



PCCN REGINA PROSTATE CANCER SUPPORT GROUP INC. March 2016

Our Mailing Address
PCCN REGINA
PO Box 37264
REGINA, SK S4S 7K4

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 March 10th!

Dr. Jennifer St.Onge, PhD
Research Scientist

Adjunct Professor, University of Regina
Department of Psychology

Topic: Improving Prostate Cancer Detection
Using Magnetic Resonance Imaging
MRI-Targeted TRUS-Guided Biopsy

Overview of Presentation: The purpose of this study is to determine if using MRI can improve cancer detection by identifying potential areas of the prostate to target that may normally be missed during TRUS-guided biopsy in men that are being referred for follow-up biopsies.

Time:

Our meeting will be on Thursday March 10th 2016
The meeting will start at 7:00 p.m.
and will end at 9:00 p.m.

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.
McIntyre St. is a one way heading north
Meeting room is on the 2nd floor

FREE PARKING: The parking would be street parking and the use of CCS parking lot, located adjacent to the west side of the 1910 McIntyre building and their north building parking lot which is located on the north side of 12th Ave.

Please email us at pccn.regina@gmail.com if you have any questions.

February 2016 Meeting Synopsis

Our February support meeting allowed members to hear from 2 of the leading players involved in the fight against cancer in Saskatchewan. Mr. Keith Karasin, CEO of the Sask. Division of the Canadian Cancer Society, and Mr. Scott Livingstone, CEO of the Sask. Cancer Agency, took time from their busy schedules to speak to our group regarding the programs each organization provides to Sask. residents affected by cancer.

Mr. Karasin outlined the roots of the Sask. division of the CCS, having grown from a grassroots group out of Moose Jaw some 70 years ago. Working in conjunction with the national organization, its primary objective is "the eradication of cancer and the enhancement of the quality of life of people living with cancer". With an emphasis on cancer prevention, the CCS provides life-changing support through peer information, peer support, rides to treatment and the cancer lodges. Mr. Karasin, and staff from the Regina office of the CCS, have been very generous to our prostate cancer support group in providing a meeting space and excellent speakers from the office. We are very appreciative of this gesture.

Mr. Livingstone provided information regarding the Sask. Cancer Agency. Its mission being "to provide leadership in health promotion, early detection, treatment and research for cancer with a vision toward a population free from cancer". The focus of the SCA is toward treatment options for cancer individuals in the province. The implementation of screening programs for breast, cervical and colorectal cancers have been very successful in detecting and preventing early cancers provincially. Some 6000 new cancer patients are diagnosed each year, and given our aging demographic we can expect to see a 45% increase in cancer diagnosis. How will care be provided to individuals is of concern. Early detection and prevention are critical!

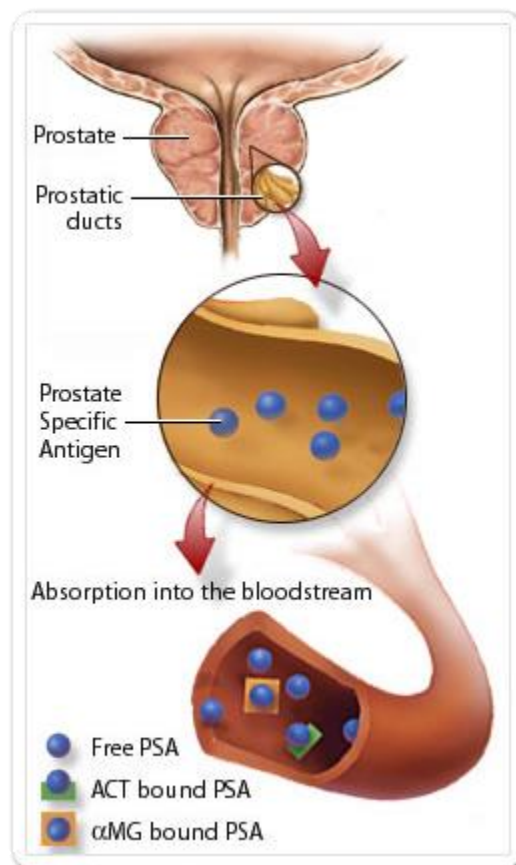
Members asked pertinent questions and an excellent exchange of information took place. Both Mr. Karasin and Mr. Livingstone agreed that the two organizations work very well with each other. Communication is very open and therefore the groups complement one another, thereby benefiting the people of Saskatchewan.

Mr. Livingstone outlined an opportunity for members of our group, that being becoming involved in the Patient and Family Advisory Council -PFAC. PFAC serves as the patient voice, and provides an opportunity for patients and family members to help the SCA improve the overall cancer experience. Interested individuals need only contact the SCA; 639-625-2090 to learn more.

Prostate Cancer Canada Recommends:

1. Men should get a PSA test in their 40s to establish their baseline.
2. Men at high risk for prostate cancer should talk to their primary care provider before age 40 about prostate cancer.
3. At or over age 70, the decision to end prostate cancer screening should be based on an informed discussion with their primary care provider.

Prostate Cancer Canada advocates for shared decision making between men and their healthcare team. We recommend men talk with their healthcare provider and make an informed decision about prostate cancer testing



Prostate Cancer Canada graciously acknowledges the Princess Margaret Cancer Centre for sharing this image with us.

What is Prostate Specific Antigen (PSA)?

Prostate Specific Antigen (PSA) is a protein produced within the prostate gland and is secreted into seminal fluid.

There are two types of PSA:

1. Free PSA: moves freely in the blood as it is unbound to other proteins
2. Complex PSA: attached to other proteins as it moves around the blood

Free PSA comes from benign prostatic hyperplasia (BPH), an enlargement of the prostate. The higher the amount of free PSA, the less likely prostate cancer will be found as prostate cancer cells produce more complex PSA.

What is the PSA test?

The PSA test is a simple blood test, taken from the arm, which measures the amount of PSA protein in the blood. It is common for PSA to be found in the blood in very small concentrations. Higher levels of PSA may indicate the presence of cancer, but can also be an indicator of other prostate conditions.

What are the benefits and limitations of the PSA test?

Benefits	Limitations
May indicate the presence of cancer in its earliest stages.	May lead to unnecessary tests and treatment.
Simple blood test (not harmful).	Cannot distinguish between slow growing and advanced cancer.
Currently only test we have as red flag to indicate follow-up.	The PSA test cannot diagnose prostate cancer but can tell you if there's a problem with the prostate.

While the PSA test is not currently used in Canada as a population-wide screening tool, it is used to monitor how someone responds to cancer treatment or to monitor disease recurrence or progression.



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 and

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: _____

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pccn.regina@gmail.com

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Steve Pillipow
Phone (306) 586-9345

Grant Rathwell
Phone (306) 766-2372

MONTHLY PROGRAM 2015/2016

December 10

Marlene Glettler
Advanced Care Planning

January 14

Debra Polischuk
Mindfulness

February 11

Keith Karasin, CEO of the Sask. Division of
the Canadian Cancer Society
& **Scott Livingstone**,
CEO of the Sask. Cancer Agency

Topic: Who Are The Players
and the Landscape

March 10

Dr. Jennifer St.Onge, PhD
Improving Prostate Cancer Detection
Using Magnetic Resonance Imaging
MRI-Targeted TRUS-Guided Biopsy

April 14

TBD

May 12

TBD

June 09

Annual Meeting

July and August

No meetings