

PROSTATE SUPPORT NEWS



PROSTATE CANCER SUPPORT REGINA

We aim ...

- to increase awareness, knowledge and understanding about prostate cancer in the community we serve;
- to arrange and conduct regular monthly meetings;
- to provide education to prostate cancer survivors, their families, friends and the public;
- to provide counseling services that do not include recommendations for treatments, medicines or physicians;
- to promote courage and hope; and
- to co-operate with other cancer agencies in the fight against cancer.

OUR MEETINGS

Please join us

Monthly hybrid meetings are held the 2nd Thursday of every, except July and August at the Saskatchewan Cancer Agency, 141- 4545 Parliament Avenue, Regina 6:30 - 8:30 pm, or join the meeting via ZOOM - click link for zoom meeting log in details. Must register to attend.

Support Meeting April 10

Speaker - James Froh



Topic: Health Literacy for Survivors: Assessing the Value of Support Groups Following Localized Prostate Cancer Treatment.

James Froh is the Principal Investigator of this university-approved research study. A citizen of the Métis Nation Saskatchewan, James is an active member of Regina's prostate cancer support group. In 2018, members he was elected him to the Board, and in 2023 the Board elected him Chair.

In 2011 at the age of 53, James was diagnosed with localized prostate cancer. Deferring curative treatment, Active Surveillance identified significant cancer in 2015 that resulted in laparoscopic cancer surgery. In 2017, he retired from Saskatchewan's public service as the Provincial Interlocutor for First Nations and Métis Relations. James also served as an Executive in Residence with the Institute of Public Administration of Canada.

More on upcoming speakers on our website

The Power of Community in Your Cancer Journey

Joining a support group and attending regular meetings can provide immense benefits when facing cancer. You don't have to go through it alone—connecting with others who understand your challenges can make all the difference. The support and shared experiences from a community can aid in emotional and physical healing.

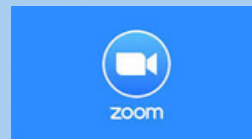
Here's how:

- Emotional support reduces feelings of isolation and anxiety.
- Practical advice from others can help you navigate treatments and side effects.
- Shared stories offer hope and inspiration, lifting your spirits.
- A strong sense of community improves overall well-being and resilience.
- Going it alone is not the best way forward—together, we are stronger.

To enhance security and safety at our monthly support meetings, we encouraged you to pre-register, whether you are joining in-person or online. Members at monthly meetings can also register during our meetings using the same process.

Our Support Meeting Agenda

6:15 p.m. Registration & log in test
6:30 p.m. Introductions
6:40 – 7:15 p.m. Presentation and Q & A
7:15 p.m. Refreshment Break
7:30 p.m. Peer Sharing and break out groups
*Hybrid: Zoom and in-person
click ZOOM logo below for direct access to Zoom meeting.



Meeting ID: 830 2780 4205

Passcode: 496169

find your local number:

<https://zoom.us/j/adOW7reNnx>

Missed our recent support meetings?

You can access our past meetings including our presentations through our Youtube Channel & Our website



Chair's Insights

Dear friends, colleagues and partners,

Might April showers bring May flowers? Officially it's spring and soon Canadians will be heading to the polls in a time of global uncertainty and anxiety. It's hard to listen while US President Trump unravels free trade, integrated economic activity and cooperative security between Canada, the United States and Mexico. His talk of Canada as America's 51st state has Canadians' chirping back, "Elbows Up".

When facing uncertain and anxious times, whether in governance, trade, politics or health, it is important to remember we are not alone. While there is much we cannot control, we must never forget the values that govern activities and autonomy within our control.

May we never forget the kindness of family and friends, or the expertise of health professionals, who supported us on our cancer journey. Like the daffodil bulbs waiting to bring a message of hope after a long winter, April will end with Canadian citizens giving a mandate to a new government. And prostate cancer survivors will show up to elect a new volunteer Board of Directors at our June 12, 2025 AGM. Circle your calendars!

James

James Froh to Speak at April 2025 Meeting



Health Literacy for Survivors: Assessing the Value of Support Groups following Localized Prostate Cancer Treatment.

James Froh is the principal investigator of this university-approved research study to examine the benefits of prostate cancer support groups and how to enhance them for survivors.

A citizen of the Métis Nation Saskatchewan, James is an active member of Regina's prostate cancer support group. In 2018, he was elected to the PCSR Board, and in 2023 he was elected Board Chair.

In 2011, at 53, James was diagnosed with localized prostate cancer.

Deferring curative treatment, Active Surveillance identified significant cancer in 2015 that resulted in laparoscopic cancer surgery. In 2017, he retired from Saskatchewan's public service as the Provincial Interlocutor for First Nations and Métis Relations. James also served as an Executive in Residence with the Institute of Public Administration of Canada. A life-long learner and budding academic, he returned to school in 2019 as a graduate student in the University of Regina's Johnson-Shoyama Graduate School of Public Policy.

James is looking forward to sharing the what, why, who and how of his research study with support groups. With rising cancer survivorship, understanding health literacy's impact on long-term outcomes is vital.

James is actively recruiting study participants to answer two key questions: 1. What benefits do survivors gain from support groups? 2. How can these groups be improved?

Health literacy has a strong influence on health outcomes. Using a health literacy framework, research methods include a survey and focus group with 10 survivors, as well as expert input from a nominal group technique interview. Policy implications focus on person-centered care, targeted health information, and support groups' role in healthcare. Findings may inform health literacy interventions to improve outcomes as well as improve support groups' services to cancer survivors.

March 13, 2025 Speaker - Angus Pratt

Angus Pratt shared his personal journey with cancer and his involvement in cancer advocacy.



Angus was diagnosed with both breast cancer and lung cancer in 2018, initially given a five per cent chance of surviving five years. Angus discussed the rarity of breast cancer in men, noting that about 220 men in Canada are diagnosed annually, which is one per cent of the number of women diagnosed. While both Angus and his brother had breast cancer, no genetic link has been found. Angus' breast cancers were independent primary cancers in each breast, and his lung cancer was also a separate primary cancer.

After various treatments, including immunotherapy and targeted therapy, Angus has surpassed expectations and became deeply involved in patient support and advocacy. He participates in support groups, speaks at conferences, and serves on advisory councils to raise awareness about lung cancer and improve patient care.

Angus emphasizes the importance of psychosocial support for cancer patients and having a good relationship with one's oncologist. He finds purpose in supporting other patients and combating the stigma around lung cancer. Angus promotes a Facebook group called "Man up to cancer" for men dealing with cancer, which now has nearly 5,000 members.

After a break, small groups discussed various treatment options for prostate cancer and members' experiences with cancer and its impact on mental health. The meeting concluded with reviewing supports, events and activities before our April meeting.

The Partner's Corner

Receiving a prostate cancer diagnosis can feel overwhelming, but you don't have to face it alone. At Prostate Cancer Support Regina, we are here to walk alongside you every step of the way. Our community of over 300 prostate cancer survivors and their families is dedicated to offering guidance, understanding, and support to those affected by this journey.

Whether you are newly diagnosed, undergoing treatment, or navigating life beyond cancer, we are here to help. Our monthly meetings provide a safe space to share experiences, receive expert advice, and connect with others who truly understand what you are going through.

Remember, you are not alone. Together, we can navigate this journey with strength, hope, and unwavering support.

Regina has a local partner's group designed just for partners, called Prostate Cancer Support Regina Partners.

The partners-only meeting is held the first Thursday of each month (except for July and August) in the same room as our monthly support meeting at Saskatchewan Cancer Agency, 141-4545 Parliament Avenue, Regina 6:30 - 8:30 pm.

Call Lorrie Harrison at (306) 545-7801 to get the details.





Dr. Anne Katz,
RM



An evening with Dr. Katz

The March 27 Evening with Dr. Anne Katz was very successful. Dr. Katz's presentation was bang on. She was clear, simple, informative and well-suited to the audience. Her personality was pleasant and good humoured. The small event was attended by 12 members and Moses opened with a treaty land acknowledgement before introducing Dr. Katz.

There was good conversation after the formal presentation. James thanked Dr. Katz to conclude our evening. A big thank you to Paragon Funeral and Cremation Services Owner Miles Ernst for the audio recording equipment, and Riley Escappie for the video recording equipment used at our event.

The technology worked well and a video recording of Dr. Katz's presentation will soon be available on our YouTube channel. Our sincere thanks to the very kind and helpful staff at VENVI Renaissance Retirement Living that hosted the event.

Our deep gratitude to Anne Chase with the Saskatchewan Ovarian Survivors Group, Tracy Gardikiotis with InPower Breast Cancer Survivors and Ovarian Cancer Canada who arranged and brought Dr. Katz to the province for a Women's Whole Health Retreat. We are fortunate Dr. Katz made time to speak to us. We are deeply grateful to inPower and value our partnership and look forward to future joint endeavours.



Are you two
to five years
after a
localized
prostate
cancer
diagnosis?

Want to share your experience of prostate cancer support groups?

Join this study that explores the benefits derived from prostate cancer support groups following primary cancer treatment, and how to enhance support groups to better support survivors. Participation involves a five-minute online health literacy survey and a two-hour online focus group.

For more information, send an email or scan the QR code:

Put "Supporting Men's Health" in the subject line to contact:

Researcher: Mr. James Froh

[ffj139@uregina.ca](mailto:fjf139@uregina.ca)

Supervisor: Dr. Justin Longo

justin.longo@uregina.ca





PROSTATE CANCER GROUP



**Prostate Cancer
Foundation Canada**



**Saturday
May 24, 2025
10am - 11am
1425 McAra St**

**Investment: \$10 e-transfer to
donation@pccnregina.ca (enter your
NAME + Level 10 Fitness in the memo
field) **All participants MUST pre-
register****

If you have any questions, please reach out to
maja.nehasil@gmail.com.

STRENGTH WORKOUT

About the Event

In partnership with PCS Regina, Level 10 will be offering a strength workout for those with prostate cancer diagnosis, their families and friends. This 60min session will be suitable for all fitness levels and will be a great way to connect with others, get moving and learn more about how to exercise safely after diagnosis.

CONTACT US

306-337-0010
level10fitness@sasktel.net



WEBSITE

level10regina.com
[@level10regina](https://www.instagram.com/level10regina)

AI FILM

AI VOICES

AI SOUNDTRACK



This unique film was created using AI by urologist Dr. Samantha Pillay, in collaboration with urologist Associate Professor Jeremy Grummet and Dr. Elayne Ooi. All images, voices, and music are AI-generated, highlighting how AI enables productions that would otherwise not be affordable for non-commercial health awareness campaigns.



Feasibility of virtual exercise program for men with prostate cancer: The TARGET study



TARGET Study

Are you biologically of male sex and are aged 60 or over?

Have you received treatment for prostate cancer?

You are invited to participate in a research study regarding perception of remotely delivered exercise programs

Participation Requirements

You can join a ZOOM focus group by phone or video conference.
The one-time focus group lasts 60–90 minutes. There will be a survey that takes 5-6 minutes to complete.

Participants will receive a gift card for their time

For more information

639-590-3592 | exercise.focusgroup@usask.ca

This study is approved by the University of Saskatchewan Behavioural Research Ethics Board, Beh ID 4050



Annual Patient Conference on Prostate Cancer California Prostate Cancer Coalition

THE 2025 PATIENT CONFERENCE ON PROSTATE CANCER

Save-the-date: May 2, 2025
Fifth Annual Patient and Caregiver
Conference on Prostate Cancer.

The conference will be held on
Friday, May 2, 2025 as a hybrid
program: in person on the UCSF
Mission Bay Campus in California,
and also webcast live. This
conference, as always, is open to the
public.



Attendee registration will
open January 2025
[Click here for conference
website.](#)

UCSF Helen Diller Family
Comprehensive
Cancer Center

Support Group Meeting Links



Prostate Cancer Foundation Find a Meeting





We are grateful to our sponsors, speakers, volunteers and loyal donors. At Prostate Cancer Support Regina, we rely on the generosity of volunteers, presenters, and donors to continue supporting men and families affected by prostate cancer.

Whether you donate your time, expertise, information for our newsletter or resources, your contribution has the power to change lives. All donations come with a charitable donation receipt. Here's how you can make an impact:

- Offer your time as a volunteer to support our community.
- Present valuable information to help patients and their families.
- Donate to fund life-changing support services and awareness efforts.

Thank you for helping us create a positive difference in someone's life. Your involvement ensures no one has to face prostate cancer alone.

Prostate Cancer Support Regina (PCSR) 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 our members, supporters and friends to fund our programs. PCSR brings men, families, friends and supporters together in one strong volunteer organization to increase awareness, knowledge, and understanding of prostate cancer and men's health overall for people in Regina, Southern Saskatchewan, and the public at large.

Prostate Cancer Support Regina is an incorporated organization in Saskatchewan under the authority of The Non-Profit Corporations Act, 1995 and a registered Canadian charity under the authority of the Income Tax Act.

Prostate Cancer Support Regina.
Prostate Cancer Canada Network -
Regina Inc.
CRA Charity # 84872 6386 RPO



Meet our Board

**James Froh, Troy Hagen, Peter Braun,
Robert Chapman, Moses Kanhai, Rosa Brittner, and
Guy Kergan**

board@pccnregina.ca
Executive Committee

Chair - James Froh
(306) 527-8290

Treasurer - Guy Kergan
(306) 690-9687

Vice-Chair - Moses Kanhai
(306) 586-4402

Secretary - Peter Braun
(306) 520-8956

Governance / Finance Committee
inquiry@pccnregina.ca

Health Outcomes / Support Line/ Partnership Committee
support@pccnregina.ca

Communications Committee
communications@pccnregina.ca

Please contact the above listed committees for further
information about PCS Regina.

To ensure you are receiving all of our newsletters and
notices,
please make sure communications@pccnregina.ca is in
your contact list.

Our mailing address is:

PCS Regina
PO Box 37264
Regina, SK S4S 7K4

