

# **KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP NEWSLETTER**



**OKANAGAN PROSTATE  
RESOURCE CENTRE  
SOCIETY**

**Okanagan Prostate Resource Centre**

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## ***Merry Christmas***

Yvonne and I would like to take this opportunity to wish everyone a Very Merry Christmas and the best in 2018.

Our Prostate Cancer Support Group Meeting in November was a milestone for our support group as it was our 21<sup>st</sup> anniversary meeting. The first meeting of our Kelowna Support Group was held on the second Saturday in November 1996. We asked the fellows to wear Plaid for Dad to the meeting, most in attendance had on a plaid shirt and no two were the same, a few of the wives were also wearing plaid. We had a few draws for some prizes to help celebrate both Movember and our anniversary. This meeting was held in our new meeting location the Harvest Room at the Trinity Baptist Church. Everyone in attendance raved about the room, they thought that it was possibly the best room we have had for our meetings. Those in attendance also really liked the central location and the parking. We had one of the largest turnouts to our support group meeting for quite a while.

Ron S. gave us a presentation on his journey including his imaging using the PET/CT. Our local Cancer Centre for the Southern Interior is in the middle of a major fundraising campaign to raise \$5 million to go towards the cost of the installation of a dedicated PET/CT for our cancer centre in Kelowna.

## The New Prostate Cancer Screening Guidelines in the U.S. –

The following is an excerpt of an article by the *Henry Ford Health System Staff* on how the Prostate Cancer Screening Guidelines have changed in the U.S. The Henry Ford Hospital is located in Detroit.

**R**ecently in the United States the U.S. Preventive Services Task Force updated its guidelines for prostate cancer screening. Prostate cancer is the number one cancer diagnosed in men, and has the second highest rate of mortality – so staying up-to-date on the latest recommendations is important for your health.

Craig Rogers, M.D., a urologist at Henry Ford Health System, provides insight on the new recommendations, and highlights what you need to know about the screening process.

### **What are the changes in screening guidelines?**

“The biggest change to note is that previously, prostate cancer screening was considered a class D recommendation, meaning it was discouraged – which was difficult to come to terms with since prostate cancer is the number one cancer in men,” he says. “Now, it’s considered a class C recommendation, meaning we should discuss it with our patients to determine if screening is right for them.”

Not all men are candidates for prostate cancer screening. Men age 55-70 are most likely to benefit from prostate specific antigen (PSA) screening. However, testing may be offered selectively for younger men or healthy older men at increased risk, such as men with a family history of prostate cancer.

### **Debunking the controversy behind prostate cancer screenings**

Interestingly, despite the prevalence of prostate cancer, screening for it has been controversial due to the high rate of false positive test results and over-diagnosis.

“False-positive results were happening because, while the PSA blood test is specific to the prostate, it’s not specific to prostate cancer. So, things like a recent urinary tract infection or an enlarged prostate can elevate the level of PSA in the blood and artificially signal a warning for prostate cancer, Dr. Rogers says.

If raised PSA levels are detected, patients may choose to undergo a prostate biopsy to confirm whether prostate cancer is present, Dr. Rogers notes that this can also present issues.

“Prostate cancer is often a slow growing, slow spreading cancer that doesn’t present symptoms or illness until its late stages,” he says. “It could be the case that even if a man is diagnosed, he could outlive any issues the cancer might cause.”

In the past, most cases of prostate cancer were treated in a similar way, using surgery or radiation to treat the entire prostate – even in cases of lower risk prostate cancer that might not progress to cause health issues.

With the new recommendations comes the focus that each patient is different. While one patient may need to undergo treatment to eliminate the cancer, another may just need routine observation to ensure the cancer hasn't grown. [known as active surveillance].

“Prostate cancer screening and treatment isn't one-size-fits-all, as it was previously,” Dr. Rogers says. “Each patient's condition is unique to them, and we want to tailor our treatments accordingly and identify those patients who are most likely to benefit from treatment and those patients who don't need treatment and can be safely followed.”

To also help combat false-positive results and over-diagnosis, there are a variety of other tests that can be done to determine a patient's risk level. Minimally-invasive treatment options can also help patients avoid some of the negative side effects that accompany treatment. And, through the innovation of precision medicine, patients who do require treatment can have their program specifically tailored to their cancer and tumor type.

Despite its slow growth rate, it's still crucial to talk to your doctor and ask him or her about when you should be screened for prostate cancer.

“While prostate cancer is usually slow spreading, it can be deadly and remains one of the leading killers of men. If prostate cancer progresses to the point of causing symptoms, we may have lost a window of opportunity to cure the cancer,” Dr. Rogers says. “Screening is important to catch the cancer early enough to have treatment options and a high success rate.”

**Editor's Note:** It would be nice if the Canadian Task Force looked at what the U.S. is doing and changed its guidelines regarding PSA testing.

## WITT'S WIT (ON THE LIGHTER SIDE) -

### **Knowledge is Power**

Ship State Rooms - Travelling by steamboat was considered the height of comfort. Passenger cabins on the boats were not numbered. Instead they were named after states. To this day cabins on ships are called state rooms.

Cobweb - The Old English word for “spider” was “cob”

Everything you need to know about Movember and Prostate Cancer –

Even though Movember awareness for prostate cancer is over I found this to be an interesting article.

**E**ver wondered why men sprout moustaches during November? It's because of Movember – a month aimed at raising awareness of male-related illnesses, openly discussing the various conditions the exist and an overall focus on men's health.

As much as focus is placed on male-related conditions, losing a father, son or uncle to cancer can have a devastating effect on an entire family.

Urologist, *Dr. Karlheinz Jehle* states that at the age of 40, you should have an early prostate check as it monitors risk.

Dr. Jehle went on to say, "There's good evidence from studies abroad, that an early checkup is actually better".

Men are reluctant to get tested for prostate cancer because of age and discomfort states. Dr. Jehle.

He also stated that, "In terms of aging, I think that's exactly where Movember comes in. Men don't like to visit the doctor - there's good evidence of that as well. The actual examination is very worrying, it's important to realize that there are two parts to prostate cancer screening."

Screening involves looking for a disease that's not obvious states Dr. Jehle. If you have a symptom and feel concerned, then visit your physician says the doctor.

He goes on to state that if you want to get screened for a disease like cancer then just do it.

During a prostate cancer examination, a prostate-specific antigen (PSA) blood test is taken says Dr. Jehle. That, paired with a digital rectal exam, (a physical examination of the prostate) is needed as you cannot look for prostate cancer.

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 - manufacturer of Zytiga® - Abiraterone for their support in producing this newsletter.



**UP COMING MEETING DATES FOR 2017 & 2018 –**

**January 13<sup>th</sup> – February 10<sup>th</sup> - March 10<sup>th</sup> – April 14<sup>th</sup> – May 12<sup>th</sup> – June 9<sup>th</sup>.**

**Meeting Location:**

**Our meetings will be taking place in the Harvest Room at the Trinity Baptist Church located at the corner of Springfield Rd. and Spall Rd. enter through the South Entrance. The meeting begins at 9:00A.M. The Harvest Room is located on the second floor and there is elevator access if required.**



