

October newsletter of Prostate Cancer Support Regina



Leah White to address October 8 meeting

This month, we welcome Leah White as our guest speaker to talk about Pelvic Floor Therapy for Men with Prostate Cancer.

Pelvic floor physical therapy is a specialized and evidence-based approach to address a range of conditions, from pelvic pain to urinary incontinence. Male pelvic floor physiotherapy is an important resource for people after a prostate cancer diagnosis, both before and following prostate cancer treatment.

Trained, experienced and compassionate physiotherapists in Saskatchewan are dedicated to providing personalized care tailored to your unique needs. Website: <https://www.saskhealthauthority.ca/sites/default/files/2023-05/List-SCA-PhysicalTherapyClinicsPelvicFloor.pdf>

Prostate Cancer Support Regina is grateful to Physiotherapist Leah White and Regina's Stapleford Health and Rehab Centre for agreeing to share specialized pelvic floor physiotherapy knowledge and experience.

As we move in the final day of September, we want to take a moment to thank you for the time, experiences, and perspectives you share to raise awareness and support for all impacted by Prostate Cancer. Your voices and questions matters to advocate improvements in prostate cancer care, help connect patients and families to trusted and credible information, better understanding of what matters most in making treatment decisions and create meaningful peer support in Saskatchewan.

On this National Day for Truth and Reconciliation (Orange Shirt Day), we also encourage reflection, learning, and continued commitment to reconciliation. Truth and Reconciliation Week Resources: Survivor stories, Educational resources and Additional health support information Website: <https://trw-svr.nctr.ca/>

OUR MEETINGS

Please register to join us in person or online at our monthly meetings on 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. Doors open at 6:00.



LOVING YOURSELF



FIRST

Hearing “prostate cancer” can be scary. We’re here for you.

Prostate Cancer Support Regina is a volunteer-led community of 300+ survivors and families, ready to offer empathy, real-life insight, and support. Come talk with people who listen, answer questions, and understand.

What makes us different? We’ve been there—through diagnosis, treatment, and survivorship. Connect with people who listen, share honestly, and truly get it. We don’t offer medical advice or promote any provider. Join us for local, trusted information and support across Saskatchewan.



LOCAL, TRUSTED INFORMATION

The Power of Community in Your Cancer Journey

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.



Our Peer Support Meeting Agenda

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

6:30 p.m. Introductions

6:40 - 7:15 p.m. Feature Speaker

7:15 p.m. Refreshment Break

7:30 p.m. Peer Sharing and break out groups, please see ALEC method @ <https://conversations.movember.com/en/ALEC/>

*Hybrid: Zoom and in-person

Click ZOOM logo below to register for the Zoom meeting. We will send you the meeting link as a calendar invite.



Today is the last day of September's Prostate Cancer Awareness Month. In partnership with Prostate Cancer Support Saskatoon and the Cancer Foundation of Saskatchewan we put a spotlight on prostate health. Raising awareness, funds, and support for all people impacted by prostate cancer was our aim.



Prostate
Cancer
Support
Regina

**Supporting women
& men with breast
cancer**



Listening, Weeding, & Talking

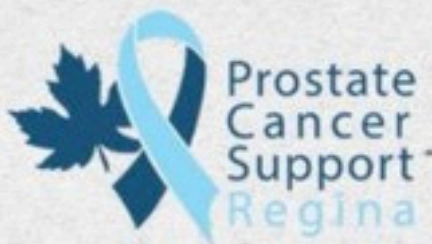
Come Volunteer with Reginas Community
Cancer Survivor Garden!

LOCATION: Pasqua Hospital (4101 Dewdney Ave.)

DAY: Wednesday's (Thursday if weather delay)

DATES: May 20 to October 28, 2026

TIME: 9:30 - 10:30 a.m.



Prostate
Cancer
Support
Regina



OCTOBER 2026 SPEAKER

**Leah White, Physiotherapist,
Stapleford Health & Rehab Centre**

Pelvic Floor Therapy for Men with Prostate Cancer

Leah White is a Physiotherapist licensed by the Saskatchewan College of Physical Therapists. Ms. White holds a Master of Physical Therapy (2010) from the University of Saskatchewan and a Bachelor of Kinesiology (2008) from the University of Regina. She has specialized training to work with female and male pelvic health clients as well as paediatric clients who have bowel and bladder concerns. She also sees clients with musculoskeletal injuries, sports injuries, and post operative rehabilitation. As a recent graduate of the Integrated Systems Model Series (ISM), she has a strong belief in taking a whole body approach to health for all of her clients. She is certified in Medical Acupuncture and is a Certified Women's Health and Pre and Postnatal Coach.

Ms. White's areas of clinical interest at Stapleford Health & Rehab Centre include:

Post Partum Rehab, Bowel and Bladder Concerns, Pelvic Pain, Shoulders, and Foot/Ankle Injuries.

Metastatic castrate resistant prostate cancer (mCRPC)

ctDNA Fraction-Directed Treatment Selection After Abiraterone in mCRPC

Corinne Maurice-Dror, MD

Corinne Maurice-Dror presents the PROTRACT trial, a randomized study that evaluates ctDNA (circulating tumour DNA) fraction-directed treatment selection between enzalutamide and docetaxel in patients with metastatic castration-resistant prostate cancer who have progressed on abiraterone.

Website: https://www.urotoday.com/video-lectures/asco-2026/video/5799-ctdna-fraction-directed-treatment-selection-after-abiraterone-in-mcrpc-corinne-maurice-dror.html?utm_source=newsletter_15854&utm_medium=email&utm_campaign=recognizing-treatment-resistance-and-informing-next-steps-in-mcrpc



Bipolar Androgen Therapy in Androgen Pathway Modulation Resistant Prostate Cancer

Emmanuel Antonarakis, MD

Emmanuel Antonarakis outlines bipolar androgen therapy, covering a consortium analysis of approximately 150 APMR (androgen pathway modulation-resistant) prostate cancer patients who underwent NGS testing within 30 days of a monthly intramuscular testosterone dose targeting 1,500 ng/dL. PSA50 responses occurred in 30 to 40% of patients, with roughly a 10% risk of disease acceleration.

Website: <https://www.urotoday.com/video-lectures/mcrpc-treatment/video/5844-bipolar-androgen-therapy-in-androgen-pathway-modulation-resistant-prostate-cancer-emmanuel-antonarakis.html>



HELP NEEDED

WE REALLY DO NEED HELP WITH

- COMMUNICATIONS:
 - NEWSLETTER PRODUCER
 - PROOFREADER/EDITOR
 - YOUTUBE VIDEO PRODUCER
 - SOCIAL MEDIA POSTING
 - YOUTUBE
 - FACEBOOK

IF YOU WOULD LIKE TO LEARN
MORE PLEASE REACH OUT TO US.



(306) 527-8290



PCCNREGINA.CA



Supportive Care Groups

Available at the Allan Blair Cancer Centre in Regina



For more information or to register, call: 306-766-2973 or go to SaskCancer.ca.

As part of our *Together We Heal* Series, you will find a variety of focused, time-limited support series—each designed to guide cancer patients through themes like resilience, meaning-making, emotional coping and forward planning. Choose your path:

Caring for Body & Mind: Body Image & Wellness Group – in person

A six-week guided series warmly crafted to rebuild trust and deepen their connection with their bodies as they heal. Participants gently explore practices like mindful self-compassion, movement attuned to your pace, nourishing reflection, and insights on healthy, body-kind routines. Each session helps you to rediscover strength, honour your body's journey, and nurture a kinder, more affirming relationship with yourself.

When: Monthly class, held on Fridays

One Breath – in person

This five-week series offers a compassionate space for palliative patients and loved ones to share and navigate anticipatory grief together—expressing emotions, finding solace in connection and gently learning tools, such as self-care, forgiveness, legacy work and ways to hold meaningful moments, even in uncertainty.

The Next Chapter – in person

The Gentle Return Program is a six-week series designed to help cancer survivors transition from treatment back to daily life with confidence and purpose. Structured around four key areas—Physical, Connected, Creative and Contributing—each session offers tools and guidance to rebuild strength, reconnect with relationships, explore creative expression and find meaningful ways to give back. This holistic approach empowers participants to honor their healing journey and embrace the next chapter with resilience and hope.

Our *Connection Circles* provide cancer patients with ongoing, accessible support, fostering a sense of community and belonging. Choose your circle:

What Words Can't Say – in person

This class offers a **safe and supportive space** for cancer patients to explore and express emotions that are often difficult to articulate. Through guided art-making, participants can process complex feelings, reduce anxiety, and enhance overall well-being. No artistic experience is necessary—just an openness to creativity and self-expression. This group brings connection, healing, and personal growth, helping individuals navigate their cancer journey with resilience and hope.

The Empowered View – in person

Join our **monthly circle that explores mindfulness through photography**. Capture moments that resonate with your cancer journey, encouraging self-expression and emotional healing. No prior experience needed—just bring your curiosity and an open heart. Experience the therapeutic benefits of slowing down and observing the world through a compassionate lens.

The Invisible Thread – in person

This supportive space allows caregivers of cancer patients to **connect, share experiences, and find strength** in community. This group offers emotional support, practical advice, and a sense of belonging, helping caregivers navigate their unique challenges with compassion and resilience.

Walk & Talk – in person

Experience the **healing power of movement** and connection in our weekly Walk and Talk group. This circle combines light exercise with emotional support, providing a safe space to share experiences and build relationships. Walking together promotes a sense of community and belonging, empowering participants on their healing journey.

Men's Table – in person

This **monthly group for men** living with or affected by cancer gives participants an opportunity to talk openly and support one another. It is a relaxed, confidential space where you can share experiences, challenges and wins—or simply listen and connect with others who understand. There is no pressure or expectations, just honest conversation, mutual respect and genuine conversation around the table.

Roots of Resilience – in person

Our **monthly Sound Therapy Circle** brings cancer patients together to experience the healing power of sound. This circle combines Tibetan singing bowls and drumming to promote deep relaxation, reduce stress and enhance emotional well-being. No prior experience is necessary—just bring an open mind and a willingness to relax. Each session offers a soothing environment to help alleviate anxiety, improve sleep and foster a sense of peace and connection.

A Life Worth Writing – virtual

This virtual writing circle offers cancer patients a **nurturing space to express emotions**, reduce stress, and reflect deeply on their journey. Through guided prompts and shared reflection, participants tap into writing's powerful ability to improve resilience, emotional healing and quality of life—benefits supported by research that shows expressive writing can boost psychological well-being and coping among cancer survivors.

Forever In Motion – in person

This **health-promotion program** helps those living with cancer to stay active through safe, volunteer-led movement groups. Because inactivity can increase health risks during treatment and recovery, the program focuses on gentle exercise that supports strength, balance, and well-being. Its mission is to improve health through education, movement and supportive programming by partnering with community spaces.

National Support Group Online Meetings



Prostate Cancer Support Meetings in Canada



Prostate Cancer Support Regina is an incorporated organization in Saskatchewan and a registered Canadian charity.

We really need financial contributions as this time as our funds are running low. Any donation is greatly appreciated. Donate now to fund life-changing information, support, and awareness efforts of our local prostate cancer peer support group.

At Prostate Cancer Support Regina, we rely on the generosity of partners, volunteers, presenters, and loyal donors to continue supporting men and families affected by prostate cancer. Our objectives:

- 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.

We are also grateful to our subscribers and members receiving our newsletter. We hope you enjoy reading it.

For men in Saskatchewan, knowing their risk of being diagnosed with prostate cancer can play an important role in reducing negative outcomes.

Your donation & involvement ensures no one has to face prostate cancer alone.

Meet Your Board of Directors

<https://pccnregina.ca/our-team/>

Peter Braun, Kevin Derenisky, James Froh, Guy Kergan, Don Reed, Chris Sawcyn, Kent Stewart, and Fred Vandelindan

Executive Committee
inquiry@pccnregina.ca

Chair - James Froh	Treasurer - Guy Kergan	Secretary - Peter Braun
(306) 527-8290	(306) 690-9687	(306) 520-8956



Need Support?
support@pccnregina.ca

Need information?
saskprostate.ca

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



Our mailing address is:

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