

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
 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 français)
 Dianne Slack..... 473-8297
 Betty Zurba..... 286-7686

Northwestern Ontario Region

Atikokan

Dave Anderson..... 807-597-1213
 ext.23
 Larry Brown..... 807-597-6196
 Ron Speck..... 807 597-2219

Dryden

Horst Lang..... 807 223-5516

Fort Frances

Looking For Contact

Hearst

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

Kenora

Looking For Contact

Longlac

Dick Mannisto.....807 876-4485

Terrace Bay/Schreiber

John St. Amand..... 807 825-9054

Mayor Keith Hobbs Proclaims September 2018 as Prostate Cancer Awareness Month

On Wednesday, September 5, Mayor Keith Hobbs proclaimed September as Prostate Cancer Awareness Month in the City of Thunder Bay. In his proclamation, Mayor Hobbs praised the work and efforts of PCCN-Thunder Bay in helping to save lives by bringing awareness and education to the men and their families in our community. He informed us that the annual proclamation of September as Prostate Cancer awareness month has been one of his premier events in his role as mayor. In his inaugural picture as mayor, Mr. Hobbs is wearing his prostate cancer tie and this picture will hang in City Hall.

Dr. Walid Shahrou, Urologist and Assistant Professor at the Northern Ontario School of Medicine, addressed the group attending at City Hall about the importance of screening and promoted the Big Screening Event on October 14. He informed us about the Prostate Steering Committee whose goals include reducing the wait time for men with prostate issues to be seen by a urologist. This committee is being sponsored by the Urology Group in Thunder Bay, in partnership with PCCN-Thunder Bay, TBRHSC, and the Cancer Centre.

The PCCN flag was raised by the joint effort of Mayor Keith Hobbs, Dr. Walid Shahour and members of PCCN-Thunder Bay. The flag will fly at city Hall through the month of September.



NEXT MEETING

Wednesday, December 12, 2018

Annual Christmas Social

Location: 55 Plus Centre, 700 River Street

Time: 5:30 pm

122 MEN MAKE IT HAPPEN

Reported by Beth Long

122 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, October 14, 2018 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. 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 35 to 92 years of age. There were 38 men who had never had a PSA done before. The number of men in each age group included: 3 (35 to 39 years); 12 (40 to 49 years); 10 (50 to 59 years); 50 (60 to 69 years); 36 (70 to 79 years); 9 (80 to 89 years); 2 (90 years and over).

The participants became aware of the Men Make It Happen event from: Friend – 54; Coffee Time – 24; Poster – 10; Facebook – 9; Newspaper – 5; TV – 5; Church – 5; Radio – 3; Sign by 55 Plus – 3; Library – 1; Undetermined – 1.

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 and Sanofi

Superior Urology – urologists: Dr. Walid Shahrour, Dr. Hazem Elmansy and Dr. Ahmed Kotb

5 Nurses

Life Labs – 7 technologists and 1 registrar

Entertainment – Hilddale Band and Murray Young

55 Plus Centre

PCCN-Thunder Bay Volunteers – Gary Allen, Marc Breton, Archie and Rey Gillies, Jim Holmes, Bill and Rose Horde, Ed and Beth Long, Sarah Squire, Bill Vantour, Rubin Villagrancia, Mel Zobatar, Cy and Betty Zurba

Men Make It Happen 2018 was a successful event and we plan on repeating it in 2019.



We Welcome Our New Board of Directors

The Annual General Meeting of PCCN-Thunder Bay was held on Thursday, October 18, 2019.

We welcome new members to the Board: Gary Allen, Grant Arnold and Lawrence Timko. We thank our departing member, Sal Tassone, for his time of service on the board. Re-elected to the board are Marc Breton, Ed Long, Doug Pantry and Lorne Sampson. Continuing on the board are Rick Eade, Archie Gillies, Bill Horde and Mel Zobatar.

The 2018-2019 Board of Directors: President – Ed Long, Vice President – Marc Breton, Secretary – Doug Pantry, Treasurer – Mel Zobatar, Directors – Gary Allen, Grant Arnold, Rick Eade, Archie Gillies, Bill Horde, Lorne Sampson, and Lawrence Timko.

We thank our bookkeeper, Sarah Squire, for her support and another year of a job well done.

Support for MRI Research Project

PCCN-Thunder Bay is providing financial support for the 3T (Tesla) MRI Scanner Research Project at Thunder Bay Regional Health Sciences Centre. This project is lead by Dr. Radu Rosenberg, Radiologist, and assisted by Christopher Abraham, Physicist. (Chris is defending his doctoral thesis in November.) The goal of this project is to optimize the functioning of the MRI scanner to allow for targeted biopsies to improve accuracy of tumour grading (Gleason Score) and to closely monitor the progression of prostate cancer in men on Active Surveillance until treatment is necessary.

At present, the 3T MRI scanner at TBRHSC, that is being used by Dr. Rosenberg, is not working at its optimal capacity. In order to improve the functioning of this 3T MRI scanner, the knowledge, skill, and experience of a physicist is needed. Chris Abraham is able to fulfill this need. The focus of Chris' doctoral research was on finding better ways to enhance the contrast MRI images for more accurate detection of prostate cancer tumours.

PCCN-Thunder Bay donated \$3500 in support of this research project. Over \$200 was also raised for this research during the Men Make It Happen Event on October 14th. Chris Abraham will be a guest speaker in 2019 to update us on what is happening with this research project.



Patient Family Advisors and TBRHSC Patient and Family Centred Care

Listening and responding to the needs of its patients, families and communities is essential for a quality patient experience and is the cornerstone of the Thunder Bay Regional Health Science Centre's Patient and Family Centred Care program.

Patient Family Advisors are patients or health care partners who have experienced care at TBRHSC within the past two years and who work in partnership to improve patient and family care and service. PFAs advise in all areas of the hospital and numerous improvements and initiatives are a result of their recommendations.

Bill Everitt, a member of PCCN Thunder Bay, meets monthly with other patient advisors at the regular PFA Coordinating Committee meeting. Members of PCCN Thunder Bay and their families, who have concerns about the care or service that they received at the Regional, may have these brought to the attention of the PFA Coordinating Committee by contacting Bill at 767-5768 or e-mailing him at william.everitt@shaw.ca

Sex, Intimacy and Prostate Cancer

Reported by Beth Long

Kim Hartsburg-Lang, RN, was our quest speaker at the September 20th General Meeting. Kim co-facilitates a couple's Intimacy Workshop, with Monique Voorm, a Social Worker, in the Simcoe Muskoka Regional Cancer Program. This workshop is offered every four months and is modeled after the program of the Tom Baker Cancer Centre in Calgary. The workshop is three and a half hours, and couples set goals to work on a new, mutually satisfying intimate and sexual relationship. Monique provides extended support with telephone follow-up. The workshop has been offered for two years in Barrie and is funded by the hospital.



Kim stressed that while cancer treatment may impair sexual function, sexual activity need not end. Early treatment of sexual health is key to improving erectile function and to maintaining intimacy. 50% of couples stop using ED treatments within a year even when they “work”. Loss of sex life is the most distressing long-term side effect of prostate cancer treatment. Couples who grieve the loss together are the most successful at maintaining a healthy, satisfying, intimate, long term sexual relationship. The key to grieving this loss is communication, with each partner sharing how the loss has made him/her feel and what he/she values. They can then move on to recreating their sexual relationship.

Kim explained the possible sexual difficulties that arise after prostate cancer treatment.

Post Prostatectomy

Erectile dysfunction is the main side effect. It takes 18 months for the nerves to heal and takes up to 4 years to regain erections. 25% of men will experience some urine leakage during sexual activity. Penile length may appear up to 1 to 2 cm shorter, but it is not actually shorter; it is retracted.

Post Radiation

Erectile dysfunction is often delayed by 1 to 2 years post radiation treatment. Scar tissue may reduce blood flow to the penis. Inflammation immediately post treatment may temporarily cause an inability to have an orgasm. With the new techniques of focused treatment on the tumour and less injury to healthy tissue, data is showing that there will be less ED.

Post Androgen Deprivation Therapy

ADT or Hormone Therapy is a taking away of testosterone, which is the main hormone involved in men's sex drive. This treatment has the side effects of erectile dysfunction, decreased quality of orgasm, loss of sex drive, genital shrinkage, loss of muscle mass, hot flashes (the biggest complaint), fatigue, and mood changes, including becoming more emotional. The couple may have to work a little harder to maintain their sexual relationship, with more hugging, kissing, and foreplay.

Kim addressed the question of what makes good sex? Each person in the couple needs to be able to both give and receive pleasure. Mutual excitement and an anticipation of physical pleasure and emotional

connection creates a feeling of satisfaction. Intimacy is strengthened in feeling vulnerable and safe; in feeling accepted, loved and wanted; and in feeling that you will not be judged or abandoned.

Kim emphasized, "Never Ignore Your Penis." After treatment, the key to the return of erections is to keep the blood flowing to the penis. Blood flow helps healing. This can be done by masturbation or partner stimulation. In exploring ED treatments, keep in mind that all ED treatments need sexual stimulation to work.

The option of alternative sexual practices may be foreign territory and seem odd or unusual. Most successes need each person to be open-minded, flexible and patient. Discussion is best started outside the bedroom, addressing anticipated problems that could occur and clarifying what each person values and wants.

Kim reviewed erectile dysfunction aids. Intracavernosal injections are injections into the penis. It is the quickest and most successful way to get an erection, with an 85% to 95% success rate. (Shoppers on Memorial compounds Trimix; however, some of the ingredients are on back order at this time.) Oral therapy (pills) includes Cialis, Viagra, Levitra and Staxyn. Most patients start with oral therapy. There are some side effects, which are usually mild. A constriction ring may be used when a man gets an erection but does not maintain it on penetration. The ring is placed around the base of the penis to keep the blood in the penis. The vacuum erection device pumps blood into the penis and is used in conjunction with a constriction ring; it has an 82% to 95% success rate. Studies find that many couples like a strap-on dildo because it feels like they are having penetrative sex.

There are alternatives to penetrative sex. The Sensual Focus exercise is a 3-stage sensual touching lead-up to recreating intimacy through touch. Oral sex, mutual masturbation, and the use of hand-held sex toys – dildos and vibrators – are also alternatives.

Kim concluded her presentation with some recommendations for couples. Grieve the loss together. Start communication outside the bedroom. Create a date night to talk. Schedule regular sexual activities. You may be less tired in the morning. (Testosterone in men is usually higher in the morning.) Use erotica.

"Prostate cancer does not have to mean the end of your sex life. It will just look different."

Skycare Pharmacy in Newmarket offers state-of-the-art compounding of medication. Trimix, Viagra, and Cialis are available. A prescription is needed. Skycare offers free overnight delivery across Ontario. Website: skycare.com. Phone: 905-235-7591. Fax: 905-235-7590.

This event was sponsored by Astellas and all arrangements were made by Lynne Vear, RN, Senior Product Specialist Oncology, Astellas. PCCN-Thunder Bay gives a big thank you to Astellas and Lynne Vear.



What A Man With Cancer Can Learn From A Breast Cancer Survivor

Reported by Beth Long

Barb Hanchard, a breast cancer survivor from Winnipeg and member of the Chemo Savvy Dragon Boat Race Team, was our guest speaker at the General Meeting on Thursday, August 16th. Barb was diagnosed with an aggressive breast cancer in August 2015 and completed treatment (chemotherapy, surgery, and radiation) in August 2016. She has remained cancer free since that time.

Barb informed us that she had always been active and health conscious, so that her diagnosis of cancer was shocking to her. She shared with us five main points in her experience that helped her in coping with her cancer and her treatment.



1. **The Role of Early Detection**

Barb's cancer started within three months of her diagnosis. She took herself to the doctor as soon as she saw a change in her breast. She was diagnosed with an extremely aggressive cancer. If she had waited another six weeks, she would not be here today. Barb's message to us is that we have to be vigilant about our bodies and we have to be our own health watcher: keep our annual check-ups, watch for any changes in our body and get ourselves to a doctor promptly when we notice a change. As cancer survivors, we need to encourage others to be vigilant and pay attention to their health.

2. **Resources for Patients and Caregivers**

Barb availed herself of the service offered to her of a paid mentor (patient navigator) to aid her through the process, and to explain medical reports and her various options. Cancer Care Manitoba offers supportive counselling to the patient and to family members, if they want it. And they offer yoga classes. Barb stressed that it is important to find out what services are available to you. She also stressed that it is important to her to go back to her health care provider or the staff at Cancer Care to get credible advice. Many people use the internet for advice but "Dr. Google isn't always right."

3. **Nice and Caring People**

Barb stated that she was open with people about her diagnosis. And people cared for her through emails, telephone calls, cards, short visits, and small gifts. The collective abundance of all that support made her feel so good. Her takeaway from that experience is to be a nicer person and to try to reach out to others who are ill. "It takes so little and means so much."

4. **Dragon Boat Racing**

Dragon Boat Racing is an ancient Chinese ceremony that symbolizes the human's struggle with nature. Exercise is really important in preventing primary breast cancer and in preventing recurrence. The dragon boat teams and races are non-competitive and are meant to promote fitness, exercise, healthy living, fun, and support of each other in order to reduce cancer risk.

Dragon boat racing started in Vancouver in 1997 and international competitions are held every four years, and include teams from Canada, US, Australia, Asia, and Europe.

Barb is a member of the Winnipeg Team, who call themselves "Chemo Savvy". The team competed in Florence, Italy in July 2018.

5. **Maintaining Your Health**

The only tool to prevent recurrence is to maintain a healthy lifestyle. Barb pays attention to a healthy diet,

getting enough sleep, limiting alcohol, exercising and maintaining social connections. She advised trying to do 180 minutes of cardio per week, 3 sessions of weight lifting, and 2 sessions of balance and flexibility.

Barb stated that she took control of her health and had a regular daily routine throughout her treatment. She feels lucky that her body responded to treatment.

Barb Hanchard grew up in Thunder Bay and spent summers at her grandparents' camp on Mackenzie Beach (Municipality of Shuniah, neighbouring Thunder Bay). She went to Winnipeg to complete her university degree and following her education, Barb got a job in Winnipeg, and so stayed there. She and her husband, Steve Demmings, a prostate cancer survivor, return to the camp on Mackenzie Beach each summer.

Marcel's Morsels

BY Marcel Girouard, Hearst, ON



The Prostate Cancer Foundation (PCF) has congratulated Dr. Jim Allison on winning the 2018 Nobel Prize in Medicine. In 1997 PCF was an early funder of Jim Allison's work on immunotherapy in prostate cancer.

Immunotherapy is a type of treatment that boosts or restores the immune system to fight cancer, infection and other diseases. There are several agents used for immunotherapy; Provenge is one example. Prostate cancer survivors have been treated by surgery, radiation, chemotherapy and hormones. The Nobel committee hailed this discovery as "an entirely new principle for cancer therapy."

There is hope for men with especially aggressive prostate cancer to respond well to immunotherapy. New trials are beginning in this group of patients. Researchers are also developing tests to identify men for whom immunotherapy would be effective if they have aggressive cancers which are resistant to standard therapies.

I've always been impressed by the global effort to cure cancer. For prostate cancer in the last twenty years, major successes have been achieved to treat advanced cancers. We are seeing a revolution in cancer treatment as immunotherapy becomes an important option for many types of the disease. Trials and studies are presently taking place in the top centres for cancer research and treatment globally.

I hope these world leaders in personalised cancer treatment can pass on their knowledge to all cancer treatment centres quickly so that even in Northwestern Ontario more lives can be saved. For newly diagnosed patients who cannot go on active surveillance, surgery and radiation treat most men successfully. Traditional treatments result in good cancer control, but the side effects - impotence and incontinence - are still very common.

The European Association of Urology reported the outcomes following focal therapy for clinically significant nonmetastatic prostate cancer. This study reported 5-year outcomes with high intensity-focused ultrasound (HIFU) therapy for prostate cancer. In a study of 625 consecutive patients, the vast majority of patients had intermediate or high-risk disease. Lesions were diagnosed using MRI, and repeat treatments were allowed for recurrence. After follow-up of roughly 5 years, failure-free survival was 92% at 3 years and 88% at 5 years. Cancer-specific and overall survival at 5 years were 100% and 99% respectively. Only 2% of men reported urinary incontinence and none needed more than one pad per day. Rectal side effects were very rare (0.3%) Focal HIFU treatment was offered to patients diagnosed with nonmetastatic prostate cancer of Gleason score 6-9 and PSA of less than 30.

Focal therapy, by treating an area of cancer with a known margin, aims to preserve prostate tissue and minimize damage to reduce side effects. It also achieves good cancer control in the medium term and has low probability of urinary and rectal side effects. You can read the full study report online by visiting EuropeanUrology.com. Under the list of issues, you will find "A Multicentre Study of 5-year Outcomes Following Focal Therapy October 2018".

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

- Wednesday, December 12:** **Christmas Social**
All members, spouses and guests welcome.
5:30 pm, Main Auditorium, 55 Plus Centre, 700 River St.
- Thursday, January 17:** **Guest Speaker TBA**
7:00 pm, 55 Plus Centre, 700 River Street
- Thursday, February 21:** **Guest speaker TBA**
7:00 pm, 55 Plus Centre, 700 River Street
- Thursday, March 21:** **Guest Speaker TBA**
7:00 pm, 55 Plus Centre, 700 River Street

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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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