



PCCN 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 November 10.

Time:

Our meeting will be on
Thursday November 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.

Meeting room is on the 2nd floor.

Free evening parking along
McIntyre Street.

Our Mailing Address:

PCCN REGINA - PO Box 3726
REGINA, SK S4S 7K4

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

October and November Meeting Comments by Program Director Gordon Kerfoot

The October meeting of the Regina Prostate Cancer Support Group proved to be a very informative and enjoyable evening for those in attendance. We had a very large turnout of men and their partners, which reflects the efforts made by our organization to promote our group's work through appearances in the media, both print and television.

We instituted the use of name tags for guests attending, affording an opportunity to become better acquainted with each other. As well, Co-Chair Bob Terichow took the opportunity to formally welcome all guests, especially first time visitors to our meeting, and as well introduced Board members in attendance. Board members too were more easily identified by way of lanyards and name tags. Printed material regarding Prostate Cancer was made available to attendees as well.

The evening speaker was Ms. Dale Dirkse from the University of Regina. Ms. Dirkse is a doctoral candidate in the department of psychology. She spoke about a new initiative by the psychology department at the university, (the only of its kind in Canada). Dirkse is launching a new on line program to help cancer patients, who have completed treatment, cope with depression and anxiety. This is part of the Wellbeing After Cancer program which was begun in Australia and has become a part of the mainstream health care program in that country.

Ms. Dirkse discussed both depression and anxiety and how it manifests itself in individuals. She then explained the "online" nature of the program, how individuals may participate in the program, and how staff will be measuring outcomes at the study's conclusion. In short, the program is 8 weeks in duration, employing cognitive behavioral therapy treatment. The program is provided at no cost. Interested parties wishing more information may contact Ms. Dirske at dirdkse2d@uregina.ca or **306-337-2598**. There was a very lively exchange of questions and answers following the presentation.

The evening concluded with our traditional round table discussion, which always proves beneficial, as individuals are provided the opportunity to ask questions or share experiences on a variety of topics relevant to prostate cancer.

November 10 Meeting

Our November meeting will feature Ms. Mikki Robicheau as our guest speaker. Ms. Robicheau has recently been named the new nurse navigator of the Prostate Assessment Centre at the Pasqua Hospital in Regina. In her new role, Ms. Robicheau will support and educate patients who are sent to the program by their family doctor.

She will be able to respond to questions regarding biopsy procedures as well as assist patients diagnosed with Prostate Cancer in treatment options recommended by doctors.

The Prostate Assessment Centre at the Pasqua Hospital has undergone a restructuring in the past months, in the hopes of streamlining the pathway system for patients. Ms. Robicheau will outline the various staff roles that will allow for patients to follow a standardized procedure around prostate cancer detection and treatment.

Ambassador Opportunity

The Moustache Bash is a fund raiser for the RQHD Prostate Assessment Centre. They have asked for several PCa survivors to attend as Ambassadors.

Steve Pillipow has committed to attend and will share his journey during the program. The “Board” has approved funding for three members to attend.

Call Steve at 306-586-9345 if interested.



The
MOUSTACHE
BASH 2016

PRESENTED BY **SaskTel**

*Under Construction at the
2016 Moustache Bash!*

Hosted by Dean Renwick and
Founding Sponsors Dr. Roberta McKay
and Mr. Elmer Brenner

Join us at the newly renovated Queensbury Convention
Centre, Saturday November 12th at 7 p.m. for a night of
fashion and fun in support of the Prostate Assessment
Centre, Pasqua Hospital through the Hospitals of Regina
Foundation. Reserve your seat for an exclusive preview
of new lines from Dean Renwick, Amaranth Designs,
Natalia K. Exclusive Fashion Design, Sova Design
Millinery and Colin O'Brian Man's Shoppe. Fado Dance
will also be incorporated into the show in a unique way!

All gentlemen and ladies receive a designer bow tie or
scarf upon arrival.

Complimentary Appetizers. Cash Bar. Live Auction.
Silent Auction. After-party with DJ. Shopping Area.

Tickets \$150
Dean Renwick Design Studio | 1861 Scarth St. 2nd floor
www.picatic.com or by contacting Kara Lachance of Eye
Inspire Events at Kara@EyeInspireEvents.com or
306-535-4243

dean
RENWICK

DESIGN: BRADBURY BRANDING & DESIGN WWW.BRADBURYDESIGN.COM

 **HOSPITALS OF REGINA
FOUNDATION**
Better lives. Made possible by you.

Updated PCa Statistics Published:

The Canadian Cancer Society released their new statistics about prostate cancer in Canadian men. They are now posted on our website and are in the link below. You will see a few changes from the past however the number of diagnosis in their lifetime remains 1 in 8.

www.prostatecancer.ca/Prostate-Cancer/About-Prostate-Cancer/Statistics

Educational Online Event: Advance Care Planning for Men with Prostate Cancer

[Click here to register!](#)

Facing prostate cancer is difficult enough. But advance care planning (ACP) can give your loved ones the confidence and peace of mind to make healthcare decisions for you if you are unable to speak for yourself. This webinar will provide information about why ACP is important, and a step-by-step guide to advance care planning.

[The purpose of this workshop is to:](#)

- Provide an overview of what ACP is
- Foster understanding as to why ACP is important for people living with prostate cancer,
- Help men with prostate cancer, their partners and families learn the steps involved in the ACP process, and how to start these types of conversations,
- Familiarize participants with the available resources on ACP.

Presented by: Elizabeth Dougherty & Helena Towle

Date: Tuesday, November 17, 2015

Time: 1:30 - 3:00 PM EST (OTTAWA time)

Where: Accessed online via phone and web

Price: FREE

Lifestyle Management Program

The attached “LM” program is funded by The Movember Foundation, one of PROSTATE CANCER CANADA’S major financial supporters.

The Lifestyle Management site provides online tools and resources for PCa survivors to lead a healthy, balanced lifestyle. Check it out.



lifestyle.truenth.ca
lifestyle@truenth.ca

Hello,

It is a pleasure to write to you on behalf of the TrueNTH Lifestyle Management (LM) team about a national wellness survivorship project supported by Prostate Cancer Canada (PCC) and funded by the Movember Foundation. We hope to increase awareness about the project with PCCN groups.

One of the goals of the LM project is to ensure men have access to prostate cancer physical activity, nutrition and stress-reduction resources and programs to help them adopt healthy practices. A website and online portal has been developed which gives men access to personalized programs, trackers, tools, and health libraries of prostate cancer specific wellness resources.

Registration on the portal will connect users with the TrueNTH LM central team and allow them to sign up for a 12-week home-based physical activity and yoga program. Users can also choose to join the TrueNTH LM portal simply to track their health and browse the wellness resources without a formal program. Users can register at lifestyle.truenth.ca.

We have included links below to several videos about the project:

- [Portal Feature Overview](#)
- [Participant Testimonial](#)
- [What is TrueNTH LM?](#)

If required, we have promotional materials that we can share with you to make referral to TrueNTH LM simple. Please share this information widely with your groups. Should you or your members have questions, please contact us by phone at 403-210-8482 or email at lifestyle@truenth.ca.

Sincerely,

Lauren Voss, CSEP-CEP
Research Assistant | Health & Wellness Lab
Community Liaison | TrueNTH Lifestyle Management

For **Dr. Nicole Culos-Reed, PhD**
Professor | University of Calgary, Faculty of Kinesiology
Lead Investigator | TrueNTH Lifestyle Management

Advance Care Planning Update

This website gives you an online view of the Advance Care Planner available to PCCN members...
For more information regarding provincial regulations you can go to: www.advancecareplanning.ca

We plan to have hard copies available for members in the New Year.

In Closing...

Does this article seem familiar? It could have been recorded word for word at one of our meetings.
Although this article was published back in 2011, we hear the same questions at our meetings.

Urologist vs Oncologist - who's right????

Perineum

Posts: 12

Joined: May 2011

May 14, 2011 - 10:19 am

Hello all, I've been diagnosed with prostate cancer last month.

I've consulted with multiple urologists and oncologists which gave me different treatments.

Urologists recommends radical surgery to remove all prostate and lymph nodes.

They say there is a chance of curing the disease. They said that after surgery, according to the prostate examination, I might need radiation (but they think that I won't need).

Oncologists deny surgery saying it won't cure me (GS8), and recommends radiation+hormons. They say that the tumor is probably spread because the Gleason 8 high grade.

My medical info:

- Gleason 8(4+4) - 1 out of 12 cores has cancer (0.5 cm) (replaces 10% of this core and less than 5% of entire cores)
- PSA rising for the last 5 years, now it is 9 (started with 5 at 2005)
- Prostate volume is very large - 90 (measured in US)
- Had CT, Bone mapping, ultrasound - nothing found
- clinical stage T1C (stated by my urologist (not an expert))
- 63 years old.

I really don't know what to do. Scheduled a surgery 2 months after the biopsy, and now I need to decide what to do: Surgery or Radiation+Hormons.

I really don't know how to consider these two options. I don't know the chances...

Read a lot in the net, forums, etc but I really don't know...

Is there anyone here that had the same medical info like me and can share the treatment and results he had?



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 2016/2017

pccn.regina@gmail.com

Co-Chair - Bob Terichow

Phone: (306) 584-9293 / (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 - Gordon Kerfoot

Phone: (306) 789-8555

Tom Gentles - Honorary

Phone: (306) 586-7702

Peer Sharing

Lawrence Ward or any member of our Board

Phone: (306) 543-8215

Out Reach Program

Jim Odling

Phone: (306) 522-7590

Dwaine Snowfield

Phone: (306) 586-1403

Sieg Hodel

Phone: (306) 569-1957

Steve Pillipow

Phone: (306) 586-9345

Grant Rathwell

Phone: (306) 766-2372

Stan Hanoski

Phone: (306) 529-1322

James Froh

Phone: (306) 450-0909

2016-2017 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.

2016

September 08 – Open Forum

October 13 – Dale Dirkse on Well Being After PCa

November 10 – Mikki Robicheau, Nurse Navigator at Prostate Assessment Centre

December 08 – Gordon Kerfoot on the November 5th Oncology Symposium attended

2017

**January 12
February 09
March 09
April 06
May 11**

June 08
Annual Meeting

July and August
No meetings

Pending for 2017:

- UofR RN Professor on PCa Patient Care
 - Oncologist Presentation
 - Pathologist Presentation
- Advance Care Planning Workshop