

# Prostate Examiner Monthly News

Visit us at <http://www.prostatecancersupporttbay.org>

## Looking for Support Local Men Available to Talk to You

Gary Allen 621-0552  
Grant Arnold 933-4214 or  
519-584-5125

Marc Breton 628-9444 (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

Des Stoltz 577-9515

Cy Zurba 472-8676

## Women Available to Talk to You

Beth Long 629-4774

Lise Pollard 285-0127 (en français)

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 français)

Kenora Looking for contact

Long Lac

Dick Mannisto

Terrace Bay / Schreiber

John St Amand 807-825-9054



## “Everyone Welcome” Next Meeting

**Date: Thursday December 10, 2020**

**Time: 7:00 pm**

**Speaker: Dr Joseph Del Paggio**

**Oncologist at Thunder Bay Cancer Center.**

**Topic: New developments in treatment of prostate cancer.**

**Note: It will be a Zoom meeting and Ed Long will e-mail the link to you in advance of the meeting.**

**\* Friendly reminder that 2021 Annual Membership dues are still the low price of \$12 fee and is usually collected during this time of the year. It is a small amount but helps us know you support the work we are doing as well as our continuing expenses. To make it easier, we have added e-transfer through your bank as an option for sending us annual dues and welcome your donation and we will issue a charitable donation receipt for amounts over \$25. For a password you can use the current year. Further details are on the donation form on our new website. (Address at top of page)**

## C8 HEALTH

Saturday, October 31, 2020 THE CHRONICLE-JOURNAL



Urologists Dr. Hazem Elmansy (left) and Dr. Walid Shahrour are recognized internationally as experts their field. Thanks to donors who made possible the purchase of a new Lumenis MOSES laser here in Thunder Bay, Drs. Elmansy and Shahrour will be able to offer less invasive surgery for both enlarged prostates and kidney stones, providing faster and safer treatment.

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Chronicle Journal Article posted BY GRAHAM STRONG  
 “Best in the World” BPH Surgery Right Here in Thunder Bay

Later this fall, the Thunder Bay Regional Health Sciences Centre will become the only hospital in Ontario and just the second site in Canada to offer the Lumenis MOSES laser treatment for benign prostatic hyper- plasia or BPH. The new treatment options will result in faster, safer treatment with a lower risk of side effects and faster recovery.

BPH is the enlargement of the prostate that can cause serious side effects including urinary tract blockages and incontinence. Traditionally, open surgery is the only treatment for severe cases. However, this type of surgery carries a high risk of side effects including bleeding, blood transfusion, and increased hospital stay.

The new minimally invasive MOSES laser surgery reduces those risks, especially in the most severe cases. It can be used in two different ways depending on the size of the prostate.

“With smaller prostates (up to 80g), we can use the MOSES laser to simply vaporize the tissue,” urology surgeon Dr. Hazem Elman- sy said. “For larger prostates, we use the HoLEP technique.”

The Holmium laser enucleation of the prostate (HoLEP) technique cuts the tissue into smaller pieces rather than vaporizing it. Another device is used to remove that tissue after the cuts have been made. The laser helps the cuts coagulate faster to reduce bleeding.

Overall, these improvements result in a safer treatment with shorter operations, recovery time, and hospital stays. With traditional surgery, patients usually spend two to four days in hospital recovering.

“Using the MOSES laser, our patients can go home the same day with zero pain and with an earlier return to work,” said Dr. Elmansy.

The laser will also be used as a faster, safer treatment for kidney stones. Dr. Elmansy and his colleague Dr. Walid Shahrour are advancing Thunder Bay’s Urology program through innovative research and surgical techniques.

“We get patients from all over the country,” Dr. Shahrour said. He compared it to patients from Thunder Bay travelling to southern Ontario for certain treatments.

In late 2019, Dr. Shahrour performed the world’s first reconstructive surgery to reduce urinary tract blockages after prostate cancer treatment. Both he and Dr. Elmansy are recognized as experts in their fields. Their goal is to improve urological care for patients in Northwestern Ontario.

“Thunder Bay is one of the pioneers in Canada,” Dr. Elmansy said. “We deserve this level of service here.”

That level of outstanding service is also thanks to our generous donors. Your support of the Thunder Bay Regional Health Sciences Foundation will help provide cutting-edge urology care for patients here, and fund research to help patients everywhere. To make your donation, please visit:

[healthsciencesfoundation.ca/urology](http://healthsciencesfoundation.ca/urology)

## PSA Test Reimbursement Ends : December 31, 2020

Before COVID-19 we had announced that we would reimburse men in NWO for their PSA test, but we are telling people again because we will not be able to have our free PSA event in Thunder Bay this year. Share the information and let's see how much money we can spend on the awareness and health of men in NWO.

**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 and early detection saves lives.

- Get Informed.
- Talk to your health professional.
- Get your blood work done.
- Send us the receipt.

\*Some conditions may apply. **Ends December 31, 2020. Only once per year.**



**Prostate Cancer**  
*We understand.*  
**We provide information  
and people to talk with.**

A local group -- Canadian context

**807-627-0333**  
[info@prostatecancersupporttbay.org](mailto:info@prostatecancersupporttbay.org)  
[www.prostatecancersupporttbay.org](http://www.prostatecancersupporttbay.org)  
Facebook

*Covid doesn't stop prostate cancer  
and it doesn't stop us.*



## Notice

**Prostate Cancer Support Thunder Bay  
Coffee Time Meetings on Zoom the  
2nd and 4th Thursdays of the month.  
If you do not receive a reminder and a  
link by the Wednesday before, send  
an email:**

**[info@prostatecancersupporttbay.org](mailto:info@prostatecancersupporttbay.org)  
and we will send you a link.**

**Please make note of the remaining  
meeting on your calendar. Thursdays**

**Dec 10, 2020 10:00 AM  
Dec 17, 2020 10:00 AM**



**Welcome to your weekly Coffee  
News Thunder Bay online!  
We hope that you enjoy every  
week's issue.**

**Check this site out and subscribe to  
Coffee News for weekly editions.**

**New editions every week. !**

**Northward edition, December 7 th:**

[https://drive.google.com/.../  
11UqCL\\_nk19tO07yD8azT3wMR .../  
view...](https://drive.google.com/.../11UqCL_nk19tO07yD8azT3wMR.../view...)

**Southward edition, December 7 th:**

[https://drive.google.com/.../  
1aqtSBTGx67WIkC2AesslOCTzP.../](https://drive.google.com/.../1aqtSBTGx67WIkC2AesslOCTzP.../)





# From Vision to Reality

## Urology Care is Making Advances in Thunder Bay

- [The Walleye Magazine](#)
- [1 Nov 2020](#)
- [By Caitlind Davidson, Health Promotion and Communications Planner, Thunder Bay Regional Health Sciences Centre](#)

Every day, men experience urologic or sexual health concerns. Whether it's prostate cancer, erectile dysfunction, or kidney stones, these topics can often be difficult to talk about. For those who don't feel comfortable talking to friends and family about men's health, your health-care provider or a urologist is there to help. Fortunately, the Thunder Bay Regional Health Sciences Centre has an exceptional team of urologists that are ready to provide the best possible care.

It started in 2016 when Dr. Walid Shahrour, a urologist specializing in reconstructive surgery, had a vision to make Thunder Bay an internationally known centre of excellence for urology by providing local and leading-edge care to individuals across the region. He has since teamed up with Dr. Hazem Elmansy and Dr. Ahmed Kotb (of the Thunder Bay Regional Health Sciences Centre and Superior Urology Clinic) to make that vision a reality.

Over the past few years, these physicians have achieved significant accomplishments that have brought recognition to the urology program. For example:

- Dr. Shahrour pioneered a procedure to improve the quality of life for prostate cancer survivors. The procedure keeps urine flowing normally by preventing urethral blockages that can cause kidney problems and infection.
- Dr. Elmansy is the only surgeon in Ontario who performs holmium laser enucleation of the prostate (HoLEP) surgery for an enlarged prostate.
- Dr. Kotb has operated on hundreds of patients with bladder cancer and renal tumours, as well as many testicular and penile malignancies.

International fellows from all over the world are eager to come and learn from our skilled and dedicated urologists as they continue to make advancements and grow the urology program.

"You need to believe you are worthy and show people that what you're working on is important so they can get behind you and support you," says Dr. Shahrour. "It took some convincing and a lot of hard work, but we are now seeing a remarkable difference in the urology department at the Thunder Bay

Regional Health Science Centre and it means we can offer our patients techniques that weren't available even a few short years ago."

Recently, thanks to the physicians' vision, the Thunder Bay Regional Health Sciences Foundation, and the support of our generous community, patients in Northwestern Ontario now have access to two new pieces of equipment for kidney stone surgery. The first device is the Lumenis MOSES laser system, the most advanced system for kidney stone removal. It reduces the risk of stone fragments getting lost and allows for a faster, safer, and less invasive surgery. The second new piece of equipment is the ShockPulse-SE that uses ultrasonic waves along with mechanical action to break up kidney stones that are too large to be treated using the laser system.

With the addition of new equipment, along with expertise and passion, these experienced urologists continue to work hard to innovate and bring the latest and greatest care to our community. While aiming to bring their vision to life, these urologists are careful to keep patients at the forefront of their work.

"Our goal is to enhance patient care through innovative research and surgical techniques," says Dr. Elmansy. "Our patients deserve access to the highest quality care."

November is Men's Health Awareness Month and is a great opportunity to educate and inspire the men in your life to talk to their health care provider to learn more about their risk for being diagnosed with certain urologic conditions, as well as ways to take an active role in managing their health.

You can help to advance urology care in Northwestern Ontario by donating online at [healthsciencesfoundation.ca/Urology](https://healthsciencesfoundation.ca/Urology) or by calling 345-4673 and directing your gift to the Urology Fund.

**Another Great article to view by Al Roker from Today talks about his diagnosis of prostate cancer. Click the link below**

<https://www.today.com/today/amp/tdna197701>





**December 2020**

**Dear Members of Prostate Cancer Support Thunder Bay**

**This has been an extremely hard and difficult year for all of us, with the Covid 19 restrictions and all the uncertainty in the world.**

**Our group had some readjusting to do, with the amalgamation of P C C N and Canadian Cancer Society, we are still here doing what we are good at.**

**Educating and supporting men diagnosed with prostate cancer was a little harder this year, but we managed to get our monthly meetings going on Zoom. We have been holding meetings since September.**

**We are all looking forward to meeting again, in person, once a month, at 55 plus if restriction are lifted in 2021.**

**Remember we are only a phone call away.**

**At this time, on behalf of P C S Thunder Bay board, I would like to wish you all a very “Merry Christmas and a Healthy New Year”**

**Sincerely**

**Your President**

*Marc Breton*



## Bruce Glover member PCS Thunder Bay

It is with heavy hearts that we announce the passing of Bruce Glover, age 93 years. He peacefully passed away in his sleep on October 31, 2020.



**Dear PCS members and friends,**

This smile from Bruce was a big part of who he was at our meetings. If I remember right, the last meeting Bruce attended was last fall. It was cold and he had walked over from Walford where he had just moved. Someone called to let them know where he was and someone gave him a ride home. He couldn't hear the speakers but he was still there with his smile. May our smiles be as big and last as long.

God's Peace to his family and friends.



### Contact Us

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Thunder Bay, ON P7B 4A3

Phone: 807-627-0333

### **E-mail:**

[info@prostatecancersupporttbay.org](mailto:info@prostatecancersupporttbay.org)

### **Website:**

[prostatecancersupporttbay.org](http://prostatecancersupporttbay.org).

### **Facebook:**

[Prostate Cancer Support Thunder Bay](https://www.facebook.com/ProstateCancerSupportThunderBay)

### ***Prostate Examiner Monthly News***

***Please forward photos or information, that benefits communication to Prostate Cancer Support Thunder Bay members.***

***To the attention of Cy Zurba***

***email: [cyzurba@shaw.ca](mailto:cyzurba@shaw.ca)***

***Christmas Message from your Editor of Prostate Examiner News letter***

***Thank You PCS Thunder Bay Members !***

***Thank You very much for your continued support and help in 2019 - 2020. Let's continue to support each other in 2021. May Christmas and the coming new year bring happiness and health to you and your family.***

***Cy Zurba***