

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

I have been a contributor/editor of the PCCN-Thunder Bay Newsletter, The Prostate Examiner, since its inception in April 2012. It has been a good experience and I have enjoyed the journey. I find that at this time in my retirement I need more time to do other things that are on my bucket list, and so I am saying goodbye to my role as editor of the newsletter. I will produce the last newsletter of the year, the Winter edition, that will come out in early December, and then I will finish.

I sincerely hope that someone else will step up to take over as editor.

I have enjoyed my membership in the PCCN-Thunder Bay group and still plan to maintain my membership and attend meetings, and help with Health Fairs, etc.

I believe that our group is vital to the health and well-being of men who are diagnosed and treated and living with prostate cancer. I also believe that our group's support of early detection is critical for men not yet diagnosed.

Please take note of the new event being offered by our group that is on the list of Upcoming Events on the last page of this Newsletter. A Men's Coffee Group is starting the 2nd and 4th Thursdays of every month at 10:30 am at the A&W at 526 Memorial Avenue. Come out and share stories and companionship when you can.

Wishing each of you a lovely autumn season,

Beth Long

PCCN-Thunder Bay Is Saddened By The Loss of Two Original Board Members: John Filipovic & Ab Cava



We, at PCCN-Thunder Bay are saddened by the recent loss of two of our original Board Members, John Filipovic and Ab Cava, who each played significant roles in the establishment, development and sustainability of our group. We honour their critical role in our history and are inspired by their modelling of hope, dedication to the mission, and enjoyment in living their lives.



John Paul Filipovic passed away on Friday, July 19, 2019 at the age of 90. John was a member of the small group of men in the Prostate Cancer Support Group who decided that they wanted to take the group to the next level. John prepared the documents for incorporation, including a Constitution and By-Laws.

**NEXT
MEETING**

Thursday, September 12, 2019

Event: Dr. Walid Shahrour on "Recent Research in Prostate Cancer in Thunder Bay"

Location: Auditorium, 55 Plus Centre, 700 River Street

Time: 7:00 pm

PCCN-Thunder Bay is Saddened by The Loss of Two Original Board Members: John Filipovic & Ab Cava

The application to become a Charitable Organization was approved and Letters of Patent was issued in August 2002, incorporating our group as Thunder Bay and Area Prostate Cancer Support & Awareness Group. John was a member of the first Board of Directors that was installed. He served on the board as Secretary for ten years, providing an exemplary skill at recording minutes and other secretarial duties. At the Christmas Social in 2013, John was awarded a plaque from our group in appreciation of his work to incorporate our group and his ten years of service as Secretary. He was also given a lifetime membership.

John is survived by his wife of 68 years, Marguerite; his daughter, Sharon Elsey (Dan); his son, Daniel Filipovic (Samantha); his son, David Filipovic (Denise); and his daughter, Tracey Jewiss (Marc); and nine grandchildren.

We sincerely thank John for all that he has done for our group and for his friendship along the journey.

Albert "Ab" Cava passed away on Thursday, July 18, 2019.

Ab was also a member of that small group of men in the Prostate Support Group who decided that they wanted to take the group to the next level. Ab was a member of the first Board of Directors of the newly incorporated Thunder Bay and Area Prostate Cancer Support & Awareness Group, August 2002. Thanks to Ab, the group received some early funding from the Frank Cava Memorial Golf Tournament. Funding to our group from this Memorial Golf Tournament has continued each year, and now totals \$24,500. In June 2005, Ab chaired the steering committee that held the first fundraising social, which was a huge success.

Ab is survived by his wife, Sylvia; his son, Rory (Franca); his daughter, Lisa Dowhos (Doug); and five grandchildren.

We sincerely thank Ab for all of his dedicated service to our group and for his friendship along the journey.

Applebee's 22nd Anniversary Fundraiser



Applebee's in Thunder Bay celebrated their 22nd anniversary on Wednesday, July 10th. Owners, brother and sister, Ryan and Robin Syroid, continue to support PCCN-Thunder Bay in a generous way. On this 22nd anniversary, they once again offered their signature Oriental Chicken Salad for the same price as it was 22 years ago: \$8.99. The proceeds from the sale of the salads, in the topped amount of \$4,800, was donated to PCCN-Thunder Bay.

PCCN-Thunder Bay set up a display table outside the restaurant. Volunteers spoke with customers coming to the restaurant and promoted the Men's Health Event, "Men Make It Happen", on September 29th, which will offer free PSA testing, mini health screening with a nurse, and being seen

by a urologist. Physicians will also present lectures on health issues.

Thank you to PCCN-Thunder Bay volunteers: Grant and Marilyn Arnold, Marc Breton and Lise Pollard, Bill and Rose Horde, and Ed and Beth Long.

A grateful and heartfelt thank you goes to Ryan and Robin for their continuing support of PCCN-Thunder Bay. Please continue to visit Applebee's and say hello to Ryan and Robin and let them know that you are with PCCN-Thunder Bay and appreciate their support of our group.

Beef-on-a-Bun Social: Thursday, June 20, 2019



Don Honkey purchases the winning ticket



Bill Bartley visits us from Canmore, Alberta

Our annual Beef-On-A-Bun Social was held at the 55 Plus Centre on the patio on one of those perfect weather evenings.

Ed Long on ukulele and voice and Cy Zurba on accordion provided us with musical entertainment.

Larry Brown, one of our Atikokan “Men to Talk To”, and his wife, Beverly, joined us at our annual June Social. Larry donated a stained-glass piece that he had created for a draw.

Bill Bartley was back to Loon Lake for the summer, from Canmore, and joined us for the evening.

Thank you to everyone who volunteered to make this event possible.



Larry and Beverly Brown visit us from Atikokan



Cy Zurba and Ed Long provide the musical entertainment

And we all enjoyed the evening of fellowship and good food.



Mental Health First Aid Canada

Reported by Beth Long



Brian Edwards, Regional Fund Development & Volunteer Coordinator with St. John Ambulance, Thunder Bay and Northwestern Ontario, was our guest speaker on Thursday, May 16th. Brian gave an overview of the programs offered by St. John Ambulance on the local level, and then focused on how to take care of our mental health in regard to Anxiety, Grief, and Adjusting. He was accompanied by Jill Biggs and her dog, Flynn, who is a therapy dog. Jill explained their roles in the St. John Ambulance Therapy Dog Program.

The St. John Ambulance organization started around the year 1000 during the crusades. The organization was established in Canada in 1883. It was established in Thunder Bay around 1911 to 1913. Locally, it offers numerous community service programs, and is largely staffed by volunteers. Their programs in Thunder Bay include standard first aid courses and safety in the schools, a mental health first aid course, a medical first response unit, campus response teams at the university and college, teaching life skills to

aboriginal youth, and Operation Red Nose (safe ride home), as well as the Therapy Dog Program.

Therapy Dog Program

Jill Biggs gave a presentation on this program. The program was established in 1992. This animal-assisted intervention program helps out people with physical, mental or emotional difficulties.

The program has three guiding principles:

1. a belief that regular visits by a dog make a positive difference in the person's physical and emotional health;
 2. the visits by the dog will alleviate loneliness;
 3. a professional approach to the program will be well received by the program participants.
- St. John Ambulance provides teaching and evaluation of the dogs to ensure suitability.

Empirical data from three trauma studies showed positive outcomes of reduction in symptoms of depression, PTSD, and anxiety.

In Thunder Bay, the Dog Therapy Program provides service to TBRHSC, St. Joseph's Care Group facilities, Airport, Lakehead University, Confederation College, Police Station, Judge Lester Youth Correctional Centre, BISNO, longterm care facilities, Community Living, some elementary schools, at community events, and are often called out to traumatic events.

Anxiety, Grief & Adjusting

Anxiety is a normal reaction to stress, characterized by fear, worry, nervousness or unease. Everyone experiences anxiety at some point in their lives. It may be in response to a long line-up at the bank, a job loss, the loss of a loved one, etc. It is how we accept and cope with it that is critical to our mental well-being. A mental health problem becomes a disorder when you lose control and it disrupts your everyday life. Disorders include phobias, panic disorder, PTSD, generalized anxiety disorder or social anxiety disorder.

There is no magic pill to coping effectively with a mental health problem. Each person needs to find what works for him/her. Brian stated that the majority of things in our lives are little things. When he finds himself getting uptight about something that is happening, he asks himself if this is a big deal or a little deal. This grounds him so that he can let go of reacting excessively to little things. He recommends learning to turn off your job when you go home. Seeking help may be beneficial or necessary and resources for help include counselling, support groups, sometimes medication, and becoming educated about self-help strategies.

Mental Health First Aid Canada

Reported by Beth Long

Grief is the reaction to a significant loss – any type of loss. It is complicated and unique. What helps is:

- connecting with supportive, caring people
- allowing yourself to feel your feelings
- giving yourself enough time
- recognising your loss
- taking care of your physical health
- offering support to others who are grieving

Adjusting to the challenges in your life is stressful. Brian stated that he would tell his clients: “it’s okay to look back but don’t stare”. To help yourself with adjustment, learning to say “no” is a very big thing. It can be especially difficult to say “no” if you have the need to please people. Remind yourself that you are “number one” and need to take care of yourself first.

Confront the challenge. Face it head on and find and use your supports to help you do the confrontation. Journaling can be a therapeutic tool to getting things out and examining what is bothering you. Find and hold on to the small things in your life that bring you joy. Small things can bring big joy.

TBRHSC Prostate Cancer Focus Group

Reported by Beth Long



The General Meeting of PCCN-Thunder Bay on Thursday, July 18 became a focus group for the TBRHSC’s Prostate Cancer Steering Committee on the benefits and drawbacks of having a joint clinic with a radiation oncologist and urologist. The focus group was facilitated by Tarja Heiskanen, Manager of Screening and Assessment; David McConnell, Manager of Radiation and Surgical Oncology; and Julia Solomon, DAP (Diagnostic Assessment Program) lead. 33 men and their spouses from our group came out to participate in this input process.

The Steering Committee, of whom Bill Everitt is a member representing PCCN-Thunder Bay, has been working on a project for 18 months to enhance the prostate cancer patient journey. Their progress to date reports the development of: a referral form; a triage tool to prioritize patients; the support of a nurse navigator; and data analysis. As a result, the wait time from referral to diagnosis has been reduced by 100 days. The wait time from consultation to biopsy is 17 days and from biopsy to pathology result is 8 days. A draft prostate pathway from referral to treatment has been developed.

The Steering Committee is now working on a proposal for a joint clinic which would have the patient see the radiation oncologist, the urologist, a nurse navigator and a peer support person all on the same afternoon. This joint clinic would serve men who are newly diagnosed and whose disease is treatable. (A man with a more advanced disease would be seen urgently by a medical oncologist.) The clinic would be held bimonthly, with rotation of the radiation oncologists and urologists. The radiation oncologist that the man would see on this clinic day would become the physician that would treat him.

The focus group worked in small groups to address the questions of the benefits and drawbacks of having a joint clinic, and how to overcome any drawbacks. The highlights of the group efforts included the following.

Benefits:

Getting information, including medical reports/test results, all on the same day. Reduces anxiety because of wait times for different appointments.

TBRHSC Prostate Cancer Focus Group

BY Marcel Girouard, Hearst, ON

There is a little time for processing and formulating questions before the seeing the second doctor.

It is a one stop shop that is especially helpful for patients coming from out of town, reducing travel time and costs of travel.

It would be helpful to have a nurse navigator as one person to contact and to have that person addressing concerns and co-ordinating care.

It would be helpful to see a peer support person who has been through diagnosis and treatment, who could give information, share coping strategies, and especially to give HOPE.

Drawbacks:

Information overload/feeling overwhelmed. However, the anxiety from receiving all the information at once may be less anxiety producing than waiting for longer time periods to obtain the information needed to make a decision. It was recommended that the patient receive an information package about two weeks before coming to the joint clinic. It was recommended that the information include suggested questions to ask the doctors, that the patient write down any questions they may have, and that it is highly recommended to bring a support person with you to the clinic visit.

The peer support person may not have adequate skills to serve in this role. Formal training would need to be required and provided for peers to serve in this role.

The next steps for the Steering Committee are to take the information from the focus group back and review it; meet and share the information with their teams; determine what the next steps will be; and then share the outcome with our group.

We thank Tarja, David and Julia for giving our group the opportunity to give some input into the proposed joint clinic. We thank Bill Everitt for representing our group on the Steering Committee and suggesting that our group have an opportunity for some input. We especially thank the 33 members and spouses who came out to the meeting to participate in the focus group.

Thunder Bay Border Cats



A big thank you goes to the Border Cats for letting us be a part of the 50/50 draws at their home games, and to the fans who so generously supported us. These five 50/50 draws netted our group \$2943 this season.

Bill Horde, organizer of the 50/50 draws, wishes to thank the PCCN-Thunder Bay Volunteers who assisted him: Mel Zobatar, Cy & Betty Zurba, Peter Young, Doug Pantry, Ed and Beth Long, Bill Heath, Archie and Rae Gillies, Mark Breton and Lise Pollard, and Gary Allen. We say a big thank you to Bill Horde for organizing the 50/50 draws.

Fort William First Nation Health Fair



PCCN-Thunder Bay was an exhibiter at the Fort William First Nation Health Fair, which took place at the Fort William First Nation Community Centre on Monday, July 15th. This was our group's second year as an exhibiter at their annual event. We gave out about one-hundred flyers promoting the Men's Health Event, "Men Make It Happen", on September 29th, which will offer free PSA testing, mini health screening with a nurse, and being seen by a urologist. Physicians will also present lectures on health issues.

Marcel's Morsels

BY Marcel Girouard, Hearst, ON



Earlier this year, I received an email, advertising and recommending a new book entitled *The Virility Paradox*, a must read for anyone who has prostate cancer and wants to learn about the vast influence of testosterone on our bodies.

The author, Dr Charles J. Ryan, is an internationally renowned oncologist, prostate cancer researcher and urology professor at the University of California, San Francisco. His practice has focused predominantly on treating patients with prostate cancer in its advanced stages, along with researching the condition and developing new therapies for this disease.

Last June I went to my grandson's high-school graduation and I bought this book in St Catharines, thinking I could write a book report for a future issue of the Prostate Examiner.

Before reading it, I anticipated reading about new exciting drugs such as Zytiga and Xtandi that prolong survival, or about other new drugs to treat genetically inherited prostate cancer. Today's literature reporting on prostate cancer is often about current research and clinical trials to keep men with advanced prostate cancer alive.

I read *The Virility Paradox* which discusses the breadth of testosterone's effects on the human body. These effects are called virility. Research scientists are discovering that prostate cancer is a complicated disease and one that can present and progress very differently from patient to patient. Prostate cancer is not caused by the hormone testosterone, rather the disease is driven by it.

Hormonal therapy to medically suppress testosterone works to control the cancer; when it stops working, the scenario which nobody likes and doctors even less, is called—Castration-Resistant Prostate Cancer. Second and third generations of drugs are discovered and tried to treat advanced cancers, and it is encouraging.

This book, however, is more about the paradox of testosterone in our evolution, from fetal development, to puberty, to adult life, to advanced age when prostate cancer and Alzheimer's disease may develop. Each chapter presents a series of unforgettable stories of real people to complement the author's scientific research, which makes for easy reading.

In the concluding chapter, Dr. Ryan mentions that this stuff, the vast influence of testosterone on our bodies, minds and the world we live in, isn't taught in medical school or the training one receives for a career in oncology, urology or even psychiatry. He is grateful he learned it and is able to share it with his readers.

The comments praising this book, included at its beginning, are written mostly by doctors. The storytelling style, written with grace, wit and insight, makes it readable for everyone. I am glad I purchased this book as it touches nearly every aspect of our society, particularly if you have prostate cancer.

If you wish to find out more about the book, Google *The Virility Paradox* and listen to the interview by Dr. Kelly Parsons, MD with author Dr. Charles J. Ryan.

Visit us at pccnthunderbay.org, or look us up on Facebook.

Our newsletters are now available on our website www.pccnthunderbay.org
If you would like to receive your copy by email, please email info@pccnthunderbay.org

Upcoming Events

- Men's Coffee Group:** 2nd and 4th Thursdays of every month
10:30 am, A&W, 526 Memorial Avenue
- 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
- Thursday, October 17:** Annual General Meeting & Elections
7:00 pm, 55 Plus Centre, 700 River Street
- Thursday, November 21:** Report on BC Prostate Cancer Conference
7:00 pm, 55 Plus Centre, 700 River Street
- Wednesday, December 11:** Christmas Social (All members, spouses and guests welcome)
5:30 pm, Main Auditorium, 55 Plus Centre, 700 River Street

Newsletter Committee

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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

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