

Prostate Examiner Spring Newsletter

Visit us at www.prostatecancersupporttbay.org



Prostate
Cancer
Support

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 français)
Rick Eade 683-6573
Bill Everitt 767-5768
David Everitt 628-5287
Marcel Girouard 705-362-8154
(en français)
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



Marc Breton and Bill Horde attended a health fair at Alstom (Bombardier) on Feb 24th. Around 50 employees between the ages of 35 and 50 stopped by the booth to talk with us and get our pamphlet about reimbursement of the cost to get a PSA test.

Email us at
info@prostatecancersupporttbay.org

Review of the Prostate Cancer Pathway at TBRHSC

In the Spring of 2018, the local prostate cancer support group was invited by Cancer Care Ontario to recommend someone to participate in a review of the prostate cancer pathway at the Thunder Bay Regional Health Science Centre with the goal of identifying gaps in the process that could be addressed to improve the quality of care. Bill Everitt agreed to represent the group, becoming a Patient Family Advisor (PFA) at the hospital through its volunteer approval process.

The Prostate Health Steering Committee had representation from all areas of the medical community including urology, oncology, pathology, research, finance, imaging, funding, etc., as well as a Patient Family Advisor. The terms of reference for the committee stated that the term was for one year with quarterly meetings.

The Committee met twice that Spring and identified several areas of concern including the time that it took to go from the initial referral from a family doctor to actual treatment; the wait times to receive pathology reports; the high rate of infections following biopsies (up to 30%); the limited availability of MRIs in the diagnostic process; and the need for new equipment to meet current practice expectations.

A smaller group of urologists, oncologists, other representatives from the Cancer Centre and Cancer Care Ontario, as well as the PFA representative had an additional meeting to consider specific issues that patients experienced during the diagnostic process. From this session a workshop with the local prostate cancer support group supported a recommendation to establish a clinic where patients could see both a urologist and an oncologist in one visit rather than having several appointments, and recommended enabling members of the support group to act as peer counsellors at the proposed clinic.

While the Prostate Health Steering Committee has not met since 2018 there have been a number of significant improvements in the prostate cancer pathway locally. A new triage process at the urologists' office has reduced time from referral to diagnosis from 102 days to 64 days. MRIs are regularly used in the diagnostic process. Discussions have been held regarding a prostate clinic to reduce the number of visits required by patients. New equipment has been purchased and new procedures are being used including fusion biopsies, and laser surgery for urinary blockages in the urethra. Brachytherapy has been added as a treatment option through the cancer centre, eliminating the need to travel to southern Ontario for those who select this form of treatment.

So, much progress has been made over the past three years in the type and quality of treatment and care for men from Northwestern Ontario with prostate related issues.

Marcel's Morsels (27)

Any man having prostate cancer is given a Gleason grade score by a pathologist.

In health care artificial intelligence (AI) algorithm is a field of study where computers do tasks which humans normally do.

Karolinska Institute, a Sweden-based medical university conducted a global AI competition with the aim of developing a reproducible AI algorithm for grading prostate cancer. For 3 months in 2020, 1290 developers from 65 countries participated in algorithm development using 10,616 digitized prostate biopsies

These submitted algorithms were evaluated by U.S. and European Union expert urology pathologists and both validation analyses showed that the algorithms achieved a high sensitivity for cancer detection.

Whether we like it or not, with increasing computational memory and speed AI will have a significant impact on healthcare. In urology, this impact will be mainly on accurate diagnosis, outcome prediction and planning treatments.

Those discoveries will not replace our pathologists, but will help improve cancer grading accuracy and reduce variability amongst pathologists. This will be good for men diagnosed with prostate cancer.

This article appeared in the Jan. 13, 2022 issue of *Nature Medicine* as well as in *Practice Update* "Jan. 30, 2022" and *Prostatepedia* Feb. 11.

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 (no password)

Presidents Message

Dear members and Friends.

Hope everyone is doing well. Lise and I have been doing like the rest of Thunder Bay, shovelling snow! It seems like this is our new exercise.

We, as a group, have tried to keep busy. With our offer to pay for men's P S A test we had quite a few takers last year. We would like to double the numbers as we will not be able to hold our men s health fair this year.

Bill Horde and I attended the health fair at Alstom (Bombardier) in February for their employees. About 50 men between the ages of 40 and mid 50 approached us. We shared our information as well as our pamphlets with them.

There will be a health fair at 55 plus on River Street on Saturday March 19th from 10 am to 4 pm where again, we will be on hand with our pamphlets to answer any questions posed to us.

We are still holding our general meetings virtually (see below). We are awaiting word from 55 plus as to when we can resume our monthly meetings at their facility.

We will be holding our Annual General meeting and election May 19, 2022. Remember to vote; your 2022 memberships dues have to be paid. It is still \$ 12.00 a year.

Hope to see you soon.

Sincerely
Your President

Marc Breton



55 Plus Health and Wellness Exposition



Bill Horde and Des Stolz



Gary Allen and Doug Skogstad

On Saturday, March 19th, 2022, 55 Plus hosted a Health and Wellness Exposition at their location on River Street. CPS Thunder Bay was well represented at our booth by Gary Allen, Doug Skogstad, Bill Horde, Des Stolz, Marc Breton and Lise Pollard.

There were approximately 40 booths and the event was well attended.

A big thank you to all the volunteers that made this event possible.

Membership Reminder

The board has changed the membership term to match the calendar year, so memberships will run from January 1 to December 31. With that in mind, we remind you that your memberships for 2022 can be paid now. We are hoping to be able to meet in person soon but that will be delayed until it is safe for everyone, and 55 Plus is allowing us to meet there again. Until then you can send your membership of \$12 and your donation, if you wish, by cheque or e transfer. Cheques can be mailed to 1100 Memorial Ave. Suite 374 Thunder Bay, On P7B 4A3. E-transfers can be sent to Prostate Cancer Support Thunder Bay and the email for that is info@prostatecancersupporttbay.org. You will not have to provide a password as we are set up for auto deposit.

PCS Thunder Bay

CONTACT US AT

1100 MEMORIAL AVE- SUITE 374

THUNDER BAY ONTARIO P7B 4A3

PHONE:

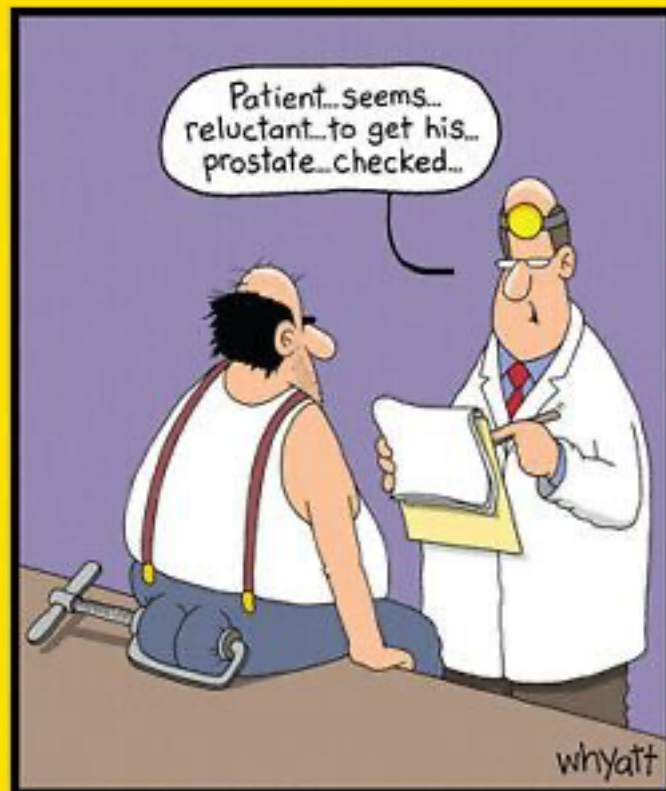
807 627 0333

EMAIL

info@prostatecancersupporttbay.org

WEB SITE:

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

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

****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

1100 Memorial Ave, Suite 374

Email info@prostatecancersupporttbay.org

Thunder Bay ON, P7B 4A3

Web www.prostatecancersupporttbay.org