

Prostate Examiner Fall Newsletter

Visit us at 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)

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

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/ Schreiber

Mike Regis 807 825 9696

Geraldton

Ron Adams 807 854 1476



It was beautiful weather for Applebee's anniversary event on July 20 from which Applebee's donated to our group \$500 generated by their lemonade sales. Many people received information about prostate cancer and our support group and made additional donations of \$290.

Thanks to Bill Horde, Marc Breton, Doug Pantry, Steve Scalzo, Doug Skogstad, Mike Aldrich, Bill Komar and Ken Trevisanutto for your help.

A big thank you to Robin and Ryan Syroid for your continuing support of prostate cancer education and support in our community.

Email us at

info@prostatecancersupporttbay.org

New biomarkers could help identify aggressive prostate cancer

Reviewed by Lily Ramsey, LLM July 24, 2023

<https://www.news-medical.net/medical/authors/lily-ramsey>

UniSA researchers have identified three new biomarkers for prostate cancer to help identify and differentiate potentially aggressive cases of the disease which kills more than 300,000 men each year.

An international team of scientists led by UniSA Professor of Molecular Medicine Doug Brooks has made the breakthrough, which assists pathologists when visualizing prostate cancer in patient tissue samples. The new biomarkers, when used together, will assist clinicians in determining which patients require immediate, radical treatment compared to those who need close monitoring.

With more than one million men diagnosed with prostate cancer worldwide each year, the research breakthrough is significant.

The UniSA-based team has collaborated with the Australian company Envision Sciences on the technology to improve patient management and treatment outcomes.

"It is anticipated this will lead to long-term improvements in the way prostate cancer is diagnosed and graded," Prof Brooks says.

"The biomarkers are remarkably sensitive and specific in accurately visualizing the progress of the cancer and confirming its grade. This discovery has led to the commercial development of a test designed to determine how advanced and aggressive the cancer is and whether immediate treatment is needed."

Envision Sciences, which funded the development and translation of the technology at UniSA, has signed a commercialization agreement with the largest tissue diagnostic pathology company in the US, Quest Diagnostics, to take the technology into clinical practice.

Pending a successful outcome in the US, it is expected that clinical trials using the innovative technology will be undertaken in Australia.

Describing the breakthrough as "life saving," UniSA Deputy Vice Chancellor Research and Enterprise Professor Marnie Hughes-Warrington AO says the partnership between UniSA and Envision Sciences is an exciting development in cancer research.

This technology represents a shift in the way clinicians can grade and predict the aggressiveness of prostate cancer. We look forward to seeing the difference it makes in coming years."

Professor Marnie Hughes-Warrington AO, Deputy Vice Chancellor Research and Enterprise, UniSA

Source:

[University of South Australia](#)

Journal reference:

Logan, J. M., *et al.* (2023). Prediction of Prostate Cancer Biochemical and Clinical Recurrence Is Improved by IHC-Assisted Grading Using *Appl1*, *Sortilin* and *Syndecan-1*. *Cancers*. doi.org/10.3390/

Beef on a Bun Social



Good food, music and conversation with old and new friends. It doesn't get any better than that! With COVID restrictions over the last few years, we really have missed this event.

Big thanks to Bill Horde and those good cooks who donated salads and desserts to go along with the beef-on-a-bun. Thanks also to the music leaders Ed, Barry, Kristine and Linda and everyone who helped with set up and clean up for the event.

We were saddened to hear of the vandalism to 55 Plus which occurred after we cleaned up and left, with over 30 windows broken. We had just spent such a nice time building relationships and support for the group. It seems that good will and support is needed by others in our city as well.

Border Cat 50/50 Draw



A big thank you to the volunteers who helped make this years 50/50 draws very successful.

The Border Cats scored one run in the last game to increase the total to \$2,060.

A big thank you to the Border Cats players for making "Score for More" a huge success and for helping promote support for and awareness of Prostate Cancer in Thunder Bay and Northwestern Ontario.

Pictured from Left to right.

Manager J.M.Kelly, Peter Fusek, Bill Horde, Ed Long, Doug Skogstad, Porter Jorgenson, and Team Mascot Boomer.

UPCOMING EVENTS

1. Prostate Cancer Awareness Month flag raising on Sept.1st at 11:00am at City Hall with Mayor Ken Boshcoff
2. **Men Make It Happen Health Fair**, Free PSA testing and afternoon of learning, Sept 17th, 12:30 PM till 5:00 PM at

High aerobic fitness at age 18 linked to lower risk of several types of cancer

Reviewed by Megan Craig M.Sc.

<https://www.news-medical.net/medical/authors/megan-craig>

Aug 16 2023

Men who have higher aerobic fitness at age 18 have a lower risk of several forms of cancer later in life, especially cancers of the gastrointestinal tract. This has been shown by a study at the University of Gothenburg.

It is already known that physical activity can prevent certain types of cancer. The new study has examined the link between aerobic fitness at the time of military conscription and the risk of subsequently being diagnosed with 18 different types of cancer. The analyses are based on data from 1,078,000 men who underwent military conscription in Sweden between 1968 and 2005, with an average age of 18 years. All outcomes were independent of overweight or obesity, the year in which they conscripted, and their parents' level of education.

The study, published in the *British Journal of Sports Medicine*, shows that good fitness at the time of conscription was followed by a lower risk of developing cancer of the head and neck, esophagus, stomach, pancreas, liver, colon, rectum, kidney, and Strongest for gastrointestinal cancer.

Strongest for gastrointestinal cancer

The associations with fitness were strongest for cancers of the gastrointestinal tract, including cancer of the esophagus and liver, with a risk that was approximately 40% lower for those with good levels of fitness at the time of conscription. The corresponding risk for cancers of the stomach and colon was about 20% lower.

Data on smoking only existed in >20,000 of the conscripts, but it is likely that those who were in aerobic fitness were more often non-smokers. This is thought to explain part of the association between poorer fitness and cancer of the esophagus and liver, and most of the association between poorer fitness and lung cancer.

Good fitness at a young age was linked to an increased likelihood of diagnosis for two cancers: skin cancer and prostate cancer. One likely explanation is that fit men also are more prone to screening for prostate cancer and skin lesions, leading to more cases and earlier diagnoses.

The research team at the University of Gothenburg's Sahlgrenska Academy has also studied aerobic fitness on military conscription in relation to mortality within five years of a cancer diagnosis later in life. Preliminary data presented at the annual meeting of the American Association for Cancer Research showed that cancer mortality rates in all categories were, on average, 30% lower for those who were fit.

Good fitness provides protection

Aron Onerup is a postdoctor at the University of Gothenburg and St. Jude Children's Research Hospital in Memphis, USA, and is the study's first-named and corresponding author.

"A good level of fitness seems to be able to reduce the risk of many types of cancer, as well as leaving individuals better equipped for successful treatment results if they develop cancer," he explains. "The results reinforce the arguments for working to establish healthy habits that lead to good fitness levels early in life."

Maria Åberg, project leader and professor in general medicine at Sahlgrenska Academy thinks that these results can be used as yet another tool in the work with motivating adolescents and young adults to increase their physical activity.

Mats Börjesson is a Professor in Sports Physiology at the University of Gothenburg, a consultant at Sahlgrenska University Hospital, and is the senior author of the study.

"Lifestyle habits are established early, and often remain stable throughout life," he adds. "The study should not be interpreted as suggesting that it is enough to exercise when young. We believe that it is also of great importance later in life."

Source:

[University of Gothenburg](#)

Journal reference:

Onerup, A., *et al.* (2023) Associations between cardiorespiratory fitness in youth and the incidence of site-specific cancer in men: a cohort study with register linkage. *British Journal of Sports Medicine*. doi.org/10.1136/bjsports-2022-106617.

Men Make It Happen.

Men Make It Happen!

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Men Make It Happen!

A free men's health event for men 45 and older.

Sunday, September 17, 12:00-4:30

55 Plus Centre, 700 River St

Medical professionals speaking:

- Myths and facts about prostate cancer.
- When you should see a cardiologist and how to avoid seeing a cardiologist.
- Lifestyle changes you can make at any age to improve your life.
- Cancer screening doesn't have to be scary and can save your life.

Your attendance will enter you for a draw for:

- Portable Hunting Blind
- 65" smart TV from



Free BP check.

Free PSA blood test.

See a urologist.

Bring your health card

An educational service event of
www.prostatecancersupporttbay.org



IN PERSON MONTHLY MEETINGS AT 55 PLUS

The multi purpose room has been booked for the **third Thursday of every month from 7 PM till 9 PM**. Seating will be appropriate for safe distancing and masks are welcome.

The meeting will also be available on Zoom for those who are not comfortable with in person yet.

PRESIDENTS MESSAGE

We think of summer as a quiet time for relaxation and fun with families. Maybe it includes some camping, some fishing, hiking, biking and other good events. I hope that all of you have had some of those times to build memories and feel stronger for the coming year.

With COVID restrictions lessened even if COVID is still around, it's a time for us at prostate Cancer Support Thunder Bay to move into a busy fall and winter time. September is prostate cancer awareness month. We will start it off on September 1st with the flag raising at City Hall. It will have happened before you receive this newsletter and I hope that many of you will have given your support by being there. There is still time to drive by city hall during the first week of September and see it being lit in blue as a way of acknowledging prostate cancer awareness in Thunder Bay. We join over 100 sites across Canada acknowledging prostate cancer awareness month this way.

We are glad to be able to sponsor Men Make It Happen again this year. There have been challenges but it's coming together.

Challenges are not new to us with prostate cancer. The strength of us as individuals, and a group, is how we deal with the challenges. We cannot do it alone. When we see others facing their treatments for prostate cancer, it encourages us on our journey. When we see others and their successes it encourages us to think that we will succeed as well. When we work together the feeling of being overwhelmed is replaced with hope.

When we think of the many things that we want to do as a group to support and educate men in our community It can also feel overwhelming. Prostate cancer usually affects men who are thinking about slowing down in their activities, but our group is full of men who are finding new ways to use the skills they have developed over their lifetime. Our group also includes men who are developing new skills, computer skills, planning skills, teaching skills, and ways of listening to and talking with others.

As we begin the busy fall season I look forward to working with a board and other members of the group who stepped forward as a team to take our support to Thunder Bay and NWO.

Sincerely
Your President

Ed Long



DONATIONS

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

donations can be e-transferred to info@prostatecancersupporttbay.org

PCS THUNDER BAY

CONTACT US AT

1100 MEMORIAL AVE- SUITE 374
THUNDER BAY ONTARIO P7B 4A3

PHONE:

807 627 0333

EMAIL

info@prostatecancersupporttbay.org

Recently diagnosed with Prostate Cancer ?

NEED SOMEONE TO TALK TO?

Please feel free to call anyone listed on the left side of the front page of this newsletter.

They have been where you are now and will be happy to listen to your concerns and questions.

Hold That Date

Sept 17th 2023

Men Make It Happen Health Fair

@

55 Plus centre
12:30 PM to 5:00 PM

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

Has been extended to December 31 2023. 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