



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

Contact information – Email – sbren@telus.net

Phone – 250-762-0607

www.kelownaprostate.com

Publisher/Editor – Bren Witt

VOLUME 22 - ISSUE 7 - (NUMBER 251) - MARCH 2020

The Kelowna Prostate Cancer Support & Awareness group had a great turnout to our February meeting, where we had two great speakers. Firstly **Madison Tardif**, the Coordinator of the Prostate Cancer Supportive Care Program at BC Cancer Kelowna. She gave us a very interesting presentation on the program and explained the seven modules in the program and the majority of them are available locally. The seven modules include *Introduction to Prostate Cancer and the Primary Treatment Options*- This introductory program has presentations from both a Urologist and a Radiation Oncologist. The other modules include *Managing the Impact of Prostate Cancer on Sexual Function and Intimacy*, *Lifestyle management*, *Exercise*, *Recognition & Management of Treatment-Related Side Effects of Androgen Deprivation Therapy (ADT)*, *Pelvic Floor Physiotherapy for Urinary Incontinence* (not currently available in Kelowna but available online) and *Counselling Services*.

The second speaker we had at the meeting was **Nicole Hudson**, a Registered Nurse with a specialty in Oncology, who has completed specialized training focused on prostate cancer, sexual health and intimacy. She gave us a very detailed PowerPoint presentation on sexual health and intimacy. Some of the information provided was - There are a number of factors that can affect sexual desire, both physical and emotional including - Stress, Anxiety or Depression, Sleep, Relationship Stressors, Body Image, Erectile Dysfunction, Pain, Medication and Testosterone. *Sexual Function - Orgasm & Ejaculation* - Orgasm is the pleasurable sensation typically achieved after sexual stimulation. Ejaculation involves producing semen beyond the penis. *Resolution & Refractory Period* - After orgasm and ejaculation the erection subsides and there is a recovery period where another erection or orgasm is not possible for a period of time.

Timing of Erectile Dysfunction Following - Surgery - Immediate impact on erectile function, then some degree of recovery after 6 months up to 2 years (Minimal improvement beyond 4 years). **External Beam Radiation Therapy** - Generally immediate effect followed by some recovery between 6-12 months, then age related decline. **Brachytherapy** - Immediate impact on erectile function, with some recovery before 6 months followed by age related decline. - Erectile function more greatly affected in those also on ADT. Most important factors impacting erectile recovery: Age at time of treatment (younger = better recovery). Both presentations were excellent and well received by all present.

1.5 Million Canadian Men over 50 Now at Unnecessary Risk for Prostate Cancer -

The following information was obtained from the *Prostate Cancer Canada website* and was originally published on September 26, 2019.

New findings that were released in September 26, 2019 in a Prostate Cancer Canada nationwide survey suggest 1.5 million Canadian men 50+ are not seeking early prostate cancer testing through the prostate-specific antigen (PSA) blood test. The survey, *Men At Risk: The Prostate Cancer Testing Gap*, shows while awareness about the importance of early detection is high, Canadian men 50+ are reluctant to be tested.

"The gap between awareness and action means many Canadian men are putting themselves at risk for late prostate cancer detection - when the chance of survival decreases," says *Dr. Rob Hamilton*, Prostate Cancer Canada spokesperson and Urologic Oncologist, Princess Margaret Cancer Centre. "What's even more troubling is almost one-third of men who know their risk is higher because of their age, are not taking the initiative to see their doctors and get tested."

Prostate Cancer Canada recommends starting PSA testing at age 50 for most men and at age 45 for men who are at an increased risk. When detected early, the survival rate for prostate cancer is close to 100% after five years; detected late,

it drops to 28%, which means three of four men will die.

Among the key findings of the survey:

Canadian men 50+ are in prostate cancer denial

- An estimated 1 in 4 (1.5 million) Canadian men over 50 are not seeking early prostate cancer testing through the PSA blood test even though:
- 75% of men 50+ know that prostate cancer is the most common cancer in men
- 72% know that survival is close to 100 percent when detected early

Canadian men and women are well aware of prostate cancer and its health effects

- Almost one in two (47%) know someone who has been diagnosed with prostate cancer: a family member, friend or colleague.
- One in five (21%) have been closely affected by prostate cancer, meaning they have been diagnosed or have a father or brother who has been diagnosed.
- 72% know that prostate cancer is the most common cancer among Canadian men
- 68% know that survival is close to 100% if diagnosed early
- One-third (34%) know that 50-59 years old is the

recommended age for a first PSA test for most men

The patient perspective

Chris Watson could have benefited from early prostate cancer testing. When the Mississauga, Ontario native turned 50 in 2010, he asked his family doctor for a PSA test; however, the doctor did not feel it was necessary. Two years later, Mr. Watson had the PSA test as part of an insurance exam. His PSA levels were high, and a biopsy came back positive for prostate cancer. After following a course of treatment, which included surgery, Mr. Watson is now leading a full life.

Unfortunately, there are many Canadian men whose disease is caught too late. Kate Black's father was one of them - after delaying because his overall health was good, he was diagnosed with late-stage prostate cancer and Kate lost her dad soon after. She is now determined that no other daughter lose their dad to this disease and encourages men to speak with their doctor about whether the PSA test is right for them.

"This gap between knowledge and action is why Prostate Cancer Canada continues to push for men and their families to talk about the risks of prostate cancer and the importance of early detection with their health care professional," says Peter Coleridge, President and CEO, Prostate Cancer Canada. "Men need to take action to prevent them from dying of a largely treatable cancer."

WITT'S WIT (ON THE LIGHTER SIDE) -

Never sing in the shower.

Singing leads to dancing, dancing leads to slipping and slipping leads to paramedics seeing you naked, so remember don't sing.

A New Study Sheds Doubt on Impact of Eating Veggies on Prostate Cancer -

The following information was obtained from several Internet sites including the *Journal of the American Medical Association* - (JAMA) -

This new study led by researchers at Roswell Park Comprehensive Cancer Centre in Buffalo and the University of California, San Diego, shows that eating more produce won't cure or stop the disease.

The study, which was published in the *Journal of the American Medical Association*, (JAMA) looked at 478 American men between the ages of 50 and 80 who had been diagnosed with biopsy-confirmed early stage prostate cancer.

Researchers measured PSA levels and took prostate cancer biopsies before and after the study. Half the men were given written information about diet and prostate cancer. The other half of the participants were enrolled in a behavioral counselling program, with each assigned a nutritional counsellor who, with repeated telephone calls, encouraged the men to eat at least seven daily servings of fruits and vegetables.

Blood tests taken from both groups showed that those counselled had higher carotenoid levels, a healthy micronutrient more prominent in plants that helps with overall health. All of the participants in the study were monitored for two years.

Previous studies suggest that foods with high carotenoids have antioxidant properties, which can protect men from prostate cancer. Some of those foods include leafy greens, broccoli, cabbage, carrots and tomatoes.

"Patients assigned to the intervention part of the study increased their intake of fruits, and vegetables to a statistically significant degree, and significantly more than the control patients did," said *James Marshall, PhD* from Roswell Park. "These findings were supported by significant changes in the blood carotenoid levels of patients. Nonetheless, these data failed to support prevailing assertions in clinical guidelines and the popular media that diets high in micronutrient-rich vegetables improve cancer-specific outcomes among prostate cancer survivors."

"Despite prevailing scientific and public opinion, eating more vegetables will not alter the course of prostate cancer. It will not to the best of our knowledge, suppress or cure it," said *Dr. J. Kellogg Parsons*, professor of urology at the University California, San Diego School of Medicine and Moores Cancer Center. "However, while eating a healthy diet rich in fruits and vegetables and getting more exercise may not cure cancer, it may keep the body stronger and healthier, which may help patients tolerate cancer treatments."

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 -

April 4th- Please Note Change of Date for this Meeting because of the Easter Weekend. May 9th - June 13th - Note: No Meetings July & August. back on Sept. 12th

Meeting Location:

Our meetings take place in the Harvest Room at the Trinity Baptist Church located at the corner of Springfield Rd. and Spall Rd. enter through the South Entrance off the main parking lot and follow the signs upstairs to the Harvest Room. The meeting begins at 9:00 A.M. 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 -

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

