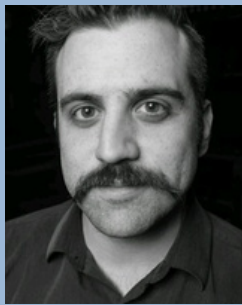


November 2024



Our November Feature Speakers



Join us on Thursday November 14, 2024 - Nikkoli Hubic of the Movember Foundation will give an update on the 2024 Movember Campaign. He will address men's mental health, suicide, prostate cancer and testicular cancer. We welcome our members to bring any loved ones at risk (brothers/sons/friends).

Save the Date

Speaker at our December 12, 2024 hybrid meeting will be Aaron Shannon BKIN, CSEP-CEP, clinical exercise physiologist from New Gen Fitness. Aaron will provide exercise therapy and exercises that we can complete at our homes.



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.

PCS Regina's Hybrid* 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



Zoom Meeting Link

<https://us06web.zoom.us/j/82935990734?pwd=bEFZWBBShmGY2pNTWVhV0hWbWWhLOT09>

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

Prostate Cancer Support Regina Thursday November 14, 2024 Meeting Movember Foundation - Men's Health



Nikkoli Hubic has been a Primary Care Paramedic since 2008 and has been a Paramedic in Regina for the past 14 years. He has been involved with the Movember foundation for the past 14 years as well, advocating for men's health in what the Movember Foundation has identified as the most impactful areas of health care for men.

Nikkoli Hubic - Movember Foundation

On November 14th (Movember 14), representatives from the Movember Foundation - Regina Committee plan to attend our monthly meeting and present an update on the 2024 Movember campaign and some of Movember's long lasting connections to the prostate cancer research community and the prostate cancer support community.

The Movember Foundation has been a leading men's health charity since 2003. Their focus is specifically on prostate cancer, testicular cancer, and men's mental health. Movember has always maintained that some day soon, no one will die from prostate cancer and they have a plan.

The presentation is scheduled from 6:40 to 7:00 pm, with a Q & A session from 7:00 to 7:15 pm. Please feel free to bring loved ones who are at-risk, including family members (brothers, sons, grandson's, dads), and at risk friends to this meeting to learn about men's health.

During our 15-minute refreshment break we encourage partner and one-on-one support chats, closing our last minutes of the meeting with a 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. If attending by Zoom, please visit <https://pccnregina.ca/> to login by 6:20.



October 2024 Meeting Summary

“Prostate Cancer Related Lymphedema and Treatment”



Greetings on behalf of the Prostate Cancer Support Regina. As we pause this November to remember and give thanks for the health of our families, communities and workplaces, we invite you to consider especially the health of the men and boys in our lives.

As part of the annual theme of “Movember,” we ask that you invite male friends and family to our November meeting to listen and discuss men's health issues and what this means for future generations of healthy men. Read more details in this newsletter.

We were pleased to have a successful support meeting in October when we had an attendance of 21 in person at the Saskatchewan Cancer Agency in Regina and 8 online. The meeting was interrupted by a bad actor who bombed the presentation on Zoom. We immediately removed the intruder and reported the incident to Zoom. Please be patient with us, we will be changing our Zoom meetings to make them safe and secure for members and guests over the next few months.

Tracy Gardikiotis and Megan Jakubowski, physiotherapists from the SHA Lymphedema Clinic were our guest speakers. The clinic specializes in treating cancer-related lymphedema, which is the abnormal accumulation of lymph fluid in the lower extremities, pelvic, genital region, or any combination, as a result of damage to the lymphatic system by prostate cancer treatment. More treatment increases risks for developing prostate cancer-related lymphedema. Its prevalence is more common than most people understand:

Prostate Cancer Treatment	Lower Limbs Lymphedema	Genital Lymphedema
-----	-----	-----
Radiation	0 - 9%	0 - 8%
Surgery/lymph node removal	0-14%	0 - 1%
Surgery and Radiation	18 - 29%	2 - 22%

Tracy and Megan covered its causes, symptoms, and management strategies. Discussions also included potential causes of swelling, community resources, and the importance of early treatment intervention for lymphedema and pelvic floor issues.

Visit [Lymphedema Association of Saskatchewan website](#) for information and resources on lymphedema management.

If you are experiencing lymphedema symptoms, please consider self-referral by calling the lymphedema clinic at Regina's Pasqua Hospital (306) 766-8600 for assessment and treatment.

In addition to her role at the clinic, Tracy is a leader with InPower, a group serving women of all ages diagnosed with breast cancer and who are empowered by knowledge, strength in action and inspired by community.

PCSR with Breast Cancer Group

Our prostate community shares much with breast cancer, from incidence to treatment to side effects. We are very pleased to be connecting with InPower. It supports women following a breast cancer diagnosis with recovery/overall wellness/ connection using various fitness and wellness events. InPower has arranged a free 60 minute fitness session for men with prostate cancer from 10:00 am to 11:00 am, Saturday, November 23 at Level 10 Fitness, 2124 Grant Rd B in Regina SK.



SHA physiotherapists are working with Level 10 trainers to build specific exercises commonly used for prostate cancer rehabilitation and recovery (address muscles/joints affected by surgery, radiation, hormone suppression treatments). Level 10 trainers will be there to show modifications for men according to their fitness and mobility levels. Both Tracy and Megan will be in attendance to help if needed. Immediately following, Level 10 will hold its annual public Movember fundraiser workout for members and the public to raise support for men's health. InPower will be inviting its members to come out and support Level 10's public Movember fundraiser workout. The Movember fundraiser offers a good opportunity to let others know about Prostate Cancer Support Regina and how men can access its services. If you come, please wear comfortable clothing suitable for exercising and moving.

See you on November 23!

Message from the Chair

We're Here to Help You...

Prostate Cancer Support Regina is working on a roster of speakers for the rest of this year and all of 2025. We invite you to tell us what topics you would like for future meetings. We also appreciate any feedback on past speakers and support meetings. Please send an email to info@pccnregina.ca.

We are available to support you between meetings. If you are experiencing urgent concerns, contact the support line at 306-543-8215 or email info@pcnregina.ca.

If you have been diagnosed with prostate cancer or have been treated for the disease, you and your partners are welcome to our meetings in person or on Zoom. You can also learn more about PCSR by [signing up for the monthly newsletter](#)

For incontinence issues post-prostate cancer treatment, please explore [local pelvic floor physiotherapy treatment options in Saskatchewan](#).

Information about prostate cancer and support groups in Saskatchewan is available at a new landing site at Saskprostate.ca. Saskprostate.ca was created by Prostate Cancer Support Regina and our sister group Prostate Cancer Support Saskatoon to promote accessible, pertinent, evidence-based and distinct local prostate cancer supports, resources and other information.



U of R Rest and Restore Cancer Rehab Program

Let us help you get some R & R! Our new R & R Cancer Rehab and Recovery Program provides specialized exercise programming for people undergoing or recovering from cancer treatment.

Various exercises and equipment focus on muscular strength, cardiovascular fitness, balance, and flexibility. A certified Exercise Physiologist designs the programming to meet the individual's goals in a group setting.

The R & R group sessions are 50 minutes long and are held twice weekly on Mondays and Wednesdays. All of the sessions are conveniently held at the University of Regina up in the Fitness and Lifestyle Centre.

Your safety and well-being are our top priorities for the R & R - Cancer Rehabilitation and Recovery Program. Pre-screening and assessments are required before starting the program. If this is your first time registering in R & R - You will need to set-up an assessment with Jenna before you can participate.

Sessions held January 22, 2025 to April 9, 2025. Monday and Wednesdays from 10am to 11am.

Enrollment opens November 15.

- To learn more about how to register for the R & R program - Please call Client Services at 306-585-4371.

- To schedule your pre-screening and assessment appointment (after you have registered for the program), please call the Centre for Health, Wellness and Performance at 306-585-4004.

*Please Note - You will not be eligible to participate if you have not been properly pre-screened. Website states it is free to register.

Website:

https://anc.ca.apm.activecommunities.com/uregina/activity/search/detail/11882?onlineSiteId=0&from_original_cui=true



R&R CANCER REHAB AND RECOVERY

- This brand-new program provides specialized exercise programming focusing on strength, cardiovascular fitness, and more for people recovering from cancer treatment
- 50-minute sessions held twice per week on Tuesdays and Thursdays from September through December
- Call 306-585-4371 or use the QR code below to book:



reginacougars.com/RandR

Support Available to Partners

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 members 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.

Regina has a **local** partner's group just for 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.

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 note 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. Only partners are allowed to join. To register for the National Partner's Zoom meeting please click the REGISTER link located at the bottom of the page.

[Link to National Zoom Meeting](#)



Resources Available for Bone Metastases and Exercise Hub

The Bone Metastases and Exercise Hub from the University of British Columbia provides access to resources on exercise recommendations for people with bone metastases. These resources created by the Bone Metastases and Exercise Knowledge Mobilization Team are intended to work together to inform and support patients, exercise professionals and health care professionals.

The Bone Metastases and Exercise Knowledge Mobilization Team was established in 2023 and includes patient partners, researchers, healthcare providers, and exercise professionals, all with cancer experience. The team was created to co-design user-friendly resources to support the use of the [2022 Exercise Recommendations for People with Bone Metastases](#) (International Bone Metastases Exercise Working Group) in partnership with the Canadian Cancer Society.

Funding for this project comes from a Canadian Cancer Society Accelerator Grant awarded to Drs. Kristin Campbell, Sarah Neil-Sztramko and Michelle Nadler, and a Michael Smith Health Research BC REACH grant, awarded to Dr. Kristin Campbell.

For Patient Handout, Webinar and Health Information Form or Find an Exercise Professional click below...



**Click button to be taken this
full article**

New Ultrasound Technology Makes Prostate Cancer Biopsy Safer

This year, under the leadership of Radiologist Dr. Jeff Bird and Urologist Dr. Kunal Jana, they were happy to introduce the new Aplio Ultrasound Machine to the Saint Paul's Hospital in Saskatoon. This acquisition was made possible through the phenomenal generosity of Associated Radiologists LLP and Daphne Arnason & Leo Bourassa. For patients requiring prostate biopsies, the machine performs trans-perineal procedures that are extremely safe, highly efficient and minimally invasive.

When a patient arrives for their biopsy, they have often already had an MRI completed that may have identified lesions that cannot be seen on a traditional ultrasound. The Fusion technology within the Aplio Ultrasound Machine allows radiologists to import MRI information and fuse it with what they see through the ultrasound in real time, increasing diagnostic accuracy and further improving patient outcomes.

We look forward to other new upcoming innovations to help make our prostate cancer journey easier and we can hope one day for a cure.





Prostate Cancer Foundation Canada Silent Auction Nov 7-14th

The 4th Annual Prostate Cancer Foundation Canada Event will return November 7-14th.

November 7th it opens at 10am PST and closes November 14 at 4pm PST. This incredible event showcases amazing activities and unique items, all up for grabs. You won't want to miss this.

It will be a combination of silent auction, blind bids and buy now items. Note that Buy It Now items will be loaded daily at 10am between Nov 8-12th. There may be additional silent auction items added to the event when live.

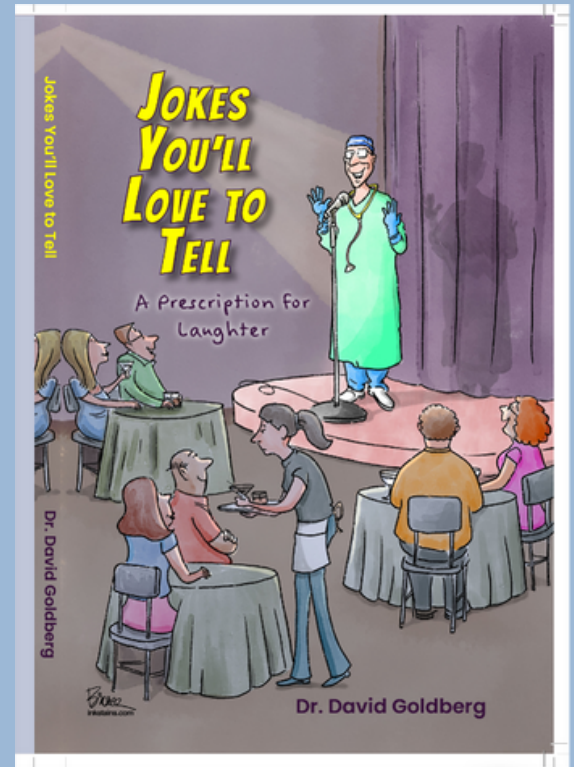
Every bid you make today will help us carry on with the incredible work we are doing! Prostate cancer is the #1 cancer for men and the second leading cause of cancer death. PCFC funds research grants provides support services as well as raises awareness. Thank you for signing up and helping out, we couldn't do it without your support!



**Click logo above
to join PCFC
Online Auction**

Jokes You'll Love to Tell

David Goldberg MD



Dr. Goldberg has been a practicing Primary Care Physician in BC for over 30 years. His personal journey with prostate cancer began in 2023 with his own diagnosis. David created this book while undergoing treatment and filled it with jokes that helped him, and that he hopes will also assist you all as well.

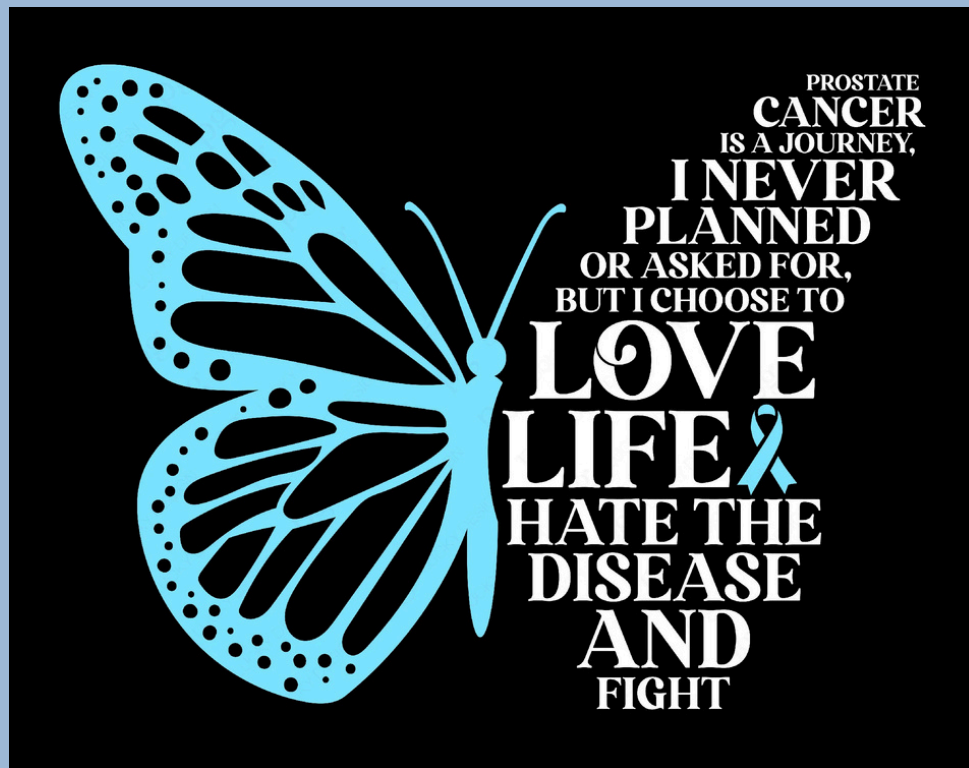
Dr. Goldberg produced this book in the hope that it will raise awareness and funds for patients with prostate cancer, in part through his partnership with Prostate Cancer Foundation Canada.

[Dr. Goldberg's book is available on Amazon. Click Here](#)

This is a joke book unlike any other. The pages are not filled with "Dad Jokes" or one-liners. Instead, there are elaborate lead-ins that capture your attention before delivering the final comedic knockout punch. The material is crafted specifically for the discerning adult audience who appreciates humor with a sophisticated (and sometimes naughty) twist.

Over 200 jokes poke fun at a wide range of life's absurdities. Topics range from doctors and nurses to lawyers and golfers and to – the 'man who walks into a bar...'

Prostate Cancer Order T-shirts Online

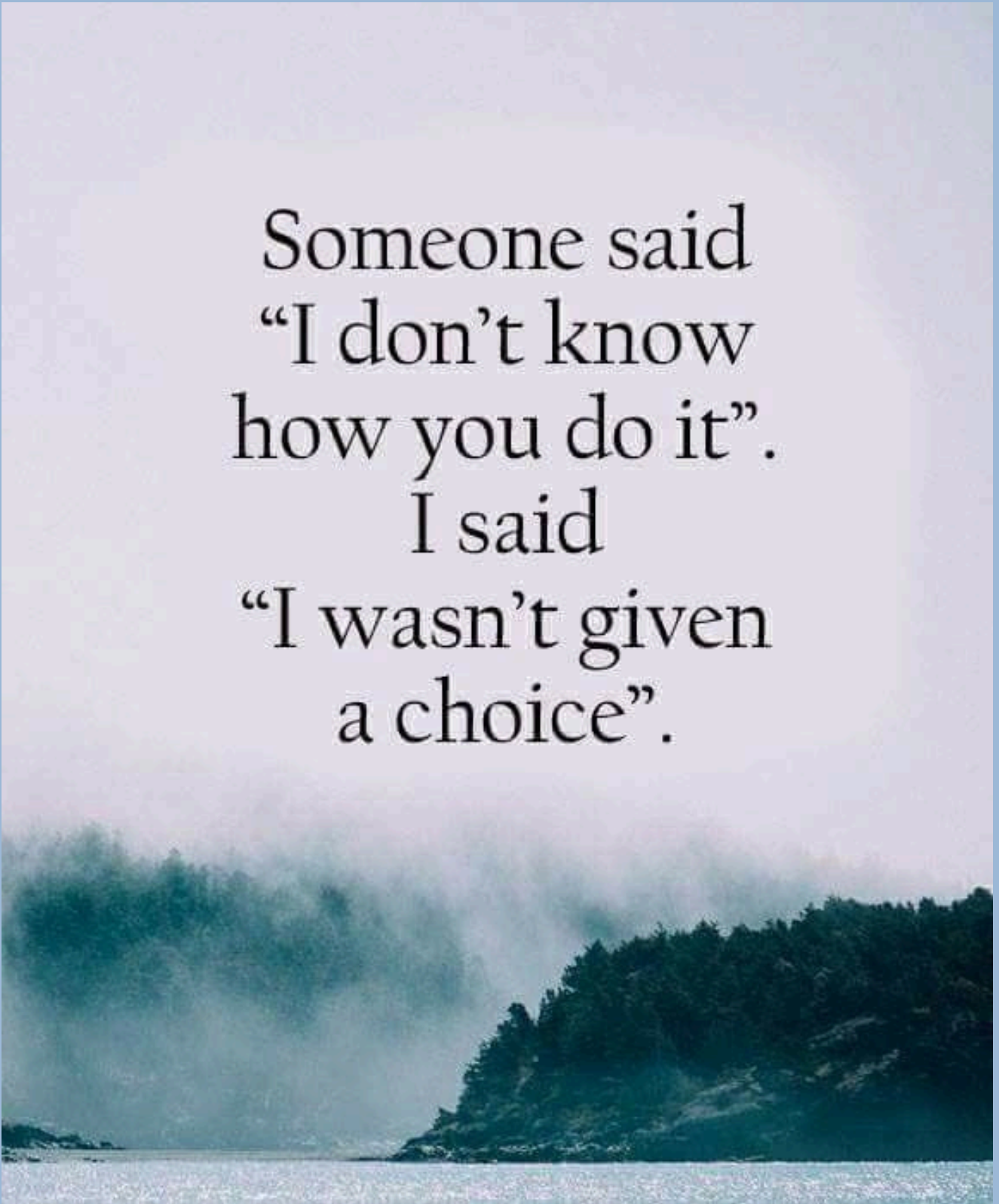


Click button to be taken to Esty as an option to purchase a T-shirt.

[Click here](#)

MONTHLY QUOTE

Someone said
“I don’t know
how you do it”.
I said
“I wasn’t given
a choice”.



**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.

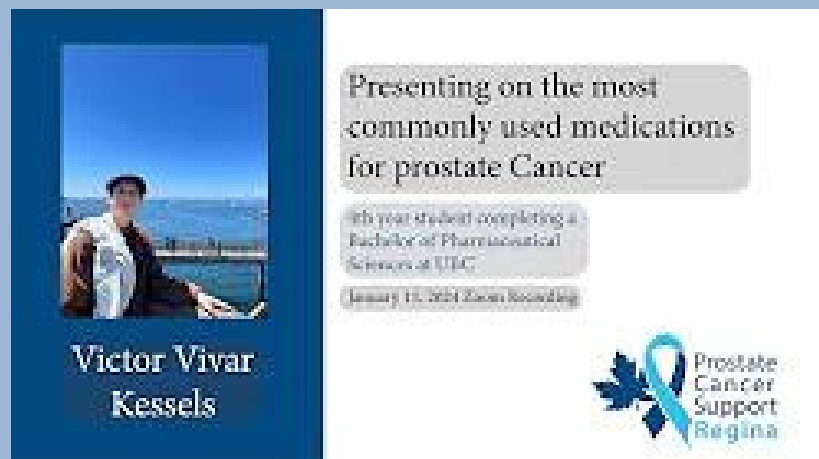
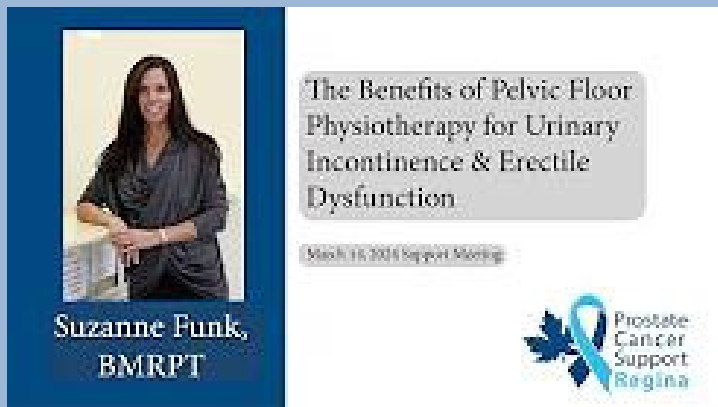


Prostate Cancer Support Regina is an incorporated organization in Saskatchewan under the authority of The Non-Profit Corporations Act, 1995 and a registered Canadian charity under the authority of the Income Tax Act.



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 .



Click below to visit our YouTube channel here:



Prostate Info on the Radio



Please listen to these radio stations for our latest ads. The radio ads for PCSR air every second Monday and Tuesday of each month between 5 am and 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, 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

Access to Information

info@pccnregina.ca

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 .**





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

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

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or info you want to contribute to this newsletter, please submit your story by email to
communications@pccnregina.ca.