

Monthly Meetings

We meet the fourth Thursday of the month,
at Sarto Desnoyers Community Centre,
1335 Lakeshore Drive, Dorval.
7:30p.m. ~ Open to all ~ Parking is free

April 25th	TBA
May 23rd	Dr. Daniel Taussky
June 27th	Diane Skiejka "Planning Ahead": Power of Attorney, Wills, Protection Mandate and Advanced Medical Directives.

In This Issue

Our Outstanding Contributor	1
Steering Committee	2
The Editor's Desk	3
Robin Glance	3
CUA Recommendations	4
Canada Helps	4
52 Conversations	4
UnDo It! Dean Ornish	5
Nominations for Directors	6
Reclaiming Your Life	7
May 4th Seminar	8

*"The price of anything
is
the amount of life
you
exchange for it"*
Thoreau



Dr. Daniel Taussky is 2019's recipient of the PCCN Montreal West Island Support Group's Outstanding Contribution Award, "In appreciation of his distinguished career dedicated to the treatment of so many of us, in the Montreal area, so afflicted".

Dr. Taussky is a radiation oncologist at the new CHUM hospital in Montreal. He is an associate professor radiation, radiation-oncology and nuclear medicine at the University of Montreal. He is presently a member of the interdisciplinary radio-oncology team at the CHUM Hospital.

(Continued on page 2)

STEERING COMMITTEE

Bob Johansson	President
Wayne Hemsworth	Treasurer
Allen Lehrer	Vice President
Allan Moore	Library
Ron Sawatzky	Speakers & Outreach
Paul Wilkinson	Newsletter Editor and Photography
Owen Condon	Data Base Manager
Fred Crombie	Email Contact
Frank Scully	Member at large
Neil Glazer	Member at large
Sylvain Cote	Member at large

Senior Advisors: Charles & Lorna Curtis,
Tom Grant and Francesco Moranelli

Hospitality	Open
Fundraising	Open
Secretary	Open

PCCN-MWI Tax Registration Number:
87063 2544 RR0001

PCCN Montreal West Island is not responsible or liable for the contents or opinions expressed in this newsletter. The opinions expressed are solely for the information of our membership and are not intended as an alternative to medical advice and care.

PCCN Montreal West Island Mission Statement:

We provide information about prostate cancer to those in need, gathered from a variety of sources. We support newly-diagnosed, current, and continuing patients and their caregivers. We participate in events that provide a venue for promoting awareness of prostate cancer through our informed member interaction at public gatherings or as speakers. We collaborate with local organizations such as the MUHC, the CHUM, the Canadian Cancer Society, urologists and oncologists for information and support.

In 1994, Dr. Taussky completed his medical studies at the University of Bâle in Switzerland and his residency in radio-oncology at the University Hospital in Zurich, Switzerland. His post-doctoral studies took him to the Princess Margaret Hospital in Toronto.

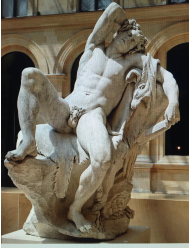
In 2004, he was responsible for the creation of an early stage prostate cancer section of the Department of Radiation Oncology and also responsible for the CHUM radiation oncology sphere.

He is credited with over 100 research papers on prostate cancer, including topics like: bouncing PSA scores; Pelvic Radiotherapy in PCa.; influence of Obesity on Cancer, etc.

Regarding the latter, A Canada-wide survey, in 2008, found that the majority of Canadians do not link being overweight to cancer. Only 31% thought being overweight was a risk factor for cancer and only 28% thought lack of exercise was linked to cancer. In contrast, the majority of Canadians (83% and 78%) associate being overweight with heart disease and diabetes, respectively.

Perhaps, most importantly, his patients love him. *“Dr. Taussky was very helpful and reassuring. He puts you at ease with his explanations and takes the time to make sure that all the explanations are fully understood. Couldn't be happier having a doctor that makes what I considered a hopeless situation into one that we will deal with. Love him!”*





Editor's Notes:

Paul Wilkinson

adamsgland@gmail.com

Back, by popular request, **Adam's Faun**. He's been relocated from his previous niche on the cover. His most adoring fans deem him important, rebellious and mischievous. For a 2,200 year old, he's in pretty good condition, given that he's had complex surgery to reattach his left arm and right leg. We also appreciate his *joie de vivre*.

Dean Ornish is back with another NY Times best-seller: **UnDo It!** Released in January, he sets out his prescription for "Lifestyle changes that can reverse most chronic diseases", including prostate cancer. We have an excerpt on page 5.

Our May 4th Seminar promises to be a most interesting and radically different experience because Dr. Rutledge will be leading us in an integrative approach of body, mind and spirit, one that embraces our healing potential. Registration is ongoing, but limited. Please see pages 7 & 8.

No News Was Not Good News!

This story underscores the need to be persistent.

A man went to the hospital for tests in 2015. He never got the results. Apparently, his family doctor repeatedly told him she hadn't heard anything from the hospital. "No news is good news," he says he was told.

In the summer of 2018, after experiencing pain in his right hip, he had additional tests completed. He then learned he had incurable prostate cancer that had spread to his left femur, pelvis, spine, ribs and left humerus. He finally learned the test results from 2015,—which he had still not received—had revealed he had prostate cancer.

If detected then, an oncologist told him, it could have been operated on and treated. Instead, he was now informed he likely had months to live.

<http://montrealgazette.com/news/local-news/man-sues-verdun-hospital-doctors-over-error-in-cancer-diagnosis>



Robin Glance, P.Dt. Nutritionist/Dietician spoke with conviction, and from 12 years of clinical expertise, at our General Meeting on March 28th, on the very germane topic of "*Navigating Your Nutrition Knowledge*".

Robin is a McGill graduate who is a Registered Dietitian with a private practice in the West Island. She began her career at the Montreal General Hospital, where she honed her skills as an oncology dietitian. In her practice, Robin works with clients of all ages to improve not only their food habits, but especially, their relationship with food.

Robin has appeared on Global, Breakfast Television, CJAD and CBC as a nutritional expert and stressed that she is not a fan of diets.

Robin Glance, P.Dt. Nutritionist - Dietitian

Tel: [514-585-2256](tel:514-585-2256)

www.robinglancenutrition.com

www.facebook.com/robinglancenutrition

Canadian Urological Association Recommendations on Prostate Cancer Screening and Early Diagnosis

Prostate cancer remains the most commonly diagnosed non-cutaneous malignancy among Canadian men and is the third leading cause of cancer-related death. In 2016, an estimated 21,600 men were diagnosed with prostate cancer and 4,000 men died from the disease; however, prostate cancer is a heterogeneous disease with a clinical course ranging from indolent to life-threatening.

Identifying and treating men with clinically significant prostate cancer while avoiding the over-diagnosis and over-treatment of indolent disease remains a significant challenge. Several professional associations have developed guidelines on prostate cancer screening and early diagnosis, but there are conflicting recommendations on how best to approach these issues. With recent updates from several large, randomized, prospective trials, as well as the emergence of several new diagnostic tests, the **Canadian Urological Association (CUA)** has developed these evidence-based recommendations to guide clinicians on prostate cancer screening and early diagnosis for Canadian men. The aim of these recommendations is to provide guidance on the current best prostate cancer screening and early diagnosis practices and to provide information on new and emerging diagnostic modalities.

CANADA HELPS

We have a new way for you to help us to serve you. It is now possible to make your donation online through "Canada Helps".

Just click on the link below and look for our support group: PCCN MWI.

A tax deductible receipt will be sent to you directly.

<https://www.canadahelps.org/en/>

52 CONVERSATIONS THE PROPOSAL

A year's introspection of how prostate cancer affects the lives of men, their partners, their families and friends.

My name is Steve Robertson. After my prostate surgery in May 2017, my future was forever altered in more ways than I bargained for. I have challenged myself to one interview one man per week, for one year, a daunting task for a man who himself is recently living the effects of an aggressive prostate cancer diagnosis.

This experience has driven me to channel my energies into a project realizing the need for men to openly express themselves in a non-threatening environment. There is clearly a need for men to share their experiences of their prostate cancer journey to give other men and their families strength and hope in their cancer journey.

I sit down personally with every man and record in-depth conversations about their lives. Every story is unique. We may discuss how men's lives have forever been altered by prostate cancer. We may talk about what has changed physically and mentally since the diagnosis. The topics are endless.

My ultimate goal is to offer other men insight, coping strategies and strength through other men's experiences to give them the tools they need to confront their prostate cancer with confidence.

It is presented in a professional and interesting podcast format in the hopes of offering other men and their families from around the world, different insights into everyone's unique experience of facing a prostate cancer diagnosis.

If interested, please contact me at
steve.robertson@videotron.ca
or call me at 438-837-7898.

UnDo It!

Dean Ornish, M.D., and Anne Ornish
an excerpt

Prostate cancer is the most common cancer in men other than skin cancer. Most men, if they live long enough, will get prostate cancer even if it remains undiagnosed. Approximately 1/3 of men in their 30s or 40s, 1/2 of men in their 50s and 60s, 70% of men in their 70s, and 80% of men in their 80s have prostate cancer even if they're not aware of it.

In other words, most men are going to die *with* prostate cancer, not *from* prostate cancer. Our immune system and other mechanisms keep it in check and it remains asymptomatic.

What's increasingly well-documented is that the lifestyle choices you make each day have a major impact on whether or not you develop clinically significant prostate cancer. If your immune system is functioning effectively, then it can help keep prostate cancer from spreading – and prostate cancer is usually dangerous only when it spreads (metastasizes).

The importance of lifestyle medicine is even more relevant if you have biopsy-proven prostate cancer and want to reverse its progression. Many doctors were shocked when a major randomized controlled trial in the *New England Journal of Medicine* showed that after 10 years, men diagnosed with early-stage prostate cancer who did nothing—called “watchful waiting” or “active surveillance” – lived as long as those who had surgery to remove their prostate or who underwent radiation treatments. Similar results were found in an earlier study.

Men who had surgery or radiation did have a lower rate of disease progression and metastases, but they were much more likely to become impotent, incontinent, or both – that is, maimed in the most personal ways – and they didn't live longer. Few things are more distressing and humiliating for a man than to no longer be able to have sex or to be wearing a diaper – especially when the treatments are not effective in prolonging his life.

Men who are diagnosed with early-stage prostate cancer often feel a tremendous pressure from themselves and from well-meaning friends and family to *do something* about the tumour growing in their prostate. So if the choice is between doing nothing and having radiation or surgery, most men choose the latter – even though it's unlikely to prolong their survival and very likely to reduce their quality of life. (p.58).

Lifestyle medicine provides a third, better alternative. For guys who want a more macho way of putting it, let's call it “an aggressive, non-surgical, non-pharmacologic intervention”.

My colleagues and I conducted the first randomized controlled trial showing that our lifestyle medicine program may slow, stop, or even reverse the progression of early-stage prostate cancer, without drugs or surgery.

There is a relatively small subset of men – approximately one out of 49 – who have especially aggressive form of prostate cancer and may benefit from surgery or radiation. These tend to be men who are diagnosed with prostate cancer early in life, have rapidly rising prostate specific antigen (PSA) bracket levels, have Gleason scores greater than 6, have tumours that are located in an area more likely to spread, or have large tumours. Even these men needing surgery or radiation may reduce the risk of recurrence by making these lifestyle changes after this procedure. (continued on p 6.)



UnDo It! *continued from p 5*

Other studies provide insight into why these lifestyle changes have such a powerful impact on the progression of prostate cancer. For example, researchers found that men who were diagnosed with prostate cancer who ate a diet higher in red and processed meat, high-fat dairy foods, and refined grains had a significantly higher risk of both prostate cancer-related mortality and overall mortality compared with those who ate a whole-foods plant-based diet.

They examined health and diet data from almost 1,000 men participating in the Physicians Health Study who were diagnosed with prostate cancer and who were followed for an average of 14 years after their diagnosis. Men who ate mostly a Western diet had a *250% higher risk* of prostate-cancer-related death – and a 67% increased risk of death from any cause. In contrast, men who ate mostly a whole-foods plant-based diet had a 36% lower risk of death from all causes.

To be clear, drugs and surgery can be life-saving in a crisis. And in the early stages of treating and reversing chronic diseases, drugs or surgery may be necessary in addition to intensive lifestyle changes, at least at the beginning while your body is healing. And some people may need drugs and/or surgery even when they make comprehensive lifestyle changes.

Even then, though, we need to address the underlying causes —which are usually lifestyle related, and often treatable and even reversible with lifestyle medicine.



Adam's Gland Spring 2019

**Prostate Cancer Canada
Montreal West Island
Support Group**
Nominations for officers and directors
for next fiscal year: 2019-2020

President	Bob Johannson
Vice-President	Open
Treasurer	Open
Secretary	Open
Newsletter	Paul Wilkinson
Speakers	Steve Robertson
Library	Allan Moore
Hospitality	Allen Lehrer
Membership	Owen Condon
E-Mail	Fred Crombie
Outreach -	Ron Sawatzky
Member at Large	Sylvain Côté
Member at Large	Neil Glazer

A very special “Thank you” to **Aestellas** and **Astrazeneca** for their generous financial support of our exceptional May 4th seminar. Their contributions have allowed us to reduce our individual expense, such that it’s affordable for all, without compromising the quality of this life-altering experience.



Our new website

pccnmontrealwestisland.com

is a work in progress, but we should be fully functional shortly. Thank you for your patience during this transition period.



Look for us in the April issue of

THE Montrealer

RECLAIMING YOUR LIFE AFTER PROSTATE CANCER

is a Day-long **Seminar** for *couples* that we will be hosting on Saturday, **May 4th**, at the Sarto Desnoyers Community Centre in Dorval, featuring **Dr. Rob Rutledge** and **Psychology Professor Gabriella Ilie**. (see page 8)



Dr. Rutledge, MD, FRCPC is a Radiation Oncologist and Associate Professor in the Faculty of Medicine at Dalhousie University, in Halifax, NS. His full-time practice specializes in breast, prostate and paediatric cancers. He is also a passionate, dynamic speaker, combining scientific knowledge and insights gained from serving people dealing with life-threatening illness.

In 1999, Dr. Rutledge co-created the **Skills for Healing Cancer Weekend Retreats**. These weekend support groups teach a powerful and integrated approach to the cancer diagnosis and ways to heal at levels of body, mind and spirit. To date, 1,900 people have attended 50+ retreats in 25+ cities across Canada and abroad.

Dr. Rutledge is the CEO and Chair of the **Healing and Cancer Foundation**, a Registered Charity that freely offers educational videos, documentaries, and webcasting seminars. He is co-author of the book ***The Healing Circle***, which captures the teachings and inspirational stories from the weekend retreats. Dr. Rutledge has received a Cancer Care Nova Scotia Award for Excellence in Patient Care, and Doctors Nova Scotia presented him with a Health Promotion Award in recognition of his contribution to physician health and health promotion in cancer patients.

Adam's Gland Spring 2019



Dr. Rutledge was heartily congratulated by Maurice McLean for his insightful January lecture, wherein he advocated for a more integrative approach to dealing with prostate cancer. Dr. Rutledge flew from Halifax, in nasty weather, on his own dime, and the 40 people in attendance, who had braved the elements, many of whom were first-timers, including several women, were most appreciative of his passionate and inspirational message.

It seems that many of our guests decided that same evening that they didn't want to miss his seminar, so make certain that you won't be the ones that are disappointed. Register now, and take advantage of our "**EARLY BIRD DISCOUNT**", but only until April 15th. First come, first served.

Seminar registration is only \$25 per person. It's ongoing and open to all men who have been affected by prostate cancer and their wives, girlfriends, or family members. Space is limited; claim your spot.

Lunch will be catered and features a vegetarian menu from a local favourite, **DaMangione's Restaurant**, in Dorval. Snacks and beverages will be available during the day, or bring your own.

YOGA: If you have your own YOGA mat, please bring it; if not, a towel will do nicely.

*Spring is nature's way of saying,
'Let's party!'
Robin Williams*

RECLAIMING YOUR LIFE AFTER PROSTATE CANCER

Connection, Sexuality and Empowerment Seminar



Sat. May 4, 2019 | Registration 8:30am, Seminar 9am - 5pm | DORVAL, QC



Dr. Rob Rutledge
Oncologist, NS Cancer Centre
Associate Professor, Dalhousie
University



Dr. Gabriela Ilie
Psychology Professor
Prostate Cancer Researcher
Soillse Scientist,
Dalhousie University

- Learn the science and practice of
- Mindfulness and Reframing
 - Mind-body techniques for CaP
 - Healthy sexuality (solutions for ED)
 - Promoting loving connection

Open to all men and their families affected by prostate cancer

\$25 per person | Lunch and snacks provided | for information & registration:

John Adams 514-545-9016 | healingandcancer.seminar.2019@gmail.com

Sarto Desnoyers Community Centre | 1335 Lakeshore Drive | Dorval



HealingandCancer.org

