



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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As we all know we have been unable to hold our regular monthly face to face Kelowna Prostate Cancer Support & Awareness Group meetings. However, I have taken part in several virtual Zoom meetings that have originated from the Vancouver and the lower mainland. These meetings have been extremely educational and have featured a variety of speakers on various topics relating to prostate cancer. I send the information out to our group and would suggest that you should try signing in.

One of these meetings featured **Dr. Michael Cox, Ph.D.** from the Dept. Urological Sciences University of British Columbia, The Vancouver Prostate Centre, Vancouver Coastal Health Research Centre. His PowerPoint presentation was extremely interesting and informative. His presentation was entitled ‘Emerging Opportunities for Management of Advanced Prostate Cancer’. He presented everyone with the history of Androgen Deprivation Therapy (ADT) as well as brought everyone up to date with some of the newer drugs that are being used to treat advanced prostate cancer.

One of his slides also showed the incidence rate in men with a Family History of prostate cancer. For example if you have had a brother (or Father) diagnosed with prostate cancer your risk is 2X, a Brother and Father, or two brothers the risk is now 5X, or two brothers and your father or three brothers the risk has jumped to 11X. Therefore, it is extremely important that your sons are getting checked for prostate cancer.

Unfortunately, with COVID-19 still with us we still do not know when we will be able to hold regular face to face meetings. However, as Dr. Bonnie Henry continues to ask us all – ***To Be Kind, To Be Calm and to Be Safe.*** I hope we all are following her guidelines.

September is Prostate Cancer Awareness Month in Canada. This is a great opportunity for you to share your personal story with others, and to make sure your family and friends are getting tested, and that the PSA is a part of their medical blood work. We all know the value of the PSA.

Don Narcisse has Upper Hand in His Battle with Prostate Cancer -

I know that many people in our Support Group and in Kelowna are originally from Saskatchewan and follow football. I thought that the following may be of interest to you. This is an excerpt of an article that appeared in the *Regina Leader Post* by *Murray McCormick*.

How far has Don Narcisse progressed since being diagnosed with prostate cancer in 2018? "I don't even think about it and that's how I describe it now," the former Saskatchewan Roughriders receiver said from his home in Manvel Tex.

"Going through the whole process was the hardest part of anything. It doesn't matter what stage you have, it's just the process of going to the hospital every day for 39 days. (Note: Don had external beam radiotherapy) Other than that, I'm good for right now."

Narcisse, who was inducted into the Riders' Plaza of Honour in 2003 and the Canadian Football Hall of Fame in 2010, was diagnosed with Stage 1 prostate cancer on Jan. 17, 2018. He underwent radiation to deal with the cancer. His last treatment took place on July 15, 2019.

"I've been to the doctor maybe once or twice since and it was gone" said Narcisse who played for the Roughriders from 1987 to 1999. "Mine was really small, anyway, so it wasn't large or anything like that. You have got some guys and their prostate was kind of large."

Narcisse was made aware of issues with his prostate after undergoing a blood test during a routine check-up. He was told that the prostate-specific antigen (PSA) level in his blood was a little high, so his doctor scheduled a follow-up blood test when he was in Houston for Christmas.

The follow-up indicated that Narcisse's PSA level had increased. After undergoing a biopsy, he was diagnosed with Stage 1 prostate cancer.

"They caught it early, which was a good thing," he said.

Just days after being diagnosed, he posted the information on Facebook.

"Posting that on Facebook was the best thing," said Narcisse, 55. "I had so many people hitting me up on Facebook that had it and they told me everything about it. Then I was able to help a lot of other people. They wanted to know how you found out and stuff like that, but I told them they have to have that blood test."

His battle with cancer and other life challenges are to be featured in a book, aptly titled the *Don Narcisse Story*.

"It's just my life story, said Narcisse, who is from Port Arthur, Texas. Narcisse is working on the book with Regina freelance writers *Tony Player and Paul Spasoff*.

Narcisse's story is about overcoming challenges. He overcame asthma and a heart murmur as a youngster and despite being an undersized receiver, landed a scholarship at Texas Southern University.

He eventually found his way to Regina, where he surpassed 1,000 receiving yards in eight of his 13 seasons with the Green and White. He also caught a pass in each of his 216 CFL regular-season games.

Initial plans for the book were for pre-sales in September, followed by the official launch at the 2020 Grey Cup Game in Regina. The COVID-19 pandemic has delayed the book launch until November.

NOTE: I have personally met Don and have spoken to him on several occasions following his diagnosis and treatment for prostate cancer.

WITT'S WIT (ON THE LIGHTER SIDE)

Three quickies!

Don't bother walking a mile in my shoes, that would be boring.

Spend 30 seconds in my head, that'll freak you right out.

When we're young, we sneak out of our house to go to parties.

When we're old, we sneak out of parties to go home.

At the store was an X on the floor by the register for me to stand.

I've seen too many Road Runner cartoons to fall for that crap!

Strategies to Reduce Radiotherapy Side Effects and Treatment Time -

On June 4, 2020 Dr. Abe Alexander of BC Cancer - Victoria presented a Virtual ZOOM presentation to the Vancouver Prostate Cancer Support Group - The following is an excerpt of some of the information he presented.

Dr. Alexander's presentation mainly focused on a couple of things relating to external beam radiation of Prostate Cancer.

He mentioned that unfortunately the rectum sits against the prostate and part of it is within the high dose radiation field. Improvement in technology have reduced the size of the high dose region, however, it is impossible to eliminate high dose to the rectum, therefore, 10-22% have significant long term bowel side effects that affect quality of life.

BC Cancer- Victoria is using a novel product *Space OAR Hydrogel* to move the rectum away from the prostate, and out of the high dose region. This product is done as an outpatient procedure under local anaesthetic about 3 weeks prior to starting radiotherapy, and the gel remains stable for 3-4 months then slowly dissolves.

BC Cancer-Victoria have treated approximately 80 patients with the Space OAR Hydrogel and 90% report either 'no change' or 'improved' bowel function after radiation. At the present time BC Cancer-Victoria is the only cancer centre in BC using this technique future plans are to expand the use of Space OAR Hydrogel to other BC Cancer sites, and to expand the use to a wider variety of radiation techniques.

Clinical Trial Results:

- Reduced rate of long-term bowel toxicity: 10% vs 2%
- Moderate to severe effects: 6% vs 0%
- Reduced rate of urinary incontinence 15% vs 4%

No detrimental effects on disease control

The other topic Dr. Alexander spoke on was *Stereotactic ablative Radiotherapy* also known as (SABR). This is a relatively novel form of high precision prostate external beam radiotherapy that delivers treatment in a small number of large dose session or fractions (<5). Some of the advantages of SABR may be convenience, may have superior disease control and may have more favorable side effect profile.

He mentioned that because each treatment (or fraction) delivers a much larger sized dose than conventional EBRT (external beam radiotherapy), SABR must be delivered in a very precise and accurate fashion, with the radiation tightly focused on the prostate, in order to avoid damage to normal tissues.

What is involved with SABR delivery?

- 1.) - Accurate patient setup and targeting of the prostate on each day of treatment. (Aim correctly)
- 2.) - Highly conformal radiation delivery. (Radiation highly focused on target)
- 3.) Minimize patient/prostate motion during radiation delivery. (Make sure we hit the target)

The end result is a highly focused, accurate, precise radiation treatment that can be delivered in 5 sessions, each lasting only a few minutes.

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 again.

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.*

