

*February 2024*



Monthly hybrid meetings are held the 2nd Thursday of every month at the Saskatchewan Cancer Agency, 141-4545 Parliament Avenue, Regina.

6:30 - 8:30 pm or join the meeting via ZOOM

*Note: There are no meetings in July and August*



The guest presenter at the February 8, 2024 PCSR meeting will be Dr. Francisco Garcia, MD, on new information on sexual health.

March Meeting Notice  
Presentation on Pelvic Floor Therapy

## PCS REGINA IS COMMITTED...

- 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 Information

Hybrid means Zoom and in Person

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

6:30 - 7:00 p.m. Presentation

7:00 p.m. Questions/Answers

7:45 p.m. Refreshment Break

8:00 p.m. Peer Sharing / Round Table Discussions



### 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/j/82935990734?pwd=bEFZWBB5mhGY2pNTWVhV0hWbWWhLOT09>



**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

## Don't Miss the February 8th Support Meeting



Prostate Cancer Support Regina is pleased once again to announce Dr. Francisco Garcia (Swift Current, SK) will be our guest presenter at our February 8 meeting. He will present an update on sexual health.

The first 30 minutes of our meeting will begin with his presentation on "Sexual Health Updates", with a 30-to-45-minute Q & A period following the presentation.

During our 15-minute refreshment break, we encourage partner and one-on-one support chats. The final portion of the meeting will be a Zoom and in-person round table discussion.

Please bring questions or concerns.

If you are newly-diagnosed or need information, please join us.



## Meet Dr. Francisco Garcia

Dr. Francisco Garcia is a MD (Medical Doctor) and is a double board-certified Urologist who specializes in sexual medicine (male and female). He is a clinical professor in the Department of Surgery with Saskatchewan Health Authority and the University of Saskatchewan. Dr Garcia has completed a fellowship in Andrology. Andrology is the medical (i.e., non-surgical) specialty dedicated to the treatment of male infertility and sexual dysfunction. He is a general member of SRPC (Society of Rural Physicians of Canada) and also part of the specialist committee for rural medicine. This allows him to be an advocate on behalf of rural health care providers and communities. SRPC has been serving communities for over 30 years.

He lives and works in Swift Current and has spent that time creating a rural centre of excellence in sexual medicine that draws patients from around the province, and more recently across provincial borders. While practicing general urology and performing a wide variety of cases, he has always had a passion for quality-of-life surgery, and found his home in sexual medicine. He states, "Sexual medicine is truly an area of medicine where we are forced to be generalists, accept the biopsychosocial model, and take off our blinders to understand the whole person and their hurdles to improve their quality of life. There is so much misinformation and taboo around sexual activity that being able to dispel myths and normalize issues is a reward in itself. However, the simple act of revitalizing a relationship by giving a couple the ability to be intimate again is an amazing reward that is hard to describe."

If asked why Dr. Garcia would hang his hat on "rural sexual medicine", his answer is fairly simple. "Sex is a universal core experience for everyone, and should be fun for everyone as well. It also crosses all disciplines in medicine so it forces one to keep a generalist mindset. Interacting and treating rural patients really does force one to keep that pragmatic and generalist approach as much of the attitude is making the best out of what you have. This attitude constantly pushes me to hear what the patient is looking for out of the encounter and tailor (and sometimes innovate) their treatment, instead of trying to fit them into a diagnostic box to follow an algorithm blindly."



## January Meeting Recap - Exploring Cancer Medications

Our January peer support meeting attracted 11 participants in person at the Saskatchewan Cancer Agency on a very cold evening, and eight members joined by Zoom.

The meeting began with Lawrence Ward greeting folks at the door and continued with his support of people outside the peer sharing groups. We divided into two groups in our peer support section which was co-facilitated by member James Froh and his spouse Cyndy Doxtator.

Three simple questions focused peer sharing on where we are on the prostate cancer journey as patients and partners/caregivers. Participants shared their personal experiences and challenges with the disease, emphasizing the importance of creating a safe space for sharing and seeking help when necessary. Peer support concluded with a reminder about the availability of individual or couple peer support and the existence of various peer support groups for female partners.

After a break, Victor Vivar, a fourth-year pharmacist student from the University of British Columbia, joined the meeting and presented on prostate cancer medications and treatments, with a special emphasis on accessibility in Saskatchewan.

Topics included various types of prostate cancer treatment options, including hormone therapy, radiation therapy, and chemotherapy, and the challenges associated with each. Members were invited to attend the February support meeting when Dr. Francesco Garcia of Swift Current, a well-respected health expert, will be guest speaker.



Victor Vivar, presenter on prostate cancer medications

## PSCR Donation Makes a Difference



Proceeds from the PCSR hosted "On the Road Show and Shine" on September 10, 2023 were presented just before the January 8th meeting. PCSR Regina Board Members, James Froh, Boyd and Lorrie Harrison were pleased to present the cheque to Kathleen Specht, Director of Development, Annual Giving Program from the Hospital of Regina Foundation. The event held last fall promoted prostate cancer awareness and also raised \$1,300.00 for the Regina Foundation. This donation is to be used for the Regina based Prostate Assessment Centre.

As our first "On the Road Show and Shine" was a success, we look forward to September 8, 2024, for our next On the Road event.





## **King Charles , Prostate Enlargement Editorial - by Moses Kanhai, Board Member, PSC Regina**



After the news of King Charles diagnosis of an enlarged prostate, it is not unusual for prostate cancer survivors and families to follow his progress with interest and concern.

One of my current challenges as a member of the Board of Prostate Cancer Support Regina, is to work on a team committed to sharing as much information as possible about prostate cancer and conditions associated with the prostate.

We hope that men and their families know about the seriousness of prostate cancer and the need for PSA and other tests. However, we have no way of knowing scientifically what is the level of awareness, including among targeted demographic groups.

It remains a priority to communicate the importance of all aspects of prostate cancer and other related conditions to as many people as possible. It always helps, as in this case of the King, when mass media and social media show even a glimmer of interest in the subject.

Most disease states benefit from media interest in a topic because it becomes real when it is delivered directly to the public through television, newspapers, social media.

There have been a few public figures and celebrities who were affected by prostate related conditions. The latest is as public a global figure as there ever was - the King of England.

A news report says the King was “delighted to learn that his diagnosis is having a positive impact on public health awareness.”

The prostate community shares in the anxiety and distress this causes to anyone, including King Charles and his family. Yet, we are hopeful and encouraged that this news will remind everyone of how common this is and how important it is to be tested.

The King’s diagnosis is a simple reminder that this is real and can and will affect most men. And it is a further reminder that all men should get tested, learn about prostate cancer and seek advice on the treatment options.

We would like to think that fewer and fewer men are reticent to discuss prostate health because they think it is private. There is much more to gain by having a more open conversation on this topic. We need to break the silence and work towards a society where we are free from all kinds of cancer.

Moses Kanhai

Board Member, PSC Regina



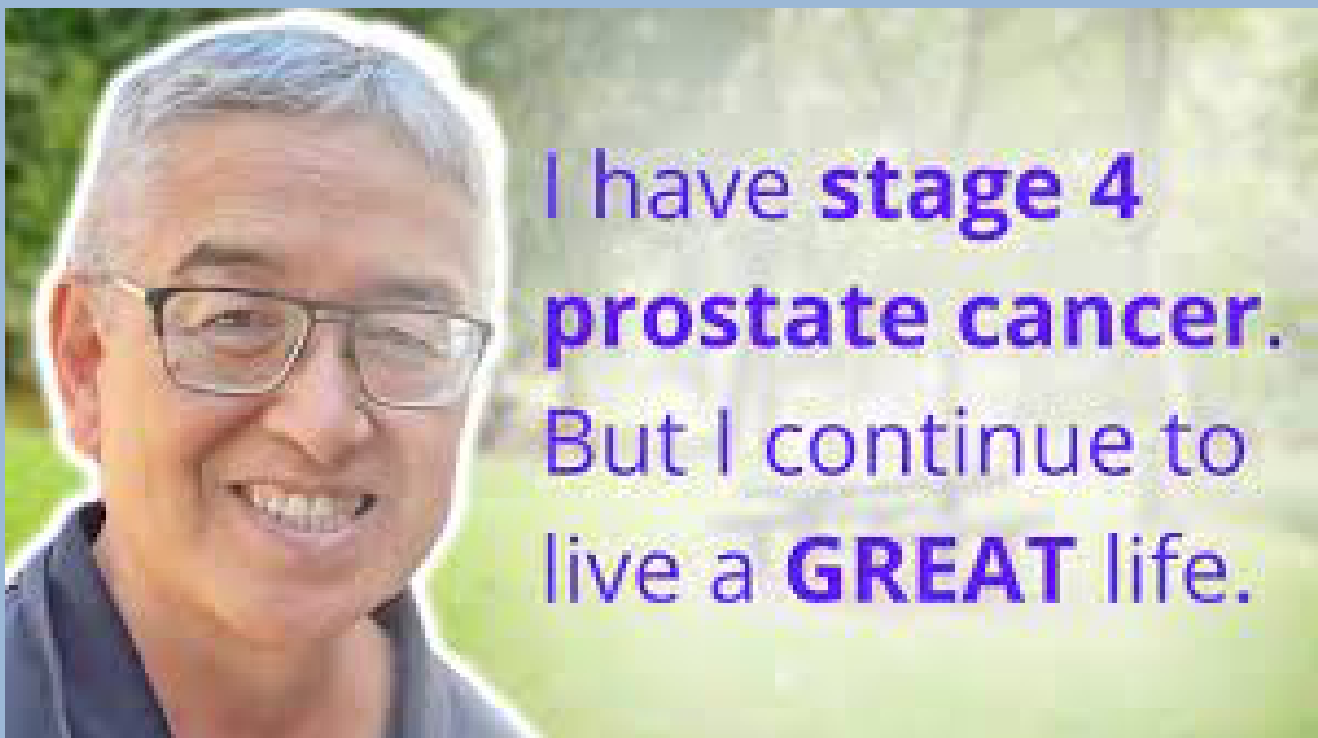


## Mark's Stage 4 Metastatic Prostate Cancer Story

One day, Mark woke up unable to walk. After countless tests and scans, Mark was diagnosed with stage 4 prostate cancer. Additionally, the cancer had spread to his lungs and bones.

Mark shares how a positive mindset helped him through his cancer journey, how cancer has led him to be more grateful, and how he advocated for the treatment plan that worked best for him.

Click on the picture below to hear Mark's story



## NHL Pros Share Why PSA and PSMA Matter



Pros Talk Prostate is a prostate health campaign that includes former professional hockey players, Lanny McDonald, Wendel Clark, and Guy Carbonneau, who are teaming up with the prostate community to bring awareness to Canadians and encourage them to learn more about their prostate health.

The goal of the campaign is to empower Canadians – especially those who are living with advanced prostate cancer or have a history of prostate cancer – with need-to-know information about the latest in prostate cancer tests, and biomarkers.

Anyone looking to know more about the campaign and/or prostate cancer can go to [ProstationCanada.ca](https://ProstationCanada.ca) where they will have access to information and resources.

# Prostatepedia<sup>1</sup>

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

Prostatepedia is a free resource that compiles the latest peer-reviewed research in the field of prostate cancer.

**Read their edition on side effects.**





Trained fitness and yoga professionals across Canada provide community programs for men living with prostate cancer.

## Community Programs for Men with Prostate Cancer

Free Home-based Prostate Cancer Programs & Resources

Learn how to get active, stress less, and eat healthier from the comfort of your own home.

A comprehensive health library of evidence-based physical activity, stress-reduction, and nutrition videos and handouts.

- 12-week fitness and yoga programs with video, photo, and written instructions
- Designed to meet your specific fitness and health-related needs.
- Track your progress, weekly activities and health habits



**Register Now**



## **DID YOU KNOW: Clinical trials help prevent, detect or treat cancer**

According to the Sask Cancer Agency, a clinical trial is a study used to develop better ways to prevent, detect or treat cancer. Clinical trials test different types of treatment: new drugs, new approaches to surgery or radiation therapy, or new combinations of treatment.

When the method of treatment has been found to be safe it can then be offered to the public. Cancer treatments that are used today were developed and tested first as a clinical trial.

Clinical trials give cancer patients access to the newest types of treatment. By taking part in a clinical trial you may benefit from a new treatment which may prove to be as effective or more effective than the standard treatment available for your type of cancer at this time.

Enrolment in a clinical trial is voluntary and is usually done before the start of treatment. Before enrolling you will be provided with information about the trial and the treatment, tests, potential benefits and side effects.

Clinical trials follow very strict ethical guidelines which protect patients' health, safety and privacy. Clinical trials must be approved by Health Canada, the hospital or clinic where the study will take place and its Research Ethics Board. If you are interested in being part of a clinical trial, talk to your physician. They will assist you in finding out if you are eligible to enter a specific trial depending on the type of cancer you have, your age and other factors.

What's new in research opportunities and clinical trials?

There is a new study about the role that support people play in everyday life of older adults including the impact on their health behaviours.

[Click here to see all of this month's research opportunities.](#)

## We are Here For You

If you know of someone recently diagnosed with prostate cancer, or if you are reading this newsletter and you have prostate cancer, **we are here for you**; visit [pccnregina.ca](http://pccnregina.ca) for support.

We invite you to check out our monthly hybrid meetings. If you need transportation within the city of Regina to get to and from the meeting , contact one of our Board Members. We will do their best to help you.



Sask Cancer Agency has an outline for those who have been recently diagnosed with prostate cancer. Click the link to get more details on:

- Counseling
- Patient Navigation Assistance
- Assessment and Consultation
- Family Counseling



## MONTHLY QUOTE

When you come  
to the end of  
your rope,

tie a knot  
and hang  
on.

~Franklin D. Roosevelt





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.

**DO SOMETHING  
TODAY THAT  
YOUR FUTURE  
SELF WILL THANK  
YOU FOR.**



*Our actions and decisions today will shape  
the way we will be living in the future.*

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.



**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 - Lorne Harrison, RN, ACCT, 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 - Lorne Harrison, RN, ACCT, 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 - Lorne Harrison, RN, ACCT, Retired  
February 9, 2023 Zoom Recording



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:**



# THE CANCER SURVIVOR GARDEN NEEDS YOU

Spring will be here before we know it.... we need volunteers 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\*\*](mailto:jhutton@sasktel.net)



## Getting the Word Out



We ask our members to pay special attention when listening to the above mentioned radio stations for our latest ads.

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, Boyd Harrison, Peter Braun,  
Lorrie Harrison, Robert Chapman,  
Moses Kanhai, Jeff Hutton**

**[board@pccnregina.ca](mailto:board@pccnregina.ca)**

## Executive Committee

**Chair - James Froh  
Telephone: (306) 527-8290**

**Treasurer - Boyd Harrison  
Telephone: (306) 545-7801**

**Vice-Chair - Troy Hagen  
Telephone: (306) 535-2370**

**Secretary - Peter Braun  
Telephone:(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)**

**Member Education / Newsletter/ Communications Committee**

**[member@pccnregina.ca](mailto:member@pccnregina.ca)**

**Public Marketing**

**[marketing@pccnregina.ca](mailto: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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