

# Prostate Examiner Summer Newsletter

Visit us at [www.prostatecancersupporttbay.org](http://www.prostatecancersupporttbay.org)



Prostate  
Cancer  
Support  
Thunder bay

**Looking for Support**  
**Local men available to talk to you**

- Gary Allen 621-0552
- Grant Arnold 933-4214 or  
519-584-5125
- Marc Breton 628-9944  
(en francais)
- Rick Eade 683-6573
- Bill Everitt 767-5768
- David Everitt 628-5287
- Marcel Girouard 705-362-8154  
(en francais)
- Bill Horde 767-1490
- Ed Long 628-6915
- Milton Marion 475-0760
- Dez Stolz 577-9515

**Women available to talk to you**

- Beth Long 629-4774
- Carmen Marion 475-0760
- Lise Pollard 623-3102(en français)

**Northwestern Ontario Region**

**Atikokan**

- Dave Anderson 807-597-1213 ext 23
- Larry Brown 807-598-1746
- Ron Speck 807-597-2219

**Dryden**

- Horst Lang 808-223-5516

**Fort Francis**

need a contact

**Hearst**

- Marcel Girouard 705-362-8154  
(en français)

**Kenora**

need a contact

**Terrace Bay/ Schriber**

- John St Amand 807-825-9054



Dr. W Shahrour

Bill Horde

Marc Breton

Dr. H Elmansy

Steve Scalzo

**\$20,000 Research Donation**

“Oncological outcomes in a cohort of patients with incidental low-risk prostate cancer post treatment with Holmium LASER Enucleation” research project being done by Dr Elmansy and Dr Ahmed.

There are a number of men who receive laser treatment for something other than prostate cancer who are found to have prostate cancer in the lab work after the treatment. As a result of the laser treatment, the prostate cancer is removed. Treating prostate cancer was not the intention of the laser treatment but it seems to have been the result.

Can it be shown by studying these men that this kind of laser treatment could be a treatment for known low-risk prostate cancer? It would be a step toward authorization for its use for treatment. This study is a start in looking at that possibility. Laser treatment is not as invasive as other treatments for prostate cancer and has fewer side effects.

Our board was excited about hearing of this possibility and grateful that we have the resources to support this research. We look forward to hearing more about this in the future.

Email us at  
[info@prostatecancersupporttbay.org](mailto:info@prostatecancersupporttbay.org)

# WALK FOR DAD 2022

We held our first “Walk for Dad” on June 9th at Boulevard Lake. As you can see from the pictures below it was a great event. We hope to make this an annual walk as well as bigger and better next year.



## PRESIDENTS MESSAGE

Dear members and friends.

Hope everyone is doing well. The snow is gone, the sun is back and Lise and I have resumed our camping at Whitefish lake and enjoying it .

We are still here offering support to PC survivors. Our general meetings are still virtual but we have heard from 55 plus that we might be able to resume our general meetings at their facility starting in September 2022.

We held our Annual General meeting and election May 19, 2022. The board members are as follow.

Marc Breton, Ed Long , Gary Allen ,Steve Scalzo, Bill Horde, Ray Halverson ,Bill Komar ,Doug Pantry ,Doug Skogstad ,Mike Aldrich, Keith Moore .

We held our first walk for dad at Boulevard Lake on Thursday June 9 2022 . We had about 40 people attend .The biggest family group was Ross Chuchman, his wife, daughter, and 2 grand daughters. Doug Pantry's daughter Trish travelled the farthest in Canada (Kitchener). Farthest away -Sophie, an exchange student from Denmark, travelled the farthest. Dr Hagerty's daughter Tegan was the youngest to participate . Thank you to all the attendees and volunteers, without you it would not have happened.

Hope to see you soon at 55 Plus.

Sincerely  
Your President

*Marc Breton*



### DONATIONS

Prostate Cancer Support Thunder Bay is a charitable organization that relies entirely on donations to remain in operation.

Can be e-transferred to [info@prostatecancersupporttbay.org](mailto:info@prostatecancersupporttbay.org) (no password)

The American Cancer Society's annual Cancer Facts & Figures released this week shows some encouraging trends: death rates for cancer overall continue to decline for both men and women. For prostate cancer that is confined to the prostate or the region around it at diagnosis, five-year survival rates remain close to 100%.

However, the report also reveals that the death rate from prostate cancer is no longer declining as quickly. A main reason is that more men are being diagnosed at an advanced stage: during 2014-2018, the rate of diagnosis of advanced cancer increased by 4%-6% per year. For these patients, the 5-year survival rate is only 31%. New treatments do extend the lives of men with advanced disease, but the key to a successful outcome is early detection and shared decision-making between patients and doctors regarding treatment. We want to see rapid progress in this fight, rather than a "flattening" in the downward trend.

Additionally, the disparities in prostate cancer incidence and death between non-Hispanic Black and white men remain unacceptably high. Black men are about 75% more likely to be diagnosed with prostate cancer, and over twice as likely to die of the disease. The pandemic also affected prostate cancer screening and care. The downstream effect of millions of missed cancer screenings may not become evident for years.

So, what's the takeaway?

Survival from prostate cancer is significantly improved when caught early. Catching the disease early involves a conversation between a man and his doctor, as well as a physical exam and PSA testing. We encourage all men to have a conversation with their doctor about PSA screening and a conversation with their family about cancer history.

The prostate cancer community is highly optimistic. Since its peak in 1993, the death rate from prostate cancer has declined more than 50%, a stunning achievement that translates into more birthdays and more time with loved ones. More recently, a highly sensitive type of prostate cancer imaging scan was approved in the U.S. which may help to improve treatment of patients. PCF-funded research has driven many of these advances.

In spite of these successes, too many men are still dying of prostate cancer. PCF stands as the "global public square" of prostate cancer, building new opportunities to develop life-saving research and connecting patients to clinicians and scientists around the world. Please join our efforts in 2022 as we launch expanded conversations for support and education among doctors, patients and the scientific community.

Charles J. Ryan, MD  
President and Chief Executive Officer  
Prostate Cancer Foundation USA

## **Membership Survey Results**

Thank you to the 4 callers: Bill Heath, Lise Pollard, Doug Skogstad and Keith Moore. Their calls resulted in good conversations after not having had contact with many members for 2 ½ years.

80 of the 97 on our membership list were contacted. 7 were removed from our membership list.

There was about an even mix of those who preferred a mix of peer meetings and speaker meetings.

37 of those who responded liked the in-person meetings best. 13 liked both in-person and Zoom meetings and 9 preferred Zoom meetings.

This information helps our board as we make plans for the future. We will have a mix of speaker and peer meetings so we can learn from the experts and from each other. We hope to start in-person meetings in September and we have equipment to have hybrid meetings so people can join our meetings from home, or wherever they are in the region, via Zoom.

## **Brachytherapy at the Regional Cancer Centre**

In the late Fall of 2018, I was invited to serve as a Patient Family Advisor on the Prostate Implementation Working Group that was established at the Cancer Centre to guide the implementation of HDR Prostate Brachytherapy. Prior to its implementation patients who requested this procedure were required to travel to southern Ontario to receive it.

Dr. Marlon Haggerty was the lead physician on this initiative and over the next year he steered the process from inception to implementation. Times lines were established and tasks assigned including the purchase of specialized equipment, staff training and visits to Sunnybrook Hospital in Toronto for observation of techniques, the scheduling of OR time for practice trials, and trial runs of the procedure.

As a PFA, I attended all meetings of the Working Group and was provided opportunities to see the equipment used in the procedure and to hear the challenges that the staff encountered as they moved towards implementation. My observations and in-put were always requested and considered. HDR Brachytherapy for prostate cancer at the Regional Cancer Centre began in January 2020 but treatment opportunities were interrupted shortly after due to a mechanical failure in the door to the brachy lab. The door was repaired after a several month delay but then treatment was postponed once again due to Covid restrictions. By August 2020 treatment was once again being delivered at the rate of two patients per week. In addition to HDR Brachytherapy, where the patient receives a series of radiation treatments following the brachy, it is now possible to for some men to receive two doses of brachy (Mono brachytherapy) eliminating the need for external beam radiation treatment.

The goal at the Cancer Centre is to treat 30-40 men by brachytherapy per year at the Regional Cancer Centre

## **Resources for the journey**

### **Debrief**

The newsletter from Prostate Cancer Support about news and activities across Canada. This is **Canada information that is relevant to our medical system**. There are some highlights listed below. You can see the full newsletter by clicking this link. <https://mailchi.mp/prostatecancersupport/june-2022-newsletter> .

Subscribe yourself at the bottom of the newsletter.

### **Active Surveillance**

In Canada about 80% of men diagnosed with prostate cancer start on active surveillance. There are benefits to remaining on active surveillance and pressures to leave AS and get treatment. How can you know when the time is right for you to stop AS and get treatment? This group provides information and support in addition to our local support group.

### **Advanced Prostate Cancer Support Group – A National Group**

This group has its own website which you can reach by clicking on this link: [www.advancedprostatecancer.ca](http://www.advancedprostatecancer.ca)

There are members meetings you can attend in addition to our local meetings.

There is information to clear the confusion about the drug names, side effects and more.

Private and secure – register and log on to enter the discussion areas

## **Save the Date !**

**2022-Sep-17&1**

### **2022 Prostate Cancer -Virtual Conference**

Saturday will be for group leaders, board members and other leaders. It will be from about noon until 4:00. There will even be a social in the evening to connect with other leaders across Canada. This will be professionally lead and has very high ratings.

Sunday will be for everyone in the group. Again, it will be from about noon to 4:00. In addition to speakers on various topics, there will be an expo with special interest booths to visit.

More details to come.

**PCS Thunder Bay**

**CONTACT US AT**

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**WEB SITE:**

**[prostatecancersupportbay.org](http://prostatecancersupportbay.org)**



**Notice re coffee time**

Prostate Cancer Support Thunder Bay Coffee Time Meetings on Zoom are on the 2nd and 4th Thursdays of the month. If you do not receive a reminder and a link by the Wednesday before, contact Steve Scalzo by email at [sscalzo@shaw.ca](mailto:sscalzo@shaw.ca)

Topic: PCS Coffee Time 10:00 am

Coffee meetings are still virtual but hoping to restart at A & W on Memorial Ave soon.

**Prostate Examiner Monthly News**  
Please forward photos or information, that benefits communication to Prostate Cancer Support Thunder Bay members to the attention of Mike Aldrich. email: [mraldrich@tbaytel.net](mailto:mraldrich@tbaytel.net)

# \*\*GET YOUR PSA TESTED\*\*

**Its important**

We believe in it so strongly that

**we will reimburse you for your PSA test !!!**

The PSA test is a key step in early diagnosis of prostate cancer

**Early Detection Saves Lives  
Get Informed!**

**Talk to your health care professional! Get your blood work done!**

**Send us the receipt**

Address below or check us out on our website

**Must apply by Dec 31st 2022. Available for men in NWO.**

**PCS T Bay Members, please share the above message !**

**Inform your family, relatives, friends and neighbours to request a**

## **PSA Test**

**Awareness Support Research**

Telephone 807 627 0333

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