



May 9th meeting:

“Mental Health and You”

Speaker:

Shannon Patton BSW, BA

This session will explore what stress is, the effects on the body and mind as well as ways of coping. A short meditation exercise will follow which you can repeat on your own when stress tries to get the better of you.

June 13th Meeting Notice

Several members will share their personal experiences with side effects of prostate cancer treatment.

The Annual General Meeting of Prostate Cancer Support Regina will be held following the support group meeting. The AGM will include reports, decision making and election of a new Board.

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 - 6:50 p.m. Presentation

6:50 p.m. Meditation Exercise

7:00 p.m. Questions/Answers

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=bEFZWBB5mhGY2pNTWVhV0hWbWWhLOT09>

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

April Meeting Summary

The support meeting on April 11 featured a presentation on a COVID 19 AND Cancer Study by Dr. Mohamad Baydoun PhD and Andrew McLennan MSc. 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. The study is interested in understanding how the restrictions of COVID19 impacted the lives of people who were living with cancer. Fourteen members attended in-person and eighteen people joined online by Zoom.

If you were living with cancer and were receiving treatments during COVID-19 and want to participate in the qualitative study, contact the Study Coordinator, Andrew McLennan, at 587-877-0486 or Aim421@uregina.ca. Time is limited as they are wrapping up their study shortly, so please get in touch with Andrew as quick as you can.



For more info:

Contact the Study Coordinator,
Andrew McLennan
at 587-877-0486 or
Aim421@uregina.ca

Principal Investigator: Dr.
Mohamad Baydoun
Mohamad.baydoun@uregina.ca



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

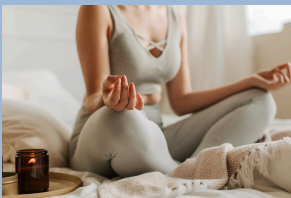
May 9, 2024 Meeting Notice

“Mental Health and You”



Shannon Patton BSW, BA Psych

This session will explore what stress is, the effects on the body and mind as well as ways of coping. When faced with a diagnosis of cancer, stress can be extremely prevalent and for some debilitating. We will discuss various ways of relieving stress, enhancing your overall mental well-being as well as identifying the importance of self-care for you and your loved one. A short meditation session will be given.



The presentation is scheduled from 6:30 to 6:50 pm, then a short meditation exercise and then a Q & A session from 7:00 to 7:15 pm.

During our 15-minute refreshment break, we encourage partner and one-on-one support chats. The rest of the meeting time is devoted to Zoom and in-person peer sharing discussions.

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, please 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.



Partners Support

PCS Regina supports partners of loved ones diagnosed with prostate cancer. Partners are offered an opportunity to meet and share their experiences with others who are going through or experienced similar situations.

Due to insufficient numbers for a separate partners meeting, PCS Regina has decided to include a space during their regular support meeting on the 2nd Thursday of the month for a separate partners sharing time.

During the May 9th meeting at 7:30 pm, partners can determine if they would like a separate breakout.

If you are a partner in need of support, please contact info@pccnregina.ca

There is also a National Partners Group which 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



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.

Prostate Cancer News

Medical journal reports

Prostate cancer cases expected to double worldwide

A recent article in The Lancet reports that cases of prostate cancer are projected to double from 1.4 million per year in 2020 to 2.9 million per year by 2040, with low- and middle-income countries (LMICs) predicted to see the highest increases in cases.

The Lancet Commission plans to release these findings at the upcoming European Association of Urology Congress.

The number of annual prostate cancer deaths worldwide is predicted to rise by 85 per cent over the 20-year period, from 375,000 deaths in 2020 to almost 700,000 deaths by 2040. The true numbers will likely be much higher than the recorded figures due to under-diagnosis and missed opportunities for data collection in LMICs.

Most of these deaths are expected to be in LMICs, due to the rising number of cases and increasing mortality rates in these countries. Deaths from prostate cancer have declined in most high-income countries (HICs) since the mid-1990s.

Prostate cancer is already a major cause of death and disability, accounting for 15 per cent of all male cancers. It is the second most common cause of cancer deaths in UK men and the most common form of male cancer in more than half of the world's countries.

Aging populations and increasing life expectancy will lead to higher numbers of older men in coming years. As the main risk factors for prostate cancer – such as being aged 50 or older and having a family history of the disease – are unavoidable, it will not be possible to prevent the upcoming surge in cases through lifestyle changes or public health interventions.



From Doctor to Patient



Former National Health Institute Director Francis S. Collins
Graeme Jennings - Pool/Getty Images

Former US National Institutes of Health Chief, Francis S. Collins went public with his prostate cancer journey. Doctor becomes patient.
Read the article and listen to the interview (“12 Minute Listen” interview starts at 2:51).



Francis S. Collins helping others

Courtesy of NPR

Active Surveillance



Peter Carroll, MD, MPH of UCSF

Check out the recording of the recent presentation by Active surveillance (AS) pioneers Peter Carroll, MD, MPH, of UCSF, and Laurence Klotz, MD, of the University of Toronto, about the latest data on the safety of AS.

The free meeting was organized as a response to the sudden diagnosis of a Gleason 9 score of famed researcher Francis Collins, MD, PhD, which made headlines and led some AS patients to question whether they could safely continue on AS. Collins went from being an Active Surveillance patient to planning a radical prostatectomy seemingly overnight.

Courtesy of Prostate Cancer Foundation Canada



Laurence Klotz, MD



**Presentation by Peter Carroll, MD, MPH,
of UCSF and Lawrence Klotz, MD**

International Active Surveillance Meeting



Gabe Canales

Prostate Cancer: Not just an old man's disease - May 25

Come listen to Gabe Canales' story and how it can help you and your sons and grandsons. Prostate cancer typically is diagnosed in men in their 60s. It's considered a disease of aging, an old man's disease.

But Gabe Canales, a marketing & communications expert from Houston Texas, was diagnosed at age 35. It was a shock—with no symptoms or family history of the disease. He has been on Active Holistic Surveillance for 13 years.

He told his story in the book, "Unexpected Diagnosis," which follows his journey to uncover the unconscious lifestyle habits that plague the well-being of American men. Through his journey to save his own life through improving his physical and mental health, he shares knowledge from top doctors, experts, and professional athletes, while providing insights on how masculinity and healthy living aren't mutually exclusive.

Canales' story is an inspiring look at how micro changes in lifestyle and diet can lead to big changes in health, cancer outcomes, and lives saved.

Canales's message should inspire older men to make lifestyle changes and to address issues of prostate and overall health screening for our sons and grandsons.

He shares his message in speeches to younger men through his foundation.

Register for International Active Surveillance Meeting - May 25

Prostate Cancer Symptoms

You have been diagnosed with Prostate Cancer and have had treatment, going through options or are on active surveillance. Prostate Cancer is hereditary so our male siblings/children/relatives need to stay informed. What can we tell them to watch for? Do you remember all your symptoms? Everyone is different so here is one video that may be helpful for our loved ones to review. They need to be on the lookout, no matter what their age.

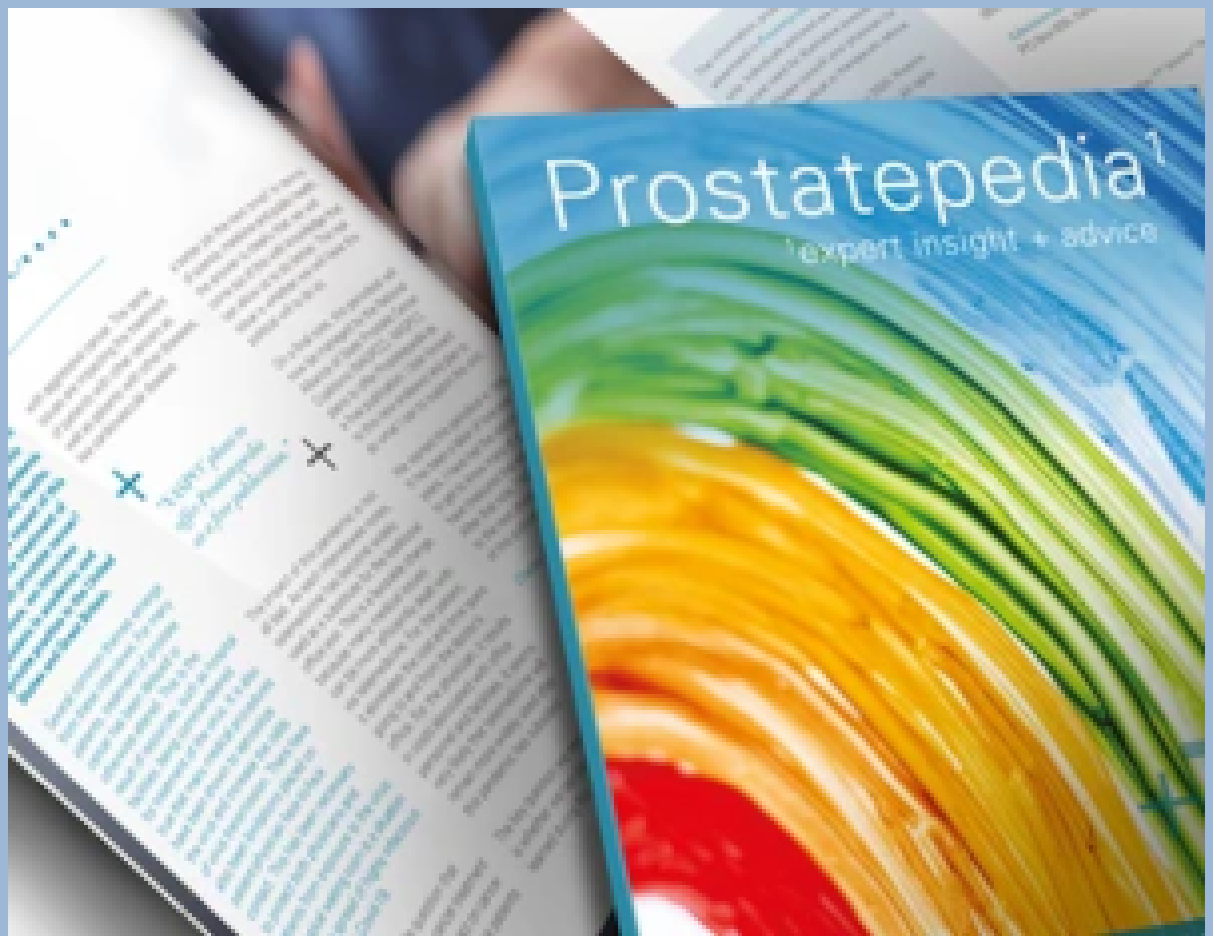


**10 Warning
signs of
Prostate
Cancer**



Prostatepedia¹

¹expert insight + advice



Personal Reflection

One of the most impactful parts of my journey has been the realization that it's not just me. Hearing other people's stories not only validates my own but it reminds me that I'm not done yet. In a good way. I've come so far and now I get to witness other journeys.

I hear your pain because it is or was once my pain too.

I feel your triumph because I too have had wins.

I am awed by your perseverance because I too have overcome or found new awareness.

I can't express the gratitude I feel to be able to share a space with people who keep trying to grow no matter what obstacles are put in their path.

We are not done yet

Michelle Wren, 2024.

Michelle has found healing through words and while the way she expresses has changed they continue to help her feel and embrace the things that connect us all.



MONTHLY QUOTE



Don't sit down and
wait for the
opportunities to
come. Get up and
make them.

Madam C. J. Walker



Regina's Cancer Survivor Garden

NEW for 2024

- No more hauling water from afar.
Saskatchewan Health Authority agreed to install a water spigot in the garden to make watering our flowers/plants easier!
- Garden Girl Greenhouse agreed to share their knowledge expertise in planning a garden that blossoms all season long!
- Canadian Cancer Society agreed to donate daffodil bulbs to plant this fall in the garden for blossoms in April 2025!
- Call for Volunteers - Email with garden in the subject line to volunteer. Duties include rototilling and planting donated plants in early June, weekly weeding and watering throughout the season, and preparing the beds in fall. Click the link below to request to volunteer:



[Click here to Volunteer for Cancer Garden](#)

Almost eight years ago, Canadian Cancer Society representatives approached PCSR to take over the care and maintenance of the Cancer Survivor Garden. The garden is located in front of the Pasqua Hospital and Allan Blair Cancer Centre on Dewdney Avenue in Regina. Thank you to all the volunteers who have cared and maintained the Cancer Survivor Garden's flower beds since 2018!!



**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:



Getting the Word Out



We ask our members to pay special attention when listening to the above mentioned radio stations for our latest ads. The radio ads for PCSR play on every 2nd Monday & Tuesday of each month and they play between 5am -1am.

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

Treasurer - Vacant

Telephone:

Vice-Chair - Troy Hagen

Telephone: (306) 535-2370

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).