

Monthly newsletter of Prostate Cancer Support Regina



PROSTATE CANCER SUPPORT REGINA AIMS ...

- 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.

OUR MEETINGS

Please join us at our monthly hybrid meetings on the 2nd Thursday of every month, except July and August, at the Saskatchewan Cancer Agency, 141- 4545 Parliament Avenue, Regina 6:30 - 8:30 pm.

Or join the meeting via ZOOM; [click link for zoom meeting log in details.](#)
Must register to attend.

Dr. Amjad to address September 11 meeting

This month, our we guest speaker will be Regina Oncologist Dr Asim Amjad.

Prostate Cancer Support Regina is grateful for the ongoing support and expertise of Dr. Amjad, whose dedication to innovation in cancer care continues to inspire hope for patients and their families.

Dr. Amjad has been at the forefront of introducing new advancements in prostate cancer treatment, helping patients navigate their journey with access to the latest knowledge and therapies. By sharing these innovations with our group, he not only educates but also empowers men and their loved ones to make informed decisions about their care.

Through his leadership, compassion, and commitment to continuous improvement, Dr. Amjad has become a valued partner in our mission. His contributions remind us that progress is always being made—and that with the right information and support, no one has to face prostate cancer alone.

More on upcoming speakers on our website

The Power of Community in Your Cancer Journey

Joining a support group and attending regular meetings can provide immense benefits when facing cancer. You don't have to go through it alone—connecting with others who understand your challenges can make all the difference. The support and shared experiences from a community can aid in emotional and physical healing.

Here's how:

- Emotional support reduces feelings of isolation and anxiety.
- Practical advice from others can help you navigate treatments and side effects.
- Shared stories offer hope and inspiration, lifting your spirits.
- A strong sense of community improves overall well-being and resilience.
- Going it alone is not the best way forward—together, we are stronger.

Our Support Meeting Agenda

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

6:30 p.m. Introductions

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

7:15 p.m. Refreshment Break

7:30 p.m. Peer Sharing and break out groups

*Hybrid: Zoom and in-person

Click ZOOM logo below for direct access to Zoom meeting.

[https://us06web.zoom.us/j/83781215299?](https://us06web.zoom.us/j/83781215299?pwd=locwJTZhDonl2VAGYRBq650IFLNDfy.1&jst=2)
[pwd=locwJTZhDonl2VAGYRBq650IFLNDfy.1&jst=2](#)

Meeting ID: 837 8121 5299

Passcode: 106121



Missed our recent support meetings?

You can access our past meetings including our presentations through our Youtube Channel & Our website

To enhance security and safety at our monthly support meetings, we encouraged your to pre-register, whether you are joining in-person or online. Members at monthly meetings can also register during our meetings using the same process.



Chair's Insights

Prostate cancer support groups in Regina and Saskatoon and the Cancer Foundation of Saskatchewan have jointly produced a provincial campaign - September is Prostate Cancer Awareness Month - <https://www.cancerfoundationsask.ca/events/prostate-cancer/>.

This year's objectives are to raise awareness of the prevalence of prostate cancer among Saskatchewan men and donations to the Cancer Foundation of Saskatchewan for innovative ARO Gel treatments to protect men's bladders and colons during radiation treatment.

Prostate cancer is often described as a partner's disease, it affects patients, spouses, and all who care for men who are diagnosed. One-in-eight Canadian men will be diagnosed in their lifetime.

In 2024, the Canadian Cancer Society estimated that 27,900 Canadian men would be diagnosed with prostate cancer. Provincially, 770 men were diagnosed with prostate cancer.

Saskatchewan Prostate cancer support groups are committed to improving the lives for all affected by prostate cancer by:

- breaking down barriers to diagnosis, treatment and survivorship
- encouraging men over 50, or with a family history of prostate cancer, to talk with their family practitioner about testing early and regularly
- linking men to relevant and credible local cancer resources in Saskatchewan at saskprostate.ca
- meeting monthly, except during July and August, with newly diagnosed men and long-time survivors. There will usually be someone who has had various treatments the newly diagnosed are considering or experiencing treatment side effects a patient is experiencing. Meetings are for all men and women affected by prostate cancer.
- assisting individuals who prefer a more peer-to-peer approach
- directing individuals to national online support groups individual support is also available

Did you know your local prostate cancer support group is a registered charity? By making a monthly or annual donation you help us sustain our programs and activities. Consider making a donation.

Warmly,
James Froh
Chair



SEPTEMBER 2025 SPEAKER

Spotlight on Dr. Amjad: Advancing Prostate Cancer Care

Prostate Cancer Support Regina is grateful for the ongoing support and expertise of Dr. Asim Amjad, whose dedication to innovation in cancer care continues to inspire hope for patients and their families.

Dr. Amjad has been at the forefront of introducing new advancements in prostate cancer treatment, helping patients navigate their journey with access to the latest knowledge and therapies. By sharing these innovations with our group, he not only educates but also empowers men and their loved ones to make informed decisions about their care.

Through his leadership, compassion, and commitment to continuous improvement, Dr. Amjad has become a valued partner in our mission. His contributions remind us that progress is always being made—and that with the right information and support, no one has to face prostate cancer alone.

REMEMBERING A PROSTATE FIGHTER

Troy Hagen Lived to Serve



The prostate community, and indeed all of Saskatchewan, lost a dear friend and relentless champion, with the passing of Troy Hagen on August 31.

Troy served for two terms as vice-chair of Prostate Cancer Support Regina. He led the Board through its strategic planning process, laying the groundwork for the organizations' path for years to come.

Troy retired in 2016 from a 38-year career with the Regina Police Service, where he was Chief of Police. He was appointed Chief on May 13, 2008, following various promotions throughout his career, which included working in Patrol, Drug Unit, Property Crimes, Stolen Auto, and Crime Prevention.

He was also a member of the Regina Police Service Special Weapons Team and Tactical Team. He served as an elected member and president of the Regina Police Association and held positions with the Regina Police Senior Officers Association and the Administrative Board of Trustees for the Regina Police Service Pension Plan.

Troy and his partner Judy have adult children and two grandchildren. He has served on many community-based boards and committees, often focusing on at-risk youth and those in need.

Troy was diagnosed with prostate cancer in 2004 and had surgery and radiation treatment in 2005. He was treated for metastatic prostate cancer and was also a survivor of esophageal cancer, which was treated in 2017. He enjoyed outdoor activities such as camping, fishing, and golf.

The entire prostate community extends sincere condolences to Judy and the Hagen family.



Please join us for our

Prostate Cancer Awareness Kick-Off Event

SEPTEMBER

WEDNESDAY

3

10:30 AM

2025

Saskatchewan Cancer Agency Office

Room 141,
Main Level,
Harbour Landing
4545 Parliament Ave,
Regina, SK

Please RSVP to:

info@cancerfoundationsask.ca

The Partner's Corner

Receiving a prostate cancer diagnosis can feel overwhelming, but you don't have to face it alone. At Prostate Cancer Support Regina, we are here to walk alongside you every step of the way. Our community of over 300 prostate cancer survivors and their families is dedicated to offering guidance, understanding, and support to those affected by this journey.

Whether you are newly diagnosed, undergoing treatment, or navigating life beyond cancer, we are here to help. Our monthly meetings provide a safe space to share experiences, receive expert advice, and connect with others who truly understand what you are going through.

Remember, you are not alone. Together, we can navigate this journey with strength, hope, and unwavering support.

Just for partners

Regina has a local partner's group called *Prostate Cancer Support Regina Partners* for support just for partners.

The partners-only meeting is held the first Thursday of each month (except for July and August) in Saskatchewan Cancer Agency meeting room, 141- 4545 Parliament Avenue, Regina 6:30 - 8:30 pm. For details call Lorrie Harrison at (306) 545-7801.



FRED'S RADIATION JOURNEY WAS LIKE A BIKE RACE

Friday, August 22, 2025, was a historic day for Fred Vandelinden. That was the day Fred completed his 28th and final radiation treatment for prostate cancer at the Allan Blair Cancer Centre.

Looking back on the six weeks of treatment, Fred shared his perspective:

- "When you first hear 28 treatments, it sounds overwhelming—that's six full weeks. To make it manageable, I looked at it like a bike race. Each treatment was a lap, and every lap brought me closer to the finish line. Some laps felt easy, some were tougher, and others were incredibly hard—taking everything I had to push through. But just like in racing, you keep going, lap after lap.



The last lap is the Bell Lap. The bell rings, and you sprint to the finish. That's the reward: finishing the race. Radiation takes time—sometimes a couple of months for its effects to settle in—but that final lap isn't just about the treatment. It's the journey forward. It's your life, your time at home, whatever comes next. That's the real finish line."

WHAT IS Emsella?

Emsella is a non-invasive treatment that uses high-intensity focused electromagnetic (HIFEM) technology to strengthen the pelvic floor muscles.

During a session, patients sit fully clothed on a specially designed chair that delivers thousands of supramaximal pelvic floor muscle contractions in a single treatment — **equivalent to doing over 11,000 Kegels in about 30 minutes.**

Who Can It Help?

Emsella is especially beneficial for:

- Women experiencing urinary incontinence, including stress, urge, or mixed incontinence.
- Postpartum women who want to restore pelvic floor strength after childbirth.
- Men and women with weakened pelvic floor muscles due to aging or sedentary lifestyles.
- People seeking improvement in sexual wellness and pelvic floor function.

It's a quick, comfortable treatment with no downtime, making it an excellent option for individuals looking for non-surgical solutions to improve core and pelvic health.

Available at SKIN Clinics Medical Aesthetics Clinics and Dermatology Regina. Where every treatment is tailored to your unique goals, ensuring safe, subtle, and stunning results in a professional and welcoming environment. For more info click the website link skinclinics.ca/regina





HELP NEEDED

WE NEED HELP WITH

- COMMUNICATIONS SUPPORT FOR
 - CONTENT WRITING
 - PROOFREADING
 - SOCIAL SCHEDULING

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



(306) 527-8290



PCCNREGINA.CA





Are you two
to five years
after a
localized
prostate
cancer
diagnosis?

Want to share your experience of prostate cancer support groups?

Join this study that explores the benefits derived from prostate cancer support groups following primary cancer treatment, and how to enhance support groups to better support survivors. Participation involves a five-minute online health literacy survey and a two-hour online focus group.

For more information, send an email or scan the QR code:

Put "Supporting Men's Health" in the subject line to contact:

Researcher: Mr. James Froh

[ffj139@uregina.ca](mailto:fjf139@uregina.ca)

Supervisor: Dr. Justin Longo

justin.longo@uregina.ca



Feasibility of virtual exercise program for men with prostate cancer: The TARGET study



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





Listening, Weeding, & Talking

Come Volunteer with Reginas Community
Cancer Survivor Garden!

LOCATION: Pasqua Hospital (4101 Dewdney Ave.)

DAY: Wednesday's (Thursday if weather delay)

DATES: May 14 to October 29, 2025

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



Androgen Deprivation Therapy (ADT) Education Class

The ADT Educational Class is a free session during which patients and loved ones will:

- Learn about side effects of ADT
- Learn how to manage side effects
- Complete goal setting exercises to teach you how to manage ADT side effects

When: Monthly class, held on Fridays

Time: 1:30 - 4 p.m.

Dates: March 28, April 25, May 23, June 27, July 25, Aug 22, Sept 26, Oct 24, Nov 28, and Dec 19

To register, call 306-766-2973.

Cancer Transitions

A six-week program that bridges the gap

from cancer care to home.



Description:

The program focuses on a four-phase process: Physical Approach, Connected Approach, Creative Approach and Contributing Approach. We review the variety of changes you may have experienced through your cancer treatment, then provide tools to assist with your healing journey.



Dates:

Tuesdays, from 1:30 - 4 p.m.

May 6 - June 10

September 2 - October 14

November 4 - December 16

To register, call 306-766-2973.

Support Group Meeting Links



Prostate Cancer Foundation Find a Meeting





We are grateful to our sponsors, speakers, volunteers and loyal donors. At Prostate Cancer Support Regina, we rely on the generosity of volunteers, presenters, and donors to continue supporting men and families affected by prostate cancer.

Whether you donate your time, expertise, information for our newsletter or resources, your contribution has the power to change lives. All donations come with a charitable donation receipt. Here's how you can make an impact:

- Offer your time as a volunteer to support our community.
- Present valuable information to help patients and their families.
- Donate to fund life-changing support services and awareness efforts.

Thank you for helping us create a positive difference in someone's life. Your involvement ensures no one has to face prostate cancer alone.

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.

Prostate Cancer Support Regina. Prostate Cancer Canada Network - Regina Inc.
CRA Charity # 84872 6386 RR0001



Meet our Board

**James Froh, Kent Stewart
Robert Chapman, Rosa Brittner, and Guy Kergan**

**board@pccnregina.ca
Executive Committee**

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

**Treasurer - Guy Kergan
(306) 690-9687**

**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.

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

Our mailing address is:
PCS Regina
PO Box 37264
Regina, SK S4S 7K4

