

*October 2024*



## Our October Feature Speakers



Join us on Thursday October 10, 2024 - Tracy Gardikiotis and Megan Jakubowski work as physical therapists at the Pasqua Hospital Lymphedema Service and are trained in cancer rehabilitation lymphedema management.

**For our November 14, 2024 hybrid meeting, two representatives of the Movember Foundation, Nikkoli Hubic and David Parker, will give an update on the 2024 Movember Campaign. They will address men's mental health, suicide, prostate cancer and testicular cancer. We encourage our members to bring any loved one at risk, including family members, brothers, sons to this meeting.**

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

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

Telephone: 306-543-8215

## Prostate Cancer Support Regina Thursday October 10, 2024 Meeting Media Notice

### Prostate Cancer Related Lymphedema and Treatment



Tracy Gardikiotis and Megan Jakubowski work as physical therapists at the Pasqua Hospital Lymphedema Service and are trained in cancer rehabilitation lymphedema management.

Tracy Gardikiotis, BScPT, CLT-LANA, CCES 2024



Megan Jakubowski, MPT, CLT-LANA 2024

The presentation with Q&A afterwards is scheduled from 6:40 to 7:15 pm.

An Overview of Prostate Cancer-Related Lymphedema, they will provide the following::

- Define lymphedema
- Identify causes and risk factors for cancer related lymphedema
- Discuss stages of lymphedema
- Describe early signs and symptoms of prostate-related lymphedema
- Discuss treatment for lymphedema
- Provided treatment and information resources for lymphedema in Saskatchewan

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.



## September 2024 Meeting Summary

### “Side Effects and Complications of Prostate Cancer”

Summary of September 12, 2024, support meeting for October newsletter

Our September 12, 2024, meeting started by welcoming everyone and acknowledging September as Prostate Cancer Awareness Month. Our support group partnered in a provincial campaign to raise awareness about how common prostate cancer is in men in Saskatchewan. Activities included radio and television interviews, radio advertising, LightUpInBlue.ca, a new provincial prostate cancer landing page and a Concert in the Garden closing event to shine a light and raise some noise about prostate cancer in Saskatchewan.

Dr. Asim Amjad gratefully shared his professional expertise and presented recent innovations in prostate cancer treatment that has revolutionized the way the disease is diagnosed and managed in Saskatchewan. His presentation was recorded and will soon be available on our channel <https://www.youtube.com/@prostatecancersupportregina>

“One of the groundbreaking innovations, is the development of precision medicine, where treatment decisions are tailored to an individual’s genetic makeup and specific cancer characteristics.”

The innovations in prostate cancer treatment have reshaped the landscape of oncology, offering patients more effective and less invasive treatment options.

These advancements not only improve survival rates but also enhance quality of life for individuals undergoing treatment. As technology continues to advance, the future of prostate cancer treatment holds promise for further breakthroughs in personalized and precise care.

Ultimately, the integration of individualized treatment strategies in prostate cancer exemplifies a patient centered approach that prioritizes personalized care and optimized outcomes. As research continues to elucidate the intricate biology of prostate cancer, the prospect of tailoring treatments according to each patient’s unique profile holds promise for improving survival rates and enhancing quality of life. Embracing the era of personalized medicine in prostate cancer signifies a critical step forward in the quest to combat this complex disease. After the presentation, we had a 20-minute break to talk among ourselves and our meeting concluded with upcoming events - NEW [saskprostate.ca](https://www.saskprostate.ca) landing page, Concert in the Garden for Prostate Cancer Awareness Month, upcoming support meetings and a reminder that support is available between meetings by calling our support line 306-543-8215 or emailing [info@pccnregina.ca](mailto:info@pccnregina.ca)

We had a very good turnout with 31 participants, including 4 new comers to the support group. Roving Bluetooth conference speaker/mic in Room 141 resulted in good audio for 9 members participating online and 23 members in the room at the Saskatchewan Cancer Agency.



**Prostate Cancer Awareness Month  
Letters of Recognition**



GOVERNMENT OF SASKATCHEWAN

*Certificate of Recognition*

I, Everett Hindley, Minister of Health  
in the Province of Saskatchewan  
in exercise of the powers conferred upon me,  
do hereby designate the month of  
September 2024 to be:

*"Prostate Cancer Awareness Month"* in Saskatchewan

And I request the citizens of the Province of Saskatchewan to  
recognize this month.

Dated at the City of Regina this 20<sup>th</sup> day of August 2024.



  
MINISTER

**CITY OF REGINA**  
SASKATCHEWAN, CANADA

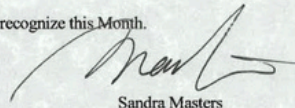
**PROCLAMATION**

WHEREAS provisions of Procedure Bylaw No. 9004 provide the Mayor with the authority to  
approve proclamations.

NOW THEREFORE I, Sandra Masters, Mayor of the City of Regina, do hereby proclaim the month of  
September 2024 as

**PROSTATE CANCER AWARENESS MONTH**

in Regina, and in issuing this proclamation, ask our citizens to recognize this Month.

  
Sandra Masters  
Mayor



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

There are also national and local groups to support partners.

Regina has a **local** partner's group made 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](#)



## Prostate Cancer Foundation Canada

### Diet for Early-Stage Patients

A Mediterranean diet is characterized by a high intake of fruits, vegetables, grains, and fish. Meat and dairy are limited, and there is a healthy balance of fats from nuts, seeds, and some plant oils. This diet has well-established anti-inflammatory and anti-lipidemic properties; and is an effective dietary pattern for reducing the incidence of cardiovascular disease and multiple cancers. There is evidence that suggests that men who follow a Mediterranean diet are less likely to develop prostate cancer, and if they do, it is less aggressive.

In this American study, researchers looked to see if the Mediterranean diet would be beneficial to men with localized prostate cancer who are on active surveillance. The primary outcome of interest was GG progression, as confirmed by a biopsy. Active surveillance is a method that monitors and delays the treatment of prostate cancer patients who are considered low risk. The study did not introduce any interventions. Instead, researchers observed the current dietary habits of the men in the study and took baseline and follow-up measurements of PSA levels, GG scores, and tumor lengths.

410 patients on active surveillance provided a baseline, and follow-up food frequency questionnaire. They were interviewed by registered dietitians and their scores were calculated and re-coded on a scale of 0-9, with a higher score indicating a higher adherence to the Mediterranean diet. Hazard models were fit to examine the multivariable association between Mediterranean diet scores and progression-free survival. Smoking status, race, presence of diabetes, statin use, and many other factors were examined in relation to the outcome.

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



# What You Need to Know About Prostate Cancer

A change to your body might be nothing, but it might be serious. Only a healthcare provider can say for sure whether a change is cancer. Get changes checked sooner rather than later.

Anyone with a prostate can get prostate cancer, the most commonly diagnosed cancer among Canadian men. This video explains the prostate, who is at risk of prostate cancer, the simple tests that help find it early, even without symptoms, and what might happen after diagnosis.

Click on the picture below to see “What you need to know” Youtube video



Thank you to the Canadian Cancer Society

[Click here to be taken to Canadian Cancer Society webpage on Prostate Cancer](#)



## The MAN VAN - only in Alberta!

The MAN VAN® travels throughout Alberta, is Canada's first mobile men's health clinic offering FREE PSA (Prostate Specific Antigen) blood testing used for early detection of prostate cancer.

Testing from ages 40 to 70. No appointment necessary

15 minutes can save your life!

The clinical team also offers a mental wellness check which assesses depression and suicide risk/symptoms.

It has been in Regina. Through a corporate sponsor Prostate Cancer Support Regina was able to bring the MAN VAN to our city. If you know of a corporate sponsor that may pay for a trip here again, please email:

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



[Click here to be taken to The Man Van webpage](#)

# CONCERT IN THE GARDEN

**CANCELLED DUE TO WEATHER**



A SHORT PROGRAM ON THE SEPTEMBER PROSTATE  
CANCER AWARENESS CAMPAIGN & COMMUNITY  
CANCER SURVIVOR GARDEN

LIVE MUSIC TO FOLLOW

September 18, 2024: 12:00 (noon) – 1:00 pm  
4101 Dewdney Ave. Regina, SK







**FROM SHERWOOD CO-OP**

**HEY SHERWOOD CO-OP MEMBERS!! You should feel good about “Fuelling Good” Tuesday  
September 17, 2024**

**In total, we sold over 312,000 litres of fuel yesterday which equals \$62,000 to be donated to  
the Cancer Foundation of Saskatchewan on behalf of Sherwood Co-op and Co-op Refinery  
Complex! We really appreciate that the Cancer Foundation will keep these funds in Regina to  
help those in our community at the Allan Blair Cancer Centre.**

**Thank you to everyone who fuelled up, worked at the pumps, or helped up spread the word  
about the day. Fuel Good Day 2024 was a great success because of all of you!**

# Survive and Thrive Prostate Cancer Symposium

## November 9, 2024 at Delta Marriott Hotel in Saskatoon

Join us in 2024 for the 12th Annual  
Leslie and Irene Dube Urology Centre of Health



**PROSTATECANCERSYMPOSIUM**  
SURVIVE & THRIVE

An educational forum for prostate cancer patients,  
families, care providers and clinicians

Saturday, November 9th, 2024 from  
12:00 Noon to 4:00 PM

Doors and Registration open at 11:00 am.  
A complimentary light buffet lunch  
will be available.

Delta Marriott Hotel, 405 20th Street East

- FREE OF CHARGE -



Thank You To Our Sponsors



### Precision Oncology in Prostate Cancer

with Dr. Stephen Yip  
MD, MSc, FRCPC  
Medical Oncologist, Tom Baker  
Cancer Centre



### An Integrated Approach to Prostate Cancer

with Dr. Joseph Schnurr  
BA, MD, MA  
Family Physician, Integrative and  
Functional Medicine



**This complimentary symposium includes a light lunch prior to  
the featured speakers.**



**Dr. Stephen Yip**  
Medical Oncologist Chair,  
Southern Alberta GU  
Tumour Group  
Clinical Associate  
Professor Tom Baker  
Cancer Centre



**Dr. Joseph Schnurr**  
Family Physician,  
BA, MD, MA

**This event provides an opportunity to meet like-minded people and visit exhibits from  
companies who support prostate cancer survivors and their families.**

**Please register by Friday, November 1st, 2024.**

**REGISTER NOW**

**If you register and find out you are unable to attend, please remember to cancel your  
registration so someone else may have your complimentary seat, thank you!**



# 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](mailto:exercise.focusgroup@usask.ca)**

This study is approved by the University of Saskatchewan Behavioural Research Ethics Board, Beh ID 4050

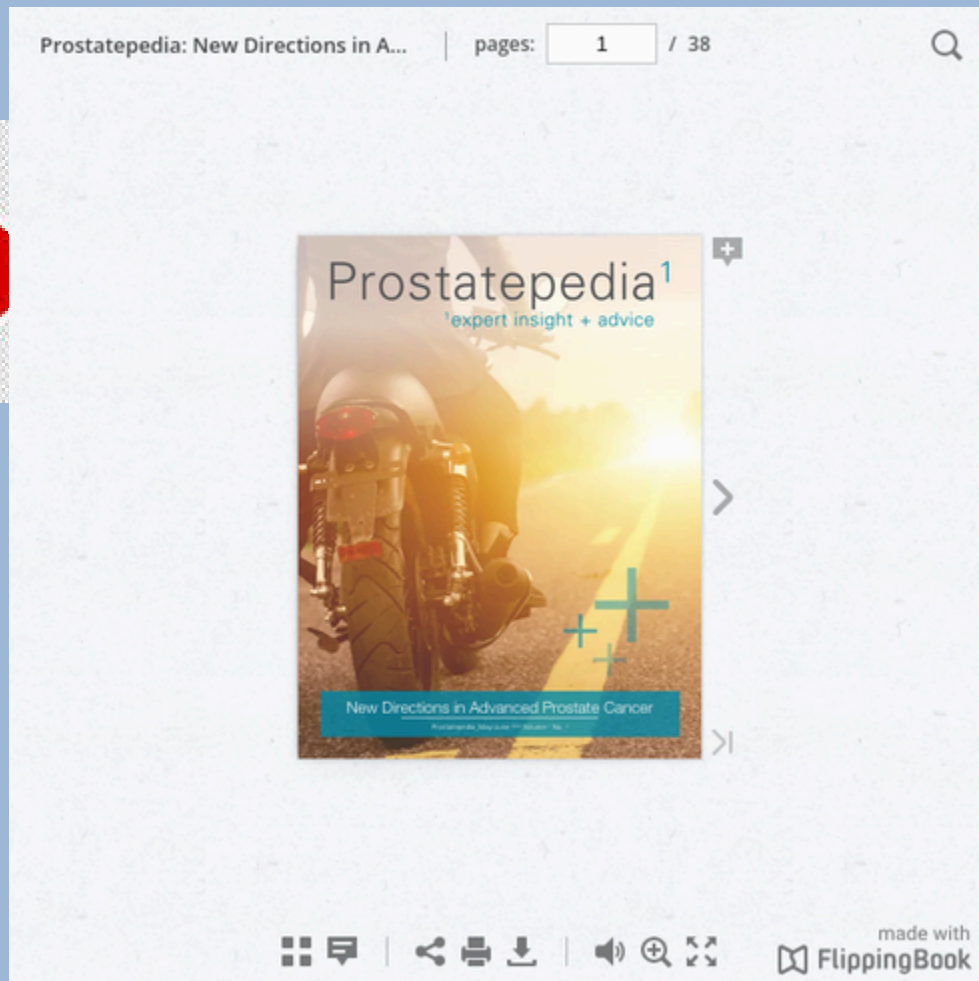




# Prostatepedia<sup>1</sup>

<sup>1</sup>expert insight + advice

From: May/June 2023



## MONTHLY QUOTE



**"You are your  
best thing."**

**—TONI MORRISON**  
*BELOVED*

**RS**

**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.


**DONATE NOW**

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 .



**Suzanne Funk,  
BMRPT**

**The Benefits of Pelvic Floor  
Physiotherapy for Urinary  
Incontinence & Erectile  
Dysfunction**

March 16, 2024 Support Meeting




**Victor Vivar  
Kessels**

**Presenting on the most  
commonly used medications  
for prostate Cancer**

4th year student completing a  
Bachelor of Pharmaceutical  
Sciences at UBC

January 17, 2024 Zoom Recording



**Andrea Holmes,  
RD**

**Nutrition and  
Prostate Cancer**

A registered dietitian with more than 20 years of  
experience, Andrea Holmes provides  
evidence informed, practical and empathetic care to  
improve prostate cancer patient outcomes in  
Vancouver BC.

Facilitator - Lorrie Harrison, RN, ACET, Retired  
December 14, 2023 Zoom Recording



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 -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](mailto: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](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)**

**Communications Committee**

**[communications@pccnregina.ca](mailto: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](mailto:communications@pccnregina.ca)** is in your contact list.

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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 have any questions  
or info you want to contribute to this newsletter, please submit your story by email to  
**[communications@pccnregina.ca](mailto:communications@pccnregina.ca)**.