

## 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..... 807-598-1746  
 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

## Message from the Editor



This is the last edition of the Prostate Examiner. No one has stepped forward to take over as editor. The executive is working on a new way of communicating the news of our group to its members.

After the seven and a half years of its existence, I have thank yous to express to the many people who supported the content and the distribution of the newsletters.

Thank you to Phil Juunila who was the first editor and contributor of the Prostate Examiner.

Thank you to David Everitt and his team at UPS for the design and printing of the Newsletters.

Thank you to the people who served on the Newsletter Committee, past and present, who folded newsletters, stuffed envelopes, placed address and return labels on envelopes, and stamped envelopes. It was a great team effort with a lot of camaraderie. Thank you: Grant and Marilyn Arnold, Ed Long, Brian and Anne Scott, Lorne Sampson, Sal Tassone, Bill Vantour, Mel Zobatar, and Cy and Betty Zurba.

Thank you to the people who contributed articles to the Newsletter, some of you once and some of you many times. Thank you: Marilyn Arnold, Bill Everitt, Bill Horde, Ed Long, Carmen Marion, Anne Scott, Brian Scott, John St. Amand (Terrace Bay/Schreiber), Bill Vantour, and Cy Zurba.

A very special thank you goes to Marcel Girouard, our faithful contributor from Hearst, who submitted 26 "Marcel's Morsels" to our Newsletter over the years. Thank you, Marcel, for your support and your interesting articles keeping us aware of what was happening in the prostate cancer field.

That's it, folks.

I wish each of you a Merry Christmas or Happy Holidays. Enjoy your celebrations whether quiet or full of gaiety, and please remember to take care of yourself.

Respectfully,  
 Beth Long

## NEXT MEETING

**Wednesday, December 11, 2019**

**Event: Christmas Social**

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

**Time:** 5:30 pm

## Mayor Bill Mauro Proclaims September To Be Prostate Cancer Awareness Month in Thunder Bay



On Tuesday, September 3, 2019, Mayor Bill Mauro proclaimed September to be Prostate Cancer Awareness Month in Thunder Bay. Mayor Mauro praised PCCN-Thunder Bay for its efforts in heightening awareness of prostate cancer in our city and for the very important Men's Health Event, which will include free PSA testing, that will take place at the 55 Plus Centre, 700 River Street, on Sunday, September 29th. Three urologists will be on site to check men, as well as nurses to do blood pressure checks, and a series of short lectures by medical personnel on topics concerning men's health will be offered.

Members of PCCN-Thunder Bay joined Mayor Mauro in raising the Prostate Cancer Flag, in the pouring rain, that will fly at City Hall through the month of September. From left to right in the picture are: Marc Breton, Doug Pantry, Ed Long, Mayor Bill Mauro, Bill Horde, Cy Zurba, Beth Long, and Doug Skogstad.

## Prostate Cancer in Thunder Bay

*Reported by Beth Long*

The guest speaker at our public meeting for Prostate Cancer Awareness Month on Thursday, September 12 was Dr. Walid Shahrour. Dr. Shahrour presented an overview of what is happening in Thunder Bay to provide prostate cancer patients with the best medical care possible. He praised PCCN-Thunder Bay for being one of the most active groups that he has ever seen. He is impressed with what our group is doing and wanted the Urology Group in Thunder Bay to assist with the free PSA testing event.

In 2016, prostate cancer care in Thunder Bay looked like this.

1. Fragmented care – no co-ordination of care between the urologist, radiation oncologist.
2. Equipment was very outdated.
3. No outreach was being done.
4. Medical care was far away from Standard of Care.

# BC Prostate Cancer Support Group Conference

*Continue..*

The steps taken since that time are greatly increasing prostate cancer care in Thunder Bay.

Steps have been taken to reach the Standard of Care for all prostate cancer patients. The new guidelines see a minimum of 12 biopsies being done. Education is being done with new doctors and family physicians to educate them about the current recommendations of the Canadian Urological Association for PSA testing, in light of the confusion started by the recommendation of the US Preventive Services Task Force against PSA testing.



Every single patient diagnosed with prostate cancer gets a complete multidisciplinary approach to care as all cases are discussed in a weekly meeting of the urologist, radiation oncologist and medical oncologist. A "one-stop shop" clinic for patients is in the works.

Steps are being taken to upgrade equipment. Transrectal biopsy of the prostate has been the mode of biopsy in Thunder Bay. Thunder Bay is trying to get a machine that allows for a trans-perineal biopsy. This type of biopsy greatly reduces the infection rate. A fusion biopsy is better still as it decreases false negatives, although it may miss low grade tumours. A fusion biopsy involves software that fuses the MRI image with the ultrasound image, giving a detailed 3-D ultrasound/MRI view, in which needles can be guided directly to the suspicious area rather than be randomly placed. The hope is for a machine to do the fusion part and then adopting a new Standard of Care grading system. Thunder Bay is one of six centres in Canada getting a new PSMA-PET (prostate specific membrane antigen-positron emission tomography) scan machine as part of a study in the detection yield of prostate cancer metastasis.

The Urology Group in Thunder Bay is taking outreach steps to the community by supporting and participating in the Men's Health Event on September 29th. They are also opening up urology services in Dryden. Men in the district west of Thunder Bay may go to Dryden to see a urologist and be operated on there. Men in Thunder Bay will be seen in Thunder Bay and may go to Dryden for surgery to reduce wait times.

The Superior Urology Group is involved in research. They are currently involved in a multi-centre study looking at the effects of nearness to a treatment centre affecting treatment choice. They are also involved in the multi-centre PMSA-PET study mentioned earlier.

The management of prostate cancer by the Urology Group was enhanced by the hiring of Dr. Kotb, who is a uro-oncologist. He does the prostate cancer surgery. Dr. Shahrour is a reconstruction surgeon and manages erectile dysfunction and incontinence issues.

As prostate cancer care in Thunder Bay continues to move forward, we, at PCCN-Thunder Bay, may have a role to play in a "one-stop shop clinic", to meet newly diagnosed men and their partners to offer information about our group and to provide support.

## 123 Men Made It Happen

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123 men were taking care of their health by participating in Men Make It Happen, the Men's Health Event hosted by PCCN-Thunder Bay on Sunday, September 29, 2019 at the 55 Plus Centre. The event included a review of prostate symptoms and a blood pressure check with a nurse, a PSA blood draw by a Life Labs technologist, and a digital rectal exam and mini consult with a urologist. As well this year, six lectures on men's health issues were offered by physician specialists and other health care workers. Several men and women attended the event just to hear the lectures. There was good audience interest throughout the lectures. The lab results will be sent to the man's primary care health professional, and the urologists will provide follow up on a priority basis.

The participants ranged in age from 29 to 88 years of age.

A big thank you to all of the people and groups who made this Men's Health Event happen:

Our sponsors – Astellas, Boston Scientific, Life Labs, Janssen, Sanofi, Sanofi Genzyme, TBayTel, and Tersera.

Urologists: Dr. Walid Shahrour, Dr. Ahmed Kotb, and Dr. Owen Prowse.

Our speakers:

Dr. Walid Shahrour, Urologist – **Welcome and Causes and Treatment of Erectile Dysfunction**

Dr. Ahmed Kotb, Urologist – **Prostate Cancer Today**

Dr. Alyson Dykstra, Internist – **Men and Diabetes – What You Can Do**

Dr. Chris Lai, Cardiologist – **Keeping Your Heart and Blood Vessels Healthy**

Brian Edwards, Mental Health, St. John Ambulance – **Mental health First Aid for Anxiety**

Andrew Koscielniak, Kinesiologist, WE-CAN Program – **Prostate Cancer Survivorship:  
Exercise Guidelines & Recommendations**

4 Nurses

Life Labs – 12 technologists.

55 Plus Centre, 700 River Street.

PCCN-Thunder Bay Volunteers – Gary Allen, Marc Breton and Lise Pollard, Bill Everitt, Archie and Rey Gillies, Bill and Rose Horde, Ed and Beth Long, Doug Pantry, Lorne Sampson, Doug Skogstad, Sarah Squire, Des Stoltz, Ruben Villagracia, and Cy and Betty Zurba.

Men Make It Happen 2019 was a successful event and we plan on repeating it in 2020.

# BC Prostate Cancer Support Group Conference

Reported by Beth Long



PCCN-Thunder Bay sponsored four members to attend the BC Prostate Cancer Support Group Conference in New Westminster from September 6 to 8. Ed and Beth Long (pictured with Anne Breakey Hart, PCC) and Marc Breton and Lise Pollard thank the group for this sponsorship and report that it was a good conference with opportunity for learning, networking, getting updates on new research, and for some re-energising for commitment to the work that our group is doing.

Highlights from the conference include the following.

The conference was hosted and sponsored by the Prostate Cancer Foundation BC, with some funding from PCC. The mission of the Foundation is to provide survivorship programs through the BC support groups; to promote awareness of prostate cancer; and to fundraise for research. To support the group leaders, the Foundation holds a conference every three years. This is in recognition that the leaders, who are volunteers and often long serving, need to be supported and re-energized.

Conference participants came from the 20 groups in BC, other provinces in Canada, Northwestern US states, and one gentleman from Ireland. There was sharing of what the groups are doing, challenges and successes. Recognition was given to the exemplary work of PCCN-Thunder Bay.

We had “exercise breaks” between sessions, led by Sarah Weller, who is an exercise specialist in the cancer field. The breaks were welcome, and the exercises were sometimes challenging, creating some laughter and camaraderie as we cajoled each other in our challenges.

Dr. John Oliffe, Professor and Associate Director Research at the School of Nursing, University of BC, gave an interesting presentation on how to draw out conversations (how to get men to talk), based on his research on masculinities as it influences men’s health behaviours and illness management, and its impact on partners, families and overall life quality. He found that in support groups, the permission and affirmation of other men shifts masculine norms; it changes the

# BC Prostate Cancer Support Group Conference

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Dr. Conrad Oja, a medical oncologist with the British Columbia Cancer Agency, gave a talk on the Role of Cannabis in Cancer Treatment. Things are moving ahead in research since the legalization of cannabis. He informed us that when all prescriptions for anti-nausea fail, they use cannabis and it works. Cannabis is useful in the treatment of symptoms related to cancer: nausea, pain, appetite loss, and anxiety. A problem with cannabis is that it makes you couch bound, so you need to be mindful to get off the couch and move. Another concern is that it may be a fall problem in the elderly. But: "if it works for you, it is a good idea."

Glenda Standeven, a bone cancer survivor, author and motivational speaker, gave a talk on "Let's all look at the bright side." She narrated her story of her own cancer and then her experience of coping with her husband, Rick's, prostate cancer. She was frankly honest, often hilarious, and very gracious in her sharing of her story. Rick, who was seated at our table, was a good sport at times of Glenda's embarrassing revelations. Her two latest books are available on Amazon: "I Am Choosing to Smile, an Inspirational Life Story of a Bone Cancer Survivor" and "What Men Won't Talk About.....and Women Need to Know." Glenda is truly inspiring and a delightful person to talk with. Rick is her rock-solid support person.

Paulysha de Gannes, Senior Co-Ordinator, Policy and Engagement, and Anne Breakey Hart, Manager, PCCN and Volunteer Engagement, at Prostate Cancer Canada, gave us an overview of what is new for PCC: increased emphasis on research and knowledge translation; increasing role in influencing public policy and health practice; education of all Canadians; and partner with national, provincial and local stakeholders. Their key initiatives are: work with governments and health agencies to ensure equal and timely access for all; access to drugs; PSA funding in British Columbia and Ontario; and national pharmacare.

My takeaway from the conference is that regular, periodic conferences are vitally necessary for volunteer leaders of support groups - to prevent burnout, to network and exchange ideas with other leaders, and to get re-energized to carry on their work.

## Marcel's Morsels

*BY Marcel Girouard, Hearst, ON*



### Prostate Cancer in Europe

The European Society for Medical Oncology (ESMO) 2019 Congress was held September 27 to October 1 in Barcelona Spain.

Clinical trials results were reported for patients recruited in Europe. Medical manufacturers, Astra Zeneca and Bayer were study supporters. Elsevier's Practice Update, Grand Rounds of Urology and Prostatepedia are circulating online researcher presentations pertaining to prostate cancer.

Coincidentally, I was visiting Spain at that time for an 18-day vacation. However, due to local newspaper coverage of this conference being entirely in Spanish, I was not able to read about it while I was there.

When our group was visiting Malaga, a Mediterranean coastal city close to Gibraltar, I picked up an English newspaper at the hotel we were staying at and it contained two cancer-related articles. One was a Relay for Life fundraising activity report for cancer research. 81 teams took part by either walking or running around Victoria stadium non-stop for 24 hours. Organizers were hoping to raise more than £75,000.

The 6th Relay for Life on the Rock was very similar to a Canadian Cancer Society Relay for Life. Many teams camped

# Marcel's Morsels

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The 6th Relay for Life on the Rock was very similar to a Canadian Cancer Society Relay for Life. Many teams camped out overnight at this stadium, creating a festival-like atmosphere. The first lap was done by survivors and hundreds of candles were lit to honor those touched by cancer, while DJs played music through the night to keep these fundraisers on their toes. Survivors' stories were shared, and the atmosphere for the entire 24 hours was amazing, with a great community spirit ongoing amongst the entire camp area.

In the same paper, SUR in English, World Prostate Health Day on September 15 was commemorated by Spanish doctors from Malaga. This article's headline stated that 90 per cent of men will experience prostate problems by the time they are 75. Problems with the prostate gland are the most common cause of health complaints in men over the age of 50. Conditions include prostate cancer and benign hyperplasia, an increase in the size of the prostate gland. According to Malaga Hospital's Head of Urology, benign hyperplasia affects 60 per cent of men over the age of 60, and in those over 75 years of age, it rises to 90 per cent.

Prostate cancer is the most common malignancy in men and the third in terms of mortality. One out of every three men will suffer prostate cancer at some time in their life. In Spain more than 34,000 new cases are reported yearly.

Urologists were stressing the importance of prevention, recommending consulting a doctor for an annual check-up if any of the symptoms occur after the age of 50. The joint head of the Urology Department at the Malaga Hospital stated that early diagnosis increases the options for treatment and cure of prostate cancer and other conditions. The urological check-ups are vitally important, not only to rule out prostate problems, but also to check the health of other organs in the urinary apparatus such as kidneys and bladder.

Urologists at this Spanish hospital stated that a routine prostate check-up can be done in a morning or an afternoon. It includes a physical examination, a blood test and an ultrasound. The article added that the signs of something not being right in the prostate are: difficulty in the beginning to urinate, urinating more frequently or feeling the need to do so, a feeling of never quite having emptied the bladder, urgent urination, a weak or intermittent flow of urine and in advanced stages, incontinence.

In my opinion prostate cancer is being treated as aggressively in Europe as it is in North America. Many of the initiatives are very similar. Cancer conferences are held to disseminate the latest discoveries to urologists, who in turn educate the public.

Fundraising by those who are touched by cancer is very popular and successful. A minor difference that I noticed was that there were no prostate cancer support groups mentioned in the organizations that put in a team in the Relay for Life Fundraiser. In the World Prostate Health Day text, the Malaga urologists did not refer to blood testing by name, the PSA, as we label it here in Ontario.

In North America the Prostate Cancer and Movember Foundations require every funded researcher to share the results of their work with the whole scientific community. This collaboration for a cure rather than competing to publish a paper or profit from drug sales ensures that donations fund the most progressive research in the world to reduce the death rate from prostate cancer.

As I understand this may be the last issue of this newsletter, I want to thank the Prostate Examiner editor, Beth Long, for all of her work. I also want to thank PCCN-Thunder Bay for the support it gives to men touched by prostate cancer in Northwestern Ontario.

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

- Men's Coffee Group:** **2nd and 4th Thursdays of every month**  
10:30 am, A&W, 526 Memorial Avenue
- Wednesday, December 11:** **Christmas Social**  
**All members, spouses and guests welcome.**  
5:30 pm, Main Auditorium, 55 Plus Centre, 700 River Street
- Thursday, January 16:** **Guest Speaker TBA**  
7:00 pm, 55 Plus Centre, 700 River Street
- Thursday, February 20:** **Guest Speaker TBA**  
7:00 pm, 55 Plus Centre, 700 River Street
- Thursday, March 19:** **Guest Speaker TBA**  
7:00 pm, 55 Plus Centre, 700 River Street

## Board Members



Back Row L to R: Grant Arnold, Archie Gillies, Lorne Sampson, Bill Horde, Rick Eade, Ed Long (Past President), Doug Skogstad, Stephen Murray.  
Front Row L to R: Marc Breton (President), Gary Allen (Vice-President), Mel Zobatar (Treasurer), Doug Pantry (Secretary).

## 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)

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