



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 November 8, 2018

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

Program:

- Men's Mental Health and Wellbeing
- Allen Blair Cancer Centre and a Movember Member

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.

November Program

The November 2018 program will focus on mental health and wellbeing. A prostate cancer diagnosis changes your life. You may be in shock and you will most certainly go through a range of different emotions, most of which are related to anxiety and depression. You may feel sad, numb, angry, indifferent, anxious and many other emotions. These feelings may change frequently and with different levels of intensity.

Being diagnosed with prostate cancer may make you feel as though you have lost control of your body – and your life. As difficult as it can be, try to think about what positive actions you can take now to make you feel more at peace with your situation. Be patient and gentle with yourself and don't be afraid to reach out to others who might want to support you, but don't know how. Tell them how they can help.

November 8th two presenters will be joining us to talk about men's mental health: social workers from the Allen Blair Cancer Centre and local volunteers from the Movember Foundation. The Movember Foundation is changing the face of men's health by raising funds and awareness in November.

**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



TAKE NOTE

November is also “MOVEMBER”! Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as Prostate Cancer, testicular cancer and men's suicide. The goal of Movember is to “change the face of men's health”.

For more information, please go to movember.ca



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

Regina Cancer Patient Lodge Information



The **Regina Cancer Patient Lodge** is designed to meet the needs of cancer patients and their companions that are traveling from out of town. The Lodge is a “home away from home” providing guests with a high level of service and comfort to meet their needs while in Regina for cancer related procedures.

The **Regina Cancer Patient Lodge** is located directly across the street from the Allan Blair Cancer Center. The Lodge is a self-care facility where guests are expected to

manage their own personal needs, including medications. If assistance is needed, patients are required to have a companion stay with them.

Each room features either one or two single beds, a desk, chair, towels, extra pillows and blankets, clock radio and a private washroom.

While staying at the Lodge, guests receive three home-cooked meals per day, served cafeteria style, as well as snacks and juices. Special diets can be accommodated.

Other amenities include a games room, television, computer for guest use as well as WIFI, in-room safes, self-serve laundry as well as a library. There is a staff person on around the clock.

The fee for staying at the Lodge is \$40.00 per person per night. This includes accommodations, meals and snacks. There is also limited parking provided.

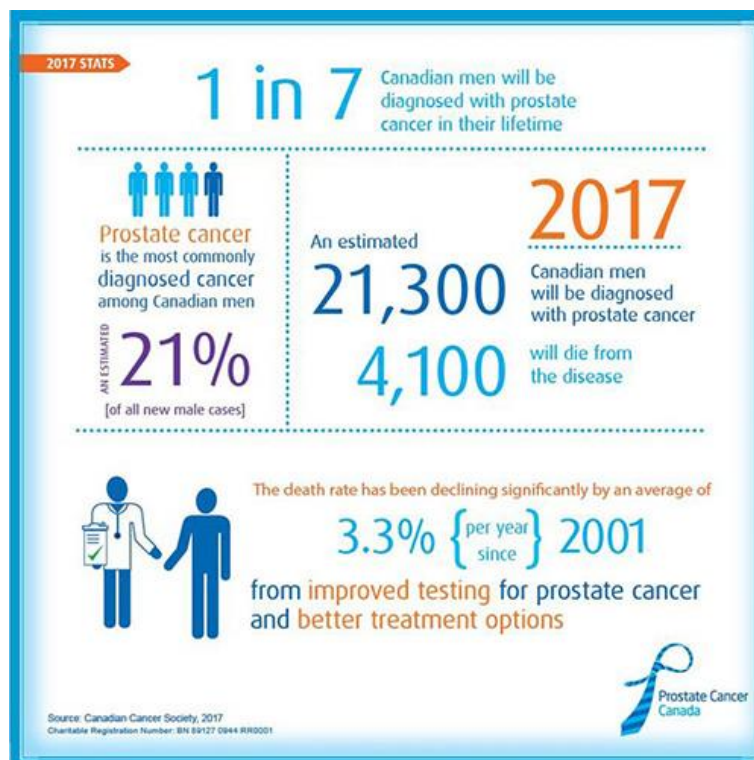
The Lodge accommodates the schedule of the Allan Blair Cancer Center. It opens Sunday at 4:00 and closes on Friday at 4:00. We are not open Friday and Saturday nights.

If space is available, the Lodge can also be used by other adults for non-cancer related appointments or outpatient visits.

**The Regina Cancer Patient Lodge is at 4104 Dewdney Ave, Regina, Sask.
Feel free to call 306-359-3166 for more information!**



GOOD TO KNOW





What Is the TNM Prostate Cancer Staging System?

Determining the extent of prostate cancer is important for predicting the course of the disease and in choosing the best treatment. The Whitmore-Jewett method or, more commonly the TNM (tumor, nodes, metastasis) staging system is used to describe a cancer's clinical stage, or how far it has spread. This Health Alert provides an explanation of this important prostate cancer staging system.

The TNM system assigns a T number (T1 to T4) to describe the extent of the tumor as felt during a digital rectal exam (DRE). The N number (N0 to N1) indicates whether the cancer has spread to any lymph nodes, and the M number (M0 to M1) indicates the presence or absence of metastasis (spread to distant sites). The T and M designations are divided into subcategories (designated a, b, and c) that provide further detail on the extent of the cancer.

The TNM clinical stage is used to help determine appropriate prostate cancer treatment options. Here's a description of this important staging system:

T1: Tumor cannot be felt during DRE or seen with diagnostic imaging

- T1a: Tumor found incidentally during surgery for benign prostatic hyperplasia (BPH) and is present in less than 5% of removed tissue
- T1b: Tumor found incidentally during BPH surgery but involves more than 5% of removed tissue
- T1c: Tumor found during needle biopsy for elevated PSA

T2: Tumor can be felt during DRE but is believed to be confined to the gland

- T2a: Tumor involves one half or less of one side of the prostate
- T2b: Tumor involves more than one half of one side but not both sides
- T2c: Tumor involves both sides of the prostate

T3: Tumor extends through the prostate capsule and may involve the seminal vesicles

- T3a: Tumor extends through the capsule but does not involve the seminal vesicles
- T3b: Tumor has spread to the seminal vesicles

T4: Tumor has invaded adjacent structures (other than the seminal vesicles), such as the bladder neck, rectum, or pelvic wall

NO: Cancer has not spread to any lymph nodes

N1: Cancer has spread to one or more regional lymph nodes (nodes in the pelvic region)

M0: No distant metastasis

M1: Distant metastasis

- M1a: Cancer has spread to distant lymph nodes
- M1b: Cancer has spread to the bones
- M1c: Cancer has spread to other organs, with or without bone involvement



GOOD TO KNOW

Prostate Canada along with the Movember Foundation issued the following on October 23, 2018.

What Can a Man's Biology Tell Us about Choosing the Right Treatments?

Prostate Cancer Canada and the **Movember Foundation** today announced \$4 million for three leading Canadian researchers to predict how well prostate cancer will respond to treatment based on men's biological markers, specifically in their tumour cells and blood. Their work opens a path to more personalized care with fewer side effects and a better chance of survival.

Dr. Tarek Bismar from the University of Calgary, Dr. Hansen He from University Health Network and Dr. Kim Chi from BC Cancer will receive the grants to answer the question: How can we use a man's tumour biology to offer better care at three critical points of their prostate cancer journey?

"Today, we can't effectively identify how well men will respond to treatment. If we can understand that, we can select the best option for the prostate cancer a man has. Drs. Bismar, He and Chi will search for flags in a man's tumour biology and genetics to help determine its severity," says Stuart Edmonds, Vice President, Research, Health Promotion and Survivorship, Prostate Cancer Canada.



Dr. Tarek Bismar, University of Calgary

Low-risk prostate cancer: Using blood to give men peace of mind

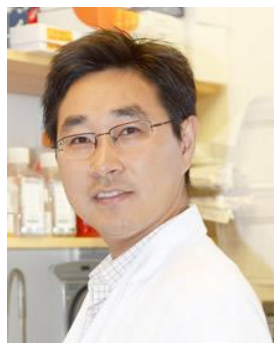
Dr. Bismar's team is looking at men with slow-growing prostate cancer that has not spread outside the prostate, and is less likely to advance. Using molecular flags in a man's blood, he wants to find out whether men considering active surveillance are at risk of developing aggressive prostate cancer.

Men diagnosed at this stage are often given the option to begin active surveillance, where disease progression is followed by monitoring cancer growth.

Dr. Bismar's findings could offer peace of mind to some men that their cancer is unlikely to progress and will allow them to undergo fewer biopsies and avoid unnecessary treatments that can have life-changing side effects, like sexual or urinary dysfunction.

On the other hand, men identified as likely to develop aggressive cancer can be more closely monitored and will know that their disease is being managed until they move to the next stage of treatment.

“This would be the initial step toward personalized medicine, and would tremendously ease concerns of patients, minimize side effects and allow for better quality of life,” says Dr. Bismar.



Dr. Hansen He, University Health Network

Intermediate-risk prostate cancer: Are aggressive or less-invasive treatments best?

Dr. He's team is using a combination of two biological markers to determine how men with intermediate-risk prostate cancer, which has not spread and is less likely to spread outside the prostate, should be treated.

Now, doctors must decide between two types of treatments, each with its benefits and risks. Aggressive treatments like surgery present a lower risk of disease progression, but cause side effects including sexual and urinary dysfunction that affect a man's quality of life. Active surveillance is the less-invasive option with fewer side effects, but can pose a higher risk of disease progression.

Dr. He's findings could help direct treatment more appropriately for men who might rely on active surveillance when they need more aggressive options. Likewise, some may not have to experience life-changing side effects from aggressive treatments when they can be effectively treated using active surveillance.



Dr. Kim Chi, BC Cancer

Advanced prostate cancer: blood markers can hold predictive power

Dr. Chi's team is using liquid biopsies, a type of blood sample, to determine which treatment will work best for men with advanced prostate cancer that has spread outside the prostate and is currently incurable.

These men are diagnosed at later stages and have multiple treatment options that may prolong life, but it is unknown which of them will work best. These men could undergo treatments with no benefit, with side effects, while their cancer continues to grow.

“Predictive markers help us decide what treatments to use and when – a requirement to do ‘personalized’ or ‘precision’ medicine,” says Dr. Chi. “At this time, we don't have any markers that have been proven to be useful for advanced prostate cancer, so this research is important.”

Dr. Chi's findings could help predict how a man will respond to treatment before they start, eliminating “trial by error” treatments and increasing survival rates.

“This research is exciting because we will be using a blood-based test to identify alterations (mutations and other genetic changes) in prostate cancer genes and use this to decide treatments for each patient,” Dr. Chi adds. “We will also gain insight into the genetic makeup of advanced prostate cancer, which helps us understand how it progresses.”



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 - A Seasonal Program

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 2018-2019

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