

Prostate Examiner Summer 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

Keith Moore - 632 6055

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

need a contact

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



Health Fair at 55 Plus March 29 2025

**Booth manned by Ed Long, Harold
Alanen, Beth Long and Bill Komar**

Email us at

info@prostatecancersupporttbay.org

Top-rated diet lowers cancer risk in a surprising way, new study finds

Bv Sandee LaMotte. CNN

Meals from the sunny Mediterranean have been shown to reduce the risk of developing prostate, cervical and colorectal cancer, while also decreasing the risk of women dying from any cancer by 17%.

The Mediterranean diet also wins gold medals for healthy weight loss and lowering obesity. Obesity is a leading risk factor for cancer and many other chronic diseases such as type 2 diabetes, heart and kidney disease, stroke and more.

Now, a large, observational study sheds light on the ways in which the Mediterranean diet may reduce cancer risk — and it's not just via weight loss. Now, a large, observational study sheds light on the ways in which the Mediterranean diet may reduce cancer risk — and it's not just via weight loss.

"This was somewhat surprising. Adherence to the Mediterranean Diet was associated with lower obesity-related cancer risk regardless of BMI (body mass index) or fat distribution," said first author Inmaculada Aguilera-Buenosvinos, a postdoctoral scientist in the department of preventive medicine and public health at the University of Navarra's Institute for Health Research in Pamplona, Spain

"This suggests that other mechanisms — such as reduced inflammation, improved metabolic health, or dietary interactions with the microbiome — may be responsible for the protective effects," said Aguilera-Buenosvinos, also a postdoctoral scientist at the World Health Organization's International Agency for Research on Cancer, in an email.

A plant-based diet

The Mediterranean diet features simple, plant-based cooking, with much of each meal focused on fruits and vegetables, whole grains, beans and seeds, with a few nuts and a heavy emphasis on extra-virgin olive oil. Fats other than olive oil, such as butter, are consumed rarely, if at all, and sugar and refined foods should be avoided.

Plant-based meal plans like those in the Mediterranean diet are full of fiber, said Lindsey Wohlford, a wellness dietitian at the University of Texas' MD Anderson Cancer Center in Houston. She was not involved in the study.

"Fiber contributes to fullness and supports a healthy microbiome," Wohlford said. "Plants are also packed with antioxidants and phytonutrients, which appear to reduce inflammation in the body. We have to eat a variety of plants to get the different nutrients and antioxidants that may help reduce overall cancer risk." In the Mediterranean diet, red meat is used sparingly, often only to flavor a dish. Eating healthy, oily fish, which are packed with omega-3 fatty acids, is encouraged, while eggs, dairy and poultry are eaten in much smaller portions than in the traditional Western diet.

The highly processed foods typical in a Western diet can contain chemicals and additives that cause "oxidative damage which can lead to cancer," said Dr. Neil Iyengar, associate professor of medicine at Weill Cornell Medical College and breast cancer oncologist at Memorial Sloan Kettering Cancer Center, both in New York City.

"What we put into our bodies every day can impact nearly every function of our body through hormones, fat and muscle tissue, and the delicate balance of bacteria in our gut," said Iyengar, who was not involved in the new study.

"Consuming a minimally processed, plant forward diet can help to reduce or even reverse the oxidative damage that a poor diet can cause to our body," he said in an email. "We are also starting to see some limited evidence that this type of diet — minimally processed, high fiber, and plant-forward — may even help some cancer therapies to be more effective."

Each dietary change helps

The study, published Tuesday in JAMA Network Open, analyzed diet and medical data on more than 450,000 people taking part in the European Prospective Investigation into Cancer and Nutrition, or EPIC study, which enrolled participants between 35 and 70 years from 1992 to 2000 across 23 centers in 10 countries. Three of those countries — Greece, Italy and Spain — are known for their use of the Mediterranean diet; the other seven countries are not (Denmark, France, Germany, the Netherlands, Norway, Sweden and the UK).

People who most closely adhered to the Mediterranean diet had about a 6% lower risk of developing obesity-related cancers compared to those with less adherence, the study found. While that number may appear small, the significance grows when applied to larger populations, Aguilera-Buenosvinos said. “Even a small reduction in risk at the individual level can translate into thousands of preventable cancer cases when applied at the population level,” she said. “Promoting adherence to the Mediterranean Diet as a low-cost, accessible, and sustainable dietary pattern could have a major impact on cancer prevention strategies.”

Having occasional breaks from the diet also helped keep cancer at bay, although not as much as fully embracing the Mediterranean style of eating, the study found. “In other words, it’s ok to have a ‘cheat’ meal here and there,” Iyengar said. “The diet had an even higher protective effect for smokers, which is likely because smokers are starting at a higher risk compared to non-smokers.”

Oddly, the study did not find the Mediterranean diet lowered the risk of hormone cancers, such as breast cancers, a finding that contradicts prior research.

Tips for getting started on the Mediterranean diet

Americans are used to eating ultraprocessed foods, which populate up to 70% of all grocery store shelves, so moving to a plant-based diet can appear difficult at first,

“It can be very overwhelming if you’re not used to eating the Mediterranean diet or plants in general,” Wohlford said. “Set small goals. A good first step is look at what your diet might be missing rather than focusing on removing forbidden foods.”

Add blueberries to your morning meal, munch on a handful of nuts for a snack, and eating a salad with lunch are good ways to start, she said. Then try to fill more of your dinner plate with vegetables, whole grains and legumes, and consider a piece of fruit for dessert.

“We really want a consistent diet that can be sustained over time,” Wohlford said. “Trying a Mediterranean style diet for three or four months to meet certain metrics is not necessarily going to reduce your risk of cancer. You want to adopt this type of diet consistently throughout the course of the rest of your life.”

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
The meeting is available on Zoom as well for those that can not attend in person

Upcoming Events

June 19 - Beef on a bun social, 6:00 PM at 55 plus. Must be a member

June 22- Walk for Dad around Boulevard Lake at 1:00 PM

To donate, go to Prostate Cancer Support Thunder Bay web page, click on events and click on the [Blue Link](#) to donate to Marc Breton

Aquablation shows promise for treating enlarged prostate with fewer side effects

European Association of Urology

Mar 22 2025

Using a high-pressure water jet to operate on an enlarged prostate can better preserve the ability to ejaculate, compared with standard laser surgery, finds research.

The technique has similar outcomes to laser surgery and can be performed with robot assistance, so could reduce waiting times for men with urinary problems caused by an enlarged prostate.

Initial findings of the WATER III trial are presented today [Saturday 22 March] at the 2025 European Association of Urology (EAU) Congress in Madrid.

The WATER III trial involved a water-based surgical procedure, called Aquablation, currently used for small- and medium-sized prostates. The trial assessed its safety and effectiveness for use with large prostates, compared with surgery using lasers. It also investigated adverse side effects such as erectile dysfunction and urinary incontinence.

The trial was led by researchers from the University of Bonn and involved patients across Germany and the UK.

An enlarged prostate, known as Benign Prostatic Hyperplasia (BPH), is the most common prostate condition in older men. The prevalence of BPH increases with age, affecting over 50% of men aged over 50 and rising to more than 80% in those aged over 70, with global and regional variations influenced by population aging and prostate volume differences. While non-cancerous, it can cause urinary problems and significantly impact men's health.

As the prostate gland grows, BPH can squeeze the urethra leading to a frequent need to urinate, a weak urine stream, and leaking or dribbling of urine. Where lifestyle changes or medication are not effective, men can opt for surgery. Most commonly, this involves using a wire loop or laser to break up and remove the excess prostate tissue to open up the urethra.

Retrograde ejaculation is a common side effect of BPH surgery. This is where semen is ejaculated into the bladder, rather than through the penis. While not a health risk, retrograde ejaculation can compromise sexual enjoyment and fertility.

Aquablation is a minimally invasive surgical procedure that uses a high-pressure water jet, under robotic guidance and ultrasound imaging, to locate and destroy excess prostate tissue. Standard laser surgery for BPH includes Holmium laser prostate surgery (HoLEP) and Thulium laser enucleation of the prostate (ThuLEP), which break up or vaporise excess prostate tissue.

In the trial, the researchers recruited 202 men who required surgery for their BPH. The men all had large prostates (between 80 – 180 mL). Just over half (98) of patients were assigned to undergo aquablation therapy, with the remainder (88) assigned to undergo either HoLEP or ThuLEP laser surgery.

During a three-month follow-up, men were assessed for retrograde ejaculation, incontinence and the severity of their lower urinary tract symptoms, using the International Prostate Symptom Score.

Of the 89 men in the trial who were sexually active, retrograde ejaculation was experienced by just 15% of men in the aquablation group compared with over three-quarters of men (77%) in the laser surgery group. Urinary incontinence was reported in 9% of the men in the aquablation group compared with 20% in the standard treatment group. Short-term symptom improvement and adverse events were similar across both groups.

“Our study shows significant promise for aquablation therapy as an alternative to laser-based treatments for men with larger prostates with BPH. Many men accept their symptoms as a normal part of ageing, but after surgery, these patients are very happy to get rid of their medication and symptoms. Evidence that it is also effective at preserving ejaculatory function brings added benefits for those who wish to preserve their sex lives.”

Professor Manuel Ritter, Lead Researcher, Head of Urology at the University Hospital Bonn, Germany

He continues: "The learning curve for surgeons to perform laser surgery is steep, so the ability to offer aquablation to men even with larger prostates will make treatments more accessible."

There are several surgical approaches for BPH. The most common option, transurethral resection of the prostate (TURP), uses a heated wire loop to shave away excess prostate tissue. A previous five-year trial has shown aquablation can significantly reduce the risk of retrograde ejaculation as a side effect compared with TURP.

Commenting on the trial, Professor Cosimo De Nunzio, Associate Professor of Urology at Sapienza University of Rome, Italy, and Member of the EAU Scientific Congress Office, said:

"Abnormal ejaculation is a very frequent complication following BPH surgery, and so the challenge we have is to strike a balance between treating the symptoms and preserving ejaculation function. Retrograde ejaculation is a particular concern for men who would prefer to see little to no impact on their sex lives following treatment. So, for this group of men, the results of this study show that aquablation is a very promising option.

"However, the follow-up period of three months is very short and future research would need to include patients with chronic urinary retention or urethral catheters, who often require treatment for BPH. Longer-term studies would also need to include other important measures, like a reduction in prostate-specific antigen in the blood, or an improved urine flow rate."

The trial was funded by aquablation therapy developer PROCEPT BioRobotics® and the sponsor is the University of Bonn.

Source:

[European Association of Urology](#)

MARK DOWN THIS DATE

SEPTEMBER 7TH 2025

PROSTATE CANCER

HEALTH FAIR

55 PLUS Centre

11:00 AM to 4:00 PM

Knowledgeable speakers on relevant topics

"Free PSA test" available on site

PRESIDENTS MESSAGE

It is time for some review before we take a break for the summer from our meetings and get ready for Prostate Cancer Awareness Month in September.

Our Mission and Mandate is to:

1. *Establish and maintain an awareness program for early detection of prostate cancer.*

We have worked toward this by providing education at the **Thunder Bay Indigenous Friendship Centre**, the **Rural Health Fair** in Kakabeka s Falls, the **Thunder Bay Pulp and Paper Wellness Fair**, the **Fort William First Nation Health Fair**, and at **Applebee's anniversary**.

We started off **Prostate Cancer awareness month** with **Mayor Boshcoff's** proclamation and raising our flag. City Hall and Boulevard Lake Dam were lit up in blue for the month. **The Persian Man** also had Blue Persians available. At our own 9th Men Make It Happen men's health fair, our speakers were - **Dr Green** – Colorectal Cancer – “Time to Get FIT”, **Leanne Mercer** and Genetic testing, “Do I have ‘the cancer gene’”? - Understanding the role of genetic factors in prostate cancer”, **Drs. Shahrour, Del Paggio, Shabana, Zakaria**, Prostate Cancer Diagnosis and treatment - It's not like in your father's day. **Dr Ahmed Zakaria** - How is and will AI improve urology? 62 men received vouchers for a PSA test to be done at LifeLabs.

2. *Provide support to prostate cancer survivors and their families.*

As we connect with other groups to share ideas, we build a strong community throughout the city, region, Ontario and Canada. These support us as we have our one-to-one conversations on the phone, at coffee shops, in homes and at meetings that all of us participate in.

These conversations are stimulated by our Speakers at our Monthly Meetings

We are fortunate to have local people to share their knowledge and experience with us. We welcome: **Emmanuelle Rousseau** -Strengthening your pelvic floor to increase continence, **Dave Williams** - Bone Health after chemo or radiation and a new way to test bone strength, **Olivia Moore & Dr. Nucci** - EMSELLA Pelvic Floor Therapy, **Dr. Elmansy and Dr. Zakaria** - Report back on the research, HOLEP and incidental findings of prostate cancer, and **David McConnell** “The Cancer Centre after Covid”. As not all of our lives are focused on prostate cancer, we also had 2 people do a presentation from Age Friendly Thunder Bay Elder Abuse Prevention Committee.

A big thank you to the members of our board who do our planning and then carry out our plans.

As more men are diagnosed at earlier stages of the disease, and new diagnostic procedures and treatments are developed, there is much more to learn and more men to share our stories with. Thank you for being part of our learning, supportive and sharing community.

Sincerely

Ed Long

President



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

WEB SITE:

prostatecancersupportbay.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.

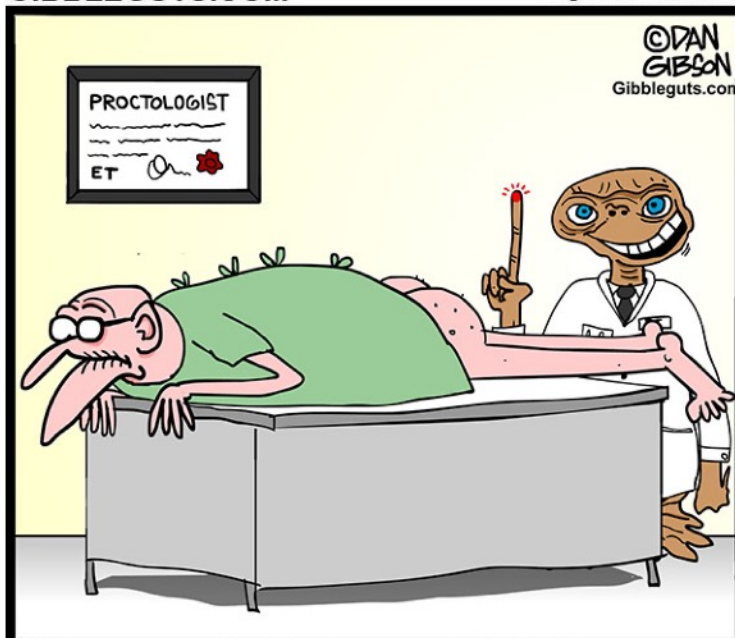
Prostate Examiner Monthly News

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

GIBBLEGUTS.COM

By Dan Gibson



Herb's first prostate exam with his new proctologist.

****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 2025. Available for men in NWO.

PCS Thunder 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