



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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MERRY CHRISTMAS

Yvonne and I would like to take this opportunity to wish everyone receiving our Kelowna Prostate Cancer Newsletter a Very Merry Christmas and a Happy New Year. This year we believe that our Christmas celebrations may be different from past years with limited guests and social distancing.

I hope that you are still enjoying the newsletter and other information that I have posted, and hopefully we will be able to get back to some type of normal with regular monthly in person meetings sometime in the new year.

If anyone has any questions or concerns that I may be able to help with, please feel free to contact me at 250-762-0607.

Exercise, Diet Can Boost Bone Health in Prostate Cancer

The following information was obtained from the Internet and originated with the *Educated Patient® Prostate Cancer Summit*, was originally published in October 2020 by *Brielle Benyon*.

Prostate Cancer Treatment can be detrimental to bone and muscle health, but an exercise regimen and healthy eating habits can help.

Androgen deprivation therapy (ADT), also known as hormone therapy, for prostate cancer can have a negative impact on bone health, but a healthy lifestyle can mitigate skeletal side effects and promote overall wellbeing.

“The foods you chose to eat and the amount of physical activity you get can impact your health, as well as your prostate cancer risk, recovery, and

Survival,” said *Dr. Cassandra N. Moore of the Mayo Clinic*, at the *CURE® Educated Patient® Prostate Cancer Summit*.

Exercise for Bone Health

ADT can increase body fat, insulin resistance, and can affect blood vessels. It can also increase a patient’s likelihood of developing diabetes, cardiovascular disease, and fractures – especially in men undergoing continuous ADT for six months or longer.

“These treatments for prostate cancer, although they benefit the cancer treatment, can have a negative impact on your body,” Moore said. “So not only does the normal aging process (affect health), but also hormone therapy can lead to a loss of muscle mass and bone density, which can possibly result in osteoporosis.”

To combat bone deterioration, it is advised that do not smoke or drink alcohol in excess, as both can individually contribute to poor bone health. Additionally, participating in weight bearing aerobic, and resistance exercises can improve bone density. Exercise also improves muscle strength, physical function, and balance in men with prostate cancer – thus reducing fall risk and improving quality of life.

“An active lifestyle through exercise is essential to bone health and men with prostate cancer on hormone therapy,” Moore said. “Both weight-bearing aerobic and resistance exercises are beneficial in improving bone density in men with normal bone density, and also in

those who are at risk of osteoporosis.”

Moore explained that exercise has been shown to have positive impacts on quality of life, fatigue, lean muscle mass, muscle strength, physical function, and balance in patients with prostate cancer.

Nutrition is Important

Getting the proper nutrients every day can also contribute to bone health, Moore emphasized.

Particularly, patients should be sure that they are getting enough calcium and vitamin D – preferably together, as vitamin D (which may improve muscle strength and function) helps the body absorb calcium and phosphorous (which are good for bone health). Data have shown that a daily dose of vitamin D (800 IU) reduced hip fractures for people aged 65 or older.

“General recommendations for while you are on hormone therapy is to have a bone mineral density test every one to two years. And it will be important to discuss with your doctor as to your particular health conditions if it is safe to increase your total dietary supplement of calcium intake to 1500 (milligrams) and vitamin D to 800 IUs a day,” Moore said.

While vitamin supplements can be beneficial, Moore said that it is best for people to get their nutrients from whole foods, including at least five servings of fresh fruits and vegetables daily, whole-grains, healthy sources of protein (such as fish, eggs, and beans), and healthy

fats, like olive oil, nuts and avocados.

Sugar-sweetened drinks, like sodas and many fruit juices and excess salt should be avoided.

"It's more important to aim for a healthy eating pattern rather than focusing on specific foods," Moore said. "We really don't have data to support any one specific food. It's just better to aim at an overall healthy eating pattern."

WITT'S WIT (ON THE LIGHTER SIDE)

4-Year-Old Grandson

I got pulled over on Rte. 11 doing 15 km over the speed limit. As the officer started walking up to my car, I rolled my windows down.

My adorable and apparently incredibly smart 4 yr. Old Grandson, started screaming from the backseat.

"It's coming out! I can't hold it any longer Grandpa! It's almost here! Grandpaaaaa!!!"

The officer is hearing him scream this and leans in the window and asks him. "What's going on here?"

My Grandson looks him Dead in the face and says, "I've got poop coming out of my bum!"

The officer started laughing! I looked like I was about to cry. He

asked how far I had to go, which was about 3 kilometers to home. He told me to drive safe and get the little guy home to do his business. He could not stop laughing.

As soon as I pulled away, I asked, "What was that all about?"

The kid smirked and said, "I saw it on YouTube, but I didn't think it would work."

I said, "So you're not pooping?"

He said, "Nope and you're not in trouble either."

The Incidence of Metastatic Prostate Cancer on the Rise -

The following is a very brief excerpt of information obtained from several sites including *HealthDay* and *the Urology Times*.

Over the past decade, the incidence of metastatic prostate cancer in the U.S. has been on the rise.

Between 2003 and 2017, the percentage of patients diagnosed with metastatic prostate cancer increased from 4% to 8%. This increase occurred even though the overall age-adjusted incidence of prostate cancer in the United States went down from 155 per 100,000 in 2003 to 105 per 100,000 in 2017.

Whys the spike in advanced prostate cancers? Dr. Anthony D'Amico, a professor of radiation

oncology at Harvard Medical School, in Boston, said the increase was an inevitable consequence of a 2012 recommendation from the U.S. Preventive Services Task Force (USPTSF) against routine use of prostate cancer screening with the prostate-specific antigen (PSA) test.

“We realized in 2012, when the USPTSF said to stop PSA screening, we would expect that somewhere around 2018 to 2019 that cancer death rates would start to go up, and that about two to three years prior to that, around 2015 to 2016, we would expect to see distant metastases [cancer that has spread] go up because they preceded death by a couple of years,” he explained.

That’s exactly what this report found, noted D’Amico.

“That trend will continue because the reversal of the recommendation against PSA screening didn’t happen until [2018], so it’s going to be a couple of years from now before we start to see a plateauing and eventually a decrease in distant disease,” he said. “We should have the PSA brought back.”

“We’re diagnosing less low-risk cases now, but there’s no problem from my perspective in bringing the PSA back, so that the patients with low-risk cancer can have the discussion whether they want treatment or not, knowing what the side effects are, and the patients who need to be cured can be cured,” D’Amico said.

Men are getting more metastatic disease and dying, he said. “But because of the reversal of PSA screening, it should come back to where it was, and

the only difference is now we’re smarter about who to treat and who not to treat,” D’Amico said.

Understanding prostate cancer rates and survival can help guide treatment and survivor care planning, Dr. David Siegel, the lead researcher from CDC’s Division of Cancer Prevention and Control.

The Kelowna Prostate Cancer Support & Awareness group does not recommend treatment modalities or physicians: However, all information is fully shared and is confidential. The information contained in this newsletter is not intended to replace the services of your health professionals regarding matters of your personal health.

The Kelowna Prostate Cancer Support & Awareness Group would like to thank Janssen - and TerSera for their support and their educational grants towards our newsletters and our support group.



UP COMING MEETING DATES FOR 2020 -

Due to the COVID-19 virus we are still NOT holding monthly Support group Meetings.

NOTE: I will be in touch with everyone whenever it is safe to get back to holding regular meetings.

NOTE: Many of our past newsletters are available for viewing and printing through our website. - www.kelownaprostate.com

- A big *Thank You to Doris at Affordable Web Design for all her work on our website.*

