



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 March 14, 2019

Program:

Sexuality after Prostate Cancer
A video presentation by Reanne Booker.

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.



March's Presenter:

Please welcome Reanne to our next meeting!

Reanne Booker BSc., MN is a Nurse Practitioner based in Calgary, AB.

She is an experienced practitioner in the field of men's sexual health, a published author, a university professor and an internationally recognized expert in sexuality following prostate cancer.

February Meeting Review

Kellan Gulka-Tiechko is a lawyer with Canham Miller Law Office in Regina, his practice focuses on Wills & Estates, Real Estate, and Business Law.

Kellan's presentation focused on the fact that you should make sure that your estate planning is right for your circumstances and reflects your wishes. Proper estate planning can reduce stress and try to prevent future problems - educating yourself in Estate Planning is the first step.

Estate planning should include a comprehensive review of your affairs, preparation of your Will, granting a Power of Attorney to allow someone to help with your personal affairs, and your financial and property affairs, when you are unable to do so.

Providing a Health Care Directive to clearly express your end of life treatment wishes, and to otherwise allow someone else (a proxy) to make medical and end of life treatment decisions if you can't.

2019 Prostate Disorders White Paper

The 2019 Prostate Disorders White Paper is designed to help you become better informed and better prepared to deal with whatever prostate problem you may have now, or may develop in the future.

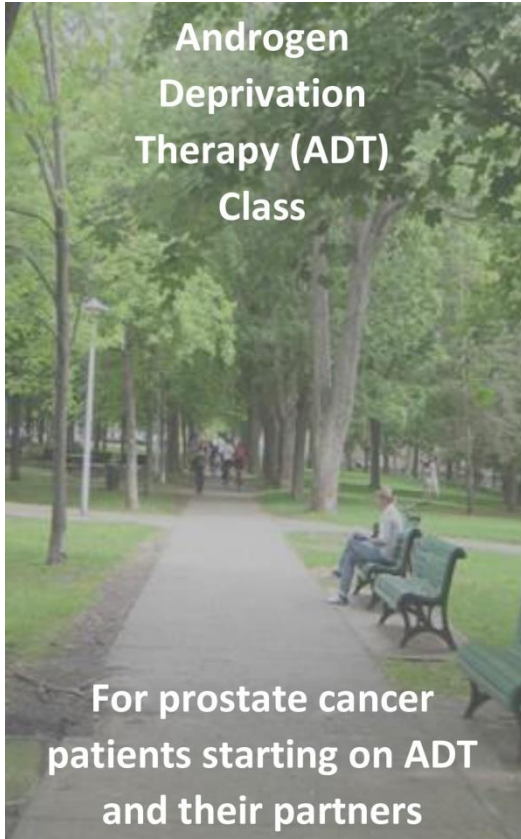
This unique and informative publication is published as a means of sharing everything we know about conditions of the prostate in significant depth, yet in layman's language.

Prostate disorders experts and doctors review the major medical journals, clinical trials and research studies, and bring this cutting-edge health information straight to you. [Click here to learn more.](#)



TAKE NOTE

ADT Education in-person class meeting days have changed from Thursday to Monday.



You will:

- Receive an overview of what to expect from ADT
- Learn specific ways to manage side effects
- Get strategies to help you succeed in making lifestyle changes



www.saskcancer.ca

@SaskCancer

Learn more about managing:

- Hot Flashes
- Bone Health
- Weight Gain/Muscle Loss
- Fatigue
- Hair Loss
- Breast changes
- Genital Shrinkage
- ED (Erectile Dysfunction)
- Libido changes
- Impact on relationships
- Memory/Mood changes

In Person Class:

Regina – fourth Monday of each month

Saskatoon – fourth Thursday of each month

Time: 2:30 p.m. – 4:00 p.m.

Locations:

- Allan Blair Cancer Centre
4101 Dewdney Ave. Regina
- Saskatoon Cancer Centre
20 Campus Drive, Saskatoon

To register call:

- 306-766-2862 (Regina)
- 306-655-2197 (Saskatoon)

Participants will receive a free copy of the book,

“Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and their Loved Ones.”

Online Class: Offered Monthly

To register visit:

www.lifeonadt.com or

email: lifeonadt@gmail.com



TAKE NOTE

Spring Home Show & Outdoor Adventure Show

Thursday March 28 - Sunday March 31, 2019

PCCN Regina, Board of Directors have elected to have a PCa information booth at the 2019 Spring Home show.

The purpose of the booth and all of our endeavors within the community is to increase awareness, knowledge and understanding about Prostate Cancer. To promote awareness of our monthly meetings, promote educational information and support to those that are newly diagnosed, their families, prostate cancer survivors and the general public.



EXHIBITOR INFORMATION BOOKLET

www.reginaspringhomeshow.com



In an effort to get as much information out there as possible and a means of doing so, I am looking for volunteers to form a committee to help brain storm any and all ideas, look for sponsors, in an effort in putting together the best booth possible.

Please contact me, Stan Hanoski, by email (mrlee@myaccess.ca) or by cell (306-529-1322) to let me know that you would be interested in being part of that committee.

Our 1st formal meeting will be called for some time in November 2018.

Thank you so much for your consideration and look forward to working with you. **Stan Hanoski**

2019 Spring Home Show: March 28-31, 2019
Canada Centre Complex &
International Centre Evraz Place

SHOW DATES & TIMES

Thursday, March 28: 3pm - 9pm
Saturday, March 30: 10am - 8pm

Friday, March 29: 1pm - 9pm
Sunday, March 31: 10am - 5pm

This will be an excellent opportunity to get involved with informing the public about Prostate Cancer and more importantly about Regina Prostate Cancer Support Group. Call Stan now to sign up as a volunteer.



GOOD TO KNOW

Guidelines for Genetic Testing in Prostate Cancer

The list of gene mutations known to promote prostate cancer continues to grow, which has led to questions about the role of genetic testing in detecting and managing the disease.

The National Comprehensive Cancer Network (NCCN), an alliance of leading cancer centers across the country, has released guidelines recommending that doctors and patients discuss so-called cancer-susceptibility genes, such as the BRCA2 gene mutation, which increases the risk for prostate cancer two- to sixfold.

The NCCN suggests that your doctor consider recommending genetic testing and counseling if you have:

- a brother, father, or multiple family members diagnosed with prostate cancer before age 60.
- more than one relative who has had breast, ovarian, or pancreatic cancer.
- tested positive for any gene mutation that increases the risk for prostate cancer (or if you have a close relative who has).
- more than one relative who has had colorectal, endometrial, gastric, small bowel, urothelial, kidney, or bile duct cancer (which indicates the possibility of Lynch syndrome, which increases the risk for prostate cancer).

The NCCN also recommends that doctors consider ordering genetic testing for all men with high-risk and metastatic prostate cancer, since the results may help guide treatment decisions. The recommendations were published in 2018 in NCCN Guidelines Updates, Prostate Cancer Early Detection, Version 2.



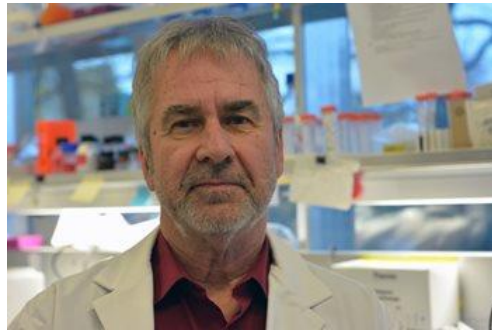
GOOD TO KNOW

From Idea to Possibility: Moving Research from the Lab to Patient Care

Hope is becoming reality for men diagnosed with advanced prostate cancer. About 10 to 15 per cent of men diagnosed will develop an aggressive form of the disease which spreads to other areas of the body. But a leading researcher is working to help these men and their families.

One way to slow the growth of this aggressive prostate cancer is hormone deprivation therapy (eliminating the male hormones in the body which the cancer needs to grow) – but this type of treatment can become less effective over time, and the cancer starts to grow and spread. The men who experience resistance urgently need another way to treat their disease.

That's where Dr. Paul Rennie's work comes in. Dr. Rennie and his team at University of British Columbia, including Drs. Artem Cherkasov and Emma Guns, are developing new ways to treat aggressive prostate cancer by targeting the cancer's hormone receptors.



Dr. Paul Rennie in his University of British Columbia lab

What do hormones have to do with prostate cancer?

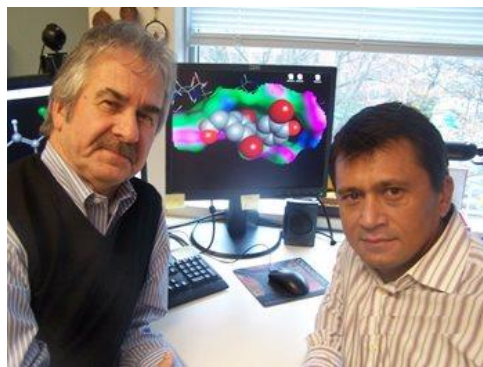
The challenge is that, over time, hormone receptors change, or mutate, and stop responding to hormone deprivation therapy. The result is less effective treatment with more toxic side effects. Dr. Rennie and his team are developing drugs that target these hormone receptors even when they are mutated, and can stop them binding to male hormones like testosterone, which the tumour needs to grow.

According to Dr. Rennie:

“These new compounds have the potential to produce a whole new generation of drugs to deal with hormone resistance.”

They could be used alone or in combination with other therapies to provide more effective and less toxic treatment of advanced prostate cancer.

Outsmarting Cancer



Drs. Rennie and Cherkasov

This new treatment is designed to outsmart the cancer by targeting a site in the hormone receptor that does not usually mutate, a promising approach that has received nearly \$142 million to now move it from the lab to patient care. Funding from Prostate Cancer Canada over several years helped this research go from idea to possibility, and it is now showing realistic hope of being available to help patients in future.

Dedicated Prostate Cancer Canada supporters were instrumental in supporting this important project and propelling it forward. It is now on the cusp of helping Canadian men facing aggressive forms of prostate cancer and shows how funding innovative research can lead to real change.

Dr. Stuart Edmonds, VP Research, Health Promotion and Survivorship at Prostate Cancer Canada, says:

“This is the type of research that is meeting a critical gap, and giving renewed hope to men living with prostate cancer, and especially those who need more options.”



GOOD TO KNOW

Can Fatty Fish Help Prevent Prostate Cancer?

Prostate cancer is very rare among Inuit in Greenland and Canada, who live largely on fish, as well as among Japanese men, who also eat a lot of fish. But evidence on the role of fatty fish and the omega-3 acids they contain on men's risk of prostate cancer remains contradictory.

In theory, omega-3s might be protective; perhaps because of their anti-inflammatory properties (inflammation plays a role in many cancers). And indeed, most observational studies have linked fish intake to reduced risk of prostate cancer or improved survival rates. But some studies have found no effect, and a few studies have actually linked high blood levels of omega-3s to an increased risk of prostate cancer. Those include a headline-making study published in 2013 in the *Journal of the National Cancer Institute (JNCI)*, which linked moderately high blood levels of omega-3s to a 44 percent elevated risk of low-grade prostate cancer and a 71 percent increased risk of high-grade cancer in men over 50.

While that study merits further research, we're not convinced by its findings. For one thing, it used data from an older study not designed to evaluate the effect of omega-3s on prostate cancer, which can complicate the interpretation of the results. More important, there are too many inconsistencies in the totality of the research, and no apparent explanation for an increased risk. Plus, if fish increased the risk of prostate cancer, then why would its incidence be lower in countries where men eat the most fish than in countries where men eat less fish? And even if fatty fish did somehow increase the risk of prostate cancer, the cardiovascular benefits of fatty fish would almost definitely outweigh any potential harm.

The same isn't true of omega-3 (fish oil) supplements, however. Nearly all clinical trials on supplemental omega-3s for cardiovascular disease have yielded disappointing results in recent years. And studies on other proposed benefits of the capsules (against dementia or arthritis, for instance) have been even iftier. Thus, for the supplements, there are no benefits so far to outweigh the potential harms.

Our advice: Aim for two or more servings a week of fatty fish such as salmon, and steer clear of omega-3 capsules.



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

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

[REGISTER NOW 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

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

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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
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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 - 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