reduce stress and try to prevent future problems - educating yourself is the first step.

January Meeting Review

Michelle Busch, Senior Health Educator, with the Advance Care Planning Program for Saskatchewan Health Authority.

Michelle's presentation focused on Advance Care Planning this is sometimes called a living will, advance directive, or health directive. Advance Care Planning is about taking care of your health care business.

The instructions and information in the plan would only be used to give direction for a person's treatment if that person is not capable of speaking for themselves. It's intended to be your voice if you are unable to speak for yourself.

Materials and handouts included information about creating your own Health Care Directive, and Life Capsules were available for all those in attendance.

My Life Capsule This capsule is a way to make your medical information and advance care plan available to medical personnel when an emergency occurs in your home.

It looks like an empty pill bottle. It has a form for your medical information and you can put a copy of your advance care plan in it as well. The My Life Capsule goes in your fridge and an information magnet goes on the front of the fridge.

For further information on the living will contact the Advance Care Planning office by phone at 306-766-5922. To speak to someone in Emergency Medical Services about My Life Capsule or to obtain a capsule and a magnet call 306-766-6255.



Uncovering Prostate Cancer Mysteries in Unexpected Places

Would you ever guess that urine might hold the key to better prostate cancer treatments? Dr. Bharati Bapat, a cancer geneticist at Mount Sinai Hospital in Toronto, is doing just that: Using patients' urine to predict who is likely to develop different types of prostate cancer.

"There are currently no established approaches for Canadian doctors to distinguish between patients with slow growing versus aggressive disease," says Dr. Bapat. "PSA and biopsies give us part of the story, but making treatment decisions can be difficult. We still need more information to understand if a patient's cancer will progress."

While there is room for improvement, researchers have found more and effective ways to treat prostate cancer, and designed better tests to detect it early in recent years. In fact, in the 25 years since Prostate Cancer Canada's inception, the mortality rate from prostate cancer has decreased by 50 per cent. The major challenge still to overcome is that many patients are over-treated.



Dr. Bharati Bapat in her genetics lab

Overcoming Patient Anxiety and Improving Care

"When faced with a prostate cancer diagnosis, men and their families can feel considerable anxiety, especially when it comes to their treatment options," says Dr. Bapat. "Many patients choose active surveillance involving regular biopsies, which have their own complications to consider. Conversely, some men initially diagnosed with slow-growing prostate cancer actually harbour aggressive prostate cancer cells that ultimately spread."

"I want my research in genetics to help address this anxiety. Specifically, how can we use genetic information to develop better tools for early and accurate diagnosis, as well as monitoring the disease?"

Dr. Bapat used leading-edge, gene interrogation to pinpoint biomarkers in the urine and tumours of men with prostate cancer. These exciting discoveries led to the foundation for developing a test that looks for the biomarkers to predict which men have low-risk prostate cancer, and those with cancer that is likely to spread.

This new way to recognize how different prostate cancers will evolve could help doctors across Canada. With this knowledge for each patient, they could devise treatment and monitoring strategies catered specifically to individual men.

"This research will ensure men and their doctors know immediately after diagnosis whether they require more invasive treatment or if they can be safely monitored without treatment."

A Discovery 12 Years in the Making

Dr. Bapat has been researching prostate cancer for more than 12 years. Her interest and curiosity in how genes affect cell behaviour led to a desire to help the one in seven men who will be diagnosed with prostate cancer in their lifetime, as well as their families.

“Donations from Prostate Cancer Canada supporters have been instrumental in making these discoveries,” says Dr. Bapat. “Along with support from Movember Foundation’s donors, these contributions have moved the dial on our ‘bench to bedside’ research, ultimately leading to better patient care.”



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

March 6-April 24; May 1-June 19.

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



GOOD TO KNOW

Prostate Cancer Canada has updated it’s PSA guidelines to reflect the following:

Prostate Cancer Canada endorses the Canadian Urological Association’s (CUA) recommendations on prostate cancer screening and early diagnosis. There is detailed information about these recommendations in the link below. Also attached is the PSA test infographic that you can download it from the website as well.

www.prostatecancer.ca/Prostate-Cancer/Testing-and-Diagnosis/The-PSA-Test

Note that Prostate Cancer Canada continues to support the PSA test as a key step in early diagnosis. It is important for men to discuss the PSA test and personal risk factors with their doctor to make an informed decision about whether the PSA test is right for them. In the coming weeks and months our educational materials will be revised to reflect our position.

THE PSA TEST

TO DETECT PROSTATE CANCER

Prostate Cancer Canada endorses the Canadian Urological Association's PSA testing recommendations summarized here.



What is it?



- A blood test measuring amount of the prostate specific antigen (PSA) protein
- It's normal to have PSA in your blood, but high levels can mean something is wrong - potentially prostate cancer

Should I get tested?



- Before deciding to be tested, discuss advantages and disadvantages with your doctor

Am I at risk?



- Age
- Family history of the disease
- Black men

When should I start being tested?



- Age 50
- Age 45 if at high risk

How often should I be tested?



- It depends on your PSA levels and can be different for each man

When should I stop testing?



- It depends on your PSA level, age and general health
- Usually at age 70
- In your 60s if PSA levels are low



GOOD TO KNOW

Smoking During Localized Prostate Cancer Treatment Tied to Poorer Outcomes

Men with localized prostate cancer who continue to smoke while undergoing treatment for the disease are more likely than nonsmokers to experience biochemical recurrence and other adverse outcomes after treatment, an analysis of previously published research finds.

Tobacco smoke has been linked to cancers of the genitals and urinary organs, though whether it plays a role in prostate cancer is uncertain. To better understand the effect of smoking on prostate cancer, researchers reviewed data from 11 studies involving 22,549 men who had undergone radical prostatectomy or radiation therapy for localized prostate cancer (disease that has not spread beyond the gland). Of that group, 4,202 (18.6 percent) were smokers at the time of treatment. On average, these studies followed the men for six years.

Compared with nonsmokers (never and former smokers) at the time of treatment, current smokers were 40 percent more likely to experience a biochemical recurrence, that is, a rise in prostate-specific antigen that suggests cancer has returned. In addition, cancer was significantly more likely to spread in current smokers, and they were nearly twice as likely to die of the disease.

There is some encouraging news, and it offers one more reason to kick the habit. Although the data are limited, they suggest that prostate cancer is less likely to spread in former smokers and that men who quit have a lower risk of dying of the disease. The findings were published in the July 1, 2018 issue of JAMA Oncology.



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

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

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 - TBA

Apr 11 - Pelvic Floor Therapy for Men

May 9 - TBA

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

July – August – No Meetings

Pending for 2019

**- UofR RN Professor on PCa
Patient Care**

**- Update on UofR PCa Research
Program we are funding**

- Prostate Assessment Centre

- Saskatchewan Cancer Agency