



Monthly Meetings

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

November is an exception.

Nov. 29th Marie-Josée Lord
Managing Incontinence

December No meeting

January 24th Dr Rob Rutledge
Complete Prostate Cancer Care:
How to empower yourself at levels of Body,
Mind and Spirit.

In This Issue

Our November Speaker	1
Steering Committee	2
The Editor's Desk	3
Ask the Doctor	4
Cancer Survivors: Radical Remission	5
News	6
One Man's Story	7
Your Support	8

*" Learn from yesterday,
live for today,
hope for tomorrow.*

*The important thing is not to stop
questioning."*

Albert Einstein



Marie-Josée Lord will speak about "Managing Incontinence". She's a clinical physiotherapist who has been treating a variety of pelvic floor disorders for over 30 years. and she has participated in several research projects related to this field. She received her bachelor's degree in Physiotherapy from McGill University. (cont...)

STEERING COMMITTEE

Bob Johannson	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.

Adam's Gland Fall 2018

Marie-Josée lectures nationally and internationally on the topic of pelvic floor rehabilitation, has written several articles for the scientific and the lay audience, has been interviewed on television and for lay publications, and has participated in several research projects related to this field.

At her clinic in Kirkland, **Marie-Josée** and her team of pelvic health physiotherapists, offer treatments to men and women with urinary or fecal incontinence, overactive bladder, sexual dysfunction, evacuation difficulties and chronic pelvic pain.

Physio Santé Pelvienne

17001 Transcanadienne suite 301A

Kirkland, QC. H9H 5J1 514-694-4644 ext 129



Our September speaker, **Kimberley Thibodeau** (right) pictured with Ana Rosa Chois, after her very powerful talk on the impact of cancer on patients and their family members. It was “*Ladies Night*”; hence the roses, in recognition and appreciation of their love and support.

Editor's Notes:

Paul Wilkinson

adamsgland@gmail.com

November, a time to remember and give thanks for all our blessings, big and small. The air is fresh and full of hope and optimism for our next great adventure, especially if we are open to new ideas and embrace the magic, particularly when those ideas may be presented to you by one of our two exceptionally fine, outstanding speakers: **Marie-Josée Lord**, and in January, **Dr Rob Rutledge**.

Marie-Josée has treated several of our members in her Kirkland clinic, and in each case, the feedback has been extremely positive. The pelvic floor is no longer perceived as just a women's issue. Men are receiving help with weak muscles, especially following prostate surgery.

New: Ask the DOCTOR

Do you have a question related to prostate cancer that you've been unable to receive a satisfactory response to? Email the Q to AG and if selected, **Dr Rutledge** will reply in the January issue.

(See p4)

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.

For those of you who feel more comfortable with sending a cheque, please see p8.

Unfortunately, we are unable to accept credit cards.

[.https://www.canadahelps.org/](https://www.canadahelps.org/)

Adam's Gland Fall 2018

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**. He's 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 dynamic, speaker combining scientific knowledge and insights gained from serving people dealing with life-threatening illness.

Below are a few testimonials from seminars in Ottawa and Charlottetown, PEI:

"Excellent package, extremely well presented. Full of useful, concrete ideas and techniques"

"Not having attended anything like this during my life, I am deeply impressed! Learning so much today, I cannot shift gears to dream up improvements"

"Overall, an incredible day filled with valuable information and wonderful take home exercises! Your delivery was heartfelt and so engaging."
Wife of prostate cancer survivor.



ASK the DOCTOR

with Dr Rob Rutledge

Does Practicing a Relaxation Technique Improve Prostate Cancer Survival?

Prostate cancer cells arise when the normal prostate cells accumulate enough damage in their chromosomes to begin to grow in an uncontrolled way. Slow growing prostate cancers turn into faster growing cancers in the same way. I believe men who have a prostate cancer diagnosis can improve their chances of being alive and well many years later by decreasing the ongoing damage to cancer cells (which may or may not be left in the body after potentially curative treatment).

In addition to a poor diet (eg. red meat) the damage to the cancer cells may be caused by ongoing inflammation of the tissues. We know that when we're under stress we release chemicals into the blood stream that cause inflammation and literally eat away at the end of our chromosomes. This is the type of damage we can help prevent through our lifestyle habits.

Does reducing your stress levels improve your chance of cure / longevity?

Scientists don't know for certain the effect of stress on survival but I was intrigued recently by a study looking at **heart rate variability** (HRV) in people diagnosed with multiple types of cancer. **HRV** is a scientific way to measure the amount of stress a person is experiencing in that moment. In the study, *those with the highest stress levels were least likely to be alive years later* (matching stage for stage with those who were more relaxed). My conclusion is men with a PCa diagnosis should decrease their stress levels so as to decrease the inflammation in their body. (Note that the outer circumstances of your life do not need to change for you to be in a calmer clearer-thinking state of mind).

Relaxation done right!

Practicing a relaxation technique is a skill that resets the overall stress level in your body (what I call your Stress-o-meter); however, unless you actually get your body to relax during the practice periods you won't get the benefits. So I was excited to recently learn about heart rate variability monitors – little devices strapped to your wrist, earlobe or chest which provide ongoing biofeedback as you practice relaxation. The scientific data is very strong that using a HRV monitor improves your health and happiness levels in multiple ways. And they're now cheap enough (eg. \$70) for most men to buy and use at home each day.

The Take Away!

I encourage all men with a PCa diagnosis to practice relaxation like a meditation technique – even 10 minutes per day seems to make a huge difference in quality of life (improved mood, ability to think more clearly, get a better night's sleep, more energy etc). I also believe that one day science will prove that meditation/ relaxation will improve prostate cancer survival rates – and the medical system will prescribe a home-based biofeedback system like a HRV monitor. In the meantime, explore different relaxation techniques (meditation, guided visualization, yoga, Qi Gong, etc.) and find and practice the one that makes you feel better.



What We Can Learn from Remarkable Cancer Survivors about Living with a Prostate Cancer Diagnosis

Dr. Rob Rutledge

Dr. Kelly A. Turner, PhD, has written an excellent book entitled **RADICAL REMISSION SURVIVING CANCER AGAINST ALL ODDS**, about the attitudes and actions of people who have undergone a spontaneous remission after being told they had ‘incurable’ cancer. The Harvard undergrad got her PhD at UC Berkley interviewing nearly 100 of these remarkable people from around the world. Using qualitative research, she found 9 key factors in common in all of these miraculous cases. She does not guarantee that following these healing principles guarantees a cancer cure but I believe that the remarkable survivors have much to teach you about how to live your life more fully (while giving yourself the best chance of recovery and healing).

Do the work!

Each and every person who had a radical remission took their healing journey very seriously. Facilitating extraordinary healing is not as simple as seeking out a faith healer, or taking a particular herb. It takes commitment to make the changes that influence body, mind and spirit. As prostate cancer is typically a very slow growing cancer, men and their partners have time to figure out their healing plan, and will have a chance to do the work over months and years. The hard work can pay off in making a real difference in their longevity, quality of life and much more. Here is a summary of the nine factors as applied to prostate cancer.

#1 Radical change in diet

Diet is especially important for men who have had a prostate cancer diagnosis because poor diet can contribute to the development of prostate cancer and, I believe an ongoing poor diet can help turn the slow growing cells that may be present in the body into faster growing cells.

You will know this advice already: Eat a plant-based diet of mostly veggies and fruits, (more of the former) and avoid meat, sweets and wheat. Do your research, see a dietician, and enjoy the pleasure of eating and feeling stronger.

#2 Taking control of your health (you’re reading this so you’re already there)

#3 Following your intuition

Your nervous system connects the nerves in your gut with those in your skull. Get the information about what you should be doing by using your logical mind. The subconscious nervous system will do the work of figuring what works best and will send that info outwards – you’ll often get a gut impression of what’s best for you.

For those of you who believe there is something beyond this physical world (i.e. consciousness) you can think about intuition as tapping into a loving and wise source. We need to trust what feels right and keep learning from our experience.

What we can learn is continued on page 6, #4



#4 Using Herbs and supplements

Take away from Dr. Turner's research: There is no one substance that all of the remarkable survivors took. Refer back to #3 about figuring out what's best for you. Dr. Turner broke down the external medicines into a) immune boosters (I don't think this is the mechanism of cure for prostate cancer – though I could be wrong), b) anti-oxidants (should be able to get ample in a healthy diet) and c) supplements that work to help you digest your food (see #3).

#5 and #6 Releasing suppressed emotions and increasing positive emotions

Here is another area of exploration where doing the work (e.g. seeing a therapist, learning to reframe difficult thoughts) can have a profound effect on your health and happiness. Note that 'increasing positive emotions' does not mean putting on a happy mask. Instead I believe being authentic others and ourselves promotes healing maximally. We can create the conditions in our lives which are most likely to promote the positive emotions like joy and peace, for example by being more grateful for what we have.

#7 Embracing Social Support

OK, gentlemen, I'm like many of you. Sounds pretty fluffy. But if you want to be pragmatic about this think about this. You are wired through evolution to be part of a tribe. When you hang out with others you boost your body's ability to heal itself. Physical contact (think hugs / touch) with your partner and/or your dog releases is also healing. For instance, the contact releases oxytocin into your blood stream which is an anti-inflammatory chemical that protects your heart among others tissues.

#8 Deepening spiritual connections

This spirituality has less to do with trying make yourself have more faith or even attending a traditional religious service (though that might be very helpful too) but with nurturing an internal experience of connection with life and the universe. Take the time to contemplate, practice the exercises or do the activities that feel right for you.

#9 Having strong reasons for living

Perhaps this should be the #1 factor. Following the other 8 factors will strengthen your body, sharpen your mind, and help tap you into the miracle of living. You'll dramatically increase these positive effects of your healing work by finding a purpose to live. Like Mary Oliver wrote 'What are you going to do with your one 'wild and precious' life?' Live there. That is the ground of the miracle. ■

News from Prostate Cancer Canada

and the [Movember Foundation](#): in October they announced \$4 million in funding to three Canadian researchers to predict how well prostate cancer will respond to treatment, based on men's biological markers, specifically in their tumour cells and blood – opening a path to more personalized care with fewer side effects and a better chance of survival. The grants have been awarded to Dr. Tarek Bismar from the University of Calgary, Dr. Hansen He from University Health Network and Dr. Kim Chi from BC Cancer. This research aims to determine how we can use a man's tumour biology to offer better care to men at three critical stages of their prostate cancer journey.

Seasonal affective disorder (SAD)

is a type of depression that typically occurs each year during fall and winter. Use of a light therapy box can offer relief, but for some people, light therapy may be more effective when combined with another SAD treatment, such as an antidepressant or psychological counseling (psychotherapy). Ask your doctor what's right for you.



One Man's Story

John is a 68-year-old man with a family history of prostate cancer. John's father, Bill, was diagnosed with the disease at age 65. At the time, PSA testing was not available. Bill was having problems with urinary frequency and stream, so he visited the urologist, who felt a suspicious lump during DRE. Further tests revealed a tumor. Bill underwent radiation therapy. Three years later, he complained of back pain, and a bone scan revealed cancer throughout his spine. He underwent a bilateral orchiectomy (removal of the testes) and his bone pain miraculously resolved. Unfortunately, the cancer recurred three years later and he died at age 72. John vividly remembers the misery his father experienced the last few years of life with bone pain and ultimately liver failure.

Due to his family history, John started annual PSA testing at age 40. His PSA level was consistently less than 2.5 ng/mL until three years ago, when it rose slightly to 2.7 ng/mL. The PSA results the following two years were 3.4 and 4.0 ng/mL. This steady and significant rise prompted his doctor to send John to a urologist, who ordered a biopsy. The biopsy found a Gleason 6 cancer confined to the left lobe of the prostate.

John's urologist discussed three options with him for his low-risk cancer: active surveillance, radiation therapy, or radical prostatectomy (surgery to remove the prostate). He explained that John's cancer may not be life-threatening and that while surgery and radiation would likely cure the cancer, they did carry some risk and side effects. John listened carefully, but from an emotional perspective, he had made up his mind. He had witnessed firsthand what it was like to die of cancer. He felt strongly that surgery to remove the prostate and the cancer within it was the best choice for him.

From *Redefining Prostate Cancer, An Innovative Guide to Diagnosis and Treatment.*
by Stephen Lamb, MD, Herbert Lepor, MD,
Dan Sperling, M.D. (p 87)

Share Your Story

What is your own experience in dealing with prostate cancer? Everyone has a different perspective: patient or caregiver? What has this journey been like for you? What insights can you share with those about to make, or in the middle of making, important decisions and choices? If you are the spouse, partner or family member of a prostate cancer patient what experiences can you share to benefit others?

We'd like to include your stories in the next issue of ADAM'S GLAND, and while we can't promise to publish every story that we receive, we'd certainly like to share as many as we can.



NOVEMBER is an important month for our support group. It's that time of year when we ask you to open your wallets and chequebooks and make a donation to help support the activities that we have planned for the coming year. Please note that receipts are issued and your donation is tax deductible. We do not receive government funding; however, we survive because of your generosity, which is especially important at this time of year.



Prostate Cancer Canada Network – Montreal West Island

WE NEED YOUR SUPPORT

Newsletters – General Meetings – Hospital Visits – One-on-One Visits – Speakers

WE ASK FOR YOUR FINANCIAL HELP TO AID US IN OUR WORK – NOW IS A GOOD TIME.

Make a donation on the occasion of a celebration or bereavement.

We will send a card acknowledging your generosity to the family or person.

Please include full information: name and the address of the recipient and the occasion.

Name: _____

Address: _____ Telephone: _____

City: _____ Province: _____ Postal Code: _____

E-mail address: _____

Yes I would like to make a donation.

Enclosed is a cheque or money order for \$ _____ . A tax deductible receipt will be issued.

\$10

\$25

\$50

\$100

\$250

\$500

\$ 1000

Make your cheque or money order payable to:

Prostate Cancer Canada Network – Montreal West Island

P.O. Box 722, Pointe Claire, Que. Canada, H9R 4S0