

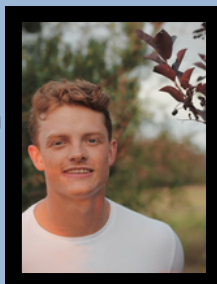
April 2024



April meeting:



University of Regina
Dr. Mohamad Baydoun PhD
&
Andrew McLennan MSc
co-present



A qualitative investigation of the experiences of people who were receiving treatment for a diagnosed malignancy during the COVID-19 pandemic (more on pages 3-7).

May Meeting Notice



Presenter, Shannon Patton, Acting Executive Director Canadian Mental Health Association Regina Branch, will talk about "Mental Health and You."

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 - 7:00 p.m. Presentation

7:00 p.m. Questions/Answers

7:30 p.m. Refreshment Break

7:45 p.m. Peer Sharing and break out groups

*Hybrid: Zoom and In-Person



Zoom Meeting Link

<https://us06web.zoom.us/j/82935990734?pwd=bEFZWBB5mhGY2pNTWVkvOHVbWhLOT09>

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

March Meeting Summary

Fourteen members attended in-person for our March 14 support group meeting. Eight people joined online to hear Suzanne Funk, a physiotherapist specializing in pelvic floor therapy, presented on the importance of pelvic floor exercises. She shared her wealth of experience in treating clients ranging from young to old, of various backgrounds, and genders. She emphasized the importance of relaxation and coordination of the pelvic floor muscles in maintaining pelvic floor functions. Suzanne also addressed the topic of who can treat the pelvic floor, noting that not all physiotherapists can do so. She emphasized the importance of early diagnosis and informed consent, and Suzanne touched on the availability of pelvic floor physiotherapists in Saskatchewan offered by different clinics.

Suzanne highlighted the importance of pelvic floor muscle exercises in the recovery process post prostatectomy and the advantages of pre-operative training. She explained the process and benefits of pelvic floor physical therapy, including the use of handheld mirrors and diagrams to help patients understand the process. Suzanne also presented on surgical options for incontinence. She highlighted the limitations and potential risks associated with certain treatments for nerve conduction and muscle contraction. Suzanne suggested that manual biofeedback could be a more cost-effective alternative, but only if the nerves are intact.

Suzanne emphasized the importance of a professional assessment to guide clients in avoiding unnecessary expenses and time on ineffective methods. Suzanne also discussed the benefits of exercising before radiation therapy, noting that it can prepare the muscles and mitigate the effects of fibrosis.



For A List of Pelvic Floor Therapy Clinics
Click the Saskatchewan Health Authority (SHA) icon below



April 11, 2024 Meeting Media Notice

The COVID - Cancer Study: A Qualitative Exploration



Dr. Mohamad Baydoun PhD



Andrew McLennan MSc

Dr. Mohamad Baydoun, a registered oncology nurse who holds a PhD in Nursing, and a post-doctoral degree in psychosocial oncology and is a faculty member with the University of Regina, Faculty of Nursing. He has developed a program of research which focuses on the psychosocial and behavioral components of living with cancer. Dr. Baydoun specializes in qualitative research and has published numerous manuscripts in peer-reviewed journals. He is the principal investigator of the COVID and Cancer study and oversees all aspects of the project.

Andrew McLennan is a doctoral student in Clinical Psychology at the University of Regina. He holds a Masters of Science degree in Clinical Psychology and has extensive qualitative and quantitative research experience on topics relating to aging, health, and chronic illness, including cancer and dementia. Andrew has published three previous qualitative research studies on topics related to the psychosocial well-being of people living with cancer.

The co-presenters are scheduled from 6:30 to 7:00 pm, with a Q & A session from 7:00 to 7:30 pm.

The COVID-19 Cancer Study is a qualitative investigation of the experiences of people who were receiving treatment for a diagnosed malignancy during the COVID-19 pandemic.

“COVID-19 caused significant stressors to the entire population for various reasons; however, we believe that people living with cancer may have experienced challenges and stressors that were uniquely different than others.”

“We are interested in better understanding the experience of engaging (or not) in protective health behaviors, such as social distancing/ quarantining, mask-wearing, and vaccinations, by people living with and receiving treatment for cancer. Other general questions regarding health and social outcomes will also be explored. The goal is to better inform health policy on appropriate measures that should be taken to protect the well-being of people living with cancer. There are no right or wrong answers, and we are looking for a wide range of perspectives on this topic!”



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. Please visit <https://pccnregina.ca/> to login by 6:20.



University of Regina Cancer Study information

Study Title:

Experiences of people living with cancer during the COVID19 pandemic: A qualitative study

Principal Investigator: Dr. Mohamad Baydoun, PhD (Faculty of Nursing, University of Regina)

Study Coordinator: Andrew McLennan, MSc (Department of Psychology, University of Regina)

Study Team: Dr. Meghan MacDonald, PhD (Faculty of Nursing, University of Saskatchewan; Dr. Natasha Hubbard, PhD (Faculty of Nursing, University of Saskatchewan)

What is the study about?

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. We are interested in understanding how the restrictions of COVID19 impacted the lives of people who were living with cancer. Some example questions during the interview would include: did you see COVID19 as a threat to you and others? What were the challenges you faced during the pandemic because of your diagnosis? There are no age restrictions and you do not have to have an active diagnosis of cancer to participate (but need to have had an active diagnosis during the COVID19 pandemic)

Study Design:

Qualitative (interview-based) Study
The interviews are approximately 1-hour in length, conducted over the phone or Zoom with the study coordinator (Andrew McLennan).

We review six questions in a semi-structured, open-ended discussion, where participants are encouraged to provide as much information as they please.

All data is analyzed by the study team and participants are provided with their information to review following the interview. All participants are provided a \$25 Amazon gift card for their time.



University
of Regina

Cancer Study University of Regina

- *Do you have cancer?*
- *Do you want to share your experience of living with cancer during the COVID19 pandemic?*



➔ JOIN THIS STUDY THAT INVOLVES A ONE-HOUR INTERVIEW TO EXPLORE CANCER PATIENTS' EXPERIENCES WITH DECISION MAKING REGARDING COVID19-RELATED PUBLIC HEALTH BEHAVIOURS! PARTICIPANTS WILL RECEIVE \$25 AMAZON GIFT CARD.

For more info:

Contact the Study Coordinator
(Mr. 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

Partners Support

PCS Regina supports the need for partners who have their loved ones diagnosed with prostate cancer, to have the opportunity to meet and share their experiences with others who are or have gone through similar situations.

Due to the lack of numbers coming out to the local partners support meetings, PCS Regina felt it best to provide a space during their meetings on the 2nd Thursday of the month.

During the April 11th meeting at 7:45 pm, it will be determined if there is a need for partners to break out and meet with other partners present.

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. Previously the zoom meetings start at 7 pm Saskatchewan time. Please make note of the time indicated when registering for the meeting in case a different time had been arranged. 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 zoom meeting please click the link below.

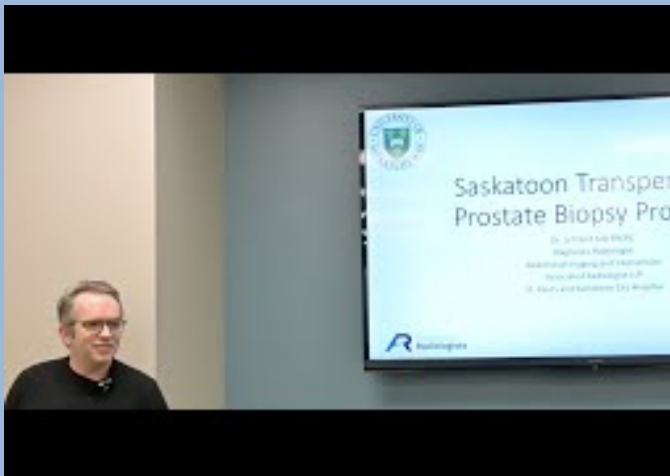
National Zoom Meeting



Medical Updates

Dr, Jeff Bird, a Radiologist with Associated Radiologists and St. Paul's Hospital and his presentation on the Aplio Ultrasound machine being used in the Transperineal Prostate Biopsy Program at St. Paul's Hospital in Saskatoon.

The first of its kind in Western Canada, this Ultrasound procedure has just about eliminated the possibility of infections regular Transrectal Biopsies cause. Click on the picture below to watch the presentation.



SPCSG March 24 Dr. Jeff Bird

Courtesy of Prostate Cancer Support Saskatoon.

Presentation by Dr. Jeff Bird.

Saskatchewan residents now have expanded access to their personal health information, as the new Surgical Procedures feature has been introduced on MySaskHealthRecord accounts.

This feature, the first of its kind in Canada, allows individuals with an account to view details about upcoming surgeries, including the scheduled procedure date, specialist or surgeon's name, procedure name(s), location, and status.

Thanks to CKRM for sharing this news. Click on the 620 CKRM Logo for the full update.



PSMA - Targeted Therapy

PSMA-targeted therapy is a newer type of radiation therapy that healthcare providers use to treat prostate cancer. Your provider may recommend this treatment if you don't respond to other prostate cancer treatments or if your prostate cancer spreads to other areas of your body.

Click below to see the information provided from the Cleveland Clinic.



PSMA-Targeted Therapy

PSMA-targeted therapy is an FDA-approved radiation therapy that treats prostate cancer.

 Cleveland Clinic



An article in CNN.com on March 4 underlines the importance of early detection for prostate cancer. The author, Dr. Jamin Brahmbhatt, writes that Prostate cancer remains a significant concern in his practice, which is why he emphasizes the importance of early detection. He reports that the American Cancer Society estimates there will be nearly 300,000 new cases of prostate cancer and about 35,000 deaths in 2024.

The article goes on to say that regular PSA screenings are particularly crucial for high-risk individuals, such as those with a family history of prostate cancer or advanced age. The blood test is also essential for the average man during his routine annual checkup with his primary care doctor.

The writer says that conditions such as an enlarged prostate, recent sexual activity or prostate infections can all contribute to elevated PSA levels, potentially leading to unnecessary alarm. By considering these factors alongside PSA test results, health care providers can provide more informed guidance and avoid unnecessary interventions.

Read the article at https://www.cnn.com/2024/03/04/health/prostate-cancer-screening-wellness?cid=ios_app.

Prostate Cancer Knows No Bounds

Prostate cancer is a great equalizer. It can happen to men of any culture, status, education, religion or ideology.

Medical science has made great strides in treating prostate cancer, and many men are alive today thanks to these treatments. Sadly, many men are also losing the battle for a variety of reasons.

The medical community is doing the best it can, but it can't do it alone. It needs support groups that can provide men and their families an opportunity to share their fears, concerns and experiences with each other.

Only a few men take advantage of this opportunity, and many men and families struggle alone without the support from others who have been in this journey and are continuing to deal with side effects, perhaps for the rest of their lives.

We also continue to search for ways to increase awareness about prostate cancer, including the importance of early detection and how to navigate the complex process of finding treatment options.

The recent death of former prime minister Brian Mulroney again brings to mind how this disease knows no limits in terms of whom it can affect.

The Mulroney family announced earlier this year that the former PM had undergone treatment for prostate cancer and he was recovering well. Subsequently his condition worsened and he died on February 25 at the age of 84.

A news report stated that prostate cancer is the third leading cause of death from cancer in men in Canada, and on average, the Canadian Cancer Society estimates that 67 men in this country are diagnosed with prostate cancer every day.

In Saskatchewan two men a day are diagnosed with prostate cancer.

If you have been diagnosed with prostate cancer, Prostate Cancer Support Regina is here to offer its support. Visit our web site at www.pccnregina.ca or go to the Prostate Assessment Pathway on the Saskatchewan Health web site to better understand prostate cancer and their options for treatment.

By Moses Kanhai

David Butt urges positive attitude

The name of Regina's David Butt is well-known in Saskatchewan, Canada and beyond. Many know him as a professional architect who has brought beauty and functionality to buildings around the world. From 1967 to 1975 he volunteered as an architect, designing offices for the World Confederation Teacher's Organization, while a missionary for the United Church of Canada, throughout Africa, Middle East, and Asia.

Moving to Regina from Prince Albert in 1983, Dave, 87, worked as an architect for Sask Health, managing new hospital projects from Stony Rapids to Estevan. He retired in 2001 and continued to teach as a Sask Art juror, while sitting on the boards of Rosemont and McKenzie Galleries, and the Saskatchewan College of Psychology.

Wherever Dave travelled in his professional role, he always carried his sketchbook, creating some of his best work in foreign countries, inspired by the people and places with whom he and his wife Bev worked. They carried their own backpacks, hitchhiking, living and working for eight years with people of all races, religions and cultures.

Dave continues his art in a variety of media displaying his work in local and world-wide collections. Two of his murals permanently adorn the Canadian frigate HMCS Regina. He has also exhibited in Ontario, BC., Arizona and Florence, Italy.

He founded the Prairie Artists Guild in 1988, Dave credits his start in art to his mother. When he was seven, she gave him paint and brushes, because she knew he wasn't as good at math and music as his brother.

Dave is no stranger to adverse health concerns. In Africa, malaria, hepatitis and two serious car collisions with drunk drivers interrupted his building for awhile. Back in Canada, he was diagnosed with an illness that affected his drawing ability, followed by damaged sciatic nerves.

In February, 2024 he was violently attacked in a parking lot. He said he did not feel any animosity to his assailant and felt grateful to the people who came to his aid, as well as to the Regina police for way they dealt with his case.



Dave Butt, artist,
pickleball icon and prostate patient

Living alone since Bev, a top tennis player, died of pancreatic cancer, he deals with his own prostate diagnosis in 2016. He is monitored every year with no indications of spreading, so far.

In spite of adversity, he is driven by a positive and optimistic attitude. He reflects this in his eight-year journey with prostate cancer. He is currently under active surveillance and PSA is monitored every six months. He is determined not to allow cancer to defeat him.

Instead, Dave pursues his “new” art, with even more determination. He has shifted his painting style and inspired him to create a new exhibition, titled “80 Years” at the Art Gallery of Regina in August, 2024. His community service continues with all his sales donated to Sofia House in Regina.

He is also writing a novel, “Then and Now,” about Africa, Israel, (he and Bev worked on a kibbutz, near Gaza for a year), and India. His novel, “Then and Now,” is based on his personal experience.

He said he finds comfort and awareness about prostate cancer from his regular participation in the Prostate Cancer Support Regina organization and encourages prostate patients, survivors and partners to get involved.

Dave advises prostate patients; “Adopt an activity that gets you up at 5 o’clock every morning.” And never quit.



Art work included in “80 Years



Florence Biennale, 2003

David Butt

invites you to “80 Years” Aug., 3 - 29, Neil Balkwill Civic Arts Centre,
Regina. Tues - Thurs 11 a.m. - 7 p.m., Fri & Sat 1 p.m. - 7 p.m.

36 new works

Prostatepedia¹

¹expert insight + advice



Click to Read

Imaging

Put a SPRING into your step.....



Spring is here! If you want to shed some of the winters insulation, we are planning on starting a walking program of Fellowship and Fitness. If you are interested in joining a walking group once or twice a week around Wascana Park, please contact:

info@pccnregina.ca

In your Subject Line indicate: Spring Fitness - Walking Wascana Lake,
In the body of your email please indicate your contact information (name, email and telephone number) as well as availability.

Once we know if there is an interest in participating in this event a schedule will be set up and you will be contacted with more information.

MONTHLY QUOTE

**“Our predecessors
overcame many
troubles and much
suffering, but each
time got back up
stronger than before.”**

SHINZO ABE

**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 .



Dr. Asim Amjad
MD, RO

"New Prostate Cancer Diagnostic and Treatment tools in Saskatchewan"

Prostate Cancer Lead Physician for Regina, specializing in prostate brachytherapy.

Facilitator - Lorie Harrison, RN, ACET, Retired
January 12, 2023 Zoom Recording



Dr. Francisco J. Garcia, MD,
CRCS(C), FRCSC

Presentation on Prostate Cancer, a Partner's Disease at PCS Regina's support meeting.

Facilitator - Lorie Harrison, RN, ACET, Retired
March 9, 2023 Zoom Recording

advocate for post-treatment intervention



Dr. Trustin Domes, MD,
MEd, FRCSC



Dr. Garson Chan, MD,
FRCSC

"Surgical Solutions for Erectile Dysfunction & Urinary Incontinence"

Facilitator - Lorie Harrison, RN, ACET, Retired
February 9, 2023 Zoom Recording



Visit our YouTube channel here:



The Cancer Survivor Garden Needs You

SPRING IS HERE, we need volunteers urgently so we don't lose the garden!
Let's start planting/planning with you.



Cancer Survivor Garden at Pasqua Hospital

For the past eight years, PCS Regina has undertaken the planting and maintenance of the flowers in the Cancer Survivor Garden at the front of the Regina Pasqua Hospital.

We urgently need someone to co-ordinate this project and volunteers to assist in this important initiative.

Group duties include: rototill the planting area; pick up plants and donated flowers in the spring; and weed and water flowers as needed.

If you are interested in helping or co-ordinating, please contact Jeff Hutton at
jhutton@sasktel.net

Getting the Word Out

**JACK
94.5**

**AM 980
CJME
NEWS TALK SPORTS**

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

Vice-Chair - Troy Hagen

Telephone: (306) 535-2370

Treasurer - Vacant

Telephone:

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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REGINA, SK S4S 7K4

Please email us at 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 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 feel your experience could assist others, please submit your story by email to member@pccnregina.ca.