



# KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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**W**e had a great guest speaker at our meeting in January. Melanie Morrissette who is both a personal trainer as well as a fitness trainer, runs the prostate cancer SIRvivor program in Kelowna that takes place at the Parkinson Rec. Centre. This program runs Mondays and Thursdays from 3:00 P.M. to 4:00 P.M. She gave everyone an overview of the program and had everyone at the meeting do some chair exercises.

The SIRvivor exercise program is a specialized program for men who have been diagnosed with prostate cancer, in any stage of treatment or recovery and at any fitness level, ability and background. The new program focuses largely on strength development through resistance-based exercise helping you improve muscle endurance. A new program will be starting in Kelowna on February 22 and this program will run until March 28, the cost for this program is \$110.00. For information on the program email Melanie at [info@abstractfitness.ca](mailto:info@abstractfitness.ca)

Yvonne and I would like to take this opportunity to wish everyone a Happy Valentines Day on February 14<sup>th</sup>.

## **Doctors' Warning to ignore quack ads on social media promising 'miracle cures'**

The following is an excerpt of an article published in the *Daily Mail UK* on December 2, 2023, by Jo Macfarlane. **Note:** This information is from the U.K. but I feel it still applies to us, this article is relating to problems in the prostate not necessarily prostate cancer.

Prostate problems? Follow this 'daily hack' and they'll soon be 'a thing of the past'. No more getting up at night to pee. And get a rockstar libido in seven days to boot.

**T**hese staggering claims – and many more – were all made in dozens of advertisements in The Mail found circulating on social media by companies selling ‘powerful and natural’ remedies for prostate trouble.

The ‘cures’ they are promoting are all, in fact, multi-vitamin pills, or liquid drops – food supplements containing a range of nutrients such as zinc, selenium, iodine, and lycopene from tomatoes.

And if the claims were true, they would outweigh anything that modern medicine has so far been unable to achieve.

Unsurprisingly, health experts have urged caution over the ads, saying that there is no good scientific evidence the products work.

Consultant urologic surgeon Dr. Neil Barber says: “Lots of these supplements or suggestions are based on minerals or antioxidants which, in theory are thought to be good for you. But there’s no high-quality data to suggest that any form of supplementation has any impact on prostate health. “I was involved in investigating lycopene, but we found no clinically relevant benefit.”

In one advertisement, a man claims his urine flow is ‘stronger and easier’ after taking a supplement, and he doesn’t get up as much at night to go to the toilet. An ad. for another supplement boasts it is ‘unlike anything you have ever tried’ and says it is ‘clinically proven’ to

support the health of the prostate and urinary system.

This supplement contains kelp, a palm extract called saw palmetto and a mineral from sedimentary rock.

And another advertisement for a product that says it provides relief from enlarged prostate symptoms claims achievable results in days.

The products all feature glowing testimonials from grateful men who claim to have restored their libido or stopped being ‘tied to the toilet’. But on independent review sites some men claim the products led to ‘no relief whatsoever’ and warn ‘do not waste your money’.

It isn’t only product advertisements – self-appointed experts on Instagram also attract thousands of likes with their prostate advice. One claims that eating tomatoes just twice a week could reduce an enlarged prostate by 20 percent, an effect ‘more than any other food’. He also claims that a small handful of pumpkin seeds can make the prostate shrink and stop you having to get up at night to go to the toilet. Another, a ‘holistic lifestyle and wellness specialist’ on Instagram, recommends ejaculating less and taking herbal supplements to protect the health of the prostate. Meanwhile, a ‘sexologist’ advocates undergoing a ‘prostate massage’ each month.

Dr. Barber points out that most supplements aren’t regulated, and their potency can vary. Some

may also interfere with medication. In addition, some supplements could be risky. Vitamin E has been shown in some studies to increase a man's risk of prostate cancer. A trial study featuring people taking it every day for five years found a 17 per cent increase in the number of diagnoses.

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## WITT'S WIT (ON THE LIGHTER SIDE) -

A recent study found that the average golfer walks about 900 miles a year. Another study found golfers drink, on average, 22 gallons of alcohol a year, which means, on average, golfers get about 41 miles per gallon. Kind of makes you proud.

I almost feel like a hybrid.

### **Changing the Game for Prostate Cancer –**

The following is from an article that was in the Winter 2023 issue of the Breakthrough magazine produced by BC Cancer. I have added some additional information in italics.

“**T**he saying, ‘Never doubt that a small group of thoughtful committed individuals can change the world. In fact, it’s the only thing that ever has,’ likely wasn’t referring to a charity golf tournament,” says BC Cancer Foundation President & CEO Sara Roth. “And yet, that’s exactly what Country Meadows Senior Men’s Golf Club has done in their 23 years of incredible support.”

Richmond Country Meadows Charity Golf Classic has raised more than \$1.6 million to fuel BC Cancer’s Dr. Marianne Sadar’s Groundbreaking prostate cancer research – including the discovery of a new drug, showing great promise in clinical trial studies.

Back in 1999, Dr Sadar discovered that an androgen receptor might be the driver of prostate cancer growth in patients who had undergone treatment to reduce testosterone, (*androgen deprivation therapy (ADT) hormone therapy*) which kept the disease at bay initially. Thanks to the Country Meadows’ team, who leapt in with early investment, she proved her theory and this breakthrough was covered by media around the world.

“Calls came from the U.K., the U.S., and other countries. Patients came to my door. It was bittersweet because now we had an idea about what was causing the cancer to grow but I needed to test about 60,000 drugs to find one or two potential candidates to develop further. This would take my lab 30 years, for which would be impossible to find funding. Little did I know that Country Meadows would make my dream a reality,” says Dr. Sadar.

The Golf Charity purchased state-of-the-art robotics for Dr. Sadar’s lab that accelerated the drug discovery process to just a few years.

In 2010, her research revealed a new class of drugs that could help patients with advanced prostate cancer. Five years later, the first drug to be discovered and developed at BC Cancer for clinical trial went into testing for patients whose cancer had evaded other treatments.

*Out of the 60,000 candidates that were tested in her lab at BC Cancer the one that proved to be the best in killing prostate cancer cells was one that was originally derived from a sea sponge found in the South Pacific. Once this sea sponge was shown to work in the lab it then had to be synthesized and retested in the lab to make sure it worked as well as the original sea-sponge and prior to it being used to produce the drug that is presently being used in the trial studies today.*

The drug showed signs of working and an even better, a second-generation version was developed in 2020 and is currently in clinical trials.

“Country Meadows dedication, passion, and desire to make a difference has accelerated my research by decades. Without their support the discovery of this new drug would not have happened. If this potentially life-saving treatment is successful it will be thanks to them, and the game of golf.”

In 2023 the Country Meadows Golf Classic was able to donate \$58,500.00 to Dr. Sadar’s research.

*Dr. Sadar’s current drug that is under clinical trial studies is called EPI-7386. In trial studies this drug is being used alone as well with other drugs that are used to treat advanced prostate cancer including enzalutamide (Xtandi) and others.*

*As you can see from this article it takes many years for a new drug to be developed and then be approved to treat cancer. Dr. Sadar’s research first began in 1999 and this latest version of her drug was approved for phase 1 & 2 trial studies in 2023.*

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 educational grants that go towards our newsletters and our support group.



### **UP COMING MEETING DATES FOR 2023 – 2024**

**NOTE: - March 9 - April 13 – May 11 – June 8**

#### **Meeting Location:**

Our meetings take place in the Harvest Room at Trinity Church located at the corner of Springfield Road and Spall Road. Please enter through the South Entrance off the main parking lot and follow the signs upstairs to the Harvest Room. Our meetings begin at 9:00 A.M. and the doors open at 8:30 A.M. There is elevator access if needed.

**NOTE:** Many of our past newsletters are available for viewing and printing through our website. – [www.kelownaprostate.com](http://www.kelownaprostate.com)

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