

June 2024



Our Meetings

Please Join Us

Monthly hybrid meetings are held the 2nd Thursday of every month 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.

Who we are

Our Commitment

- 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.



Join us on Thursday June 13th for a three-part session. The meeting will start with the Annual General Meeting. In the second segment, three members will share their experiences of their side effects from prostate cancer treatment. The final segment will be a time for Partner and Peer Sharing to allow those present to discuss issues and concerns they may have.

Please note no meetings will be held for the month of July and August. Should you require support during these months please reach out to pccnregina.ca. We will reconvene with our regular meetings September 12th. Dr. Asim Amjad, oncologist, will be speaking on new treatments for prostate cancer in Regina.

PCS Regina's Hybrid* Meeting Agenda

6:15 p.m. Registration & log in test

6:30 - 7:00 p.m. Annual General Meeting

7:00 p.m. Member's Side Effects Panel

7:15 p.m. Refreshment Break

7:30 p.m. Peer Sharing and break out groups

*Hybrid: Zoom and In-Person



Zoom Meeting Link

<https://us06web.zoom.us/j/82935990734?pwd=bEFZWBBShmhGY2pNTWVhV0hWbWWhLOT09>

Meeting Id: 829 3599 0734

passcode: 646130

find your local number:

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



**For more information and/or support
contact:**

Email: info@info@pccnregina.ca

Website: www.pccnregina.ca

Telephone: 306-543-8215

June Meet Notice

Our June 13th Support Meeting will consist of three sessions: the Annual General Meeting (AGM), three testimonials of Side Effects from Prostate Treatment, and partner and peer sharing on issues and concerns of members.

Three members of Prostate Cancer Support Regina have volunteered to share their personal experiences in dealing with different side effects from prostate cancer treatment.

One of the realities of treatment is that it affects each person differently; no two persons have the same experiences. The different types of treatment, be they surgery, external beam radiation or brachytherapy, and have their own side effects.

As well, hormonal treatments, more correctly called Androgen Deprivation Therapy (ADT), result in other side effects that vary from person to person.

The three testimonials will represent a few of numerous side effects experienced by patients. These case studies are intended to inform members of examples of what could happen after treatment. These side effects have an impact not only on the men who have been treated but also on their partners and families. The testimonials and partner and member support chats will be conducted in strict confidence and will not be recorded.

We will hold our AGM, then the three testimonials will be given. We will then have a 15-minute refreshment break. We will devote the last portion of the meeting to Hybrid partner and one-on-one support chats.

We encourage members to bring their questions or concerns forward, so we can build a stronger and supportive community group.

If you are newly diagnosed or needing information, join us at the Saskatchewan Cancer Agency, 4545 Parliament Ave for our next hybrid in-person/Zoom support group meeting. Doors open at 6:00 pm and the meeting starts at 6:30 pm. Please visit <https://pccnregina.ca/> to login by 6:20.



May Meeting Summary

“Mental Health and You”



Shannon Patton BSW, BA Psych

Shannon Patton gave an excellent presentation on stress at our May Meeting. Prostate Cancer patients and their families know stress too well. Stress is present in our dealings with our cancer and treatments. Stress can be felt, be it in the past or future or awaiting the results of the most recent test. It is worrisome to log onto eHealth or wait in the doctor's office, for him/her, to tell you the results.

Practicing mental health wellness each day is as important as physical wellness. One in five will experience a mental illness this year but five out of five of us suffer from mental health. When living with a diagnosis of cancer and or in the recovery phase maintaining that self care and stress reduction is so important.

Shannon said that things such as practicing mindfulness, getting exercise, doing something that brings you joy but also remembering that it may take baby steps at first.

Also, while the focus is usually on the patient, the unit of care is the family. Your spouse or partner is going through this as well. Remember it is important for them to take care of themselves. Number one thing is to practice good communication. Don't hide away from expressing how you are feeling. It's hard to see your wife shoveling snow as you used to, but for now you can't. It's okay to tell her how much you appreciate her or how it bothers you that she has to do that - the worse thing is not talking about it. Same as being intimate. Intimacy is not just about sex, it's about hugging, talking, being present with each other. Take things slowly, it isn't going to be the same as it was, but with time it may be better than before. Also journal - get those feelings out instead of keeping them in. The simple act of writing them down is therapeutic.

To close the presentation, Shannon took us through a relaxation exercise, something we can do whenever we need ensure we rest our minds. These types of meditation sessions are something we should all try to incorporate into our daily lives.

AGM - PSCR Invites You to To Get Involved

The Board of Prostate Cancer Support Regina endeavors to coordinate and facilitate programs and initiatives to support men and their families dealing with diagnoses or treatment of prostate cancer. Serving on the Board is available to anyone in the community, whether or not you are a prostate cancer patient. And it is an opportunity to offer community service and help improve the quality of life for your friends and neighbors.

The Board has an important role in:

- offering opportunities for support to men and partners,
- to provide educational programs at support meetings and externally to the wider community, and
- to increase public awareness of this disease that is widespread here in Saskatchewan and worldwide.

All persons in Southern Saskatchewan who are interested in sharing their knowledge and skills on the PSCR board are encouraged to submit an expression of interest by contacting any existing board member.

This newsletter describes the mission and goals of PSCR and lists the existing board members, for persons interested in learning more about our organization.

The Annual General Meeting of PSCR is coming up in June, when elections will be open for all board positions including Chair, Vice-Chair, Secretary, Treasurer and Directors.

Please tell us the position or positions you prefer and include your name and contact information. Your expression of interest will be reviewed by the PCSR Board and will be included with a list of candidates for the election at the Annual General Meeting in June.

Candidates should be present at the AGM.

Please share this with other persons who may be interested in getting involved with the PSCR Board.



Partners Support

One of the goals of PCS Regina is to support partners of loved ones diagnosed with prostate cancer. Partners play an essential role in every aspect of the journey of dealing with prostate cancer. This includes the detection phase, pre-treatment tests, treatment and follow-up almost indefinitely. At all regular meetings of PCS Regina, we offer an opportunity to meet and share their experiences with others who are going through or experienced similar situations.

This sharing time will be during our breakouts following the main presentation. Partners may choose to join the partners' breakout or any other breakout they prefer.

Please remember that support is always available to prostate patients and family members year-round, whether or not we are meeting. If you are a partner in need of support, please contact info@pccnregina.ca.

There are also national and local groups to support partners. The National Partners Group meets via zoom the last Wednesday of every month. Please make note of the time indicated when registering for the meeting and take into account it is BC time.

All partners of prostate cancer patients are welcome to join, regardless of sex, gender, or stage of their partner's journey. To register for the National Partner's zoom meeting please click the link below.

National Zoom Meeting





MONDAY, April 22, 2024 (HealthDay News) -- A new prostate cancer test has higher diagnostic accuracy for high-grade disease than current guideline-endorsed biomarkers, according to a study published online April 18 in JAMA Oncology.

Jeffrey J. Tosoian, M.D., M.P.H., from Vanderbilt University Medical Center in Nashville, Tennessee, and colleagues developed a multiplex urinary panel for high-grade prostate cancer and validated its external performance relative to current guideline-endorsed biomarkers. The new urinary test for high-grade prostate cancer modelled gene expression and clinical factors (18-gene MyProstateScore 2.0 [MPS2]). Optimal models were developed in parallel with and without prostate volume (MPS2+ and MPS2). The development cohort included 761 men and the validation cohort included 743 men (20.3 percent with high-grade prostate cancer on biopsy).

The researchers found that the area under the receiver operating characteristic curve values were 0.60 using prostate-specific antigen alone, 0.66 using the risk calculator, 0.77 using the Prostate Health Index, 0.76 and 0.72 using the derived multiplex 2- and 3-gene models, respectively, and 0.74 using the original 2-gene MPS model compared with 0.81 and 0.82 for the MPS2 and MPS2+ models, respectively. The MPS2 model would reduce unnecessary biopsies performed in the initial biopsy population (range, 35 to 42 percent for MPS2 versus 15 to 30 percent for other tests) and repeat biopsy population (range, 46 to 51 percent for MPS2 versus 9 to 21 percent for other tests) at 95 percent sensitivity.

"These findings suggest that use of the test in patients with elevated prostate-specific antigen levels can reduce the potential harms of prostate cancer screening while preserving its long-term benefits," the authors write.

Several authors disclosed ties to the biopharmaceutical industry; several authors hold study-related patents.

Study Finds Saliva Test Could Detect Prostate Cancer Earlier

A recent article in The Guardian in the UK reports that researchers have found a saliva test could be an alternative to the standard PSA test to detect prostate cancer.

Researchers from the Institute of Cancer Research, London (ICR) and the Royal Marsden NHS foundation trust appear to have found a spit test that could detect the disease earlier, identify where men are at high risk and spare others unnecessary treatment.

Experts say the current standard PSA blood tests can miss men who do have cancer and also cause others to go through needless treatment or pointless further checks and scans.

The new saliva test, which involves a DNA sample being collected in seconds, is reported to be more accurate than the current standard blood test.

“With this test it could be possible to turn the tide on prostate cancer,” said Ros Eeles, a professor of oncogenetics at the ICR. “We have shown that a simple, cheap spit test to identify men at higher risk due to their genetic makeup is an effective tool to catch the cancer early.”

Speaking at the annual meeting of the American Society of Clinical Oncology (ASCO) in Chicago, Eeles said the breakthrough came after decades of research into the genetic markers of the disease.

“Our study shows that the theory does work in practice – we can identify men at risk of aggressive cancers who need further tests, and spare the men who are at lower risk from unnecessary treatments.”

Scientists and doctors developed the spit test after studying the DNA of hundreds of thousands of men. It works by looking for genetic signals in the saliva that are linked to prostate cancer.

Eeles said their next step would be to test the genetic markers they have identified that are associated with a risk of prostate cancer in diverse populations, to ensure this test could benefit all men.

Aging populations and increasing life expectancy mean the number of older men worldwide who are living for longer is rising.

As the main risk factors for prostate cancer – such as being 50 or older and having a family history of the disease – are unavoidable, experts believe it will be impossible to prevent the surge in cases simply via lifestyle changes or public health interventions.

However, better testing and earlier diagnosis could help reduce the burden and save lives.



Read the article at:

[Scientists develop cheap and quick spit test for prostate cancer | Prostate cancer | The Guardian](#)

Surveillance or Active Treatment: Study Suggests Waiting May be Wise

A recent report in US News and World Report on a survey on active surveillance vs treatment shows that in 10 years after diagnosis, 49 per cent of men remained free of progression or treatment, less than two per cent developed metastatic disease and less than one per cent died of their disease.

According to Lisa Newcomb, a cancer prevention researcher at the Fred Hutchinson Cancer Centre in Seattle, the study shows that using active surveillance that includes regular PSA exams and prostate biopsies is a safe and effective management strategy for favorable-risk prostate cancer.

The findings were published May 30 in the Journal of the American Medical Association.

The report says that a few decades ago many, if not most, men newly diagnosed with prostate cancer were quickly sent to treatment -- typically either surgery (prostatectomy) and/or hormone-suppressing treatments.

Both of these interventions can come with side effects such as impotence or urinary issues, which can seriously affect a man's quality of life.

However, over the past two decades, new insights into the varied nature of prostate tumors have changed all that.

Based on certain tests, doctors are now able to spot aggressive, fast-moving tumors that could pose an imminent threat, versus so-called "indolent" tumors, which progress very slowly.

In cases involving older men, especially, indolent tumors may not be as serious a threat to health as other conditions, such as heart disease.

The report says further that this has led to many prostate cancer patients being offered "active surveillance" approach to their care where no treatment is given. Instead, patients are asked to routinely undergo tests to check if a suspected "indolent" tumor has progressed to something more dangerous.

Continued on next page...

But how well does this strategy work to keep men living long, high-quality lives?

In their study, Newcomb's group looked at the latest data from a study launched in 2008 to track prostate cancer outcomes.

Included in the study were 2,155 men "with favorable-risk prostate cancer and no prior treatment" being cared for at one of 10 centres throughout North America.

The men's health was tracked for up to 10 years (average follow-up was 7.2 years). They averaged 63 years of age at the time the data was collected, and 83 per cent were white. Almost all (90 per cent) had been diagnosed with a less serious grade 1 prostate tumor when they entered the study.

Within 10 years of diagnosis, 43 per cent of the men did see a change in their tumor status, based on biopsy results, and were then referred to some form of treatment, the researchers reported. Among this group, 11 per cent experienced a recurrence of their tumor.

However, the original "watch-and-wait" strategy seemed to have paid off: Among the original cohort, almost half never needed to resort to active treatment, and only a small fraction ever developed metastatic cancer (two per cent) or died of it (one per cent), the Seattle group concluded.

An important finding was that adverse outcomes such as recurrence or metastasis do not seem worse in people treated after several years of surveillance versus one year of surveillance, alleviating concern about losing a window of curability," Newcomb said.

"We hope that this study encourages the national acceptance of active surveillance instead of immediate treatment for prostate cancer," she added.



Read the article at:

[Study Confirms Effectiveness of 'Watch-and-Wait' Approach to Prostate Cancer \(usnews.com\)](https://www.usnews.com/story/prostate-cancer/watch-and-wait)

Harnessing Radiogland Therapy: Innovative Solutions For Advanced Prostate Cancer



Currently Medical Director at Novartis Canada, Anthony Helou is a leader in the pharmaceutical industry. He was involved in the introduction of important vaccines with Sanofi and Pfizer, including Pfizer-BioNTech's COVID-19 vaccine.

He has a Doctor of Pharmacy degree from the University of Florida and is committed to advancing healthcare and pharmaceutical innovation.

Dr. Marc-André Morin is a doctor specializing in Nuclear Medicine, practicing at the Center Hospitalier de l'Université de Montréal and at the Center Hospitalier Universitaire de Québec.

He also holds a bachelor's degree in Physiology therapy from McGill University and a Doctorate in Medicine from Laval University. At the same time, he is completing a master's degree in university teaching of health sciences at the University of Montreal. He is also known as the first doctor in Quebec to have infused radiogland treatment for prostate cancer.



Every gift you give stays in Saskatchewan helping cancer patients. As the fundraising partner of the Saskatchewan Cancer Agency, your donation goes to enhancing cancer patients' care and treatment for every resident undergoing treatment in the province.

**Mryglod Steel & Metals:
Cure for Cancer Charity Golf Classic
Friday July 5, 2024**

Mryglod Steel & Metals presents the 2nd annual Cure for Cancer Charity Golf Classic. Join us on Friday, July 5, 2024 at White Bear Lake Golf Course to raise money in support of the Regina Cancer Patient Lodge! The Lodge is a home-away-from-home for cancer patients who have to leave their community for cancer treatment at the Allan Blair Cancer Centre in Regina.

Tournament entry fee includes:

- Round of golf
- Power cart
- Pre-round breakfast
- On-course drink and food, and
- Post-round pig roast!

The tournament format is 2-person scramble. Each player hits, you choose your team's best shot, then repeat!

Last year's event raised \$25,000.00 for the Cancer Foundation of Saskatchewan!!!!

Prizes:

1st Place \$2400.00

2nd Place \$1500.00

3rd Place Team \$1000.00

There are a limited number of spaces available so register today.

Register for the event:
Mryglod Steel Presents the 2nd Annual Cure for Cancer Charity Golf Classic



Cheque Presentation

A huge thank-you to EH Price Industries Ltd for donating \$250 to Prostate Cancer Support Regina. EH Price Industries is a mechanical engineering firm headquartered in Winnipeg and has an office in Regina.



Accepting the cheque are: Board Member/Secretary Peter Braun (left), and Board Chair James Froh (right). Presenting the cheque is Dave Holmgren (center) from EH Price Industries Ltd.

Prostate Cancer Claims TSN Sportscentre Host



Darren Dutchyshen: 1966 - 2024

Long-time TSN personality and SportsCentre host Darren Dutchyshen passed away May 15 after a long battle with prostate cancer. He was 57.

“Darren Dutchyshen was a legend of Canadian sports broadcasting, a great teammate, and an essential part of TSN for the last three decades,” said Stewart Johnston, Senior Vice President, Sales & Sports, Bell Media.

“A larger-than-life personality, Darren’s incredible sense of humour and magnetic energy made him a natural broadcaster who connected easily with viewers. His enthusiasm reminded us every day of why we love sports. Most significantly, Darren was a friend to all of us at TSN, and we will miss him dearly. Our thoughts and heartfelt condolences are with his loved ones.”

One of Canada’s most popular and engaging sports personalities, Dutchyshen began his TSN career in 1995, hosting weekend editions of SportsDesk and CFL Live.

Dutchyshen became a beloved mainstay on TSN’s flagship news program over the next three decades, hosting the late night editions of SportsCentre alongside co-anchor Rod Smith and later with Jennifer Hedger.

Dutchyshen played a key role in the Kraft Celebration Tour, taking SportsCentre on the road across the country for several years, and was the co-host of the boxing show In This Corner with Canadian trainer and cutman Russ Anber. He also hosted Olympic Prime Time on TSN during the Vancouver 2010 Winter Games and London 2012 Summer Games.

Born in Regina and raised in Porcupine Plain, Sask., Dutchyshen’s first job as a sportscaster was with STV in Saskatoon, followed by a stint with IMTV in Dauphin, Man. He also spent seven years as the host of ITV’s Sports Night in Edmonton.

“He passed as he was surrounded by his closest loved ones,” the Dutchyshen family said. “His sharp wit remained until his final moments, classically delivering plenty of jokes – most of them pretty good and all of them inappropriate.”

Courtesy TSN

Take me out to the Ball Game Regina Red Sox Baseball

Come out and enjoy a ball game on June 25 at Currie Field at 7pm when the Regina Red Sox will be taking on the Swift Current 57's.

Prostate Cancer Support Regina members will be there to raise awareness and support of prostate cancer.



Regina Cancer Survivor Garden

The Garden is located in front of the Pasqua Hospital and Allan Blair Cancer Center on Dewdney Avenue in Regina.



What's NEW for 2024?

- **No more hauling water. Saskatchewan Health Authority agreed to install a water spigot in the garden.**
- **Garden Girl Greenhouse agreed to share their horticultural expertise.**
- **Canadian Cancer Society agreed to donate daffodil bulbs for the garden.**

Please Volunteer
help with cleaning, weeding, watering,
and planning the garden.
Email or call to volunteer!



info@pccnregina.ca



306-527-8290



Survivor Cancer Garden Cleanup

The new improved Cancer Survivor Garden in front of the Pasqua Hospital in Regina is starting to take shape. Many thanks to our volunteers.



**Garden prep Volunteers Cheryl, Sue, James and Jim.
Leah is the grounds keeper at the Pasqua Hospital.**



Looking forward to brightening up each day with beautiful flowers.

Garden volunteer website <https://pccnregina.ca/volunteer/>

Upcoming Events



Established in 2009, the Saskatoon Motorcycle Ride for Dad has raised over \$1,900,000 dollars for the fight against prostate cancer. The proceeds from our annual events are invested in ground-breaking prostate cancer research and life-saving public awareness campaigns of the disease and the importance of early detection.

Saskatoon Ride for Dad Group Ride

MOTORCYCLE

June 15, 2024

7:30-9:30 am

Pre-registration

Friday, June 14, 6:00 pm – 9:00 pm

Sports On Tap, 2606 Lorne Avenue, Saskatoon, Saskatchewan

Registration: 7:30-9:30 am Kick Off: 10:00 am Sharp

Starting location: Western Development Museum, 2610 Lorne Avenue South

\$40 before Ride Day, \$50 on Ride Day or FREE with \$100.00 collected in pledges.

[REGISTER AS A PARTICIPANT](#)

[PARTICIPANT LOGIN](#)

[DONATE](#)


Prostatepedia¹

¹expert insight + advice

click
here



MONTHLY QUOTE



**“It is often the small
steps, not the giant
leaps, that bring
about the most
lasting change.”**

HRM QUEEN ELIZABETH II

**PROSTATE CANCER SUPPORT REGINA
PROSTATE CANCER CANADA NETWORK - REGINA INC.
CRA CHARITY # 84872 6386 RR0001**

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.



PCS Regina Video Recordings

For more information about prostate cancer, go to our YouTube link for previous support meeting presentations by medical professionals/experts on various topics related to Prostate Cancer .



Visit our YouTube channel here:



Prostate Info on the Radio



Please listen to the above mentioned radio stations for our latest ads. The radio ads for PCSR play on every second Monday and Tuesday of each month between 5 am -1 am.

PCS Regina plans to increase public awareness about Prostate Cancer through Jack 94.5 and CJME. Advertisements will share information on the group's mission and meeting times.





Meet our Board

**James Froh, Troy Hagen, Peter Braun,
Robert Chapman, Moses Kanhai, Jeff Hutton**

board@pccnregina.ca

Executive Committee

Chair - James Froh

Telephone: (306) 527-8290

Vice-Chair - Troy Hagen

Telephone: (306) 535-2370

Treasurer - Vacant

Telephone:

Secretary - Peter Braun

Telephone:(306) 520-8956

Access to Information

info@pccnregina.ca

Governance / Finance Committee

inquiry@pccnregina.ca

Health Outcomes / Support Line/ Partnership Committee

support@pccnregina.ca

Member Education / Newsletter/ Communications Committee

member@pccnregina.ca

Public Marketing

marketing@pccnregina.ca

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





Our Mailing Address:
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Please email us at [**member@pccnregina.ca**](mailto:member@pccnregina.ca) if you have any questions.

To ensure you are receiving all of our newsletters and notices,
please make sure [**member@pccnregina.ca**](mailto:member@pccnregina.ca) is in your contact list.

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Our mailing address is:
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Want to change how you receive these emails?
Click here to [**update your preferences**](#)

Prostate Support News welcomes submissions from our members. If you feel your experience could assist others, please submit your story by email to [**member@pccnregina.ca**](mailto:member@pccnregina.ca).