

Monthly Hybrid meetings held at the Saskatchewan Cancer Agency, 141-4545 Parliament Avenue at 6:30-8:30 pm, or Members can also PARTICIPATE via ZOOM



NEW PARTNERS SUPPORT GROUP STARTS THIS MONTH

December will be the first month of our Local Partners Support Group meeting. The meeting will occur on December 14th in conjunction with the regular Prostate Cancer Support Regina (PCSR) meeting.

Partners will participate in the educational session and one-on-one support chat followed by a conversation in an adjoining room to talk about issues that affect them in this disease we call the "Partner's Disease" - Prostate Cancer.



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.

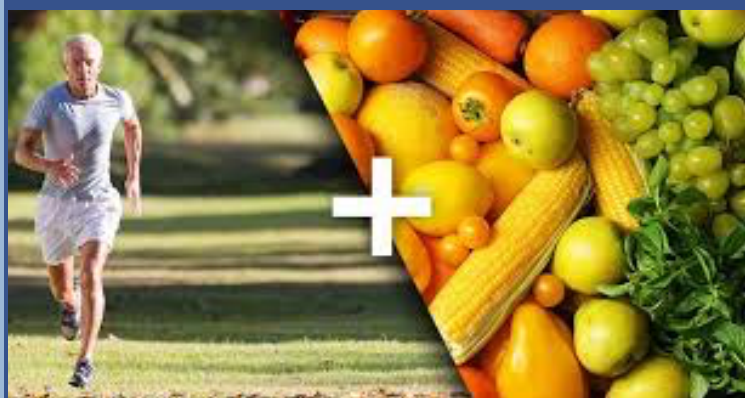
DECEMBER 14 EDUCATIONAL FOCUS

Nutrition :

**Management of Diet and Exercise by
Dr. Stacey Kenfield Sc.D.**

&

Dr. June Chan Sc.D.



Breaking News



↓ READ MORE ↓

EVENTS

Prostate Cancer: Survive & Thrive Urology Symposium

Presented by



This symposium was held November 18 in Saskatoon and featured: Justin Lorentz M.Sc. Genetic Counsellor, Sunnybrook Odette Cancer Centre, Toronto, ON and Dr. Nelson Leong, Clinical Associate Professor, U of C Radiation Oncologist, Tom Baker Cancer Centre, Calgary.

The event was an opportunity to meet like-minded people and visit exhibits from those who support prostate cancer survivors and their families.

To listen to Justin Lorentz discuss Prostate Cancer and Genetics go to YouTube:

https://youtu.be/_dRUX1re9e0?t=123



PCS Regina plans to increase public awareness about Prostate Cancer through Jack 94.5 where PCS Regina will also share information on the group's mission and meeting times.



SAVE THE DATE

The guest presenter at the January 11, 2024 PCSR Meeting will be Victor Vivar Kessels of UBC, who will discuss the most commonly used medications for Prostate Cancer.

55% OF CANADIANS SAY THE MAN IN THEIR LIFE DOESN'T HAVE PROSTATE TESTING ON THEIR RADAR. BUT WITH EARLY DIAGNOSIS PROSTATE CANCER CAN BE CURABLE.



I've been seeing my doctor to get tested for the past thirty years and I encourage all men to do the same.

PETER MANSBRIDGE

Legendary broadcast journalist and host of *The Bridge*, @thepetermansbridge, has been working with us to get the word out about the importance of prostate cancer testing. PSA tests and DREs save lives. A simple blood test and digital exam can alert doctors of potential prostate cancer. If you have a prostate and you're over 45, please consider starting a conversation with your doctor about getting tested.

To watch where the Mansbridge interview starts go to 0:20 seconds in the video



WHAT WOULD PARTICIPATION LOOK LIKE?



FITNESS TESTING

Testing will include:

- (1) **Balance assessments:** side by side, semi-tandem, tandem stance and single leg balance.
- (2) **A lower body strength test:** the 30 second chair stand test

QUESTIONNAIRES

These surveys will include questions on:

- (1) **Sociodemographic information**
- (2) **Functional status**
- (3) **Fall history**
- (4) **Fall efficacy (your concerns over falling)**

FALL - TRACKING DIARY

We will ask you to keep track of any falls during your participation in the study.

TIMELINE

Fitness testing and questionnaires will be completed at 3 timepoints

- (1) **Baseline**
- (2) **3 months after you start**
- (3) **6 months after you start**

If you are randomized to the intervention group you will join group exercise sessions online with other study participants and also exercise on your own for the 12 weeks (3 months).

INTERESTED IN JOINING?

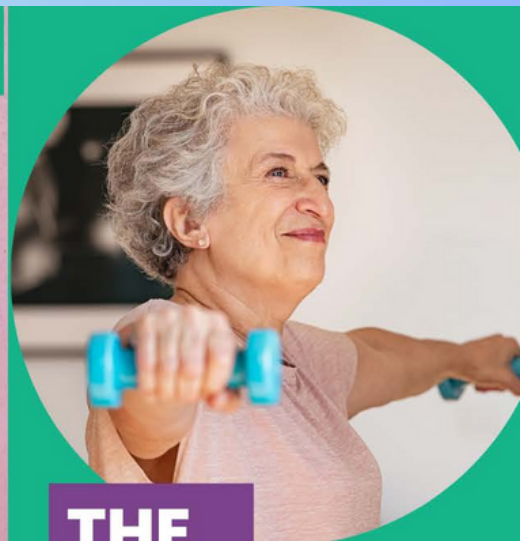
If you are interested in joining or want to hear more about the study please contact us at:

Cancer Rehabilitation Clinic:

780-492-6007

albertacancerexercise@ualberta.ca

Corbett Hall, Rm 1-38, 8205
114 St. Edmonton AB



THE STABLE STUDY

STRENGTH TRAINING AND BALANCE LEG EXERCISE

A study to assess the benefit of a balance and strengthening exercise program for older individuals currently on or having completed cancer treatment.



UNIVERSITY OF ALBERTA

Alberta Health Services

HREBA.CC-22-0248

March 11, 2023



WHO CAN PARTICIPATE?

- 1) Aged 60 or older
- 2) Living in your own home/ residence (not a hospital or nursing home)
- 3) Have a diagnosis of lung, breast, prostate, or colorectal cancer
- 4) Are currently receiving, starting or have completed cancer treatment
- 5) Pass the screening for safety: we will assess if you have any risks that may make exercise unsafe
- 6) Have approval from your doctor to take part in the study



BALANCE EXERCISE TRAINING

You will have the option to take part in the program in-person or online.



If you are attending online, you will connect with us through the Heal-Me app using your home device. You will join group exercise classes once a week, and we will give you some exercises to do on your own.

RANDOMIZED CONTROLLED TRIAL (RCT)

If you agree to join the study, the computer will randomly assign you into one of the two groups. Random assignment is similar to tossing a coin. You will have an equal chance of being assigned to either group. The two groups are as follows:



WHERE WILL IT HAPPEN?

In-person sessions as well as the balance and leg strength testing and an app teaching session will happen at the University of Alberta in the Cancer Rehabilitation Clinic.



GROUP 1: GENERAL ACTIVITY AND EXERCISE

If you are assigned to this group, you will receive education on balance and exercise, footwear to prevent falls, and information on medications that may cause problems with balance. You will carry out your usual daily activities and you will have the option to join a regular exercise class. This group is important as it allows us to see if the balance program is helpful in improving balance and leg strength, and for preventing falls.

GROUP 2: BALANCE TRAINING

If you are assigned to this group, you will receive education on balance and exercise. You will be asked to exercise twice a week for 12 weeks that will involve:

- (1) Joining one supervised group exercise class each week in-person or through zoom
- (2) Completing your assigned leg strengthening and balance exercises once a week at home.

RESEARCH TEAM

Research coordinator: Tara Skene
Principle Investigator: Dr. Margie McNeely
Email: frmace@ualberta.ca
phone: 780-492-6007

INTERVENTION

WHAT WOULD YOU NEED TO PARTICIPATE?



Computer Laptop or Tablet



Internet

WHAT WILL WE PROVIDE YOU WITH?



Resistance Bands



Exercise Support



New Research Study



EU-PROPER will investigate issues affecting caregivers.

A new research project from Europa Uomo, launched October 9 this year, will attempt to capture the experiences of those closest to men with prostate cancer, identify the issues affecting them, and set an agenda for action to support them. The EU-PROPER (Europa Uomo Prostate Cancer Partners in Europe Research) study centres around an online survey for spouses, partners and caregivers, asking simple questions about how their partner's prostate cancer has affected them. The survey is available in 17 languages.

You can [access it here](https://europa-uomo.org/eu-proper)

Europa Uomo has published a range of materials to help publicize the survey, and is asking organizations who may have contact with prostate patients and their partners to use them in their communications, newsletters and social media. .

All the responses collected from the survey will be anonymous, but combined they will present a valuable picture of the issues being faced by those close to men with prostate cancer – and provide action point for decision-makers in health services.

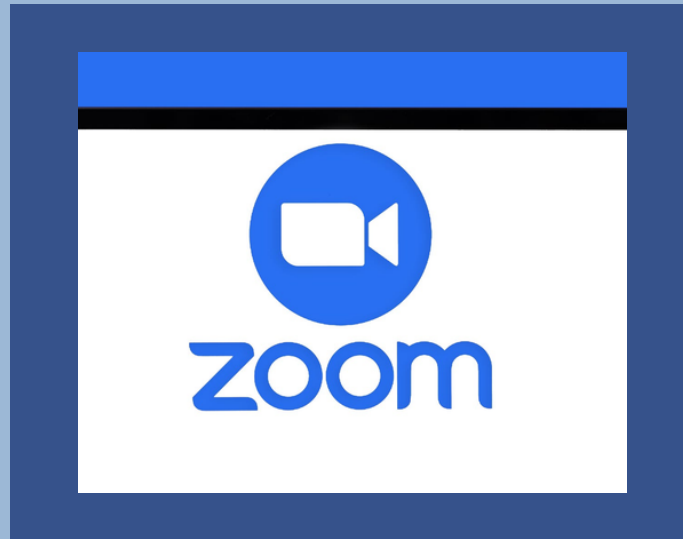
PCS Regina's Hybrid Meeting Information

Meetings take place the second Thursday of every month.

6:15 pm Registration & login test

6:30 -7:15 pm Educational Presentation

7:15 pm Q & A with peer sharing/Partners Support Mtg in adjoining room



Zoom Meeting Link

<https://us06web.zoom.us/j/82935990734?pwd=bEFZWBBBsmhGY2pNTWVkbV0hWbWWhLOT09>

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@pccnregina.ca

Website: www.pccnregina.ca

Telephone: 306-543-8215

A VOW TO THEIR HUSBANDS AND TO YOU

Many incredible men have taken leadership roles following their prostate cancer diagnosis. But sprinkled across the country are partners who have taken up the torch to support men with prostate cancer. Partners often shoulder much of the load with the patient. Hence, prostate cancer is referred to as a “couples’ disease.” When they took their vows, to be there in sickness and in health, they went beyond. The love that they have for their husbands kept them afloat during the eye of the storm and has propelled them to continue in a supportive role for others.

1/8 Canadian men will be diagnosed with prostate cancer, but the number of those impacted is much more. Unfortunately, one day you may become a patient or love someone who becomes a patient. In the case of these women, even though they don’t have prostates, they are there for those who do.

It is the giving spirit of people like these women that enables us to do what we do. When confronted with hardship, they and their husbands took the challenge head-on and used their stories to help others. We are grassroots and look to the example of our leaders and volunteers. It is through generosity that we can take on the challenge of serving patients and their families across the country.

PLEASE HELP US MAKE THEIR VOLUNTEER WORK WORTHWHILE.

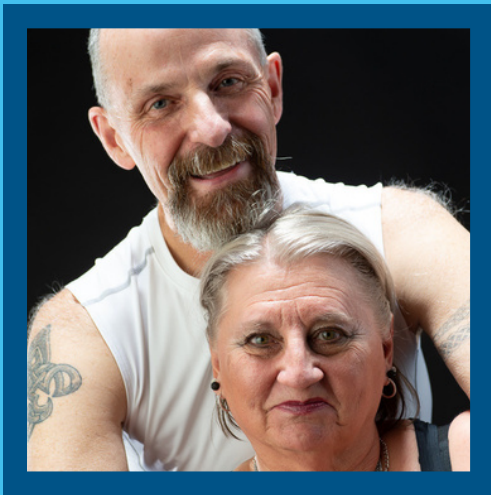
“From the prostate cancer diagnosis, the journey was stressful and overwhelming. We were fortunate for an early diagnosis and to have amazing programs and people to guide us. The opportunity to give back to the people and programs that supported us is a leadership role I am honoured to choose.”

- PCS Moncton Support Group Leader &
National Support Group Council New Brunswick
Rep

Glenda’s husband Rick says, "When I was diagnosed with prostate cancer, we weren't sure what the outcome would be as my father-in-law died of it. Thankfully, research, support, and learning from my father-in-law's journey gave us the tools we needed to get through. Glenda says, "We know that openly sharing the intimacies of this disease has enabled us to not only process the reality of it but to help others on their own journey. We fully intend to love each other and help others for however long we have!"

- Leader of Nationwide Support Group, Partners in Prostate Cancer
and Author of “What Men Won't Talk About and Women Need to
Know: A Woman’s Perspective on Prostate Cancer”





“Boyd and I consider ourselves very fortunate that his prostate cancer was diagnosed early, however, many couples who face this diagnosis are not as lucky as we were. We understand the importance of an early diagnosis, which will improve the overall health outcomes. This is one of the main reasons why we are so active with prostate cancer support groups throughout Canada. We decided that you define the cancer; the cancer doesn't define you!”

National Council Saskatchewan Rep and PCS Regina Lead Board Director for Peer Support Counselling & General Information

“I started a peer support group for spouses of men with prostate cancer, and it has been invaluable to us both. Not only do I find support and community, but I also learn of resources I wouldn't have known about otherwise, and gain insight from the experiences of others. I feel I am more effective in supporting and advocating for my husband by getting support for myself, and we both feel that the medical care he's received and his quality of life is better because we have approached this cancer journey together as a team.”

Former National Council Chair and current Support Group Leader of PCS Edmonton Women's Group

Leah Lariviere

Executive Director,
Prostate Cancer Foundation Canada



THANK YOU
TO THESE COURAGEOUS WOMEN WHO
NOT ONLY SUPPORT THE MEN THEY LOVE,
BUT GIVE BACK IN SUCH AN AMAZING WAY
SO THAT OTHERS WILL HAVE AN EASIER
TIME ON THEIR JOURNEY.



Prostate Cancer

prostatecanada.ca

AS THE ONLY NATIONAL PROSTATE CANCER-SPECIFIC SUPPORT AND RESEARCH ORGANIZATION IN CANADA, WE NEED YOUR HELP.

Please, if you can, help us to continue to do all that we do. Your generous donation will not only help many men and their families, but assist researchers with much needed funds and ensure that all our many support services continue.



**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.*



Alternate donation option at Canada Helps for Prostate Cancer Support Regina:



[www://www.canadahelps.org/en/charities/coco-regina-prostate-cancer-support-group-inc](http://www.canadahelps.org/en/charities/coco-regina-prostate-cancer-support-group-inc)

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.

NOVEMBER'S MOVEMBER RECAP



The month of November is well-known for fellows growing moustaches, be they large and bushy or sleek and distinguished. Prostate Cancer Support Regina had the pleasure of hosting representatives from the Saskatchewan Movember Committee, Adam Kletchko and David Parker.

On November 9, Adam and David provided a one-hour informative presentation that was very well received by our in-person and Zoom meeting participants. Our guest presenters discussed Movember's work with men's health issues, such as mental health, prostate and testicular cancer.

Movember started with men who were diagnosed with prostate cancer. Prostate Cancer Support Regina has always appreciated our ongoing collaboration with Movember, and we look forward to continuing this work together.

Movember Group vision is "that someday soon, no one will die from prostate cancer and make a personal health care plan."

Movember has a long-lasting connection with the prostate cancer research community, as well as the prostate cancer support community.

MONTHS TO REMEMBER



TALK TO US WE NEED 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 in the front of the Regina Pasqua Hospital.

Jim Odling, one of our members, has organized this group for several years and we thank him for his leadership and time. Jim has stepped aside so we are appealing to our membership for someone to take over co-ordinating this important initiative.

GROUP DUTIES ENTAIL:

- rototill the planting area
- pick up plants and donated flowers in the spring
- weed and water flowers as needed

If you are interested in this great volunteer position, please contact Jeff Hutton at jhutton@sasktel.net

SUPPORT IS ESSENTIAL

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. Come 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 who will do their best to arrange a ride.





For more information about prostate cancer, go to our YouTube link for presentations by medical professionals on various topics related to Prostate Cancer

Visit our YouTube channel here:





PENDING MEETING TOPICS FOR 2023-24

U of R Nursing Research on Aging and Cancer

Chemotherapy and PCa

Wellness, Fitness, Nutrition with Paul Schwann

Breast/Prostate Cancer Connections

Pharmacies in relation to PCa

PCa Resistant Therapy

VISIT OUR YOUTUBE CHANNEL HERE:

YOUR WORD MEANS A LOT.....

Monthly programs are being developed for 2024

We would appreciate your help with suggested topics and/or presenters that would be of value to you.

Please email suggestions to info@pccnregina.ca or call any of the listed program Board Members.





MEET OUR BOARD

JAMES FROH, TROY HAGEN, BOYD HARRISON, PETER BRAUN,
LORRIE HARRISON, LAWRENCE WARD, STAN HANOSKI,
ROBERT CHAPMAN, MOSES KANHAI, JEFF HUTTON

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