



NORTHWESTERN ONTARIO PROSTATE EXAMINER

Fall Newsletter 2018

Looking for Support?

Men Available to Talk to You

Grant Arnold..... 933-4214
 Bill Everitt..... 767-5768
 David Everitt..... 628-5287
 Bill Horde..... 767-1490
 Jim Hyder..... 933-0124
 Phil Junnila..... 475-5706
 Ed Long..... 628-6915
 Bill Vantour..... 767-8515
 Mel Zobatar..... 767-6081
 Cy Zurba..... 472-8676

Women Available to Talk to You

Beth Long..... 629-4774
 Lise Pollard..... 285-0127
 (en francais)
 Dianne Slack..... 473-8297
 Betty Zurba..... 286-7686

Northwestern Ontario Region

Atikokan

Dave Anderson..... 807-597-1213
 ext.23
 Larry Brown..... 807-597-6196
 Ron Speck..... 807 597-2219

Dryden

Horst Lang..... 807 223-5516

Fort Frances

Looking For Contact

Hearst

Marcel Girouard.....705 362-8154
 (en francais)

Kenora

Looking For Contact

Longlac

Dick Mannisto.....807 876-4485

Terrace Bay/Schreiber

John St. Amand..... 807 825-9054

Applebee's 21st Anniversary Fundraiser A Big Success

Applebee's in Thunder Bay celebrated their 21st anniversary on Wednesday, July 25th. Owners, brother and sister, Ryan and Robin Syroid, continue to support PCCN-Thunder Bay in a big way. This anniversary they once again offered their signature Oriental Chicken Salad for the same price as it was 21 years ago: \$8.99. The proceeds from the sale of the salads, in the amount of \$4,000, was donated to PCCN-Thunder Bay.



PCCN-Thunder Bay set up a display table outside the restaurant. Volunteers spoke with customers coming to the restaurant and gave out the information flyer about Prostate Cancer month events in September and Men Make It Happen (including free PSA screening) on October 14th.



Thank you to PCCN-Thunder Bay volunteers: Beth and Ed Long, Doug Pantry, Betty and Bill Heath, Rose and Bill Horde, Betty and Cy Zurba, Lise Pollard and Marc Breton, and Inga and Bill Vantour.

A grateful and heartfelt thank you goes to Ryan and Robin for their continuing support of PCCN-Thunder Bay. Please continue to visit Applebee's and say hello to Ryan and Robin, and let them know that you are with PCCN-Thunder Bay.

NEXT MEETING

Thursday, September 20, 2018

Speaker: Kim Hartsburg-Lang, RN, Barrie ON on "Sexual Intimacy After Prostate Cancer"

Location: 55 Plus Centre, 700 River Street

Time: 7:00 pm

Alf Potvin's Story

Reported by Beth Long

Alf Potvin shared his complex and challenging story of his experience with prostate cancer and the medical system, with the PCCN-Thunder Bay members attending the General Meeting on Thursday, May 17, 2018.

Alf's story began 18 years ago when a new urologist who had come to Thunder Bay from Winnipeg advertised in the paper that he was recruiting men for a study who were between the ages of 50 and 65 years of age and who had not been diagnosed with prostate cancer and who had no symptoms of prostate cancer. He said to his wife that he fit the criteria and he decided he would volunteer to be in the study.



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When Alf met with the urologist, the urologist wanted to do a digital rectal exam. The doctor informed him that he had a lump on the left side of his prostate and he wanted to do a biopsy. The biopsy was painful and brought him to tears. While waiting for results, Alf went on his booked seven-day Caribbean cruise. When he returned to the urologist for the biopsy results, Alf was informed that he had the best type of prostate cancer – it was all contained in one lobe on one side.

Alf and his wife reviewed his options and they decided on brachytherapy as it was the least invasive option. This meant going to Toronto for the treatment. The radiation oncologist there informed them that she would inject radioactive pellets into the prostate and that would kill the prostate, and that would be the end of the cancer. He sailed through the procedure, and afterwards, he and his wife went for Chinese food and then flew home. He had a return appointment for three months post treatment.

Alf's PSA went down to almost nothing, and then it started to rise again. He returned to the oncologist. Another biopsy was done, and he was informed that no cancer was found in his prostate. Three months later, Alf's PSA was still rising. He returned to his oncologist in Toronto and was informed that he could have had cancer in his seminal vesicles and the radiation treatment would not have killed those cancer cells. He was incensed that no one had given him this information before, as he would have chosen radical prostatectomy with removal of the seminal vesicles instead of the brachytherapy.

Alf returned home and was referred to a urologist in Thunder Bay. He was monitored for many years. Then three years ago his PSA had risen to over 40. The radiation oncologist in Thunder Bay put him on injections into his stomach of a female hormone to cut off the production of testosterone, which feeds prostate cancer cells. His PSA went down to 3 and then four months later, it went down to below 1. His radiation oncologist told him he would be fine until his body figures out what the hormone is doing to it. He would lose his sex drive, but he would have his life. The doctor said that when his body figures out what is being done to it, the treatment will stop working. Then there is another treatment that can be used.

In the midst of his prostate issues, seven years ago, Alf started having chest pains. He was prescribed a nitroglycerine pump. He was referred to a cardiologist and had a stress test. He was informed that he had a blockage and sent for a radioactive stress test. That test could not find anything wrong.

Alf and his wife were going for a two-week holiday to Manzano. He said to his wife that if something happens to him there, the insurance company is not going to pay. He went to the insurer through his employee benefits, called "Best Doctors", and Alf had to sign a form giving the insurance company permission to contact all the doctors Alf had ever seen in his life. Best Doctors gathered all his medical history and sent the package to the

Harvard Medical School in Boston. Three weeks later, he received a report from a doctor at the Medical School that said they could not find anything wrong with him. They went on their holiday and nothing happened to Alf, but he was prepared to submit the medical report from Harvard if anything had happened to him.

When he returned from the vacation, Alf started getting chest pains again and was referred to another cardiologist, who informed him that he could not send him for an angiogram when there was nothing wrong. Alf stated: "Doc, my life has been compromised." The cardiologist said that those were the magic words that enabled a referral for an angiogram. The main artery was 100% blocked and another was 80% blocked. He went to Ottawa for bypass surgery.

During this time his PSA was rising. He saw the new radiation oncologist at the Cancer Centre, who was reviewing his reports and said to Alf and his wife that he had metastatic prostate cancer that had gone to his bones. The couple were taken aback when they learned that this diagnosis was from seven years ago and no doctor had ever informed him of the metastasis. He confronted his family doctor who said that he guessed that he should have told him. Alf has no bone pain.

Last fall, just before leaving for Texas for the winter, Alf had had trouble peeing. He underwent a TURP, and the urologist informed him that he had had to remove a lot of scar tissue caused by the brachytherapy that was closing off his urethra. He informed Alf that the biopsy of the tissue showed no cancer. Alf expressed his indignity with "no, it isn't there anymore; it has moved into my bones!"

As Alf and his wife reflect on his medical experience, Alf feels he should have asked more questions. He leaves us with two important messages. 1. Always keep a positive outlook. 2. Always ask questions, lots and lots of questions.

With much humour, Alf says he is thinking about taking a tape recorder with him to his next doctor's appointment. He will say, "Doc, I'm 73 years old. My memory is not what it used to be. Would you mind very much if I tape record this session?" If the doctor asks why, Alf will reply, "In case I need to talk to my lawyer, I will remember what I said."

Alf Potvin is a recently retired chartered account, who specialized in the field of estates. He is currently being challenged by his wife's "Honey Do List".

Annual-Beef-On-A-Bun Social

Our Annual Beef-On-A-Bun Social was held on Thursday, June 21st at the 55 Plus Centre. It was a pleasant evening for this outdoor event. The camaraderie was fun and included a spontaneous male choir to entertain us – Grant Arnold, Barry Lahtima, Al Wainwright, and Cy Zurba, accompanied by Ed Long on ukulele. One brave soul "sang for her supper." Gil Vance kept winning the Applebees Gift Card draw – three times!

Thank you to the volunteers who set up tables, organized the food, and helped to make the evening memorable: Bill and Rose Horde, Nellie DeDura, Anne Scott, Lorne Sampson, Ed and Beth Long, Doug Pantry, Marc Breton, Mel Zobator, Sara Squier, and Cy and Betty Zurba.



6th Annual Rural Health Fair

PCCN-Thunder Bay participated with an information booth at the 6th Annual Rural Health Fair, sponsored by the NorWest Community Health Centres. The event was held at the Kakabeka Legion on Saturday, May 26th. The theme this year was Balancing Life. Numerous people came by the table to enter the draw and hear about our Men Make It Happen event, with free PSA testing and urologists on site, to be held Sunday, October 14th at the 55 Plus Centre. There was an educational opportunity to engage with some of our visitors to our booth about prostate cancer and to hear their concerns and stories. The draw for a \$25 AppleBees Gift Certificate was won by Gary Cooper. A big thank you goes to the volunteers who attended to our booth: Rose and Bill Horde, Beth and Ed Long, and Lise Pollard and Marc Breton.



Fort William First Nation Health Fair

PCCN-Thunder Bay was an exhibitor at the Fort William First Nation Health Fair, which took place at the Fort William First Nation Community Centre on Monday, July 9th. This was our group's first time as an exhibitor at their annual event. A large number of people attended at our table, most of them being young adults and children. It was an important age group to learn about prostate cancer and PSA testing for early detection.



Thank you to our volunteers at the table – Marc Breton and Lise Pollard, Archie and Ray Gillies, and Ed and Beth Long.

Thunder Bay Border Cats & Musselwhite Mine

For the eleventh year running, Musselwhite Mine has partnered with the Thunder Bay Border Cats and PCCN-Thunder Bay to raise funds to support the mission and work of PCCN-Thunder Bay through Score For More. This was another successful year for this fundraising program, netting our group a donation of \$1,760. Thank you Musselwhite Mine.



A thank you goes to the Border Cats for letting us be a part of the 50/50 draws and to the fans that so generously supported us. These 50/50 draws netted our group \$1,657.

Bill Horde, organizer of the Score For More and the 50/50 draws, wishes to thank his PCCN-Thunder Bay Volunteers: Marc Breton and Lise Pollard, Archie Gillies, Bill and Rose Horde, Ed and Beth Long, Peter and Sophie Young, and Cy and Betty Zurba. And thank you, Bill Horde, for all of your dedication and hard work in making these fundraising events happen.

Members Helping Members

Thursday, July 19th General Meeting

19 people attended this meeting. A short Webinar was shown on "The Importance of Muscle Mass to Survivorship", presented by Carla Prado, PhD, RD, Assistant Professor at the University of Alberta.

Members shared their thoughts and experiences on nutrition and exercise, radiation and hormone treatments, incontinence issues, dealing with the frustrations of the medical system and making the most of physician appointments. Members expressed positive comments about this opportunity for sharing.

Marcel's Morsels

BY Marcel Girouard, Hearst, ON



Over 20 years ago, my family doctor ordered a PSA test for me. I do not recall the exact reading, but I still remember my first digital rectal exam (DRE). He felt a small nodule on my prostate and referred me to a urologist for a biopsy. That first biopsy was negative, but within less than two years, my second biopsy showed prostate cancer cells with a Gleason score of 7. Since my treatment by radical prostatectomy in October 1999, my PSA has been undetectable.

Recently, I began to wonder how science had evolved over the last twenty years in the treatment of prostate cancer. In the late 1990s, if you wanted to find out more than the urologist had time to tell you, it was common to read a book on the topic. I purchased two books at Chapters on the same day I was given the diagnosis. The Prostate Book by Dr. Stephen N. Rous, M.D., was tough reading for me. No one book can provide all the information on a given topic. This book scared me. It described the surgical procedure my urologist recommended, including the side effects of the operation, incontinence and impotence; the possibility of cancer recurring; and end-of-life as a consequence of prostate cancer. It discouraged me as I was only sixty-one years old.

The other book was by Dr. Sheldon Marks, M.D., *Prostate and Cancer: a family guide to diagnosis, treatment and survival*. Written in a question-and-answer format, he suggested what to ask your doctor and how to interpret the answers. It encouraged me, and my family supported me, to go for the operation. I have shared this book with men who were diagnosed with prostate cancer in my community and some have purchased their own copy.

Today we know that informed patients who fully understand their surgery often do better postoperatively and have a better chance of healing. I know some patients feel overwhelmed with questions and concerns and may not wish to read about their disease. Someone close to them may be more inclined to find out more. The internet is a key resource to consider. National Cancer Institute and Societies' websites offer up-to-date and sound advice.

Urology today is trying more than ever to understand prostate cancer. While the incidence of prostate cancer is rising due to the aging population, recent advances in treatment have decreased the risk of death. While it is still devastating news to hear, the impact of a prostate cancer diagnosis is quite different now compared to what it was in the past. The vast amount of active research, currently underway all over the world, provides good reason to believe that the quality of life of men with prostate cancer will continue to improve in the coming years. Although prostate cancer scientific knowledge has become much more precise over the last twenty years, many aspects of this insidious disease remain a mystery. The large number of studies now underway worldwide, will surely lead to more clarity within the next few years.

Robotic radical prostatectomy has become popular over the past few years. 3D imagery in external beam radiation therapy can now be used by radiation oncologists to more accurately aim radiation at the tumor and spare surrounding healthy tissue. Genetic testing to identify risks before cancer develops is possible but the majority of prostate cancers are not hereditary. While the function of genes is not fully understood at present, researchers do know that they play a role in the development and progression of the disease. There are new options for the treatment of advanced cancers when a man no longer responds to hormonal therapy, including chemotherapy. Diet and lifestyle changes are recommended to help alleviate or reduce treatment side effects. Dr. Mark A. Moyad, MD, MPH, wrote *Promoting Wellness for prostate cancer patients*. This book is a very good resource to educate yourself on the latest advances in prostate cancer treatment.

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If you would like to receive your copy by email, please email info@pcn thunderbay.org

Upcoming Events

- Thursday, September 20:** **Kim Hartsburg-Lang, RN, Barrie, ON on "Sexual Intimacy After Prostate Cancer"**
7:00 pm, 55 Plus Centre, 700 River Street.
- Sunday, October 14:** **Men Make It Happen (free PSA testing)**
12:30 to 4:30 pm, 55 Plus Centre, 700 River Street.
- Thursday, October 18:** **Annual General Meeting & Elections**
7:00 pm, 55 Plus Centre, 700 River Street.
- Thursday, November 15:** **Dr. Kevin Ramchander, Radiation Oncologist, Cancer Centre, TBRHSC**
7:00 pm, 55 Plus Centre, 700 River Street.
- Wednesday, December 12:** **Christmas Social**
All members, spouses and guests welcome.
5:30 pm, Main Auditorium, 55 Plus Centre, 700 River St.

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Sal Tassone

Mel Zobatar

Board Members



Front Row L to R: Bill Horde – Director; Sal Tassone – Director; Doug Pantry – Secretary;
Mel Zobatar – Treasurer. Back Row L to R: Ed Long – President; Lorne Sampson – Director.
Missing: Marc Breton – Vice-President; Rick Eade – Director; Archie Gillis – Director.

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This newsletter is produced with the assistance
of funds from unrestricted grants provided
by AbbVie and Astellas



Astellas Pharma Canada, Inc.

Printed & Designed by

The UPS Store 
1100 Memorial Ave. | Thunder Bay | ON | P7B 4A3
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