

Prostate Examiner Winter 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 807 355 8235 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

Merry Christmas



And a Happy New Year

Email us at
info@prostatecancersupporttbay.org

Prostate Cancer Foundation BC becomes Prostate Cancer Foundation Canada

For over twenty-five years, Prostate Cancer Foundation BC (PCFBC) has been the leader in their commitment to innovation, raising awareness, providing support and funding groundbreaking research in the fight against Prostate Cancer in British Columbia. To reflect their commitment to expand our reach to all of Canada, they will be changing their name to Prostate Cancer Foundation Canada (PCFC).

Building on three years of nationwide support under the banner of Prostate Cancer Support Canada (PCSC), this transformation solidifies the Foundation's commitment to extending its reach and impact across Canada.

Their PCSC initiative was conceived during the pandemic's onset, and in collaboration with dedicated Prostate Cancer support group leaders and advocates across Canada, The Foundation provided vital support in every province, guiding patients, their loved ones, and local support groups through uncharted waters. Their network of support groups has not only embraced this change but have encouraged it.

This announcement doesn't mean that they are changing their focus. They are simply changing their name to reflect the expanded work that they have been doing since 2020. They are making it easier for stakeholders to identify with a nationally led organization rather than a provincially led organization. Their intention is to reach all the corners of Canada where resources are limited, and support is needed.

Please check out their new website www.prostatecanada.ca for stories in the median check out the resources provided. They want everyone to know that they are there for men and their families dealing with a prostate cancer diagnosis in Canada.

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.

UPCOMING EVENTS

- 1. Thursday Dec. 14th, Christmas Gathering at 55 Plus Centre at 5 PM.
Must be a paid up member, spouse or support person.**
- 2. Thursday Jan. 18th, at the monthly meeting, Emmanuelle Rousseau, Registered Physiotherapist from Evolve, will do a presentation on strengthening the pelvic floor and how that can help with incontinence.**

September was Prostate Cancer Awareness Month



At the Proclamation of Prostate Cancer Awareness Month and raising of the Prostate Cancer Support Thunder Bay flag ceremony on September 1, Mayor Ken Boshcoff said, "The fact that we've come this far is only because of testing and doing what you've got to do. So really, you make your own self defence. If you're not checking yourself then you're really playing the odds so it doesn't make any sense not to."

He was referring to the facts in the proclamation that :

- prostate cancer is the most common cancer risk to affect Canadian men
- one in eight Canadian men will be diagnosed with the disease
- the survival rate for prostate cancer can be close to 100% when detected early;
- 97% of cases occur in men aged 50 and over
- awareness and conversations about prostate cancer can lead to screening and early detection that saves lives;

Prostate Cancer Awareness Month activities continue with Men Make It Happen. A free men's health event on Sunday, September 17 at 55 Plus Centre at 700 River Street between 12:00 and 4:00. Hear speakers on men's health issues, see a nurse and a urologist and get a free PSA blood test.



Volunteers for Bordercats 50/50 draw



Participants in the Walk For Dad at Boulevard Lake

Men Make It Happen



Dr's Alaradi, Elmansy, Ed Long, Dr's Shahrour, Shabana, Physician assistant Colin Delea and Dr Kotb.



Haley Shipston and assistant from Prevention and Screening Services

Life Labs Volunteers

Although we didn't reach the 200 hoped for, the doctors and speakers expressed great pleasure in being able to participate in our event and were happy with the results. The 62 participants, and the many spouses who attended, also expressed gratitude for the education provided about prostate cancer and other health issues. and suggestions for maintaining or improving their health. 12 men received their first PSA test and 18 received their second PSA test.. Others were able to see if there were changes in their PSA levels.

One man was identified as potentially having prostate cancer and agreed to a follow up appointment with the Doctor!

- There were 43 contacts with the Prevention and Screening Clinical Services with those who were eligible, getting FIT requisitions.
- There were always men listening and questioning the speakers.

Agenda

- 12:15 Welcome by Dr. Walid Shahrour
- 12:30 Mini health exams and free PSA begins
- 12:30 Speaker: Dr Nicholas Holzapfel – **Cancer screening doesn't have to be scary and can save your life.**
- 1:45 Speaker: Dr. Hazem Elmansy - **Man vs Prostate: preserving bladder health**
- 2:30 Speaker: Dr. Vahid Akbari – When you should see a cardiologist and how to avoid seeing a cardiologist.
- 3:15 Speaker: Nichole Carnochan – Lifestyle changes you can make at any age to improve your life.

(Nicole went above and beyond as she was stuck on the highway due to an accident and the highway being blocked. She managed to get a phone signal and FaceTimed in her presentation)

Thank you

to those who have made this event possible!



Scientists identify two promising new treatment options for men with recurrent prostate cancer

Oct 18 2023

<https://www.news-medical.net/medical/authors/danielle-ellis>

Cedars-Sinai Cancer investigators have identified two promising new treatment options for men with recurrent prostate cancer-; both of which helped patients live longer without their disease progressing than the current standard treatment. The results of their international Phase III clinical trial were published today in the *New England Journal of Medicine*.

"If these treatments are approved by the Food and Drug Administration, our results will be practice changing. In the study, both of these new options improved metastasis-free survival while preserving quality of life."

Stephen Freedland, MD, associate director for Training and Education and the Warschaw, Robertson, Law Families Chair in Prostate Cancer at Cedars-Sinai, and lead author of the study

Cancer of the prostate, a walnut-sized gland that helps make semen, will be diagnosed in 288,300 men in the U.S. in 2023, according to American Cancer Society estimates. For some, treatment may never be needed because they have a slow-growing form of the disease, but those with more aggressive prostate cancer are often first treated with surgery or radiation therapy. "Unfortunately, in about a third of those patients, the cancer recurs within 10 years," Freedland said.

Patients with aggressive recurrence are treated with androgen deprivation therapy (ADT), also known as hormone therapy, which reduces the patient's production of the male sex hormone testosterone. Testosterone helps prostate cancer cells grow and spread, and the hormone therapy effectively reduces the growth-stimulating effects. But Freedland said ADT has two downsides: It doesn't completely eliminate testosterone, and it can cause many side effects.

"When you go on ADT, the testosterone level in the blood is reduced, but not completely eliminated," Freedland said. "And the concern is that the testosterone that remains may still be enough to stimulate tumor growth. Also, patients don't love the idea of being on hormones."

In this study of 1,068 prostate cancer patients from 244 sites in 17 countries, Freedland and fellow investigators tested two experimental interventions-;one to address each of these issues.

In the randomized clinical trial, one-third of the patients received ADT plus a medication called enzalutamide, which blocks the effects of testosterone. Enzalutamide keeps any testosterone remaining in the blood from stimulating the growth of cancer cells. Another third of the patients received enzalutamide alone. This option relied on the medication to block the effects of testosterone even though testosterone levels in the patients' blood were not reduced.

"We wanted to see whether enzalutamide on its own was so effective that we didn't need the ADT," Freedland said.

The final group of patients received ADT alone, which is the current standard treatment.

Investigators found that the combination of ADT plus enzalutamide reduced the risk of metastasis or death by 58% over ADT alone. They found that enzalutamide alone reduced the risk of metastasis or death by 37% over ADT alone. Both treatments maintained quality of life relative to the ADT alone.

"While the combination therapy offers greater risk reduction, some men might prefer enzalutamide alone. It does a good job of preventing cancer spread or death, with different side effects that may be more acceptable for some men," Freedland said. The next step is for the makers of enzalutamide to apply for FDA approval, so the experimental therapy can come into wide use.

"Optimizing therapy for patients with aggressive recurrence after their prostate cancer is initially treated has been an unmet need," said Dan Theodorescu, MD, PhD, director of Cedars-Sinai Cancer and the PHASE ONE Distinguished Chair. "The results of this trial point the way to two options which the study showed were more effective than current standard of care, giving these patients and their providers the opportunity to choose a potentially improved course of therapy that best meets their needs."

Source:

[Cedars-Sinai Medical Center](#)

Journal reference:

Freedland, S. J., *et al.* (2023) Improved Outcomes with Enzalutamide in Biochemically Recurrent Prostate Cancer. *New England Journal of Medicine*. doi.org/10.1056/NEJMoa2303974.

PRESIDENTS MESSAGE

Gifts

In this time of giving gifts, I have been reflecting on the gifts of the people who started this support group. In 1994 two local urologist, Dr. Ankrom and Dr. Rao ask for help from some of their patients to form a prostate cancer support group. Because of the gift of the caring, time and effort of these doctors and the patients who responded, the first meeting was held November 1994 at 55 Plus.

There were organizational gifts that gave order and consistency as the group started. John Filipovic who had the legal skill to help us take the step to get incorporated. Bill Vantour who was president for many years when I first joined the group. Brain Scott who kept detailed notes and records and makes it possible to know some of these facts. Bill Horde who was a member of the first board of directors when we were incorporated in 2002. Bill is still on the board leading fundraising activities and sharing information about our group. Terry Hill started our newsletter. Next, the editing was carried on by Beth Long and now Mike Aldrich. In pictures and stories, it provides an invaluable history of the events of the group, as informational articles. Jim Hyder led in creating videos that have shared our stories with people in NW Ontario and gone to every indigenous reserve in Ontario. Bill Everitt has shared education with many organizations in Thunder Bay, connects us with hospital so that we are informed about new activities that interest us. He also keeps inviting newly diagnosed men to our group. I can not list everyone whose leadership has made and still is making a difference in our group.

The gifts are not just shared by leaders but all members of the group. The gift of hope is given to new members by being an example of a person who is continuing with life while having prostate cancer. I experience the gift of listening when I see 2 people talking and one nodding in understanding. I experience the gift of support when I hear a person say how they are coping with a situation that is new for another person. The presence and participation of each one of you is a gift to someone else.

The gift of humour is always a part of the support of the group. Years before I was diagnosed with prostate cancer, I heard a talk by Dean Douglas. In it he said, "Having prostate cancers has even improved my looks." We all got that questioning look on our faces and he continued, "Yes, people are always saying to me, 'You are looking good.'"

Well, you are all looking good. Thank you for your gifts, whatever they may be, that help men know about our meetings, that welcome them when they come to our meetings, that informs and encourages them between meetings, that makes lives better.

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

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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.

Prostate Examiner Monthly News

Please forward photos or information that benefits communication to Prostate Cancer Support Thunder Bay members to the attention of MikeAldrich.

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 2024. 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

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