

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 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 - click link for zoom meeting log in details. [Read more](#)

March Speaker



Angus Pratt is a patient with lung cancer who has been involved in projects as diverse as Canadian Cancer Society Advisory Council on Research (ACOR), presenting at the World Conference on Lung Cancer, and supporting the recent PanCanadian Lung Cancer Summit.

He sits on the Canadian Medical Association Patient Voice where he works to raise awareness about the cancer that kills more folk than breast, colorectal, and prostate. He is looking forward to sharing this information with you. When Angus isn't advocating for lung cancer, he likes to paint with watercolour and write poetry.

March 27, 2025 Special Presentation by Dr. Anne Katz

More on upcoming speakers on our website

The Power of Community in Your Cancer Journey

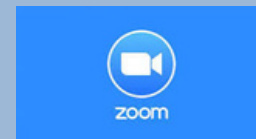
Our Support Meeting Agenda

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.

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: 829 3599 0734

passcode: 646130

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,

Your contribution starts by showing up and sharing your story at a support meeting. We sustain this important work through your financial offerings of any size. If you want to show your appreciation for what we are trying to do, you are invited to volunteer for specific tasks, serve on a committee or consider serving on the board of Regina's prostate cancer support group.

A warm welcome greets us at our meetings. We are here for one another and anyone affected by a prostate cancer diagnosis whether or not they attend our meetings.

Ted Jaleta's inspirational story has been on my mind and heart. I look forward to seeing his video on YouTube. Have a suggestion for meeting topics or speakers? If you have a message, comment or observation to share, please reach out to moses.kanhai@gmail.com.

Stay connected. I look forward to catching up with you at our March support meeting.

James

March 13, 2025 Speaker

Angus Pratt

Join us for a powerful and enlightening evening featuring Angus Pratt, an inspiring advocate, speaker, and patient living with lung cancer. Angus has dedicated his journey to raising awareness, supporting research, and championing the voices of those affected by this disease.

With a deep commitment to patient engagement, Angus has contributed to numerous initiatives, including serving on the Canadian Cancer Society Advisory Council on Research (ACOR), where he helps guide research priorities to better address patient needs. His advocacy has taken him to global stages, presenting at the World Conference on Lung Cancer, and actively participating in the PanCanadian Lung Cancer Summit, ensuring that the realities of living with lung cancer are heard and addressed at the highest levels.



Beyond his work in cancer research and advocacy, Angus is a dedicated member of the Canadian Medical Association Patient Voice, where he strives to highlight the urgent need for increased awareness and resources for lung cancer. Please join us for this great presenter's virtual presentation.

February 2025 Support Meeting Summary

Ted Jaleta, Guest Speaker

Ted Jaleta's life is a testament to the human spirit's capacity for resilience, adaptability, and triumph. From surviving imprisonment and torture during the Ethiopian Civil War to becoming a renowned athlete and community leader in Canada, Ted's journey inspires hope and perseverance.



Ted's accomplishments are a reminder that adversity can be overcome with determination and hard work. His commitment to fitness and coaching has not only transformed his own life but has also positively impacted countless others.

Despite facing a new challenge with his prostate cancer diagnosis at 66, Ted continues to embody the spirit of resilience and determination. His refusal to let cancer slow him down is a powerful reminder that age is not a barrier to staying active, engaged, and committed to one's passions.

Ted's story serves as a beacon of inspiration, encouraging us to reframe our challenges as opportunities for growth and to cultivate a positive attitude in the face of adversity. His legacy is a testament to the transformative power of sports, community engagement, and the unwavering human spirit.

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, RN

Dr. Katz: Expert in Sexual and Relationship Counseling

With over 20 years of experience, Dr. Katz specializes in counseling individuals and couples facing sexual and relationship issues due to cancer treatments.

An evening with Dr. Katz

FREE EVENT!

Thursday
March 27th, 2025
6:30p.m. - 8:30p.m.
1801 McIntyre St.

All participants must pre-register; space is limited

If you have any questions, please reach out to info@pccnregina.ca

Scan to Register



Author of 16 Books:

- Self-help resources for male cancer survivors and their caregivers.
- Notable works include:
 - Man Cancer Sex
 - Prostate Cancer and the Man You Love (for couples facing prostate cancer)

Now in private practice, Dr. Katz continues to provide guidance and education for cancer survivors experiencing sexual and relationship challenges.



Answers to your Questions about Genetic Testing for Hereditary Cancer Risk



How do I know if I should get genetic counselling?

What do genetic counsellors do?

What factors make genetic counselling a good option?



Wednesday March 12, 2025
7:00–8:00 pm on Zoom





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.



JUST SAY PSA

A FILM BY SAMANTHA PILLAY

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

