



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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Welcome to my November newsletter in this the month we call Movember to support and raise awareness for men’s health - specifically Prostate Cancer, Testicular Cancer, Mental Health, and Suicide Prevention.

On November 8th the Canadian Cancer Society (CCS) published their latest cancer statistics. This year they estimated that the number of men who will be newly diagnosed with prostate cancer has increased significantly over last years numbers. In 2022 the CCS estimated that 24,600 Canadian men nationally would be newly diagnosed with prostate cancer, this year their estimate is 25,900 men will be newly diagnosed with prostate cancer an increase of 1,300 cases. In B.C. last year’s estimate was that we would see 3,600 new cases of prostate cancer, this year the estimate is there will be 3,900 new cases of prostate cancer in B.C. For both 2022 & 2023 the estimate for new case in B.C for prostate Cancer are exactly the same as for women in B.C. who will be newly diagnosed with Breast Cancer.

Take Action to Learn About Prostate Cancer

The following information was obtained off the Internet and was written by Leeann Johnson at the Heard Star in Ohio – **NOTE:** the following information is from the U.S. I have also done some editing to reflect what is going on in Canada.

One in eight men will be diagnosed with prostate cancer in their lifetime. That statistic might surprise you since prostate cancer often doesn’t get as much attention as some other cancers. September was prostate Cancer Awareness Month in the U.S. and Canada. Even though September is long gone it is still not too late to learn why you should get family members and friends to talk to their doctors about this common cancer. However, we refer to this month as Movember to raise more awareness and support for Male Health issues.

In 2022 The Canadian Cancer Society estimated that 24,600 Canadian men would be newly diagnosed with prostate cancer and that 3,600 of these men would be from B.C. These numbers seem to increase each year. The numbers of men being diagnosed with prostate cancer in B.C. in 2022 was equal to the number of women being diagnosed with breast cancer in 2022.

The good news is fewer people are dying from this disease in recent decades because of effective screening. But make sure you request a PSA blood test because many physicians don't suggest the PSA.

When should I talk to my doctor about prostate cancer screening?

- If you have a close relative (father or brother) diagnosed before the age of 65, talk to your health care provider beginning at age 45.
- If you have several close relatives diagnosed at a young age, consult with your provider at age 40.
- If you are at average risk, you should start this conversation at age 50.

What are the pros and cons of prostate cancer screening?

Prostate cancer screening is typically done through having a Prostate-Specific Antigen (PSA) blood test. A digital rectal examination (DRE), where the physician uses a gloved lubricated

finger is inserted into a person's rectum in order to palpate the prostate gland, this test is generally less effective than the PSA test at finding prostate cancer.

However, the DRE can sometimes find cancers that would otherwise be missed, it is still often performed along with the PSA test. When detected early, the five-year survival rate for localized or regional prostate cancer is close to 100 percent. However, there are some prostate cancers that grow very slowly and would never progress to be harmful or cause symptoms.

What increases my risk for prostate cancer?

- Genetic conditions such as having BRCA1 and BRCA2 mutations.
- Family History: Having a father or brother with the disease.
- Smoking
- Excessive body weight

Take charge of your health. If you're at risk for prostate cancer, make an appointment with a health care provider today to talk more about screening.

WITT'S WIT (On the Lighter Side) -

When older people say, "Enjoy them while they are young."

They are talking about your knees and hips Not your kids!!!

They say 40 is the new 30 and 50 is the new 40.

But all I know is the older I get, the more 9PM is the new midnight.

What is Active Surveillance for Prostate Cancer?

The following is a short excerpt of information from Loma Linda University Hospital, by Lisa Aubry, Sept. 5, 2023

Hundreds of thousands of men will have been diagnosed with prostate cancer this year, according to estimates by the American Cancer Society. Some of those men diagnosed with lower-risk cancers may consider a treatment option known as active surveillance – monitoring the cancer closely and deferring treatment until the cancer is shown to progress.

As active surveillance becomes increasingly common, *Herbert Ruckle, MD, FACS, chair of Loma Linda University Health's Urology Department* says it is essential for men to understand the rationale, its process, benefits, and risks.

Active surveillance involves careful monitoring and holding off on treatment until signs of progression, if any. In determining whether active surveillance could be a viable option for a patient, physicians weigh many factors to perform risk stratification, including the tumor risk, patient's age, functionality and priorities, prostate size, family history and genetics, and life expectancy. Active surveillance is recommended for men with low-risk

cancers that probably won't bother them in their lifetime.

Active surveillance following a prostate cancer diagnosis of a less aggressive cancer generally involves routine PSA tests, possibly MRI imaging, and prostate biopsies to check for any indication that the cancer might be growing. Protocols vary by location. At Loma Linda University Health, Ruckle says active surveillance involves a PSA test every six months, a confirmation biopsy within the first year of diagnosis, and a subsequent biopsy in one to two years, followed by another in two to three years, and an MRI every year.

Ruckle says determining whether active surveillance suits the patient involves shared decision-making with the provider, an understanding of all the different treatment options.

A significant benefit of active surveillance is that patients preserve their current quality of life without incurring any risks or side effects associated with surgical, radiation or medicinal treatments. In prostate cancer cases, treatment could threaten quality of life in the domains of urinary control and function, sexual function, and other aspects such as vitality, pain, and anxiety.

In some cases, Ruckle says patients with newfound knowledge of their cancer may decide to make significant lifestyle changes with exercise and diet to pursue a healthier routine activity and could even increase their quality of life. He says this is one of the best actions men on active surveillance can take.

“You get to keep what functionality and quality of life you have without the risk of treatment changing your quality of life or functionality for the worse,” Ruckle says. “You get to just keep staying the way that you were in the near term.”

A risk of active surveillance is that neither the provider nor the patient can predict what will happen with certainty. While the risk is small, it is possible that the cancer could grow or change. If a patient opts for active surveillance, Ruckle says following the schedule for risk assessment and monitoring is critical to a good outcome.

“Cancer is not completely predictable,” Ruckle says. “It’s untrustworthy, nefarious, and its nature is to grow and get worse over time. Like with any treatment, non-compliance doesn’t garner good results. For active surveillance, the treatment is the schedule.”

A recent study found that over half of U.S. men diagnosed with low-risk prostate cancer are managed with active surveillance, reports the *National Cancer Institute*. The same study found that rates of active surveillance more than doubled between 2014 and 2021.

Ruckle says he expects active surveillance to become even more desirable among patients with ongoing discoveries, better risk assessment of the tumor, treatment improvement, and technological advances allowing for more targeted treatment. Imaging and tests will become incrementally more accurate, while treatments will become more effective and treating prostate cancer and preserving quality of life.

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 –

NOTE: - November 18, December 9 -

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.*