



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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VOLUME 27 – ISSUE 9 – (NUMBER 303) – MAY 2025

We had a great Kelowna Prostate Cancer Support Group Meeting in April when we discussed Androgen Deprivation Therapy (ADT, Hormone Therapy) and some of the possible side effects from the treatments.

For all those from the Interior of B.C. the KGH Foundation in Kelowna recently announced that Kelowna will be getting a DaVinci Surgical Robot. This is great news for Kelowna as I know that two of our urologists in Kelowna have had surgical experience using the DaVinci robot and have been wanting one in Kelowna for several years. I believe that this will be the fourth DaVinci Robot in B.C. with Vancouver and Surrey each having a surgical robot and Victoria recently acquiring one. It is expected that our robot will be in place sometime in November. I have more information on the surgical robot on page 4 of this newsletter. I believe with the acquisition of this surgical robot it will put KGH in the same league as the big major hospitals in Canada and elsewhere.

If you wish me to remove your name, email address etc. please let me know and I will remove your contact information.

Benefits of a Healthy Lifestyle in Men at High Risk of Prostate Cancer

The following is from the Prostate Cancer Foundation (U.S.) that was published August 7, 2025

Can a healthy lifestyle compensate for genetic risk of prostate cancer? PCCF-funded research suggests that it can.

As the saying goes about cancer and other diseases. “Genetics loads the gun, and environmental pulls the trigger.” Some men are at higher risk of prostate cancer because of the genes inherited from their parents. That can’t be changed. For prostate cancer, “environment” can include lifestyle factors like smoking, not exercising, and an unhealthy diet.

The good news is men may be able to offset their genetic risk for prostate cancer with a healthy lifestyle. This was shown in a study led by PCF Young Investigator Anna Plym, PhD, of the Harvard T. H. Chan School of Public Health and the Karolinska Institute published in the journal *European Urology*.

First the research team applied a “polygenetic risk score” – a score previously developed by PCF-funded team led by Christopher Haiman, to calculate a person’s prostate cancer lifetime risk based on their genetics. This score was applied to more than 12,000 men who had been followed for over 20 years. The researchers found that men with the highest polygenic risk score were more than 5 times as likely to be diagnosed with prostate cancer, and more than 4 times more likely to die from prostate cancer, than men with the lowest polygenic risk score.

The team also had information about lifestyle, and calculated a “lifestyle score” based on six factors: not smoking, BMI 30, exercising, high intake of tomato products, high intake of fatty fish, and low intake of processed meat. More points the better, so 4-6 points was defined as a “healthy lifestyle.”

Then, researchers looked at the relationship between prostate cancer genetic risk score and lifestyle score. Among men with the greatest potential (based on genetics) to develop lethal prostate cancer, a “Healthy lifestyle” was protective – those with a healthy lifestyle lowered their actual risk of lethal prostate cancer by 45% compared to men with the least healthy lifestyle. However, a healthy

lifestyle did not lower the risk of prostate cancer overall.

What can men take away from this? You can’t change your genes, but you can change what you eat and how much you exercise. While more research is needed, this study suggests that in men a high genetic risk for lethal prostate cancer, a healthy lifestyle may lower that risk. Even if you don’t know your prostate cancer genetic risk – certainly most men do not! – there’s plenty of evidence that quitting smoking, increasing exercise and eating more brightly-colored vegetables improves your heart health and reduces your risk of cancer and other chronic diseases.

More on Nutrition –

Ms. Lori Sameshima a Registered Dietitian and the Profession Practice Lead at BC Cancer Kelowna was our guest speaker in March. Lori gave those present a very interesting and informative presentation on diet and nutrition presentation and also gave everyone a copy of the pamphlet **Nourish** – with eat well tips for men with prostate cancer. This brochure is available both in print and online at www.nourishonline.ca - The following is some information taken from this pamphlet.

One of the items mentioned in the pamphlet was the **Eat Well Plate** – this is a tool plan on balanced meals and snacks. It helps us to understand which foods we need to eat more of and which ones we need in smaller amounts. For example, your plate should be one half of vegetables and fruit, one quarter 100% whole grain products such as wild rice quinoa or barley and one quarter protein. When it comes to protein It is recommended that we choose more

plant sources of protein but can include fatty fish at least twice a week, chicken is also recommended. Also, we should stay hydrated by drinking more water and less juice, pop, energy drinks and sports drinks.

Eating for Overall Health –

Many men with prostate cancer are concerned about heart disease, diabetes, being overweight or obese. In fact, androgen deprivation therapy (ADT), which is commonly used to treat prostate cancer, can worsen these conditions in men who have them. For these reasons, it is important to make good nutrition choices for your overall health.

It is quite possible that you'll read or hear about special diets for prostate cancer, which may claim to cure the disease or reduce its progression. Evaluate them carefully. At this time there is no evidence that a special diet can cure prostate cancer. Diets that remove certain types of foods or whole food groups have risks; they eliminate key nutrients and in the long-term are difficult to follow. It's best to focus on healthy diet patterns that are well researched, sustainable and enjoyable.

WITT'S WIT (ON THE LIGHTER SIDE) -

Sunday Morning Church

A husband and wife get up on Sunday morning.

After breakfast the wife notices that her husband isn't dressed for church. "Why aren't you dressed for church?"

"Simple, I'm not going."

"Why not?"

"Well, I'll give you three pretty good reasons why I'm not going.

First of all, the church is cold in the morning. It's just cold. Second, no one likes me.

Everyone is talking about me behind my back.

And third, most important of all, I just don't feel like going!"

"Well, I'll give you three pretty good reasons why you ARE going.

First of all, the church isn't cold in the morning; it's warm.

Second, I think, or I'm pretty sure, that there are some people there who do like you, and third you're the MINISTER, so get dressed.

<h3>A Great Announcement from Kelowna General Hospital "Vinni is Coming"</h3>
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The following has been obtained from information put out by the KGH Foundation April 15, 2025

It was announced on April 15 that Kelowna General Hospital is beginning a new fundraising campaign to bring robotic-assisted surgery to Kelowna, as they will be getting a state-of-the-art DaVinci Robot.

Robotic assisted surgery is fast becoming the gold standard in surgical care. Across Canada and the United States, top hospitals have already adopted this precision

technology, ensuring their patients receive the very best in minimally invasive, highly reliable surgical care.

They are naming the robot ‘Vinni’, this cutting-edge robotic assisted surgical system and is the gold standard in minimally invasive surgery. In a field where millimeters matter, It gives our surgeons unmatched precision, leading to better patient outcomes.

As a Urologic Surgeon, Dr. Joshua Wiesenthal put it, -

“Surgical robots represent not merely a technological advancement but a profound shift in how we approach patient care, recovery, and ultimately quality of life for our loved ones.”

As the regions main referral hospital, acquiring robotic-assisted surgical systems at KGH will impact thousands of patients across the Southern Interior region – those facing cancer diagnosis, complex urological or gynecologic conditions, and other health challenges that compromise quality of life. It will also position KGH as a destination for top surgical talent, ensuring that we continue to attract and retain the best and brightest medical professionals.

This was a great announcement as two of our local Kelowna Urologists have been trained in the use of the Davinci Robot. Both Dr. Mat Ho and Dr. Josh Wiesenthal have been trained on the Davinci Robot. The robot can not only be used in prostate cancer surgeries but several other surgeries including thoracic and other surgeries.

It was announced that the province is covering half of the 12-million-dollar cost of the Robot and KGH has now begun a fundraising campaign for the remainder 6 million dollars.

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 2024 – 2025

NOTE: – June 14 September and future dates to be confirmed.

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*