



### March meeting:

What you should know about  
Pelvic Floor Therapy



Suzanne Funk, BMRPT, will speak at the March 14, 2024 PCS Regina support meeting on new information on Pelvic Floor Therapy. (More on Page 4).

### April Meeting Notice

Andrew McLeannan MSc as well as Dr. Mohamad Baydoun PhD be discussing "Experiences of people living with cancer during the COVID19 pandemic; a qualitative study" (More on Page 12-14)

### 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.

### 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 opportunities for sharing experiences and concerns;
- 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.

## PCS Regina's Hybrid\* Meeting Agenda

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

6:30 - 7:00 p.m. Presentation

7:00 p.m. Questions/Answers

7:45 p.m. Refreshment Break

8:00 p.m. Peer Sharing / Round Table Discussions

\*Hybrid: Zoom and In-Person



### **Zoom Meeting Link**

<https://us06web.zoom.us/j/82935990734?pwd=bEFZWBBShhGY2pNTWVhV0hWbWWhLOT09>

**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](mailto:info@info@pccnregina.ca)

Website: [www.pccnregina.ca](http://www.pccnregina.ca)

Telephone: 306-543-8215

# Don't Miss the March 14 Support Meeting



## WHAT IS PELVIC FLOOR PHYSICAL THERAPY

Pelvic Floor Physiotherapy is becoming more established in the literature as an effective treatment for Pelvic Floor Dysfunction; including Incontinence, Pelvic Pain, Sexual Pain, Prolapse, and Post-Partum concerns including unresolved pain associated with perineal obstetrical lacerations and c-section scars.

As Physical Therapists in Saskatchewan providing treatment in the area of urogenital or rectal dysfunction, we must complete educational programs recognized by the Saskatchewan College of Physical Therapists in order to provide treatment in this area.

The first 20 minutes of our meeting will begin with the presentation on “Pelvic Floor Therapy”, with 30 to 45 minute for Q & A following the presentation. The presentation will discuss:

- Benefits of pelvic floor physiotherapy before/after radiation and surgical procedures for prostate cancer. Which will include urinary incontinence and erectile dysfunction.
- What is the process for a person to get a consult for pelvic floor physiotherapy? What options are available, private and SHA funded?
- What should a person expect when they are receiving pelvic floor physiotherapy?

During the 15-minute refreshment break, we encourage partner and one-on-one support chats. The final portion of the meeting will be a Zoom and in-person round table discussion.

Please bring questions or concerns. If you are newly-diagnosed or need information, please join us.

## Meet Suzanne Funk



Known to her clients and colleagues as the 'Vagina Consultant', Suzanne Funk is a Physical Therapist passionate about pelvic wellness and the necessity for practitioners to be knowledgeable and comfortable when assessing and treating pelvic floor conditions.

Suzanne graduated from the University of Manitoba in 1993 with a Bachelor of Medical Rehabilitation in the Division of Physical Therapy. She has been working in the area of pelvic health since 2009, with a keen interest in pelvic pain. Suzanne's enthusiasm is contagious and her strength lies in her ability to take complex subjects and teach them to patients and colleagues in a way that is understandable, relatable, and usable.

In addition to her full-time private practice, she is also an active contributor of educational videos for the teaching website OBGYN Academy and holds a non-physician teaching position with the University of Saskatchewan - College of Medicine.



# The Prostate Journey By Our Members

## Jeff's Journey - Pelvic Floor Rehabilitation

I'm pleased to share my story about how Pelvic Floor Rehabilitation helped in my recovery after surgery. Every person is dissimilar and reacts differently to treatment. Always consult your doctor on what may work for you.

Before surgery, I met with my surgeon, and his support staff gave me instructions on how to prepare for surgery and what to expect. They informed me to start to perform exercises called Kegels to strengthen my pelvic floor. I was told this may help me post surgery for urinary incontinence. So I performed them religiously. I had had a laparoscopic radical Prostatectomy in October 2018.

After surgery and allowing the appropriate time, I resumed Kegel exercises. By December, my urinary leakage hadn't improved and I was getting discouraged. I was wearing a heavy insert to protect against leakage which is very uncomfortable. It was then that someone recommended I see a Pelvic Floor Rehab Therapist that deals with men. I made my appointment; there was a bit of a wait. It did cost money, especially for the initial assessment, but if they could assist me, it was worth every penny.

One of the first things the therapist asked me to do was to picture myself laying on the beach and to feel my bum sinking deeply into the sand. At that moment I could feel the tension I was holding in my pelvic floor release. I could not believe I was holding my pelvic floor muscles that tight. How could I not notice!

After that first appointment, within a few days I went from a heavy insert to a light insert which was a huge improvement in my urinary incontinence and personal relief. This gave me more freedom and confidence in leaving my home for a longer absence.

After further pelvic floor therapist appointments, I realized I was performing my Kegel exercise too strongly. In not realizing that I was holding my pelvic floor muscles so tightly and performing strong Kegel exercises, the combination did not allow my pelvic floor muscles to function properly. This led to my issues and frustration with urinary incontinence. The combination made it worse. With guided adjustments to my Kegels and exercises recommended from my therapist, I continued to improve. I am so thankful for this therapy because it enhanced my quality of life in the early part of my journey.

**For A List of Pelvic Floor Therapy Clinics**  
**Click the Saskatchewan Health Authority (SHA) icon below**



Pelvic Floor Physiotherapy is becoming more established in the literature as an effective treatment for Pelvic Floor Dysfunction; including Incontinence, Pelvic Pain, Sexual Pain, Prolapse, and Post-Partum concerns including unresolved pain associated with perineal obstetrical lacerations and c-section scars.

Physical Therapists in Saskatchewan providing treatment in the area of urogenital or rectal dysfunction must complete educational programs recognized by the Saskatchewan College of Physical Therapists in order to provide treatment in this area.



## Message from the Board

Dear readers of Prostate Support News,

We are pleased to share this first of many reports to you about progress and plans by our support group. We are proud of the new look of this newsletter and hope you find it as informative and readable as we do.

We are delighted to share with you what's coming in PSC Regina. We are focused on providing support and expressing concerns, and we've heard from the women in our group who are interested in forming a partners group. It will meet at 6:30 pm on Thursday, March 7, 2024 in Room 141, Saskatchewan Cancer Agency headquarters at 4545 Parliament Avenue in Regina. This is an awesome opportunity, and we are excited to see the partners group coming together.

We also wanted to let you all know Lorrie and Boyd Harrison resigned from the Board of Directors in February. We know this may be shocking news for some of you, as it was for us. It's important to thank Lorrie and Boyd for their service on the Board and we wish them well in future volunteer work.

The Board is proud of its strategic plan that was in January's newsletter, and we look forward to consultations on it with members and stakeholders in the Fall. Moving forward, we are confident that together we are building a space that is safer and more authentic today.

Please join us in-person or on-line when you are able at the new partners group or at the larger support group. Enjoy the last days of winter!

PCS Regina Board of Directors





## **Feb. Meeting**

### **Sexual Health Specialist Discusses Prostate Cancer Therapies**

Guest speaker at the February meeting, Dr. Francisco Garcia, emphasized the need for individualized treatment plans based on the patient's specific condition and history.

James Froh introduced Dr. Garcia, a urologist and sexual health specialist from Swift Current, Saskatchewan. His presentation focused on the importance of survivorship in cancer treatment and the potential long-term complications of therapies to treat prostate cancer. Discussing the prevalence and significance of erectile dysfunction in men, Dr. Garcia emphasized the need for an open dialogue about the issue. He highlighted erectile dysfunction's significant connection to heart and blood vessel diseases, noting it is an early indicator of such health issues, and discussed the importance of its early detection and treatment.

The speaker presented various medical and surgical methods to treat erectile dysfunction, along with potential risks and concerns, highlighting the need for customized treatments due to varying patient responses. For men who have undergone prostate cancer treatments, Dr. Garcia emphasized the importance of penile rehabilitation six months after cancer surgery.

On the issue of incontinence following a radical prostatectomy, he highlighted the need for treatment and the effectiveness of various options. He summarized the various types of incontinence, including overflow, urge, stress, functional, and mixed incontinence, and discussed the various treatments for enlarged prostates, such as bladder neck relaxers and surgical options.

Recent controversial studies suggest that testosterone replacement therapy might not increase the risk of prostate cancer recurrence, and may even improve symptoms in men with low testosterone levels. However, Dr. Garcia cautioned against making strong conclusions as these studies were small. Highlighting the potential risks of testosterone therapy, such as unmasking pre-existing cancer, Dr. Garcia concluded testosterone replacement therapy could be considered with proper patient selection, informed consent, and close monitoring.

The monthly meeting of PCS Regina at the Saskatchewan Cancer Agency in Regina drew 16 people in-person and 11 through Zoom. In spite of technical difficulties, the group managed to cover various topics related to prostate cancer and its treatment.



## Awareness, Knowledge and Understanding of Prostate Cancer and Men's Health



On February 10, Prince of Peace Lutheran Church hosted a prostate cancer awareness session. PCS Regina was represented by Lawrence Ward along with Boyd and Lorrie Harrison. Boyd shared his personal journey with prostate cancer and Lorrie discussed awareness, diagnosis, treatment options and the importance of early diagnosis.

The event was co-sponsored by Serenia Life Financial through their Action Team Benefit Program. The presentation was followed by Q&A, interaction, refreshments, and door prizes for those in attendance.

PCS Regina is grateful for the \$100.00 Serenia Life Financial committed to donate to our organization.

## March 7 Meeting



This invitation is for women who want and need to be able to meet in a safe location and be able to share their story. There is strength in numbers. Please join us in supporting other women on their journey.

Prostate Cancer is known as the “the Partner’s Disease” which is why it is necessary for partners of those going through prostate cancer to also have a support system in place.

No one can truly understand what you are experiencing or living, but those who are on the same or similar journey have the compassion and knowledge to know what it can be like.

Please join us the first Thursday of every month at The Saskatchewan Cancer Agency, 4545 Parliament Avenue at 6:30 p.m. - 8:30 p.m.

Please use the back door on the south side of the building to gain entrance. Someone will be there to open the door or call (306)737-6509.

# Webinar

National Alliance of State Prostate Cancer Coalitions Webinar Series (NASPCC)



Webinar Series Presents:

"Vaccine Strategies and Checkpoint Inhibitors"

James Gulley MD with James L. Gulley, MD, PhD

Thursday, March 7, 2024

7:00 pm – 8:00 pm EASTERN / 4:00 pm – 5:00 pm PACIFIC

James L. Gulley, MD, PhD, is an internationally recognized expert in immunotherapy for cancer. Dr. Gulley serves within the Center for Cancer Research (CCR) of the National Cancer Institute as Chief of the Genitourinary Malignancies Branch (GMB), the Director of the Medical Oncology Service (CCR), and also Head of the Immunotherapy Section within the GMB. He has been instrumental in the clinical development of multiple immunotherapeutic agents and has led multiple first-in-human immunotherapy studies through phase 3 clinical trials.

**Use this link to Register for the March 7, 2024 webinar "Vaccine Strategies and Checkpoint Inhibitors."**

James L. Gulley, M.D., Ph.D. is an internationally recognized expert in immunotherapy for cancer. He graduated from Loma Linda University in California with a Ph.D. in microbiology in 1994 and an MD in 1995. As part of this eight-year M.D./Ph.D. Medical Scientist Training Program, he completed a dissertation on tumor immunology. He completed his residency in Internal Medicine at Emory University in 1998, followed by a Medical Oncology fellowship at the National Cancer Institute (NCI). He has been an investigator on over 200 clinical trials and has authored over 350 scientific papers or chapters which have been cited over 25,000 times.

## Cancer Study University of Regina

- *Do you have cancer?*
- *Do you want to share your experience of living with cancer during the COVID19 pandemic?*



➔ JOIN THIS STUDY THAT INVOLVES A ONE-HOUR INTERVIEW TO EXPLORE CANCER PATIENTS' EXPERIENCES WITH DECISION MAKING REGARDING COVID19-RELATED PUBLIC HEALTH BEHAVIOURS! PARTICIPANTS WILL RECEIVE \$25 AMAZON GIFT CARD.

### For more info:



Contact the Study Coordinator  
(Mr. Andrew McLennan)  
at 587-877-0486 or  
[Aim421@uregina.ca](mailto:Aim421@uregina.ca)

Principal Investigator: Dr.  
Mohamad Baydoun  
[Mohamad.baydoun@uregina.ca](mailto:Mohamad.baydoun@uregina.ca)



This study has received approval from the University of Regina Research Ethics Board

## **University of Regina Cancer Study information**

Study Title: Experiences of people living with cancer during the COVID19 pandemic: A qualitative study

Principal Investigator: Dr. Mohamad Baydoun, PhD (Faculty of Nursing, University of Regina)

Study Coordinator: Andrew McLennan, MSc (Department of Psychology, University of Regina)

Study Team: Dr. Meghan MacDonald, PhD (Faculty of Nursing, University of Saskatchewan; Dr. Natasha Hubbard, PhD (Faculty of Nursing, University of Saskatchewan)

What is the study about?

The COVID and Cancer study is a qualitative study that looks to gain insight on the experiences of Saskatchewan residents who were living with cancer during the COVID19 pandemic. We are interested in understanding how the restrictions of COVID19 impacted the lives of people who were living with cancer. Some example questions during the interview would include: did you see COVID19 as a threat to you and others? What were the challenges you faced during the pandemic because of your diagnosis? There are no age restrictions and you do not have to have an active diagnosis of cancer to participate (but need to have had an active diagnosis during the COVID19 pandemic)

Study Design:

Qualitative (interview-based) Study

The interviews are approximately 1-hour in length, conducted over the phone or Zoom with the study coordinator (Andrew McLennan).

We review six questions in a semi-structured, open-ended discussion, where participants are encouraged to provide as much information as they please.

All data is analyzed by the study team and participants are provided with their information to review following the interview. All participants are provided a \$25 Amazon gift card for their time.



Andrew McLennan MSc

### **Training and Qualifications:**

Andrew McLennan is a doctoral student in Clinical Psychology at the University of Regina. He holds a Master's of Science degree in Clinical Psychology and has extensive qualitative and quantitative research experience on topics relating to aging, health, and chronic illness, including cancer and dementia. Andrew has published three previous qualitative research studies on topics related to the psychosocial well-being of people living with cancer.



Dr. Mohamad Baydoun PhD

Dr. Mohamad Baydoun is a faculty member with the University of Regina, Faculty of Nursing. He is a registered oncology nurse, holds a PhD in Nursing, and a post-doctoral degree in psychosocial oncology. Dr. Baydoun has developed a program of research which focuses on the psychosocial and behavioral components of living with cancer. Dr. Baydoun specializes in qualitative research and has published numerous manuscripts in peer-reviewed journals. Dr. Baydoun is the principal investigator of the COVID and Cancer study and oversees all aspects of the project.



University  
of Regina



Talking about cancer isn't easy. It's hard to know what to say. And it's hard to predict how others will react to news of a diagnosis, to updates about treatment or to hearing that cancer has come back. You may worry that you'll start to cry or that talking about your feelings is a sign of weakness. You may avoid talking about how you feel because you don't want people to get upset or worry about you.

But it's good to talk. It can help you understand your own emotions and feel more in control. It can make your relationships stronger and help people understand what you're going through. And it's the first step to getting support. Simply having someone listen can help you. And once people know what you're going through, they usually want to help in other ways as well.

For a variety of information on coping with changes go to the website:

**<https://cancer.ca/en/living-Coping with Changes-cancer/coping-with-changes/spirituality>**

- Newly Diagnosed
- Talking About Cancer
- Working With Your Health Care Team
- Quality of Life
- Feeling Your Best
- Work
- Planning For the Future
- Spiritual
- Your Emotions and Cancer
- Family Life
- Daily Life During Treatment
- Palliative Care
- Finances
- Travel
- Sex and Intimacy
- Spirituality



## **Put a SPRING into your step.....**



With Spring right around the corner and a want to shed some of the winters insulation, we are looking at starting a walking program of Fellowship and Fitness. If you are interested in joining a walking group once or twice a week around Wascana Park, please contact:

**[info@pccnregina.ca](mailto:info@pccnregina.ca)**

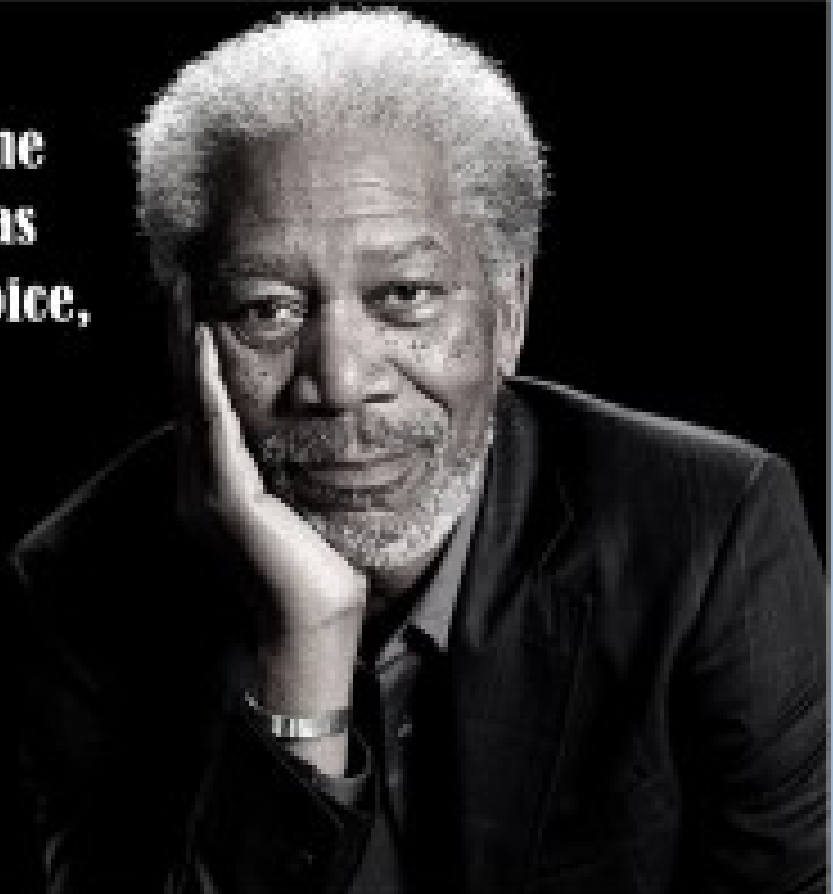
In your Subject Line indicate: Spring Fitness - Walking Wascana Lake  
In the body of your email please indicate your contact information (name, email and telephone number) as well as availability.

Once we know if there is an interest in participating in this event a schedule will be set up and you will be contacted with more information.

## MONTHLY QUOTE

**Man is immortal,  
Not because he alone  
among creatures has  
an inexhaustible voice,  
But because  
he has a soul,  
a spirit capable of  
compassion and  
sacrifice and  
endurance.**

MORGAN FREEMAN



## Poem Submission - A Stoic Man

He is a stoic man,  
He is a strong man,  
A man struck down in his prime.  
The seeds of his mother and father had a play in the deal.  
The odds were against him from the start,  
Where did it begin and where will it end, no one knows except God.  
He is a stoic man,  
He is a strong man,  
A man struck down in his prime.  
When it all began, he didn't know where to go,  
He didn't know which path to take,  
But he does know, it must be the best path for him.  
He is a stoic man,  
He is a strong man,  
A man struck down in his prime.  
The path he chose had its hills and valleys, but he must continue on.  
He takes his path with me at his side, with all of its twists and turns.  
Together we will travel and venture forward, taking each stride as they come.  
He is a stoic man,  
He is a strong man,  
A man who was struck down in his prime.  
This man of mine, who stole my heart, I will always remain at his side, from the beginning  
to the end,  
Our journey started at our dawn and now it's turning dark.  
He was my stoic man,  
He was my strong man,  
A man who was struck down in his prime.  
He has always been and will always be, the one in my heart.  
He was my stoic man, my knight in shining armour,  
From the beginning till the end!



Poem by Lorrie Harrison



**Click On the Donate Now Logo above to make your **MONTHLY** donation**

Hello PCS Regina Subscribers,

The PCS Regina Board is pleased to let you know about a new monthly donation campaign offered through Canada Helps starting up in March and invite you to participate.

Monthly donations are a great way to make a big impact and help us achieve our goals for the year. With your help, we can continue our work to raise awareness for Prostate Cancer and for a limited time, we can help increase the impact of your gift.

**Throughout March, create a new monthly gift of \$20 or more in support of our charity through CanadaHelps, and CanadaHelps will make a one-time extra \$20 donation to our charity!\* Read more about the full terms and conditions here.**

Please consider creating a new monthly gift of \$20 or more through CanadaHelps to support our charity. Your donation will help us achieve our goals and make a big impact. Thank you for your support!

Sincerely,  
PCS Regina Board

\*Make It Monthly 2024 is a bonus donation program where CanadaHelps will donate to a participating charity an additional \$20 for each new monthly donation of \$20 or more and CanadaHelps will donate an additional \$10 for existing monthly donations that are increased by \$10 or more beginning March 1, 2024 at 12:01 AM Newfoundland Standard Time (NST) to March 31st, 2024 at 11:59 p.m. Pacific Standard Time (PST) to a maximum aggregate amount of donations from CanadaHelps to all participating charities of \$50,000 CAD. See full terms and conditions:

<https://www.canadahelps.org/en/make-it-monthly-terms-and-conditions>

FOR A ONE TIME DONATION  
PLEASE CLICK THE "DONATE  
NOW" BUTTON BELOW - ALL  
PROCEEDS GO TO OUR  
ORGANIZATION



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:



## The Cancer Survivor Garden Needs You

Spring will be here before we know it.... we need volunteers so we don't lose the garden! Let's start planting/planning with you.



### Cancer Survivor Garden at Pasqua Hospital

For the past eight years, PCS Regina has undertaken the planting and maintenance of the flowers in the Cancer Survivor Garden at the front of the Regina Pasqua Hospital.

We urgently need someone to co-ordinate this project and volunteers to assist in this important initiative.

Group duties include: rototill the planting area; pick up plants and donated flowers in the spring; and weed and water flowers as needed.

If you are interested in helping or co-ordinating, please contact Jeff Hutton at [\*\*jhutton@sasktel.net\*\*](mailto:jhutton@sasktel.net)



## Getting the Word Out



We ask our members to pay special attention when listening to the above mentioned radio stations for our latest ads.

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](mailto:board@pccnregina.ca)**

## **Executive Committee**

**Chair - James Froh**

**Telephone: (306) 527-8290**

**Treasurer - Vacant**

**Telephone:**

**Vice-Chair - Troy Hagen**

**Telephone: (306) 535-2370**

**Secretary - Peter Braun**

**Telephone:(306) 520-8956**

## **Access to Information**

**[info@pccnregina.ca](mailto:info@pccnregina.ca)**

**Governance / Finance Committee**

**[inquiry@pccnregina.ca](mailto:inquiry@pccnregina.ca)**

**Health Outcomes / Support Line/ Partnership Committee**

**[support@pccnregina.ca](mailto:support@pccnregina.ca)**

**Member Education / Newsletter/ Communications Committee**

**[member@pccnregina.ca](mailto:member@pccnregina.ca)**

**Public Marketing**

**[marketing@pccnregina.ca](mailto:marketing@pccnregina.ca)**

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





Our Mailing Address:  
PCS REGINA - PO Box 37264  
REGINA, SK S4S 7K4

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.

Copyright © 2024 Regina Prostate Cancer Support Group Inc. All rights reserved.

Our mailing address is:  
PCS Regina  
PO Box 37264  
Regina, SK S4S 7K4

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).