



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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This Month marks a major anniversary for the Kelowna Prostate Cancer Support & Awareness as it marks our 26th anniversary. Our first meeting was held on the Second Saturday of November 1996, in a meeting room at the Canadian Cancer Society offices in Kelowna. I helped facilitate that meeting along with one of the staff members from the Canadian Cancer Society in Kelowna. I can remember asking those in attendance if they would like to continue holding monthly meetings, the response was an overwhelming yes, the next question was when, again the response was to keep it on the second Saturday of the month with the meetings beginning at 9:00 a.m. However, we had a problem, the meeting space was very small at the Cancer Society offices so with the help of the some of the staff at the Canadian Cancer Society meeting space was found at Kelowna General Hospital. With the help of my wife Yvonne, we have continued to facilitate the meetings since that first meeting in 1996.

This month is also known as *Movember*. Movember is the leading charity whose goal is to change the face of men’s health. It is a month that is set aside to promote male health including Prostate Cancer, Testicular Cancer, and Male Mental Health & Suicide Prevention.

Recognizing Prostate Cancer Warning Signs

The following is an excerpt of information that was obtained from the Internet and is for awareness for family members and friends. The author of the article is Sara Wilson, and it was published Sept. 13, 2022.

Pink is a well-known symbol for Breast Cancer that’s widely recognized, yet a local urologist in Texas said the blue that represents Prostate Cancer in men gets overlooked.

Timothy Ruddell, a urologist for Baylor Scott & White, explained how most cases go undetected, saying, “Warning signs aren’t visible until later stages.”

It is most common in men between the ages of 55 and 70, according to Ruddell.

"In earlier stages there aren't a whole lot of warning signs, the vast majority of patients with prostate cancer actually have no symptoms at all," said Ruddell.

Symptoms worsen throughout the stages of cancer diagnosis.

"In later stages you can develop many different symptoms such as urinary symptoms, obstruction of urination, not being able to get your stream started," explained Ruddell.

Additionally, later stages come with symptoms of blood in your urine, fatigue, weight loss and more, according to Ruddell.

Talking to your primary care doctor and getting tested despite having no symptoms is a great way of being proactive.

"You want to go through testing for something when you're not having any symptoms, but the key again is early detection while catching the clinically significant Cancers that will end up shortening a person's life before they really start causing symptom," said Ruddell.

Ruddell is stressing the importance of bringing more awareness to prostate cancer, the communities it impacts, and what to look for.

Witt's Wit (On the Lighter Side) -

An old man crashed his car into a very expensive automobile. The owner of the expensive automobile jumps out and confronts the old man and says, "Give me \$10,000. Cash or I will beat you to a pulp.

The old man replies, "Whoah wait buddy, I don't have that much money but let me call my son, he trains dolphins."

The old man dials his son as he is about to speak the owner of the expensive car yanks the phone out of his hand and says, "So you train dolphins, well your old man just hit and damaged my car, you bring me \$10,000. Or I'm gonna beat the heck out of him and you!"

The son answers, "Okay, give me 15 minutes and I'll be there." In exactly 15 minutes the son pulls up in a jeep, ten men jump out and beat the heck out of the owner of the expensive car. Meanwhile the son walks over o his father and says, "**Dad, I train Navy Seals not dolphins.**"

Study May Reveal the Origins of Prostate Cancers –

The following was obtained from the Internet was published on Sept. 22, 2022, and originated from the *University of East Anglia*

Scientists at the University of East Anglia (UEA) published a paper *The architecture of clonal expansions in morphologically normal tissue from cancerous and non-cancerous prostates in Molecular Oncology* that describes how prostate cancer may start to develop. The team's research reveals that the prostate as a whole, including cells that appear normal, is different in men with prostate cancer.

The study suggests that tissue cells throughout the entire prostate are primed and ready to develop prostate cancer. This means that it may be better to treat the whole prostate rather than only the areas in the prostate that have cancer, according to the researchers, who hope their work could help scientists better understand the causes of prostate cancer, and even prevent it altogether.

Lead researcher *Prof. Daniel Brewer, from UEA's Norwich Medical School* said: "Prostate cancer is the most common cancer in men and kills one man every 45 minutes in the U.K.

"Often when men are diagnosed with prostate cancer, groups of cancer cells can be found in more than one location within the prostate."

"We wanted to know if this is because of changes in 'normal' prostate cells throughout the prostate,"

Cancer is driven by changes in DNA, the genetic code of life, that appear in every cell. The team studied the DNA code in 121 tissue samples from 37 men with and without prostate cancer.

Prof. Brewer said: "The samples we studied included tissue that comes from the cancer and tissue from elsewhere in the prostate, which looks normal in the microscope."

"This produces a massive amount of data and by applying a large amount of computer power we can determine the differences that have occurred in the DNA giving us insight into how the cancer grows."

"We found that 'normal' prostate cells in men who had prostate cancer had more mutations (changes in DNA) than 'normal' prostate cells from men without prostate cancer. Based on the genetics of the samples analyzed, we created maps to understand where the different mutations occurred. And we showed that in most men, the mutations in normal cells are different to mutations in cancer cells."

"The 'normal' prostate cells in men who have prostate cancer appear to provide a beneficial environment for prostate cancer cells to develop and grow."

"In other words, the whole prostate is primed and ready to develop prostate cancer driven by an, as yet unknown, biological process," he explains. "This work has improved our knowledge of how prostate cancer first starts to develop and might one day give us clues as to how to prevent or treat it. And it shows that it may be

better to treat the whole prostate rather than only the areas in the prostate that have cancer,” he added.

Dr. Hayley Luxton, Senior Research Impact Manager at Prostate Cancer UK, said: “This exciting new research shows for the first time how normal cells in the prostate can facilitate the growth and spread of prostate cancer.”

“The researchers found that normal prostate cells in men with prostate cancer have specific genetic changes that make them act like a rich compost, providing the perfect environment for prostate cancer cells to grow and develop. These findings give us important new insights into the early development of prostate cancer, which might one day give us clues as to how to prevent it.”

This research was led by UEA, in collaboration with the University of Cambridge, The Institute of Cancer Research London, the Wellcome Sanger institute, the Universities of Oxford, St. Andrews, York, Manchester Tampere (Finland) and University College London as several others.

EDITORS NOTE: Many of us have heard people speak about the fantastic health care system in the U.S. Well, here is an example of some of their health care costs. The average cost in the U.S. for a 3-month depot of Lupron to treat prostate cancer is \$12,725.94. Now there maybe discounts available that will reduce this price to just over \$11,000. It is also possible that some medical plans will reduce this price even further. In Canada we do not

pay anything for this drug, if your physician prescribes this drug it is covered by all medical plans in Canada.

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 2022 –

Dec. 10th

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.*

