



# 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 June 13, 2019

### **Program:**

13th Annual General Meeting

### **Time:**

6:15pm – Registration

6:30pm – Complimentary Pizza Buffet

7:00pm – Annual General Meeting  
& Nominations

### **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](http://www.pccnregina.ca)

### **Our Mailing Address:**

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

Please email us at [pccn.regina@gmail.com](mailto: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](mailto: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.

**PCCN: REGINA PROSTATE CANCER SUPPORT GROUP INC.**  
**13<sup>th</sup> ANNUAL GENERAL MEETING AGENDA**  
**Thursday, June 13th, 2019**

**1.0** Call to order

**2.0** Adoption of Agenda

**3.0** Adoption of Minutes from June 14, 2018 Annual General Meeting as presented

**PCCN REGINA PROSTATE CANCER SUPPORT GROUP INC.**  
**MINUTES OF THE ANNUAL GENERAL MEETING**  
**THURSDAY JUNE 14, 2018**

The meeting was proceeded by a pizza meal starting about 6:30 pm. It was eaten in the meeting room on the 2nd floor at Canadian Cancer Society building where the meeting took place.

1.0 The business meeting was called to order at 7:15 p.m. There were a total of 24 participants.

2.0 Approval of the Agenda

Approval moved by – Steve Pillipow. Seconded by – Keith Inches. Carried.

3.0 Approval of the 2017 Annual General Meeting minutes as circulated.

Approval moved by – Jim Odling. Seconded by – Jack Lister. Carried.

4.0 There was no business arising out of the minutes.

5.0 Financial Report for year ending May 31, 2018 (attach copy of report with minutes) presented by Larry Smart.

A complete report for 2017/2018 was presented. The funds surplus at the end of the fiscal year was \$22,718.80.

Larry Smart moved that the Financial Report as circulated be approved.

Seconded by Gladys Straus. Carried.

5.1 Motion for Approval to waive an audit of the financial statement for 2017/2018 year.

Moved by – Larry Smart. Seconded by –Steve Pillipow. Carried.

6.0 Presentation of a report for 2017/2018 activities was done by Lawrence Ward. Stan Hanoski moved and James Froh seconded that the report be accepted as presented. Carried.

7.0 Nominating Committee Report from Jim Odling.

It was explained that the time commitment was the Thursday regular meetings and the Board meetings which were held two weeks before the group meetings on a Thursday from 9:30 to 11:00 a.m.

The following names were submitted as candidates for the board of directors: Bob Terichow, Grant Rathwell, Jim Odling, Larry Smart, Lawrence Ward, Steve Pillipow, James Froh, Stan Hanoski, Dwaine Snowfield.

As there were no further motions it was moved by Jim Odling and seconded by Jim Straus and carried that those members were declared elected.

8.0 No new Business was brought forward.

9.0 Steve moved, Larry seconded, carried. The AGM was adjourned at 7:40 p.m.

4.0 Business arising from the Minutes

5.0 Finance Report for year ending May 31, 2019 as presented: Larry Smart

**Prostate Cancer Canada Network - Regina Inc.**

**Statement of Revenue and Expenditure**

**For the Year Ended May 31**

	2019	2018
<b>Revenue</b>		
Donations - General	\$ 1,144	\$ 975
- Walk For Dads	400	8,408
- Seminar	-	1,657
Other	129	138
Total Revenue	<u>1,673</u>	<u>11,178</u>
<b>Expenditure</b>		
Meeting Announcements - Newspaper	2,226	2,353
Information Booth - Home Show	1,514	-
Honorariums - Speakers & Facilities	900	650
Seminar	-	1,753
Brochures, Newsletters & Website	708	766
Monthly/Annual Meeting Expenses	712	204
Walk For Dads	-	371
Urology Conference	423	511
Pasqua Survivor Garden	120	-
Administrative Expenses	401	388
	<u>7,004</u>	<u>6,996</u>
Current Year - Net Change	(5,331)	4,182
Surplus, beginning of year	<u>22,719</u>	<u>18,537</u>
Surplus, end of year	<u>\$ 17,388</u>	<u>\$ 22,719</u>

**Prostate Cancer Canada Network - Regina Inc. is incorporated under the Non-Profit Corporations Act of Saskatchewan and is a Canada Revenue Agency Registered Charity.**

- 5.1 Approval to dispense with an audit of the financial statement for the year 2018/2019
- 6.0 Presentation of report for 2018/2019 activities: Lawrence Ward
- 7.0 Nominating Committee: Jim Odling
- 8.0 New Business - Presentation of honorarium to the Canadian Cancer Society: Lawrence Ward
- 9.0 Adjournment

## May Meeting Summary

A presentation on male incontinence products was made by Jolly's Medical Supplies and Tena Products. Demonstrations of product features were enlightening. Jolly's carry a full range of Tena products which can be ordered and delivered discreetly packaged.

For more information call Tim at Jolly's 306-522-3833 or search their website [Jollymedical.ca](http://Jollymedical.ca)

A personal testimony was also presented on new male incontinence products now available in Canada through [Activkare.com](http://Activkare.com)



### TAKE NOTE



PCCN Regina has received a gift of collector Barbie Dolls. Do we have collector among our member families who would be interested in the collection or knowledgeable about the current values?

The pictures are a sample of the dolls ... many in the original boxes.

For more information contact Board Member Stan Hanoski @ 306-529-1322 or at [mrlee@myaccess.ca](mailto:mrlee@myaccess.ca)





## TAKE NOTE

### PCCN Regina Support Group Board Members

The PCCN Regina Support Group Board provides a very valuable service to our community. We need your help as there are positions open on the Board of Directors for next year. Please volunteer. Family members and friends are also encouraged. You can make a difference to many on the prostate cancer journey. For more information please contact Jim Odling by email at [golfer@sasktel.net](mailto:golfer@sasktel.net) or by phone at (306) 522-7590.



PCCN Regina Support Group has volunteered to help maintain the Cancer Survivor Garden in front of the Allan Clair Centre at the Pasqua Hospital again for 2019. Volunteers are required from PCCN Regina to work with the Regina Qu Appelle Health Region to help with acquiring the plants and organize the annual planting/clean up days.

***We need your help.***

Please contact Jim Odling by email [golfer@sasktel.net](mailto:golfer@sasktel.net) or by phone 306 522-7590 to volunteer or for more information.



## GOOD TO KNOW

### 'Game-Changing' New Treatment for Cancer Patients Available Soon in Canada

*Trials are underway with the MR-Linac, a new hybrid radiation machine giving hope to cancer patients by offering treatment with unprecedented safety and efficiency. [CTV News Article here.](#)*

In the last three years, David Hutson has beaten both throat and skin cancer.

Now he's hoping a new form of radiation treatment will help him overcome the prostate cancer he was diagnosed with last September. Hutson is the first patient in the world to experiment with a new cancer-killing technology called [MR-Linac](#).



Radiologists from the Christie Hospital Manchester in the United Kingdom help cancer patient David Hutson out of the MR-Linac radiation machine in Manchester, U.K. in May 2019. (ITN)

"I feel very lucky indeed that I'm having this treatment. I feel very confident in this technology," he says from the Christie Hospital Manchester in the United Kingdom.

"And from my diagnosis, it's going to help me to defeat this third bout of cancer." Normally, radiotherapy is carried out in two stages.

First, a scan of the tumour is made. Then a dose of radiation is delivered. Part MRI scanner and part radiation machine, the MR-Linac allows doctors to do both tasks at once; they can visualize the tumour in real time while beaming high-energy radiation to the area.



Patient David Hutson receives radiation treatment for his prostate cancer using an MR-Linac machine at the Christie Hospital Manchester in Manchester, the United Kingdom in May 2019. (ITN)

The result is on-the-spot imaging and targeted treatment in one shot. Because doctors can give more precise and intense doses of radiation, the groundbreaking technology could treat cancers with unprecedented safety and efficiency.

MR-Linac could also be an effective treatment for forms of cancer that move, or that are normally impossible to treat with radiation because of their proximity to vital organs, like the pancreas or liver.

Ananya Choudhury, a clinical oncology consultant at Christie Hospital Manchester, believes the new cancer-fighting technology has huge potential.

"If we can do that, then we can not only treat the patients with radiotherapy, but we can increase the dose to try and increase the cure rate," he says.

Toronto's [Princess Margaret Cancer Centre](#) and [Sunnybrook Hospital](#) currently house the only MR-Linac machines in Canada.

Sunnybrook is also a founding member of an international consortium of doctors and experts leading the charge in developing this state-of-the-art device.

Other members include medical centres in the United Kingdom, the United States and the Netherlands.

In March 2019, Health Canada approved a medical device license for the MR-Linac, a move that clears the machine to be sold commercially and used for research in Canada.



## TAKE NOTE

### Prostate Cancer National Survey

Prostate Cancer Canada developed a national survey to learn more about Canadians' understanding of prostate cancer. We want to get responses from all across the country to best represent the diversity of Canadians. The survey takes 3 minutes to complete and survey participants will be eligible to enter a contest to win a \$100 gift card.

Please consider taking a few minutes to complete the survey. Here is the link: <http://bit.ly/PCHealthsurvey>

We would greatly appreciate if you could share information about the survey with your group members and others whom you think would be interested in participating so that we may engage more Canadians meaningfully and determine what information they need.

If you have any further questions, feel free to contact myself or my colleague at PCC, Paulysha De Gannes, Senior Coordinator, Policy and Engagement at [Paulysha.degannes@prostatecancer.ca](mailto:Paulysha.degannes@prostatecancer.ca)

Many thanks,

**Anne Breakey Hart, CVA**

Manager, PCCN and Volunteer Engagement | Prostate Cancer Canada



## GOOD TO KNOW

### 'We're Also Treating a Relationship': Sask. Doctor Applauds Government's Move to Cover Penile Implants



Pictured is one version of a penile implant that can be surgically inserted. The device includes a water reservoir, which allows men to pump it up to achieve an erection. (Kendall Latimer/CBC)

Saskatchewan urologist Dr. Francisco Garcia said it can be difficult for men to admit they're experiencing erectile dysfunction, but he's hopeful public conversations can ease the stigma.

He also thinks it might be easier to talk about now that the province is helping foot the bill for a procedure that can help men perform again.

"Not only is it OK to ask for help, but we have some solutions," Garcia said.

Under an order of council that came into effect earlier this month, Saskatchewan's government will now cover the penile implant procedure. That coverage was ended by the province in 1993.

"The psychological benefits, I think, are immense" for men who get the implants, said Garcia. "The idea of being able to be potent can be very important for a lot of guys, and almost defining."

Garcia said confidence is a key factor, especially for men who experience erectile dysfunction because of a cancer, trauma or deformity.

Once the procedure was insured, Garcia was able to bring men into his office to discuss options they previously couldn't access because of cost — some of whom were clearly happy about the news.

"I'm fairly sure at least one of those guys skipped in," he said, noting his administrative staff described the incident.



Dr. Francisco Garcia advocated to have penile implants funded by the provincial government. He said he's thrilled by the decision to provide coverage for the procedure. (Trent Pepler/CBC)

But Garcia notes the effects of the implants go beyond a man's psychological and physical well-being.

"We're also treating a relationship," he said, adding it allows partners to "re-engage in that nice, very intimate and personal way, in that physical way that they may not have been able to do for years."

### **Criteria for Coverage**

Before the procedure was funded, Garcia said it would cost a patient about \$15,000 to \$16,000, including about \$7,500 to \$9,000 for the device on top of hospital fees.

The change came about after a physician submitted a request through the Saskatchewan Medical Association to have the penile prosthesis procedure insured by the Ministry of Health, according to a ministry spokesperson, and the two organizations began negotiations.

They agreed to insure penile prosthesis under specific conditions. The ministry estimates that given the criteria an estimated 12 to 15 patients per year will qualify for coverage.

For example, the procedure must be medically required and all other treatment options must be exhausted.

Furthermore, the cost of the prosthesis will be covered if the erectile dysfunction stems from surgical injury or trauma. This could include prostate, rectal, colon or bladder cancer survivors who experienced damage from surgery or radiation, Garcia said.

"It opens up the door for those who've had car accidents or other trauma where they've had permanent severing of the nerves."

It can also be covered if the need comes from severe penile deformity and Peyronie's disease — which "can cause twisting [into] all sorts of different shapes when the penis is erect," said Garcia.

"Basically it's a scar that will cause curvature."

He said men with this condition can have reconstruction surgery, but the surgery that straightens the penis often leaves the man unable to have normal erections. Now, Garcia said he'll be able to put in an implant at the same time they do reconstruction surgery.

There are some limitations. People who have lost function because of vascular disease or blood vessel problems are not covered, Garcia said, adding that could be put to the ministry in the future.

He noted the coverage change was a long time coming and credited another physician in Saskatoon and the SMA for pushing for the change.

"We were able to have our voices heard and get some patient stories there to understand the impact," he said.

**"I think everybody kind of agreed that there definitely is a role for restoring this sexual function in men."**

[View CBC Article here.](#)



## TAKE NOTE

June 16th is Father's Day and a day many families with friends will do the Annual Prostate Cancer Walk for Dad to raise funds in support of local Prostate Cancer Support Groups.

Several of our members will do a morning walk along Wascana Lake. Nothing formal is planned - just show up when convenient. Donations can be sent to PCCN-Regina using our donor receipt which is part of the Monthly Newsletters.



## GOOD TO KNOW

### What to Eat: Advice for Men with Prostate Cancer

Some prostate cancer experts recommend that men diagnosed with prostate cancer eat a plant-based diet. A lot of men might hear that and wonder if that means they need to become vegetarians or adopt a vegan diet. Do they? In reality, the recommendation is more nuanced than that, and whether a man wants to include animal sources of protein in his diet is more of a personal choice. If he does, healthier options, such as fish and skinless poultry, are recommended.

Although red meat is not a recommended choice, it's probably OK to have it on special occasions, as long as leaner cuts, such as top sirloin, are chosen. And avoid processed meats such as hot dogs and cold cuts, which the International Agency for Research on Cancer has identified as carcinogenic (substances that cause cancer) in humans. Avoid processed red meat, in particular.

### Is it OK to fire up the grill?

Scientists have known for some time that cooking beef, pork, poultry, or fish at high temperatures, such as those involved in grilling over an open flame (as well as pan frying), produces substances called heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), which have been linked to cancer. As a rule, lower-temperature cooking methods such as baking and roasting are preferable.

If you want to enjoy the thrill of the grill occasionally, remove any skin on the meat before eating it. That's because the cancer-causing toxins appear to be more concentrated in the skin, which is also a source of unhealthy saturated fat, so it's best to avoid it.

# 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](http://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**

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

## 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 - Jolly's Medical  
Incontinence Products /  
Tena Products**

**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**