



# NORTHWESTERN ONTARIO PROSTATE EXAMINER

Summer Newsletter 2019

## 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

## PCCN-Thunder Bay Goes to the COPE 2019 Workshop



PCCN-Thunder Bay was invited to be an exhibitor at the Community Oncology Professional Education 2019 Workshop. This provided an opportunity to promote awareness amongst health care professionals of the new Canadian Urological Association's PSA testing recommendations, which have been endorsed by Prostate Cancer Canada.

Thank you to our volunteers who attended to our exhibit: Mark Breton, Bill Horde, Beth & Ed Long, and Lorne Sampson.

## 55 Plus Health & Wellness Expo

PCCN-Thunder Bay participated in the 55 Plus Centre's Health & Wellness Expo on Saturday, April 13, 2019. 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. The focus this year was on PSA testing in the context of the new Canadian Urological Association's PSA testing recommendations, which have been endorsed by Prostate Cancer Canada. We also promoted the Men's Health Event that our group is holding on Sunday, September 29th at the 55 Plus Centre, which will include free PSA testing.

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



# NEXT MEETING

**Thursday, June 20, 2019**

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

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

**Time: 5:30 pm**

# Urinary Incontinence

Reported by Bill Everitt

Grant Arnold, the meeting chair, introduced Kaitlyn Pile, RN, NSWOC from St. Joseph's Care Group, who spoke on urinary incontinence. Kaitlyn has been a nurse for nine years and has worked with incontinence for the past five years. Knowledgeable and professional in her presentation, she spoke on how to self refer to the St. Joseph Continence Clinic, bladder irritants and fluid recommendations, and pelvic floor muscle and bladder training. Incontinence is a common issue after both surgery and radiation treatment for prostate cancer.

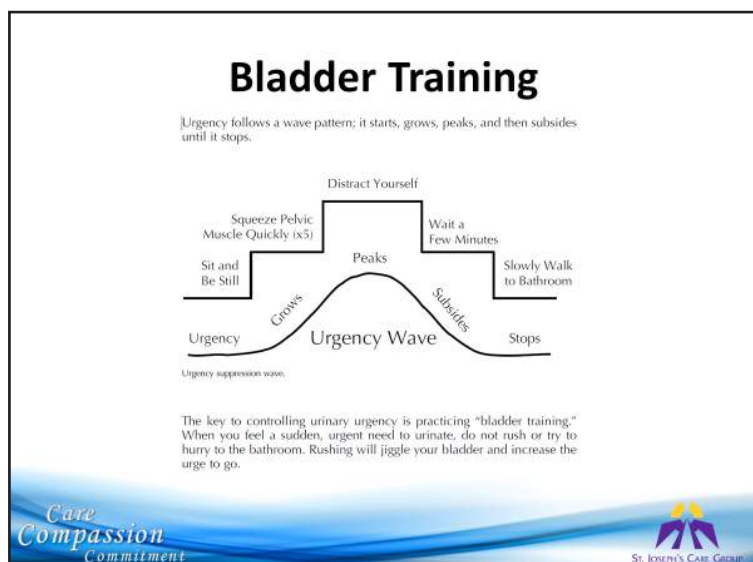
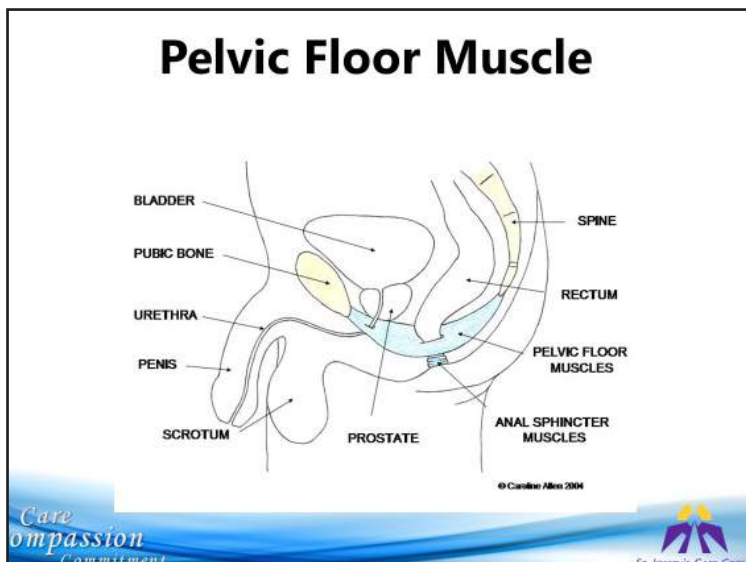
Anyone can self refer to the Continence Clinic at St. Joseph's Care Group if they are experiencing urinary or fecal incontinence. At the initial appointment, there will be an in-depth assessment, reviewing diet and lifestyle behaviours that can affect incontinence, as well as urodynamic testing and an abdominal ultrasound.

Bladder irritants include caffeine, alcohol, tobacco, carbonated beverages, certain foods that are high in acids, and some medications. Concentrated urine is also a bladder irritant, so the goal is to have straw coloured to clear urine. This can be achieved by increasing water consumption to about two liters per day. Water should be taken throughout the day. Adequate fluid consumption will also reduce the risk of constipation.

Strengthening the pelvic floor muscles will assist in gaining bladder control. A regimen of tightening the pelvic floor muscle, holding this for up to ten seconds and then releasing and repeating this process ten times several

times a day is good exercise and usually improves urine control over a period of time. Common mistakes when doing this exercise are tightening the thighs, buttocks or stomach and these should be avoided. Also, you should not hold your breath while squeezing the pelvic floor muscle. The exercise of squeezing and relaxing the muscle can be done lying down, sitting and standing.

Kaitlyn suggested that if you leak urine in one specific position such as standing, then do more exercises for that position, and if you feel a strong urge to empty your bladder, squeeze your pelvic floor muscle a few times. Stress incontinence can be prevented by tightening the muscle before and during activities that increase abdominal pressure such as coughing, sneezing, or rising from a chair.

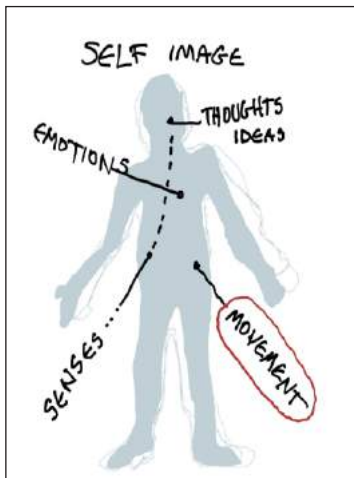


Kaitlyn's presentation was very informative and well received, and her response to the numerous questions following it, provided excellent information on this very serious issue for those in attendance. Grant thanked Kaitlyn on behalf of PCCN-Thunder Bay.

# The Benefits of Somatic Exercises

Reported by Bill Everitt

The guest speaker at the March 21, 2019 meeting was Oliver Reimer, a retired secondary school art teacher, instructor in Tai Chi, and currently an instructor in the Feldenkrais Method of Somatic Education. Oliver provided background information on Dr. Moshe Feldenkrais, an engineer, who used his brains to figure out how to work with injured knees. He learned about neuroplasticity, the brain's ability to change at a time when the world of medicine taught that there was no change possible after adolescence. The theory of neuroplasticity is that brains can and do change and that we can improve, and that we can improve by working with thought.



Oliver put the group through a number of basic exercises that demonstrated motion and movement (neck, shoulders, and pelvis). By moving these body parts slowly, we were able to increase the range of movement without additional stress or pain. As we age, we develop habits that may result in limiting our range of motion. An example of this would be a knee injury that results in a pronounced limp even after the injury has healed. Using somatic exercises, the slow rotation or extension of muscles, we can gradually increase our range of motion and eliminate the limp.

How does the Feldenkrais method work? We begin to learn again the ways we did when we were little ones. We try things. We explore. We play as if it doesn't matter! Our nervous system adopts what is useful and interesting. When one part of our system changes the whole system changes. Movement is the easiest thing to change.

## Benefits of the Feldenkrais Method

- you can do the activities on your own
- better balance
- more enjoyment of your body
- diminish pain
- easier movement
- self-confidence
- be your own teacher
- enjoy your favourite activities more
- learn to like yourself more
- keep improving for the rest of your life
- learn to be kind to yourself
- have fun

The main take-aways from Reimer's presentation were that through somatic exercises we can train our body to improve our flexibility, and that when we become more flexible our quality of life will improve. Somatic exercises come from within and are not externally driven: there is no instructor encouraging you to try harder, no specific goals to achieve, and no one to impress.



Group lessons are available at the 55+ Centre on Wednesday at 7 pm, and Friday at 12 pm. Small group sessions are conducted at Oliver's home on Tuesday from 7-8 pm.

Bill Horde, the meeting chair, appropriately introduced Oliver and thanked him on behalf of the group for his informative and useful presentation.

## New PSA Screening Guidelines

Reported by Beth Long

Ed Long, President, PCCN-Thunder Bay, was our speaker at the General Meeting on Thursday, April 18th. Ed gave an overview presentation on the history and controversy of PSA testing, the New Guidelines for PSA testing by the Canadian Urological Association (and endorsed by PCC), and the role of PSA testing after diagnosis and treatment of prostate cancer.

In 2012, the US Preventive Services Task Force recommended against PSA screening. In 2014, the Canadian Task Force on Preventive Health Care followed suit, recommending against PSA screening. In 2017, the Canadian Urological Association (CUA) set new guidelines for PSA screening. In 2018, the US Preventive Services Task Force updated their recommendations for PSA screening. In 2019, Prostate Cancer Canada endorsed the CUA guidelines.

See the Canadian Urological Association's guidelines on the next page.

The CUA recommended guidelines for frequency of PSA screening. For men ages 50 to 70: if the PSA is less than 1, repeat testing every 4 years; if PSA is 1 to 3, repeat testing every 2 years; if PSA is greater than 3, more frequent PSA testing and consider adjunctive strategies and/or biopsy. Discontinue screening if the life expectancy is less than 10 years. Consider discontinuation of screening if the age is greater than 60 and the PSA is less than 1. A more frequency testing interval can be considered depending on risk calculators and % free PSA, etc.

It is critical to look at the effect of PSA screening on medical costs in light of government decision making on funding medical care.

In *Cancer*, (an international, interdisciplinary Journal of the American Cancer Society) of April 1, 2016, page 1090, the authors discuss "Management of Localized and Advanced Prostate Cancer in Canada: A Lifetime Cost and Quality-Adjusted Life-Year Analysis". This is a summary of the chart on page 1090.

	Low-Risk Group	Intermediate-Risk Group	High-Risk Group
5-year total cost	\$12,814	\$17,944	\$33,559
High-Risk Group	\$14,870	\$29,908	\$58,121
15-year total cost	\$17,265	\$46,090	\$83,418

Cost of treatment difference between low and high risk over 15 years is \$66,153.

The low-risk group includes men whose disease was found early (PSA screening) and they had treatment as needed. The high-risk group includes men who had advanced disease at the time of diagnosis.

The PSA test for men with no prostate or a radiated prostate has clinical significance in that the PSA number will indicate if there are prostate cancer cells growing somewhere in the body. The change in PSA is roughly equal to the change in cancer mass. The PSA doubling time represents the only well-established tool to determine the aggressiveness of the cancer and how soon metastatic cancer might manifest itself.

In rapid growth, the doubling happens faster than 3 months. These are men with the shortest survival unless they are treated aggressively. In less aggressive growth, the doubling happens slower than 9 months. When the doubling takes more than 2 years, it would take a decade to cause metastasis that could be detected by a scan.

## THE PSA TEST

### TO DETECT PROSTATE CANCER

Prostate Cancer Canada endorses the Canadian Urological Association's PSA testing recommendations summarized here.



#### What is it?



- A blood test measuring amount of the prostate specific antigen (PSA) protein
- It's normal to have PSA in your blood, but high levels can mean something is wrong - potentially prostate cancer

#### Should I get tested?



- Before deciding to be tested, discuss advantages and disadvantages with your doctor

#### Am I at risk?



- Age
- Family history of the disease
- Black men

#### When should I start being tested?



- Age 50
- Age 45 if at high risk

#### How often should I be tested?



- It depends on your PSA levels and can be different for each man

#### When should I stop testing?



- It depends on your PSA level, age and general health
- Usually at age 70
- In your 60s if PSA levels are low

## Marcel's Morsels

BY Marcel Girouard, Hearst, ON



Recently, as I was purging some of my old prostate cancer files, I came across the original registration sheet, dated June 7, 2004, when Bill Vantour visited Hearst to talk about the Thunder Bay Prostate Cancer Support and Awareness (PSA) group. When I read the names of the 22 men and one woman who attended, it was with sadness I realized that seven of them had passed away.

At that time and in the years following, the Thunder Bay Prostate Cancer Support Group tried starting up satellite groups in Northwestern Ontario, from the Fort Frances-Kenora to Hearst-Kapuskasing areas. They tried to recruit one or two volunteers from the communities of Hearst, Kapuskasing, Nipigon, Atikokan, Dryden, Kenora, Fort Frances, Terrace Bay and Schreiber to be support group leaders or facilitators for those communities.

Thunder Bay's PSA group was planning to video their meeting's guest-speaker presentations for live-streaming to these remote communities. Health-care professionals from the Thunder Bay Regional Health Science Centre were intended to be the source for such speakers as well as personal stories shared by their members.

Hearst already had a cancer survivors' group for all types of cancers, which was meeting monthly for luncheons and found it a challenge to recruit speakers for its meetings. The prostate cancer survivors in our group were pleased to hear that the video conferences would cover prostate cancer specific topics.

Building and maintaining strong prostate cancer support groups is never an easy task. Leaders come and go and support groups are generally few and far between. Due to costs, the Thunder Bay video conferences were discontinued; instead a printed newsletter is now published four times a year.

Larger prostate cancer support groups publish their newsletter online. PCCN Ottawa has named theirs The Walnut. Its April 2019 issue examines the physical, emotional and social well-being needs of men having prostate cancer as well as for their caregivers. Although sources for all these articles are attributed and originate online, PCCN Ottawa cautions that the opinions expressed in The Walnut, are not intended as medical advice but are solely for reader information. This spring's issue announces a prostate cancer conference to be held in Ottawa October 4-5, 2019. If you can go online, I recommend reading this newsletter which offers pertinent information for anyone who has experienced prostate cancer.

On March 31, 2019, I received an email of the Prostate Cancer Foundation BC's newsletter. I am impressed by the demonstrated creativity of their fundraising initiatives. I assume that recruiting volunteers to carry on these fund-raising events is not easy as is often the case everywhere, because they advertised that help is needed and volunteers are required. This newsletter also announces its Sept. 7-8 prostate cancer support group conference in New Westminster BC, with agenda and speaker line-up on their website. The theme of this conference is "Focusing on 20/20 and beyond". BC's prostate cancer support group leaders will be provided with a code for their allotted delegates. Anyone who is not given a designated delegate code is invited to attend at their own cost. If you visit Prostate Cancer

---

Foundation BC, you will discover all their fund-raising activities.

Dr. John Oliffe is on the agenda to discuss building and maintaining strong support groups. Having studied prostate cancer support group leadership for many years, Dr. Oliffe is a strong advocate for health promotion activities by support groups. As science is changing, this conference's agenda also covers recruiting health-care professionals as guest speakers for support group meetings. He also values highly the sharing of experiences by men who have had prostate cancer. In BC there are 20 prostate cancer support groups, and depending on leadership, some groups have come and gone. For men unable to attend support group meetings, he recommends online prostate cancer support groups.

PROSTALD Calgary, the PCCN Calgary group, publishes its newsletter monthly and is called The Digital Examiner. Past issues are archived on its website. If you are unable to attend a live support group meeting where you reside, reading this newsletter's presentations by guest speakers would be very informative. Support group meetings are divided into three sections. "Warriors" is for men with advanced or recurrent disease; "Wives, Partners and Caregivers" are the second section; and the third section is for "Newly Diagnosed".

Past presentations by meeting guest speakers can be up loaded online and will feel as if you are present at the meeting listening. Click on News Feed on their website to access survivor stories.

If you are diagnosed today and are without access to a local prostate cancer support group meeting, you can experience virtual meetings. These are very close to the real thing; the only thing missing will be the camaraderie of a live meeting.

---

## **Patient Family Advisors and TBRHSC Patient and Family Centred Care**

Listening and responding to the needs of its patients, families and communities is essential for a quality patient experience and is the cornerstone of the Thunder Bay Regional Health Science Centre's Patient and Family Centred Care program.

**Patient Family Advisors** are patients or health care partners who have experienced care at TBRHSC within the past two years and who work in partnership to improve patient and family care and service. PFAs advise in all areas of the hospital and numerous improvements and initiatives are a result of their recommendations.

Bill Everitt, a member of PCCN Thunder Bay, meets monthly with other patient advisors at the regular **PFA Coordinating Committee** meeting. Members of PCCN Thunder Bay and their families, who have concerns about the care or service that they received at the Regional, may have these brought to the attention of the PFA Coordinating Committee by contacting Bill at 767-5768 or e-mailing him at [william.everitt.shaw.ca](mailto:william.everitt.shaw.ca).

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 20:** **Annual Beef-On-A-Bun Social**  
5:30 pm, 55 Plus Centre, 700 River Street
- Thursday, July 18:** **Men Helping Men**  
7:00 pm, 55 Plus Centre, 700 River Street
- Thursday, August 15:** **Men Helping Men**  
7:00 pm, 55 Plus Centre, 700 River Street
- Thursday, September 12:** **Dr. Walid Shahrour on "Recent Research in Prostate Cancer In Thunder Bay"**  
7:00 pm, 55 Plus Centre, 700 River Street
- Sunday, September 29:** **"Men's Health Event" (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



Back Row L to R: Marc Breton – Vice President, Lorne Sampson – Director,  
Grant Arnold – Director, Ed Long – President  
Front Row L to R: Rick Eade – Director, Mel Zobatar – Treasurer,  
Doug Pantry – Secretary, Bill Horde – Director  
Missing: Gary Allen – Director, Archie Gillies – Director, Lawrence Timko – 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)