



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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Tara Daniels was the guest speaker at our meeting in May. Tara is the Clinical Counsellor at Inspire Health in Kelowna and has been with Inspire Health in Kelowna since 2018. Inspire Health offers support services for cancer and is aimed at providing increase in quality of life.

Tara is honored to offer individual counselling support with an opportunity to explore the impact of a cancer experience on one’s thoughts, emotions, and relationships with self and others.

Some of the classes offered by Inspire Health are online and some of these services include – Yoga, Strength and Movement, Weekly Meditation, Creativity and Support, they also offer Nutrition Workshops that are presented by Registered Dietitians. There is an In-Person Walking Group in Kelowna that meets every Thursday morning.

Inspire health is a non-profit organization that is partially funded by the province and is recognized by BC Cancer.

Prostate Cancer Making Informed Choices about Prostate Cancer

The following is from the American Urological Association, the Cleveland Clinic and others -

Prostate cancer can often be found with early testing (screening) for PSA levels in a man’s blood. The PSA test is a simple blood test that measures a protein in your blood called the prostate-specific antigen (PSA). Only the prostate and prostate cancers make PSA.

The PSA test is used to look for changes in the way the prostate makes PSA. It is used to stage and grade cancer, plan treatment and track how well treatment is going. A rapid rise in PSA may be a sign something is wrong.

Some men may fall into a higher risk category, which may mean early PSA screening should be considered. If you fall into any of the groups below, it is of great value to talk to your health care team about the benefits and risks of screening for prostate cancer and if screening is right for you.

Prostate cancer is generally a slow growing malignancy in the male reproductive gland that presents no early symptoms, making screening essential for men over 50 (or 40-45 for high-risk). However, in some cases prostate cancer may be a rapid growing malignancy.

Symptoms of Prostate Cancer –

Early-stage prostate cancer often causes no symptoms, however, as it progresses, signs may include:

Urinary issues: Trouble starting/stopping, slow stream, increased frequency, or dribbling.

Pain: Frequent pain in the lower back, hips, belly, or pelvis.

Other Signs: Painful ejaculation, weight loss, and fatigue.

Risk Factors –

Age: – Risk increases after age 65.

Family History/Genetics: Family history of prostate cancer and genetic factors play a significant role.

Race: African American men and Caribbean men of African ancestry.

The PSA test is of great value in finding possible prostate issues before symptoms appear. It helps evaluate the likelihood of prostate cancer and guides decisions on whether to monitor, biopsy or treat.

Since PSA levels can rise due to non-cancerous conditions, it is of great value to discuss results with your health care team to determine the next steps.

What Do PSA Results Mean?

Normal PSA Levels: Levels below 4.0 ng/mL, but can vary by age, and family history. This may mean no urgent concern, which allows for routine monitoring.

Elevated PSA Levels: Levels above 4.0 ng/mL may mean prostate cancer, benign prostatic hyperplasia (BPH) or prostatitis. This can lead to further testing, such as biopsies or imaging.

High PSA Levels: Levels above 10 mg/mL may suggest a higher likelihood of prostate cancer, which needs further testing. This may prompt talks about treatment options, including surgery, radiation or active surveillance.

Tracking Treatment Success with PSA

After Surgery (Prostatectomy): PSA should drop to a very low or undetectable levels within weeks. If PSA remains detectable, it may need to be monitored for longer.

After Radiation Therapy: PSA levels may slowly decline but can rise and fall. A sudden rise may mean that the cancer has come back.

During Active Surveillance: Regular PSA tests to help determine if cancer is growing and whether treatment is needed.

Editor's Note: I personally recommend that a person never stops having PSA tests as it is possible that the cancer can recur many years following treatment.

Why PSA Monitoring Matters:

Early Detection of Recurrence: Rising PSA levels can signal that cancer is

returning, which would result in more urgent treatment.

Treatment Success: Stable or declining PSA levels suggest successful treatment.

Guiding Future Decisions: Helps patients and their health care team decide on other treatment options or changes to the current plan.

Witt's Wit (On the Lighter Side)



Canadian Medical Association

The following is a brief excerpt of information that was published on April 13, 2026.

Results: In Canada, an estimated 254,100 people will be diagnosed with cancer and 87,900 will die from cancer in 2026. Lung, Breast, **Prostate**, and Colorectal cancers are projected to account for 47% of all new cases of cancer. The age-standardized incidence (ASIR) for all cancers combined is anticipated to be 16% higher among males than females.

Interpretation: Age-standardized cancer incidence and mortality rates are projected to decline in Canada; however, the numbers of new cases and deaths are expected to remain at high levels, given the growing and aging population, with differential impacts expected by sex. These findings suggest that continued investment and diligence are needed to continue the major progress in cancer control in the face of changing population demographics.

Cancer surveillance reports focus on specific rates of population estimates, but these cannot capture the large impacts that cancer has on Canadian society. Estimates from the Canadian Cancer Statistics Advisory Committee suggest that 42% of all people in Canada will receive a cancer diagnosis in their lifetime.

Results –

Incidence rates 2026 –

In 2026, 254,100 new cancer cases are projected to be diagnosed in Canada, Lung 32,900, breast 32,700 Prostate 29,300 and colorectal 25,300 are expected to remain the most commonly diagnosed cancers, representing 47% of all new cases diagnosed in 2026. Among males the most commonly diagnosed are expected to be prostate (23%), lung (12%), colorectal (11%), and bladder (8%). With women breast cancer is the most commonly diagnosed accounting for (26%) of all new cancers.

Mortality rates 2026 –

In 2026 87,900 people in Canada are expected to die from cancer of which prostate cancer accounts for 5,300 of these deaths, which is 11 percent of cancer deaths.

Joe Biden's Prostate Cancer Went Undetected Before Spreading

The following is a brief excerpt of an article by Katie Mather from the Huffington Post on June 2, 2026

Doctors followed standard testing guidelines, which recommend discontinuing screening for men over 70 years old.

Former first lady Jill Biden said she noticed her husband's symptoms almost immediately. He kept needing to wake up and get out of bed in the middle of the night to use the bathroom during his last year in the White house. But doctors weren't alarmed – and they were right not to be, since symptoms are very common in aging men.

Except, former president Joe Biden's symptoms indicated something worse: Stage IV prostate cancer.

Jill Biden stated that "He's doing OK," she said in an interview, adding that if her husband had been diagnosed with "just" prostate cancer, "that can be cured." But since the cancer has metastasized to his bones, it "makes it a whole different story." "Joe will live with cancer till the rest of his life," she said.

Joe Biden's office said last May that the former President's cancer, is an aggressive cancer with a Gleason score of 9.

Joe Biden's last reported PSA screening test was in 2014 when he was 72 years old. There is no evidence that he, his family or doctors were aware he had prostate cancer until his diagnosis.

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 - 2025 – 2026

Fall 2026 meetings yet to be determined

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

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