



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 October 12, 2017

Speaker:

Heather Rodrigues
Hypnotist and Motivational Speaker

Time:

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.

Visit our website!
www.pccnregina.ca

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.

To ensure you are receiving all of our newsletters and notices ensure pccn.regina@gmail.com is in your contact list.

About Heather Rodriguez



Hypnotherapist Heather Rodriguez lives and works through the heart and mind. Her background in Art, Public Speaking and Entrepreneurship has resulted in her truly unique approach to hypnotherapy.

Through hypnosis, Heather assists her clients to increase their self-confidence and self-acceptance, which in turn strengthens their ability to create the life they want. With a focus on healing, creativity and promoting self-love, she truly loves helping people grow, let go of limiting beliefs, and use the power of their mind to live the life they've dreamed of.

Heather has been practicing hypnotherapy for over 5 years, and has led thousands of hypnotherapy sessions with men and women of all ages. Heather is a kind listener, and emphasizes safe space for exploring the subconscious beliefs and thought patterns that hold us back from living our greatness. Heather helps to identify and explore these obstacles, and provides a variety of techniques for visualizing and realizing your unique potential. Heather loves to witness her clients and students feeling better, being happier and living a life more in alignment with what feels right for them while having the support to have the courage to fully live it!

Heather is also known as 'The Law of Attraction Hypnotist' for the countless things she has assisted her clients in attracting - from sold houses and new jobs to more money and new relationships.

"Once the mind no longer sees any threat to embracing the new habit or quitting the old and can envision the new you, it changes everything!" View her website at www.hypnoheather.com.



TAKE NOTE

PCa Awareness Month Seminar

Executive Summary of our Prostate Cancer Seminar:

The Regina Prostate Cancer Support Group held our first, hopefully an annual Prostate Cancer Seminar on Sept 16, 2017. We had approx. 70 people attend our seminar, which included those that have been diagnosed with Prostate Cancer, many supporting spouses and partners.

We were thankful that the subject matter attracted a couple of well recognized Doctors and Registered Nurses as special guests to our seminar.

In looking through our comment sheets, it was evident that the content provided, met everyone's expectations. Having said that, we are sure that there were questions that many may have wished they had asked, but just didn't think of at the time. In that regard, we had suggested that if anyone had any further questions to email us and we would attempt to get the answers out.

We would like to thank our speakers which included James Froh and Steve Pillipow who detailed their individual journeys, a long and winding road, very empowering and grateful for sharing.

In addition, we had two doctors, Dr. Asim Amjad, a Radiation Oncologist with the Allan Blair Cancer Centre and Dr. Francisco Garcia, a Urologist and specialist in Male Infertility and Andrology out of Swift Current. Each of the doctors spoke and fielded questions for an hour on their respective expertise.

Also in attendance was Mikki Robicheau a Registered Nurse, Prostate Nurse Navigator at the Prostate Assessment Centre, who many would have or will meet as they go through their own journey.

The last hour of the seminar was planned for an all speakers, question and answer session. This too was well received and probably could have lasted a lot longer than originally planned. Obviously, something we will have to take into consideration when we next plan for this seminar.

Highlights of the seminar based on the evaluation sheets and comments received:

- The doctors were well prepared and covered topics in an easy to understand manner.
- Expert information
- Listening to those that have gone through it brought hope, understanding and fellowship.
- No holds barred on Erectile Dysfunction
- Hormone Therapy
- Infections

Some of the questions asked included:

- What became of the Green Light treatment for enlarged prostates?
- How is it possible for PSA to rise after the prostate has been removed?
- Clarify Total PSA vs Free PSA & the Ratio.
- Is it true that patients over the age of 70 are not offered the option of surgery?
- In what cases do you Not suggest surgery for more aggressive cancer?
- Is there a better chance of less side effects with brachytherapy than surgery?
- Is there a better chance of nerve sparing surgery with low risk vs waiting for surgery when cancer becomes more aggressive?

Obviously not all topics or questions, but a sampling of some of the topics covered, questions asked and answered by the doctors and guest speakers.

AS mentioned, we had just better than 70 people attend the seminar, with approx. 50 new people that we had not seen through our support group. We hope this translates into larger meetings and questions for our support group on a monthly basis.

The Regina Prostate Cancer Support Group is trying to get as much information out there as possible, hoping that the higher the profile we can achieve, the more men & their spouses, partners will think about prostate cancer, its symptoms and maybe more importantly the PSA Test and the Digital Rectal exam, that is required to determine if prostate cancer is a concern for them.

As much as we are trying to get information out there for men, we must not forget about their spouses and partners as they are as much a part of this journey as the men. Each of them will be affected by the side effects in one form or another, concerns of care, the emotional and psychological trauma that lay before them. We are encouraging the spouses and/or partners of the men diagnosed to attend our meetings as well. We may not be doctors, therapists, or counselors, but we have been through it and are at various stages of our own journey. We believe we are in a place that we are able to pass on some of our experiences and reduce the stress for others.

We meet on the 2nd Thursday of each month with the exception of July and August @ 7:00 p.m. at the Canadian Cancer Society, 2nd floor, 1950 McIntyre Street, Regina.

We would also like to take this opportunity to thank our primary sponsors "Tidy Time Savers", "Rawlco Radio", "Taylor Toyota", "Westridge Construction Ltd." and "Sherwood CO-OP". We would also like to thank those that donated at our seminar and the Walk for Dads, who without their financial support, we would not have been able to bring this seminar to fruition.

Board of Directors

PCCN -Regina

Regina Prostate Cancer Support Group



TAKE NOTE

PCa Community Involvement

On September 20, Lawrence and Steve spoke to a group of men and women, at the Peepeekisis Health Centre.

They spoke about prostate cancer and men's health. The presentation touched on their own personal journey and asking the health providers in the community to discuss PSA testing with emphasis placed on early detection.

They appreciated being invited to part-take in a luncheon presentation which also included a prostate cancer survivor from the community, Dwayne - or Skippy - as he was known, helped tremendously with bringing the topic to the forefront and reducing a lot of fears for any male concerned about a prostate cancer diagnosis.

Our hope for our message was to help those in attendance that early detection is extremely important, and to hear from other men about their experiences.

World Cancer Day 2018

Sunday February 4th, 2018 at Co-operators Centre / EVRAZ Place 1:00pm – 5:00pm

More to follow later when the details are known.

5th Annual Urology Symposium

5th Annual Urology Symposium

Prostate Cancer: Survive & Thrive

A supportive forum for patients and families managing prostate cancer

Presented by



TELUS
MOTORCYCLE
RIDE FOR DAD

LES & IRENE DUBE UROLOGY CENTRE OF HEALTH

SATURDAY, NOVEMBER 4, 2017 • SASKATOON, SK • 7:30AM-NOON • RADISSON HOTEL
Open to the public • Free admission • Breakfast provided

Featured Speaker: Dr. Richard Wassersug



Dr. Wassersug, a research scientist based in Vancouver, BC, is a prostate cancer patient. He has co-authored more than two dozen academic papers on the psychological issues around prostate cancer, including the 2014 book: "Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and Their Loved Ones."

Other presentations by local speakers:

"Basics of Prostate MRI for Screening & Diagnosis"

"Am I Normal?: Dealing with Diagnosis"

* "University of Saskatchewan Prostate Cancer Research Project" *

"Benefits of Pelvic Floor Exercises"

and more!

Physicians, health care providers, patients and their supporters are encouraged to attend

REGISTER HERE: <https://www.picatic.com/Prostate2017>

This Group Learning program has been approved by the College of Family Physicians of Canada and the Saskatchewan Chapter for up to 3 Mainpro+ credits.



Get connected for updates: expert_events@icloud.com or 306.229.9966

Find us on Facebook



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 2017/2018

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 - TBD

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

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Steve Pillipow

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Stan Hanoski

Phone: (306) 529-1322

James Froh

Phone: (306) 450-0909

Dennis Auger

dauger@sasktel.net

2017-2018 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.

2017

September 16 - Prostate Cancer Seminar

October 12 - Heather Rodrigues

**November 9 - Tentative – Pathologist
from Cancer Clinic**

December 14 – TBA

2018

January 11 – TBA

February 8 – TBA

March 8 – TBA

April 11 – TBA

May 10 – TBA

June 14 – AGM

July – August – No Meetings

Pending for 2017-2018

- UofR RN Professor on PCa Patient Care
- Advance Care Planning Workshop
- Update on UofR PCa Research Program we are partially funding
- Prostate Assessment Centre
- Clear Health Inn (Alternative Health Centre)
- Saskatchewan Cancer Agency