

## 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

## Physical Activity and Prostate Cancer Survivorship

Reported by Bill Everitt

Prostate Cancer Survivorship: Physical activity and exercise guidelines and recommendations was the topic of the March 17th Support Group meeting and was presented by Andrew Koscielniak, Certified Exercise Physiotherapist and Tracey Larocque, Adjunct Professor in the School of Kinesiology, Lakehead University.



Andrew shared a number of studies that show the value that regular exercise has in maintaining and improving the quality of life in people who have undergone treatment for cancers, including prostate cancer.

Common side effects of treatment for prostate cancer are fatigue, change in body mass (loss of bone/muscle mass), mental health (depression), pelvic health (bowel/bladder, incontinence, sexual side effects), and increased risk of other chronic diseases such as heart disease.

Studies have shown that there are benefits of aerobic and resistance exercises for both ADT (hormone) and radiation treatments, and weight bearing activities are important for bone health. A number of studies showed a significant positive effect of exercise on the overall quality of life.

Pelvis floor muscle exercises pre-prostatectomy can improve post surgery urinary incontinence.

Health Canada's physical activity guidelines recommend that adults accumulate 150 minutes of moderate to vigorous aerobic physical activity per week, in bouts of 10 minutes or more, and muscle and bone strengthening activities using the major muscle groups at least two days per week. Adults 65 and over should

# NEXT MEETING

**Thursday, June 21, 2018**

**Event: Annual Beef-On-A-Bun Social**

**Location: 55 Plus Centre, 700 River Street**

**Time: 5:30 pm**

## Physical Activity and Prostate Cancer Survivorship

---

also add balancing activities. For those unable to meet these recommendations as a result of their health status, it is recommended that they be as active as their abilities and conditions allow, and overall, avoid inactivity. Studies also show that there are benefits to exercising in a group.

Tracy Larocque talked about the We-Can exercise program that she initiated several years ago. As there was no formal exercise program for cancer patients in active treatment or survivors in Northwestern Ontario, she used it as an opportunity to develop a community-based program using an interdisciplinary team. The program had initial government funding but that is no longer available so it currently operates on a fee for service basis.

To be included in the We-Can exercise program, a person must be receiving active treatment or be within five years of post diagnosis. A physician referral is required. Limited to 10-12 participants per session, the ten-week program operates out of the Canada Games Complex on Tuesdays and Thursdays from 11-12 am. The key components of the program are: individual assessment, a wellness and exercise program, education sessions, and a supportive environment.

Satisfaction surveys have been very positive, showing positive physical gains and confidence building. Group support was a significant factor.

While the We-Can program is seen as valuable, the lack of funding has limited its availability, and the slow engagement of the medical community in encouraging patients to participate in such exercise programs is a concern of Tracey.

Tracey and Andrew were appropriately introduced and thanked by past president, Cy Zerba.

## Therapies in Prostate Cancer Treatment

---

*Reported by Beth Long*



Dr. Delores Sicheri, Medical Oncologist, was the guest speaker for the General Meeting on Thursday, April 19, 2018. Dr. Sicheri presented on Therapies in Prostate Cancer Treatment.

Dr. Sicheri informed us that the Cancer Centre has a multidisciplinary physician meeting once a week to review all new prostate cancer patients and recommend a plan for treatment. This includes the urologists, radiation oncologists and medical oncologists who treat men with prostate cancer. The hope is to have a Men's Health Clinic. But the hospital has no room at present and it may need to be an off-site venue.

Dr. Sicheri stated that prior to 2010, the mainstay of prostate cancer treatment was surgery and radiation. The general teaching at that time was that external beam radiation was as good as surgery. Sometimes, a Gleason Score 6 tumour that was slow growing was treated with brachytherapy or with watchful waiting.

Prostate Cancer is driven by androgens, male hormones – mainly testosterone and dihydrotestosterone (DHT). These hormones stimulate prostate cancer cells to grow. Most androgens are made in the testicles, but a small amount is made by the adrenal glands (sitting above the kidneys), and prostate cancer cells can make a small number of androgens.

If the cancer remains or comes back after surgery or radiation, or the man has a high Gleason Score or PSA level, he is given a period of androgen deprivation therapy (ADT). This is usually a Lupron implant, given subcutaneously every 3, 4 or 6 months to block the amount of testosterone produced in the testicles, which would otherwise feed the prostate cancer cells. In the old days, men were treated with orchiectomy (surgical removal of the testicles).

The radiation oncologist follows the man with periodic PSA tests to determine if his levels are staying

down or rising. If his PSA level is going up, another round of androgen deprivation therapy is given. If the Lupron stops working, other hormones may be tried. If the patient no longer responds to hormone therapy, he may go on to chemotherapy. If the patient's disease continues to progress, he would go on to palliative care, in which pain and symptom management would become the focus of care.

Dr. Sicheri stated that research is concentrated in metastatic hormone sensitive prostate cancer, in which the prostate cancer is responding to hormone treatment. There are four studies going on. The Lattitude Study is showing a big benefit of abiraterone acetate (Zytiga) plus low dose prednisone, in combination with ADT, in reducing the risk of mortality and progression of metastasis compared to ADT and a placebo. The other studies are the Stampede Study, Chartered Study and Spartan Study.

For castrate resistant prostate cancer, in which the cancer is not responding to hormone treatment, Cancer Care Ontario restricts the drugs that may be used.

Dr. Sicheri emphasized that each patient is different and that our current "One Size Fits All" Healthcare, especially in Ontario, is problematic. You have to have a diagnosis and you have to fit into their treatment plan. If you are a round peg in a square hole, then you are out of luck. The problem is that each cancer is different, in the way that it spreads and in the way that it progresses. Treatment is not a recipe book and not a pathway. The physician needs to provide care depending on the patient, and that is where experience and intuitive judgement comes in to play. It requires a thinking person who can assess the situation and assess where you have to go. Medicine is more of an art than a science.

*Dr. Delores Sicheri is a Medical Oncologist at the Northwestern Regional Cancer Centre in the Thunder Bay Regional Health Sciences Centre. She has been practicing at the Cancer Centre for ten years. For fun, she likes to read, especially British historical novels.*

## What Men Won't Talk About ... and Women Need to Know



Glenda and Rick Standeven were in Thunder Bay on May 4 and 5 as a stop on their cross Canada tour to promote Glenda's book: "What Men Won't Talk About ... and Women Need to Know – a woman's perspective on prostate cancer." Representing PCCN-Thunder Bay, Betty and Cy Zurba, Rose and Bill Horde, and Beth and Ed Long met with Glenda and Rick over breakfast at the Hoito and listened to their story and shared our stories.

In December 2011, at 58 years of age, Rick was diagnosed with an aggressive prostate cancer and in May 2012, he underwent a radical nerve sparing prostatectomy. In her book, Glenda shares her important message with us, along with some of the laugh worthy life lessons she has learned, about the importance of maintaining a positive attitude in the face of adversity.

At the age of 32, Glenda lost her entire right leg to the same kind of bone cancer that Terry Fox had. She has since devoted her life to giving encouragement and hope to other people facing adversity. She is an inspirational speaker and fundraiser and has won numerous awards.

A copy of Glenda's book is in our information resources, and a copy will be placed in each of the four libraries in Thunder Bay. If you would like to download or order your own copy, it may be purchased at [www.glendastandeven.com](http://www.glendastandeven.com).

## 55 Plus Centre - Health & Wellness Expo

---

PCCN-Thunder Bay participated in the 55 Plus Centre's Health & Wellness Expo 2018, on Thursday, April 19, 2018. This provided our group with an opportunity to promote awareness and give information about prostate cancer to the men and women who visited our display table, stopping to chat, ask questions, and pick up literature. The draw for a Prostate Cancer scarf and for a \$20 AppleBees gift certificate were each won by a woman. (Did more women attend our table than men?)

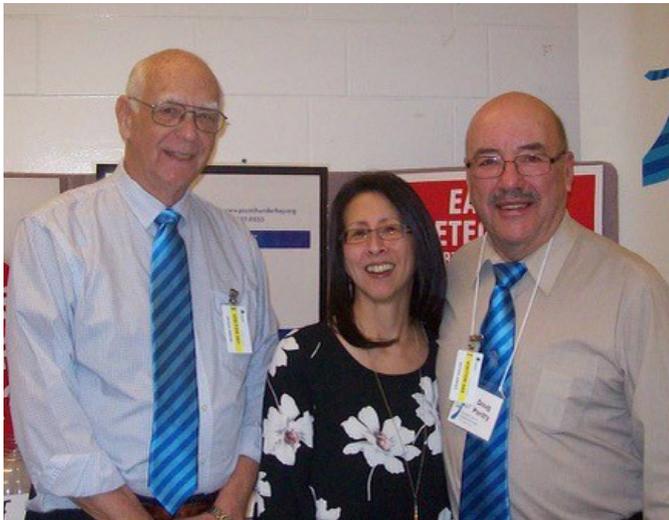
Thank you to the volunteers who set up and attended to our table: Marc Breton, Bill Horde, Beth & Ed Long, Doug Pantry, Lorne Sampson, and Mel Zobatar.



## Wellness Day at Resolute Forest Products

---

*Reported by Beth Long*



PCCN-Thunder Bay was invited to participate in Resolute Forest Products' "Wellness Day" on February 14, 2018. This was an opportunity to greet about 200 employees of the company and give information and heighten awareness of prostate cancer. A draw was provided with the winner receiving a Prostate Cancer Tie and a \$20 gift card for Applebees.

Thank you to Daniel Ilijow, Safety Manager, Resolute Forest Products, for the invitation to participate in the Wellness Day. Thank you to Lori Lee, our gracious Resolute hostess for the day. Thank you to Doug Pantry, PCCN-Thunder Bay, for organizing the information booth. Thank you to the PCCN-Thunder Bay volunteers who assisted with the booth: Rose and Bill Horde, Betty and Bill Heath, Bill Everitt, and Cy Zurba.

## Prostate Health Steering Committee

---

Thunder Bay Regional Health Sciences Centre has established a Steering Committee to provide direction on improving the process of diagnosing and treating men with prostate cancer. The Steering Committee has representation from all areas of the medical community including urologists, oncologists, pathology, research, finance, imaging, funding, as well as a Patient Family Advisor (PFA) recommended by PCCN-Thunder Bay. Bill Everitt was appointed as the PFA representing our group. The Steering Committee held its second meeting in May and will meet again in the Fall. The voice of patients is important in the hospital's commitment to patient centred care so a clear understanding of patient needs and experiences is important. If you as a prostate cancer patient or a family member have comments about the treatment or care that you have received and that you would like shared with the Steering Committee please share them with Bill ([william.everitt@shaw.ca](mailto:william.everitt@shaw.ca)) so they may be brought forward.

## Marcel's Morsels

BY Marcel Girouard, Hearst, ON



Thunder Bay's prostate cancer support group began publishing Prostate Examiner to disseminate prostate cancer information to its members and men throughout Northwestern Ontario. For many years, this support group had been actively trying to start up satellite groups from Kenora to Hearst and Kapuskasing.

Video conferences of the Thunder Bay guest speakers were livestreamed to those communities that were trying to start up support groups. Originally, the Ontario Telemedicine system was used to expand the amount of information for those living with the disease. Although those conference calls had to be discontinued due to costs, the newsletters continued to be mailed throughout the region.

Examiner editors felt that remote communities' support groups could report their activities through this newsletter, so I started writing articles for Prostate Examiner as Marcel's Morsels. Most of the articles originate in Thunder Bay.

Termination of those video conferences created a huge void for the Hearst's prostate cancer support group. Finding support group leaders is a challenge everywhere, but it is an even tougher task in smaller communities. So is succession planning within established volunteer groups. In 2015, I resigned as Hearst support group leader, since then no support group meetings have been held locally on a regular basis. However I still contribute articles to the newsletter by sharing stories I found on line. Men touched by prostate cancer, and who live in larger centres where support groups meet regularly with guest speakers, are fortunate to be able to attend them for the timely information and camaraderie. Despite Thunder Bay' efforts to start up satellite prostate cancer support groups in Northwestern Ontario, unless volunteers come forth and accept to be group leaders, men will have to rely on the internet through webinars and YouTube to get information. But men be careful, there are a lot of quacks on the Net.

I find it difficult to cater to the needs of our readers, particularly where support groups don't exist. My objective has been to positively influence men's adjustment to prostate cancer. As a peer supporter, a survivor can share his experience, making sure medical advice is left to the medical professionals.

Personally, I remain positive. In 2018 I will celebrate several happy milestones: I turn 80 in June and renewed my driver's license following my passing the mandatory test. Come October I'll have been retired 25 years. I have survived prostate cancer since 1999 after being treated by radical prostatectomy. I can count many more of my blessings including having lived with type 2 diabetes since 1965 without complications.

One of the first healthbooks I read after being diagnosed with diabetes was Live Longer Now, a guide to good health through diet and exercise. Back in the early 1970's, a startling new theory based on vast research by The Longevity Foundation of America contended that you can live longer with proper diet and exercise.

Last winter while vacationing in Florida I purchased three books on longevity by Dan Buettner for my poolside readings. Author Dan Buettner, has travelled the world to meet the planet's longest-lived people in unique communities called Blue Zones, writes about common elements of lifestyles, diet and outlook for living an active, fulfilling life well into your 90s - and possibly 100s. To learn more visit [www.bluezones.com](http://www.bluezones.com). I also read The Healing Circle by Dr. Rob Rutledge. He and Dr. Timothy Walker conduct weekend retreats for people affected by cancer to teach skills for healing to maximise the chance of recovery. His book covers stories of people who have attended a retreat. Reading these stories and absorbing the profound teachings can empower you on the cancer journey.

Dr. Rob Rutledge is an oncologist and has teamed up with Dr. Ilie a Psychology Professor/Prostate Cancer Researcher offering Day- Long Seminar to prostate cancer support groups. You can watch their promotional video on [www.YouTube.com/watch?v=POzyDS-R 7E](http://www.YouTube.com/watch?v=POzyDS-R 7E) .

Visit us at [pccnthunderbay.org](http://pccnthunderbay.org), or look us up on Facebook.

Our newsletters are now available on our website [www.pccnthunderbay.org](http://www.pccnthunderbay.org)  
If you would like to receive your copy by email, please email [info@pccnthunderbay.org](mailto:info@pccnthunderbay.org)

## Upcoming Events

- Thursday, June 21:** **Thursday, June 21: Annual Beef-On-A-Bun Social (PCCN Members & Families)**  
5:30 pm, 55 Plus Centre, 700 River Street.
- Thursday, July 19:** **Members Helping Members**  
7:00 pm, 55 Plus Centre, 700 River Street.
- Thursday, Aug 16:** **Members Helping Members**  
7:00 pm, 55 Plus Centre, 700 River Street.
- Thursday, Sept 20:** **Kim Hartsburg-Lang, RN, Barrie, ON on "Sexual Intimacy After Prostate Cancer"**  
7:00 pm, 55 Plus Centre, 700 River Street.
- Thursday, Oct 14:** **Men Make It Happen (free PSA testing)**  
12:30 to 4:30 pm, 55 Plus Centre, 700 River Street.

## Newsletter Committee

Beth Long  
629-4774

Marcel Girouard  
(705) 362-8154

Ed Long  
628-6915

Anne Scott

Lorne Sampson

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.

## Contact Us



1100 Memorial Avenue - Suite 374  
Thunder Bay, ON P7B 4A3

807.627.0333

[info@pccnthunderbay.org](mailto:info@pccnthunderbay.org)  
[www.pccnthunderbay.org](http://www.pccnthunderbay.org)

**abbvie**

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

 **astellas**  
Astellas Pharma Canada, Inc.

Printed & Designed by

**The UPS Store**   
1100 Memorial Ave. | Thunder Bay | ON | P7B 4A3  
P: 807.623.5520 | F: 807.623.5122 | E: [store96@theupsstore.ca](mailto:store96@theupsstore.ca)