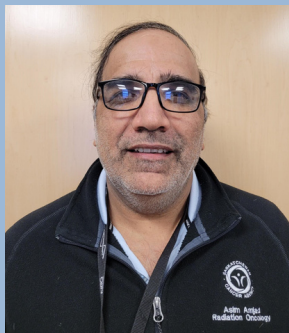


September 2024



September meeting:

SEPTEMBER IS
**PROSTATE CANCER
AWARENESS MONTH**



Join us on Thursday September 12 as Dr. Asim Amjad, oncologist, will be speaking on new treatments for prostate cancer. "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."

**Watch for October 10, 2024 hybrid meeting.
Topic and speaker TBD.**

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=bEFZWBB5mhGY2pNTWVkbV0hWbWWhLOT09>

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



September 12th Meeting Notice

Our September 12 Support Meeting will have a presentation by Dr. Asim Amjad. He will address recent innovations in prostate cancer treatment that have revolutionized the way the disease is diagnosed and managed. "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 will have a 15-minute refreshment break followed by zoom and in-person partner and one-on-one support chats.

Please bring your questions or concerns, so we can build a stronger and supportive community group.

If you are newly diagnosed or needing information, 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 pm.



June 2024 Meeting Summary

Annual General Meeting

“Side Effects and Complications of Prostate Cancer”

Prostate Cancer Support Regina’s June 13 Annual General Meeting (AGM) was attended by 21 voting members, 13 in-person and eight online. We completed the agenda in less than 40 minutes, a new record for getting business done. Financial and activity reports are available on the website, and a new board was elected to govern the support group over the next year.



A total of 32 members attended the peer support meeting, with 19 people joining the meeting online. We encourage members to bring their questions or concerns forward.

We can build a stronger community and supportive group together.

Following the AGM, three members shared their personal experience of prostate cancer treatment side effects and complications. The objective was to inform members by using personal examples of side effects that could happen that are not often discussed preparing for treatment.

The realities of medical care is that treatments affect each person differently; no two persons have the same experiences even with the same types of treatment, be it surgery, external beam radiation or brachytherapy, active surveillance or hormonal treatments, more correctly called Androgen Deprivation Therapy (ADT).

Following a 20-minute break, peer support continued with small group discussions by survivors and caregivers. The testimonials and partner and member support chats were conducted in strict confidence and not recorded.

**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 20th day of August 2024.



MINISTER

CITY OF REGINA
SASKATCHEWAN, CANADA

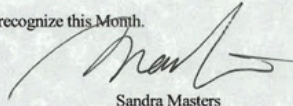
PROCLAMATION

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



Message from the Chair Donations Appreciated

Before Saskatchewan's September Prostate Cancer Awareness campaign ends, please consider giving a donation to your local support group. There are many ways to donate, by giving of your time, talent and treasure. And we are always looking for volunteers to serve on committees, programs and events. We gratefully accept donations and direct people to PCS Regina's donation page on CanadaHelps website. Every donation helps.

Prostate Cancer Support Regina's 2024-25 budget forecasts expenses of approximately \$7,000 to increase public awareness and offer support to all affected by prostate cancer. I've challenged fellow Directors on the Board to match or best my monthly donation to Prostate Cancer Support Regina.

As members, please consider donating monthly to our programs and events in raising awareness and offering support to all affected by prostate cancer. At the end of the month, the Board of Directors will reach out to Saskatchewan businesses and organizations to support our group's mission by matching or bettering members' donations.

If you can't make a donation at this time, we fully understand. Thank you for considering a monthly donation to Regina and South Saskatchewan's local prostate cancer support group.

...James Froh



Donate to PCSR by clicking below:

DONATE NOW



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.

[Link to National Zoom Meeting](#)



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.

Stay Strong, Stay Informed – Prostate Health Matters for Saskatchewan Men



In partnership with the Prostate Cancer Support Saskatoon and the Cancer Foundation of Saskatchewan, Prostate Cancer Support Regina encourages men and their families, friends, and loved ones to make prostate health a priority this September, and year-round.

Did you know:

- > Prostate cancer is the #1 most prevalent cancer in Canadian men; about one in eight will be diagnosed in their lifetime. The majority of cases are in men over 50.
- > Saskatchewan has one of the highest incidences of prostate cancer in Canada.
- > Early detection is key – almost all prostate cancer is treatable.

This month especially, we encourage all Saskatchewan men to:

- > Know your risk factors, such as family medical history.
- > Be sure to get tested regularly.

If you are living with or beyond prostate cancer, Prostate Cancer Support groups in Regina and Saskatoon have support and other resources to assist you on your journey. You can access a number of supports and resources at saskprostate.ca

See the Cancer Foundation of Saskatchewan website for stories of Saskatchewan men and their families, living with and beyond prostate cancer.

If you want to support enhanced care for prostate cancer patients in Saskatchewan, please give generously to the Cancer Foundation of Saskatchewan.

You can spread awareness this September:

- Light Up in Blue – decorate your home or business in blue, to show your solidarity with men facing a prostate cancer diagnosis
- Spread the Word – amplify the message, share facts and survivor stories, and join the conversation. Follow the hashtags #StrongerTogether #Saskatchewan #ProstateCancerSupport #CancerFoundationSask on your social media accounts
- Listen to Rawlco radio stations in Regina and Saskatoon for media messages from Sept 8 to 18, 2024 about how you can shine a light and makes some noise about prostate cancer in Saskatchewan
- Attend a noon-hour Concert on September 18, 2024, in the the Cancer Survivor Garden, directly in front of the Pasqua Hospital on Dewdney Ave. as part of the September's prostate cancer awareness campaign
- Encourage Testing – Encourage the men in your life to speak with their family doctor about getting tested for prostate cancer, emphasizing the importance of early detection.



**Click for direct
YouTube interviews**

James Froh, Chair, Board of Directors Activity Report from June 1, 2023 to May 31, 2024

Operating as Prostate Cancer Support Regina, Prostate Cancer Canada Network Regina Inc is a membership-based, non-profit organization registered in the Province of Saskatchewan and a health charity registered with Canada's Revenue Agency.

Membership includes survivors, family members and supporters who have registered to receive our monthly newsletter. Our local support group is inclusive and welcomes patients and families living with prostate cancer. We meet monthly in-person AND online via Zoom.

PC Support Regina is connected to local prostate cancer support groups across Canada through Prostate Cancer Foundation Canada.

As of June 10, 2024, PC Support Regina has 331 members. Most are from Regina & South Saskatchewan, but a few from out-of-province.

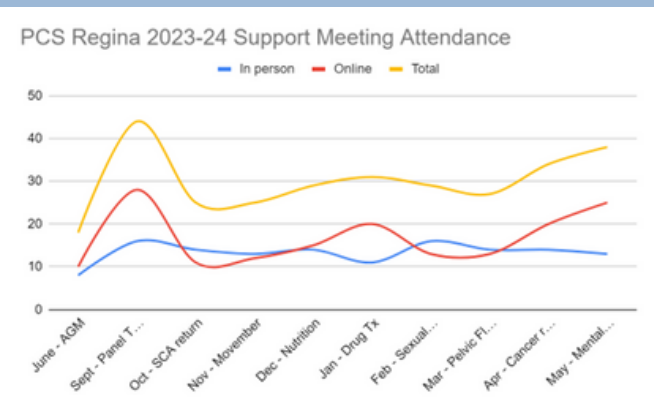
At the June 2023 AGM, eight Directors [min 3, max 12] were elected to govern the organization.

The Incoming Board prioritized strategic planning and approved a 2023-2026 strategic plan with mission, values and vision - We are "a Community where there is a high level of awareness and support of Prostate Cancer for those impacted".

Ten local support group meetings were held offering peer support and education session with invited speakers who generously shared their expertise with us.

Prostate Cancer Support Regina Strategic Map 2023 to 2026

Vision A Community where there is a high level of awareness and support of Prostate Cancer for those impacted.			
Mission We are a key partner creating collaborative spaces to promote awareness and enhance health care outcomes for those affected.			
Values The Board of Directors consent to reflect the following beliefs and principles when engaging with members, stakeholders and the community.			
Compassion We will show empathy, caring and understanding to each other, our members and all persons with whom we interact.	Integrity We will act with trust, honesty, and transparency.	Ethics We will observe the highest standards of professional conduct, including placing the welfare of our organization above our personal interests.	Respect We will treat each other, our members, partners and the community with respect, always open to requests of others and respecting each other's privacy.
Inclusion We will be an open and welcoming community to persons of all ethnicities, ages, genders, beliefs, professional and economic status.	Community We will treat the subject of prostate cancer with the seriousness it deserves, while behaving with each other with a sense of friendship, fun and good humor.	Owners	
Health outcomes/ support link/partnerships	Member education/ research/ communication	Public marketing/ fundraising/ communication	Finance/ Governance
Objectives			
Improve (increase) PC Awareness in Regina All diagnosed PC patients and more of it Improve access to nurse navigators at Prostate Assessment Centres	Increase support and self-help for PC support Establish relationship with Prostate Cancer Support Saskatoon Increase how effective we are at reaching members and other key stakeholders	Expand our "brand" in Regina, within fundraising initiatives and case our public, including with health care professionals like family doctors and Urologists Develop plan for sustainable funding to support deliberates	Review committee structure and focus Governance under expert input
Performance Measures			
Update data for Prostate Assessment Centres in Regina - Saskatchewan Survey	Measure meeting participation + provide feedback on PC support Formal & informal questions on meeting participants needs	Check in with key stakeholders prior to events, phone etc. to inquire about health of relationship Attendance at our Support Meeting Complete for PC Support or public on website, Facebook page, newsletters etc.	Annual review of funding/budget needs Need Finance Committee Task Committee Review and align board structure with strategic plan Develop clear terms of reference for committees





Andrew McLennan,
Study Coordinator



Dr. Mohamad Baydoun,
principal investigator

"COVID-19 Cancer Study"

"The University of Regina study is a qualitative investigation of the experiences of people who were receiving treatment for a diagnosed malignancy during the COVID-19 pandemic."

April 11, 2024 Zoom Recording



Activity Report.. Continued



In October 2023, in-person meetings resumed at the Saskatchewan Cancer Agency Headquarters, 3 ½ years after COVID restrictions, three years after pivoting online.

Social Media and radio - Facebook, YouTube and Rawlco Radio's Jack 94.5 and CJME (Feb to June) - were used to raise awareness of local support meetings and prostate cancer.

Due to the lack of numbers at local partners support meetings in February and March, the Board of Directors decided to provide a space for partner break-outs during regular support group meetings on the 2nd Thursday of the month.

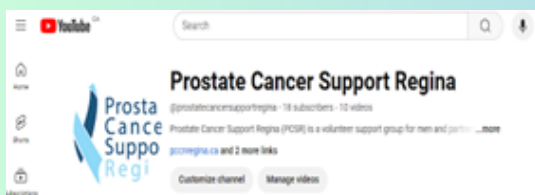
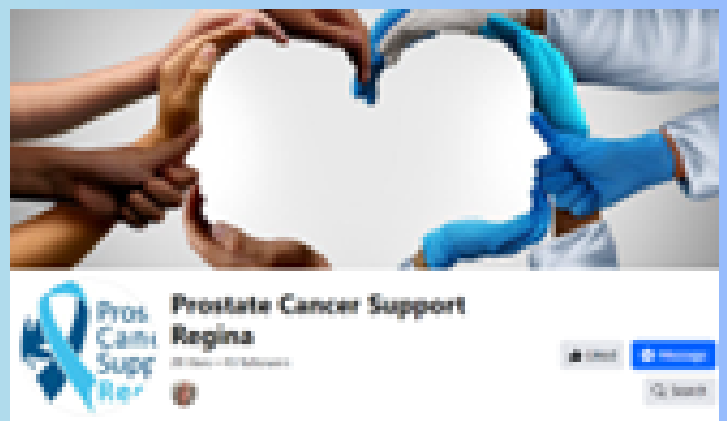
Thanks to volunteers who raised awareness, engagement and funds in South Saskatchewan for prostate cancer at various events and activities:

- Cancer Survivor Garden activities, June to October 2023
- Red Sox Game Awareness Booth, June 2023
- On the Road Show & Shine, September 2023
- Light Up in Blue in Regina businesses and neighborhoods, September 2023
- Revera Renaissance Awareness Booth, October 2023
- Prostate Cancer Survive & Thrive Urology Symposium, November 2023
- Redesigned monthly newsletter, Prostate Support News, December 2023
- Prince of Peace Lutheran Church presentation, February 2024
- Cancer Survivor Garden cleaning, May 2024

Thanks to the elected directors who volunteered over the past year - Peter Braun, Robert Chapman, Troy Hagen, Lorrie Harrison, Boyd Harrison, Jeff Hutton, Moses Kanhai.

The Incoming Board will soon be busy organizing events and programs. You can help increase prostate cancer awareness at the June 25 Red Sox game in Regina, or at Cancer Survivor Garden activities over the summer (see the website for details). September Prostate Awareness Month activities were announced late August. Stay tuned for consultations on our strategic plan and governing documents in the fall. We look forward to your comments and recommendations.

The Board cannot do this alone. Members can take an active role improving health outcomes for all affected by prostate cancer by volunteering on committees, programs, events or the Board. Please start by sharing your interests as a volunteer.





Prostate Cancer Support Regina Statement of Receipts and Disbursements

Fiscal Year	Year Ending May 31, 2024
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	Year-to-Date	Budget	Variance
Receipts			
General	1,755.41	3,000.00	-1,244.59
Corporate	450.00		+450.00
FedEx Grant			
Fund Raiser: On the Road	1,778.50	3,000.00	-1,221.50
Fund Raiser: Shave the Boys		3,000.00	-3000.00
50/50 Tickets			
Corporate Support: Home Depot	200.00	200.00	-
GST Rebate	118.32	75.00	+43.22
Total Receipts	4,302.23	9,275.00	-4,972.77

Disbursements			
Speaker/Guest Honorariums		600.00	-600.00
Advertising: Leader Post	234.39		+234.39
Advertising: Rawlco Radio	2,360.50	4,500.00	-2,139.50
Newsletter/Website	566.40	1,000.00	-433.60
Brochures, Posters, T-Shirts, Printing	1,119.65	1,500.00	-380.35
Service Charge			
Zoom License	212.00		+212.00
Meeting Expense	241.44	750.00	-508.56
Video Editing	177.20	250.00	-72.80
Fund Raiser Costs	474.75	500.00	-25.25
Pasqua Survivor Garden	200.00	200.00	-
Admin/Software Lic/Office Supplies/PO Box	530.46	500.00	+30.46
Insurance: D & O	805.60	900.00	-94.40
Insurance: Liability Coverage	560.74	600.00	-39.26
SCA Contribution		300.00	-300.00
HRF Contribution: Prostate Assessment Centre	1,300.00	2,500.00	-1,200.00
Cancer Foundation Sask: Replace Bracky Equipment			
Information Services Corp	30.00		+30.00
GST			
Total Disbursements	8,813.13	14,100.00	-5,286.87
Net Receipts/Disbursements	-4,510.90	-4,825.00	314.10

Prostate Cancer Foundation Canada Supports Public Funding for Pluvicto

Along with our colleagues in Canadian Urological Association (CUA), Genitourinary Medical Oncologists of Canada (GUMOC), Genitourinary Radiation Oncologists of Canada (GUROC), and the Canadian Association of Nuclear Medicine (CANM) charged with clinical and patient-centred care for prostate cancer in Canada, PCFC supports funding for Pluvicto. We take this Position on the basis of medical benefit, access to care and health equity for our Prostate Cancer community.

Pluvicto is a novel radiotherapy used to treat MCRPC (metastatic castration-resistant prostate cancer) that is PSMA-positive. Essentially, if a patient expresses PSMA biomarkers on their prostate cancer cells, this treatment can target and attack them.

Pluvicto is approved by Health Canada, as it is in the USA, Europe and other jurisdictions. However, the main barrier to access in Canada is the lack of public funding for Pluvicto. PCFC considers that (effectively) restricting access to Pluvicto to patients that have the financial ability to cover its costs, constitutes healthcare inequity. We understand that any manufacturer providing treatment at a financial loss will mean that Canadians lose access to that treatment, with Pluvicto being the case-in-point.

We believe in the Canadian public health care model, that healthcare is a fundamental human right, and that Canadians deserve access to first class medical care. In stating this, PCFC also recognizes the inherent tensions that result from allocation of scarce resources in socialised healthcare models. Hence the support of PCFC is due to our contention that Canadian citizens will derive unarguable benefits from allocation of funding to Pluvicto.

Click button to be taken to this
full article

[Click here](#)

Breakthrough 'take-at-home' prostate cancer drug gets green light, sparing patients from lengthy hospital visits

Thousands of men with advanced prostate cancer are set to benefit from the first at-home treatment in what has been hailed a 'major advance' for the disease.

Relugolix has been given the go-ahead on the NHS in Britain, potentially helping 40,000 men with advanced hormone sensitive prostate cancer.

Unlike similar drugs which must be given as injections, the pill can be taken from home - sparing men from gruelling hospital trips.

Experts said it will be a 'gamechanger in terms of men's experience of treatment' while keeping the disease in check.

Known by brand name Orgovyx, trials found it also lowers the risk of heart attacks and other cardiovascular problems linked to this type of treatment.



**Click on
picture
for full
article**

An androgen therapy, it works by blocking the production of testosterone which prostate cancer needs to grow. It is expected to be available to patients on the NHS within three months of the National Institute for Health and Care Excellence's (NICE) final draft guidance being published.

Prostate Cancer UK said it was 'fantastic news' for patients, providing a more convenient and comfortable treatment for thousands of men. Amy Rylance, assistant director of health improvement at the charity, said: 'This drug can not only help keep the cancer at bay but could be a game changer in terms of men's experience of treatment.'

She added: 'Even better, trials suggest it has a lower risk of heart problems sometimes associated with these sorts of treatments.'

Helen Knight, director of medicines evaluation at NICE, described it as an 'innovative and effective treatment' for prostate cancer.

She said: 'Relugolix provides a convenient and flexible treatment option compared with therapies that need to be injected, helping people to avoid travel and time off work and the evidence shows it can improve people's quality of life.'

CONCERT IN THE GARDEN



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



LIGHT UP IN BLUE

FOR PROSTATE CANCER AWARENESS MONTH, SEPTEMBER



**Prostate Cancer
Foundation Canada**

**Prostate Cancer Foundation Canada is
wants us to shine a light on Prostate
Cancer during Prostate Cancer
Awareness Month.**

Watch as Canada turns blue. Buildings
and landmarks will glow in solidarity,
raising awareness and showing support
for those affected by prostate cancer.



**McMillan
Drive
Regina**



The Atlas Hotel in Regina



**Access
Communications
Regina**



LIGHT UP IN BLUE is an initiative to raise awareness about the importance of scheduling annual prostate exams to ensure early detection and treatment. Light Up in Blue 2024 will see more than 200 Canadian landmarks (and counting!) shine blue on select days throughout September. These iconic locations include Canada Place Sails in Vancouver; Olympic Plaza in Calgary; Manitoba Legislative Building in Winnipeg; CN Tower in Toronto; and City Hall in Charlottetown, among others.

**LIGHT UP IN BLUE
& DONOR RELATIONS:**

Shelley Werk

shelley@prostatecanada.ca

[604-574-4012](tel:604-574-4012)

Click the “Light up in blue” logo to go to the Light Up in Blue webpage and see who is lighting up in blue. You can register your own home. Get your whole block to participate. McMillan Drive and Wascana Meadows in Regina participated in 2023.

<https://www.lightupinblue.ca/>

Annual Ride for Breast Cancer Screening September 15, 2024

Screening for the 21st Annual Ride for Breast Cancer is taking place on Sunday, September 15, 2024!

The ride begins at Prairie Harley-Davidson, 101 Carson Road, in Emerald Park. A pancake breakfast and registration begins at 9:30 a.m. with a group photo being done at 11:00 a.m. After the photo, riders can head out in their own groupings following the Katepwa Loop.

A \$30 tax receipted donation gets you breakfast and entry to the ride.

A wind-up will be held from noon to 2:00 p.m. back at Prairie Harley-Davidson with live music by CrossFire, food trucks, raffles, door prizes, and the announcement of the fundraising total! Everyone is welcome.

Since its inception in 2003, the Annual Ride for Breast Cancer Screening has raised more than \$250,000 to support the advancement of breast cancer screening technology, while also bringing crucial awareness of the importance of early breast screening and cancer prevention in Saskatchewan.

This year, the ride will be continuing their partnership with the Cancer Foundation of Saskatchewan and raising funds for a new Breast Screening Bus for the Saskatchewan Cancer Agency's Breast Cancer Screening Program.

To Register or Donate Click below:



AM 980
CJME
NEWS TALK SPORTS



HOSTED BY
EVAN BRAY

SEPTEMBER 12
WASCANA COUNTRY CLUB
5:00PM-8:00PM

Uncover the Cure is only 1 month away!

If you haven't bought your tickets already, this is one event that you don't want to miss! Please join us at the 13th Annual Uncover the Cure Cocktail Party, Thursday September 12th at the Wascana Golf & Country Club, hosted by News Talk 980 CJME's Evan Bray.

This year's event will be featuring exclusive celebrity chefs from across Saskatchewan who will each prepare a specialty dish. Our celebrity chefs include:

Chef Dale Mackay, preparing charred trout belly tostada, gochujang sour cream, and onion pickle

Chef Leo Pantel, preparing orange and vanilla scented Saskatchewan berkshire pork tenderloin, broccoli flan, pickled shallot with manchego cheese crème, and madeira wine sauce

Chef Malcolm Craig, preparing pickerel pirogi with caramelized onion and crispy bacon, and sour cream for garnish

Chef Jo Peurto, preparing steamed oysters, gf soya sauce, tobiko and chili garlic oil topped with mustard micros

Elizabeth Aparicio Segura, preparing corn tamales bite stuffed with local vegetables, queso fresco and jalapeno cream

Each chef's appetizer will be accompanied by a specialty hand-picked wine pairing.

And don't forget about the luxurious prizes to be won!

Event tickets are selling quickly

Purchase now online at cjme.com, by phone 306-525-0000 or e-mail amorose@rawlco.com

Proceeds from the event will purchase state of the art equipment for the Prostate Assessment Centre at the Pasqua Hospital.

Together we can make a difference for so many men affected by prostate cancer.



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

**ST. PAUL'S
HOSPITAL
FOUNDATION INC.**

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

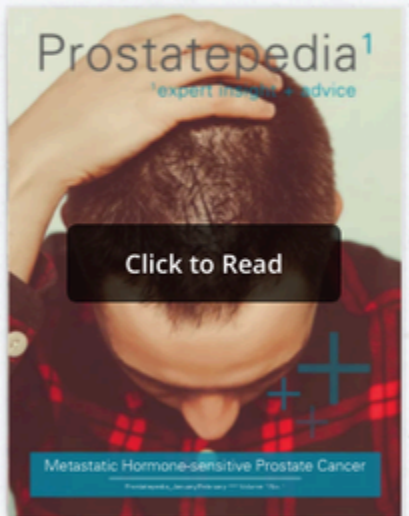
This study is approved by the University of Saskatchewan Behavioural Research Ethics Board, Beh ID 4050



Prostatepedia¹

¹expert insight + advice

From: January/February 2023



MONTHLY QUOTE

Parade

"SING like no one's listening,
LOVE like you've never been hurt,
DANCE like nobody's watching, and
LIVE like it's heaven on earth."

**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 - Lorrie 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 - Lorrie 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 - Lorrie Harrison, RN, ACET, Retired
February 9, 2023 Zoom Recording



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.

In the next couple weeks in September, look for our **Board Chairman James Froh's interviews** with Evan Bray and Greg Morgan's show on CJME. You'll soon also be able to listen to those interviews on our PCCN Regina website.

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

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

Governance / Finance Committee

inquiry@pccnregina.ca

Health Outcomes / Support Line/ Partnership Committee

support@pccnregina.ca

Communications Committee

communications@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 communications@pccnregina.ca if you have any questions.

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

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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.

