



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, September 12, 2019**

Speaker:

Nora Yeates, CEO
Cancer Foundation of Saskatchewan

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.

New Location:

Saskatchewan Cancer Agency
200-4545– Parliament Ave.

West of Lewvan Drive in Harbour Landing.

Meeting room is on ground level.

Free parking on-site.

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.



TAKE NOTE

New for 2019-2020

We will now be meeting at the Saskatchewan Cancer Agency offices at **200-4545 - Parliament Ave.** which is just west of Lewvan Drive in Harbour Landing.

We will meet in the meeting room on the main floor, to the right as you enter.
Entrance is through the south doors.

Doors will open at 6:00pm and lock at 7:30pm for security reasons.
Free parking is available on site, other than in the reserved spots for SaskTel/Energy/Power as they have employees working after 6:00pm.



September is Prostate Cancer Awareness Month

PCa deaths have dropped by 27% over the last 25 years due to advanced early detection and early treatment.

September's Presenter: Nora Yeates

Please welcome Nora to our next meeting!



Nora Yeates is the Chief Executive Officer (CEO) of the Cancer Foundation of Saskatchewan (Foundation). Nora has spent the last 15 years advancing her skills and knowledge through her work at the Canadian Cancer Society, Hospitals of Regina Foundation, and most recently, the University of Regina. Nora earned her Bachelor of Commerce degree from the University of Saskatchewan, her certification as a fundraising executive from CFRE International and recently completed the Community Shift Leadership Program at the Ivey School of Business in 2017.

Nora believes in community involvement. She is an advocate for the Association of Fundraising Professionals and has volunteered at both the local and national level for more than ten years. Both she and her husband Ian belong to the Rotary

Club of Regina and are season ticket holders for the Regina Symphony Orchestra, Globe Theatre and of course, the Riders. Together they have a blended family of 5 children and 4 grandchildren.

As the CEO of a brand new charity in Saskatchewan, Nora Yeates explains the start of this grassroots Foundation and how it came about. You will learn how the Cancer Foundation of Saskatchewan is filling a gap for the needs of cancer patients within our province.

Nora Yeates, B. Comm, CFR



TAKE NOTE

Terry's Team Member – 39th Annual Terry Fox Run

September also brings us the 39th annual Terry Fox Run for Cancer Research at Wascana Park (T.C. Douglas Building) on September 15th. The Foundation seeks out individuals to become a "Terry's Team Member". This person is anyone who has a diagnosis of any cancer; is at any stage of his or her treatment or recovery.

The role of a "Terry's Team Member" is to participate at the Run in a way that works for them. Team members receive a special red "Terry's Team" t-shirt to wear on Run day at the official start at 9:45am. Team members wearing the red t-shirts symbolize that Cancer Research works. There is no requirement to fund raise.

To register or for more information call the Regina Terry Fox office at 306-757-1662.



Two Lesser-Known Treatments for Prostate Cancer

Active surveillance, radical prostatectomy, and radiation therapy are well known strategies to manage and treat prostate cancer. This brief overview takes a look at two treatments that are not as familiar: cryotherapy and high-intensity focused ultrasound (HIFU).

Cryotherapy. Also known as cryoablation or cryosurgery, cryotherapy is a treatment that kills cancer cells by freezing them. In the procedure, thin needles (cryoprobes) are inserted through the perineum (the area between the scrotum and anus) and into the prostate. Needle placement is guided with an ultrasound probe placed in the rectum. Freezing gases drop the temperature of the cryoprobes to about -40°C . The extremely low temperatures create ice balls that freeze the entire prostate and some of the nearby tissue. Warm saline is circulated through the urethra and bladder to protect them from the freezing temperatures.

HIFU. This is a relatively new technique whereby sound waves are directed at the prostate using a probe placed in the rectum. The directed sound waves heat the prostate to a high temperature, destroying cancerous tissue.

Potential candidates. Both cryotherapy and HIFU may be reasonable options for some men whose cancer is contained within the prostate, and they are sometimes used when radiation therapy has failed to destroy the cancer. It's important to note that neither option has been as well studied as other forms of treatment.



GOOD TO KNOW

The Saskatchewan Provincial Building Trades hosts an annual golf tournament.

The golf tournament was August 1st this year at the Murray golf course in Regina.

At the tournament one of the Saskatchewan Provincial Building Trades members' who is a prostate cancer survivor, sold 50/50 tickets with the proceeds being donated to Regina Prostate Cancer support group.

The 50/50 proceeds raised \$785.00.

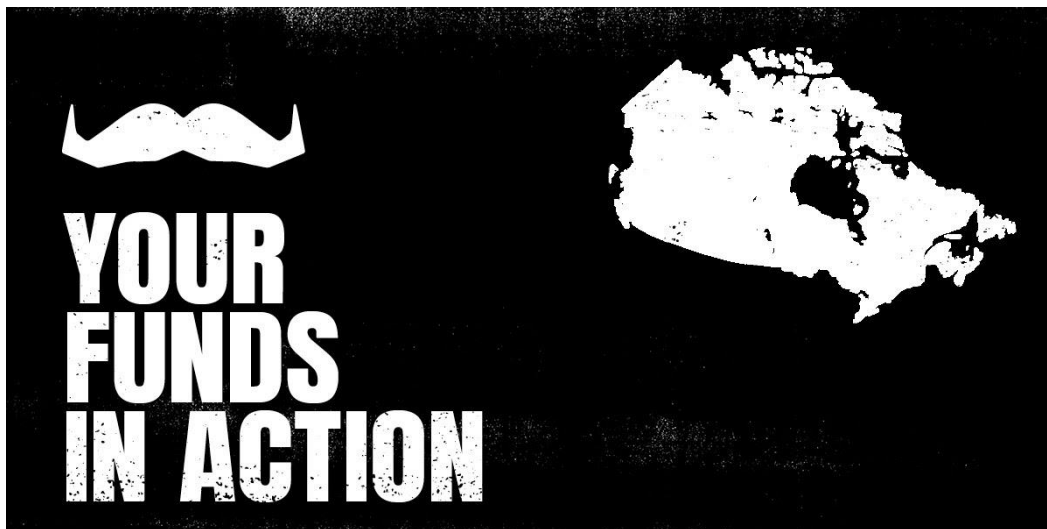
The Regina Prostate Cancer support group would like to thank this member and for all his great efforts. Thank you to the Saskatchewan Provincial Building Trades for sponsoring this event.



GOOD TO KNOW

This radical new treatment could help thousands of men...

A Movember-funded study revealed which men are most likely to benefit from a radical new 'search and destroy' treatment for advanced prostate cancer.



A team of scientists at the Institute of Cancer Research in London have found that the amount of a protein molecule PSMA (prostate-specific membrane antigen) detected on a cancer cell, along with changes in a man's DNA, could help doctors predict how they will respond to this new class of treatments known as PSMA radiotherapy.

This breakthrough, made possible by you, "is a significant step forward in the field of personalized medicine", says the Movember Foundation's Global Director of Biomedical Research Dr. Mark Buzza.

Since 2011, the Movember Foundation has supported 17 projects globally that help to build evidence around the utility of PSMA-based technology. A ground-breaking Movember and Prostate Cancer Canada-funded program is comparing the effectiveness of PSMA-based therapy with chemotherapy in men with advanced disease.



GOOD TO KNOW

What We Can Learn from PSA Density and PSA Velocity

The diagnosis of prostate cancer typically begins with an abnormal prostate-specific antigen (PSA) test or perhaps a worrisome finding on a digital rectal exam. To improve the accuracy of the PSA test, many doctors also look at PSA density and PSA velocity. Here's a brief description at these two important tests.

PSA density takes the size of a man's prostate into account when evaluating his PSA level. It is calculated by dividing the PSA value by the size of the prostate (as determined by transrectal ultrasound). This measurement helps doctors distinguish between benign prostatic enlargement and prostate cancer.

The higher the PSA density, the greater the chance of cancer, because the elevated PSA level is less likely to be the result of benign prostate enlargement. Several studies have found that a PSA density greater than 0.15 indicates a higher risk of cancer. PSA density appears most useful in diagnosing prostate cancer in men with PSA levels between 4 ng/mL and 10 ng/mL.

PSA velocity takes into account annual changes in PSA values, which rise more rapidly in men with prostate cancer than in men without the disease. A study from Johns Hopkins and the National Institute on Aging found that an increase in PSA level of more than 0.75 ng/mL per year was an early predictor of prostate cancer in men with PSA levels between 4 ng/mL and 10 ng/mL.

PSA velocity is especially helpful in detecting early cancer in men with mildly elevated PSA levels and a normal digital rectal exam. It is most useful in predicting the presence of cancer when changes in PSA are evaluated over at least one to two years. In a study reported in the New England Journal of Medicine, a rapid rise in PSA level (more than 2 ng/mL) in the year before prostate cancer diagnosis and surgical treatment predicted a higher likelihood that a man would die of his cancer over the next seven years.

Moreover, a Johns Hopkins study published in the Journal of the National Cancer Institute found that a man's PSA velocity 10 to 15 years before he was diagnosed with prostate cancer predicted his survival from the disease 25 years later. In the study, 92 percent of men with an earlier PSA velocity of 0.35 ng/mL or less per year had survived, compared with 54 percent of men whose PSA velocity was greater than 0.35 ng/mL.

Fall must be arriving - children are back in school, farmers are into harvesting, gardeners are enjoying the fresh produce, and the PCCN support meetings are restarting for 2019-2020.



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

[REGISTER NOW HERE.](#)

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





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 2019/2020

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

Peter Tyerman
Phone: (306) 525-6966

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

September 12

- Nora Yeates, CEO
Cancer Foundation of Saskatchewan

October 10

November 14

December 12

2020

January 09

February 13

March 12

April 09

May 14

June 11 – AGM

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
 - Dr. Garcia
 - Dr. Amjad