



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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We hope everyone that receive our newsletter is still staying safe and haven't been affected with the COVID-19 Virus. It looks like we will be still wearing our masks until later this year. It is hard to believe but it has been one year since our last in person Support Group Meeting. We know that this has been hard on everyone, but we just have to follow the expert's advice, and as Dr. Bonny Henry says - Be Kind, Be Calm and Be Safe.

We hope that you are still enjoying this newsletter and the information contained in the publication. If anyone has any ideas or suggestions on what they would like to see please let me know and I will try to include the information in future issues.

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

Joining the Club

The following was submitted to me by Frank H. who asked me to put this into our Newsletter, expressing his personal views on going on ADT (androgen deprivation therapy) commonly known as hormone therapy.

Like many of you, I'm new to this whole Prostate Cancer Business. I was diagnosed in October 2020 and told in November I had stage T2C prostate cancer. My urologist suggested androgen deprivation therapy (ADT) and I thought about it for two weeks before saying yes.

I won't have been alone in this feeling of reluctance because first and foremost, it meant an end to my sex life. It also had connotations in today's society I didn't even remotely, want to be associated with.

And there was something else; ADT is the go-to treatment for cancer patients in palliative care. I didn't want to start off my cancer care with a methodology used when and if the treatment failed. Talk about bad optics.

Rather grumpily, I complied and am now experiencing my more feminine side; which is why I'm writing this note to you. ADT is, in most respects exactly similar to menopause in women: hot flushes, lack of sex drive, less muscle mass, weight gain, rising blood sugar.

What we're experiencing is something felt by every woman in the world at some point in her life, the dramatic falling away from her sexual nature. We men don't give much thought to menopause in our partners; I certainly didn't.

And now, here I am experiencing the same thing. I've joined that great club, all around the world, of women who have lost, or will eventually lose, their sexuality. They put up with it stoically. I guess I'll try to do the same.

So that's my message guys. Don't ask for sympathy from your wife; she's been there, or she's going there herself. Her message, which you'll get at some point, is 'join the club.' It's not the end of the world, it's part of life.

EDITOR'S NOTE: Many men in our Support Group are either on ADT or have been on ADT. The side effects of ADT vary individual to individual, however, the most common side effects include loss of libido, erectile dysfunction, hot flushes, loss of muscle mass, and fatigue. There can be many other side effects, but these seem to be the most common.

WITT'S WIT (ON THE LIGHTER SIDE) -

Marijuana Filled Firewood in Newfoundland

'Hello, is this the police office?'

'Yes. What can I do for you?'

'I'm calling to report 'bout my neighbor Jack Murphy... He's hidin' marijuana inside his firewood! Don't quite know how he gets it inside them logs, but he's hidin' it there...'

'Thank you very much for the call, sir.'

The next day, twelve St. Johns Police Officers descend on Jack's house. They search the shed where the firewood is kept.

Using axes, they bust open every piece of wood, but found no marijuana.

They sneer at Jack and left...

Shortly, the phone rings at Jack's house.

'Hey, Jack! This here's Floyd... Did the Police come?'

'Yeah!'

'Did they chop your firewood?'

'Yep!'

'Happy Birthday buddy!'

Newfies know how to get'er done!!!!

Risk of Prostate Cancer May Decrease with Mediterranean Diet:

The following is from a recent study from the University of Texas MD Anderson Cancer Centre that found that men with localized prostate cancer on active surveillance might benefit from following a Mediterranean diet.

Men with localized prostate cancer who reported a baseline dietary pattern that more closely follows the key principles of a Mediterranean-style diet fared better over the course of their disease, suggest findings of a new study.

It is important for cancer patients to eat right and get adequate nutrition. The two diets known to be associated with longevity and reduced risks for prostate cancer are the traditional Japanese diet and a Southern Mediterranean diet. Now researchers from the University of Texas MD Anderson Cancer Center found that men with localized prostate cancer (PCa) who reported a baseline dietary pattern that more closely follows the key principals of a Mediterranean diet fared better over the course of their disease.

These findings were published in the journal *Cancer* in a paper titled – “Adherence to the Mediterranean diet and Grade Group Progression in Localized Prostate Cancer: An Active Surveillance Cohort.”

“...We aimed to investigate the association between adherence to the Mediterranean diet and clinical disease progression in a group of patients with localized PCa carefully followed on a prospective clinical protocol,” the

researchers wrote. “We hypothesized that closer adherence to the principles of the Mediterranean diet or higher Mediterranean diet scores at baseline enrollment would be associated with improved grade group (GG) progression-free survival (PFS). Considering that other pharmacologic interventions in these patients may either mask or synergize with effects of the Mediterranean diet score, we further explored the joint or modifying effects of statin use and diabetes status on the relationship between the Mediterranean diet score and the risk of progression.

“Men with prostate cancer are motivated to find a way to impact the advancement of their disease and improve their quality of life,” said Justin Gregg, M.D., assistant professor of Urology and lead author of the study published January 2021 in *Cancer*. “A Mediterranean diet is non-invasive, good for overall health, and as shown in this study, has the potential to effect the progression of their cancer.”

The study, whose largest number of participants were white, also found that the effect of a Mediterranean diet was more pronounced in African American participants and others who self-identified as non-white. These findings are significant as the rate of prostate cancer diagnosis is more than 50% higher in African American men, who also have a higher risk of prostate cancer death and disease progression.

“The Mediterranean diet consistently has been linked to a lower risk of cancer, cardiovascular disease and mortality. This study in men with early-stage prostate cancer gets us another step closer to providing

evidence-based dietary recommendations to optimize outcomes in cancer patients, who along with their families, have many questions in this area,” said Carrie Daniel-MacDougall, Ph.D., associate professor of Epidemiology and senior author of the study.

The study followed 410 men on an active surveillance protocol with Gleason group 1 or 2 localized prostate cancer. All study participants underwent a confirmatory biopsy at the beginning of the study and were evaluated every six months through clinical exam and laboratory study of serum antigen PSA and testosterone.

The participants completed a 170-item baseline food frequency questionnaire, and Mediterranean diet score was calculated for each participant across nine energy-adjusted food groups. The participants were then divided into three groups of high, medium, and low adherence to the diet.

After adjustments for age and clinical characteristics researchers saw a significant association between higher baseline diet score and lower risk of cancer grade progression. Further research is needed to see if the same results can be seen in a large diverse group and those with high-risk prostate cancer.

Men whose diets included more fruits, vegetables, legumes, grains, and fish are less likely to have their cancer progress to a point where active treatment was necessary. At a median follow-up of 36 months, that for every 1-point increase in Mediterranean diet score participants had a 12% lower risk

of disease progression. “We are hopeful that these results, paired with additional research and future validation, will encourage patients to adapt to a healthy lifestyle.” Gregg said.

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.*

