



## Monthly Meetings

We meet the fourth Thursday of the month at the Sarto Desnoyers Community Centre, 1335 Lakeshore Dr. in Dorval. Parking is free.

Upcoming:

Nov 23rd: Peer to Peer Panel  
Discussion: Hormone Therapy and Its Side Effects

December: No meeting

January 25th: Elizabeth Segura,  
Acupuncture can help fight Cancer

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*"If I knew I was going to live this long,  
I'd have taken better care of myself."*  
Mickey Mantle

*"And in the end, it's not the years in  
your life that count,  
it's the life in your years."*  
Abraham Lincoln



Dr Luc Valiquette expands on a point during his lecture, "Side-Effects After Prostate Cancer Treatment". His enlightened approach was deeply appreciated. ( p2 & 8 )

**NOVEMBER is about raising money and awareness for our very own Mtl-West Island community Prostate Cancer Support Group. You can help with your Time and/or your Money. Either would be much appreciated. Have you renewed your membership? Together, we can make a difference.**

*One in Seven Canadian Men will end up with PC.  
Early detection almost always results in a cure.*

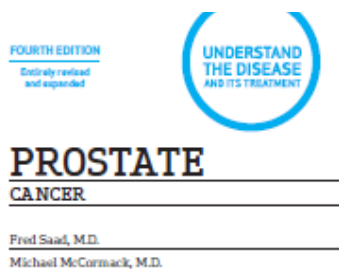
**November is the time to reflect on the need for annual checkups. Moreover, young men must be aware of their family history of cancer and adopt a healthier lifestyle, including proper nutrition and incorporating exercise as a daily part of their routine.**

# Editor's Notes:

\*\*\*\*\*  
Dr. Valiquette is a urologist at the University of Montreal Hospital Centre (CHUM) and Head of Surgery at U of M. His October lecture touched on many aspects of the wide-ranging array of side-effects of prostate cancer treatments: physical, mental and emotional. From the psychology of Freud to the wonders of Viagra, he outlined his suggestions for erectile dysfunction, urinary incontinence and depression, and he did so with humour.

Dr Valiquette is a contributor to Chapter 6, "Living with PC", of Dr Saad's book, **PROSTATE CANCER: Understand the Disease and Its Treatment**, 4th Edition.

The book is available with membership renewal or a minimum donation of \$25. It makes a thoughtful Christmas present. Thanks to the publisher, Annika Parance, and Sanofi, it is also available on line.



AP Annika Parance Publishing

Here is the link to the Canadian Urologic Association where Dr Saad's book can be browsed for free. It's not downloadable, but revisit as often as you'd like. Please share.

<https://www.cua.org/en/patient>



This year falls on the 100th anniversaries of the Battle of Vimy Ridge and the Battle of Passchendaele. Pictured, is a cemetery in Victoriaville that we happened upon by accident. There are some 350 priests and brothers buried there. This regimented image brought to mind the beautiful, awe-inspiring scenes of cemeteries in Belgium, where some 600,000 soldiers are buried, in some 176 cemeteries. It was there, in 1915, that Montrealer, John McCrae, wrote "In Flanders Fields", a poem that I memorized in elementary school and could recite today. We must keep the faith and remember them.





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.

*Photography: Paul Wilkinson*



Adam's Gland · Autumn 2017

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# The SON'S STORY

Welcome to Part II of a Father-Son saga .  
We told the father's story in September.

In 2015 I was getting my annual check up with my family doctor and mentioned that my Dad had recently undergone prostate surgery. At forty, this was my first DRE, which seemed normal. The blood work was a different story. My PSA was at 5.5 well above what a person of my age should have. The doctor thought perhaps this was an anomaly but would check again in 6 weeks. This new blood work yielded the slightly higher results and so I was referred to Prostate Cancer Center of the Rocky View Hospital in Calgary. After meeting with the urologist and have yet another DRE, I was given an appointment for a biopsy in six weeks.

On the day of the appointment my name was called, I stood up and they thought I was there to assist the patient. I assured them I was the patient. The urologist was shocked to see someone having such an elevated PSA and having this procedure done. This did not comfort me and now having to wait another six weeks for the results was agony.

My appointment finally came and it was the last one of the day. I squeezed my wife's hand and prepared for what was to come. In the calmest and most reassuring way possible he let me know that my biopsy confirmed what I suspected I too had prostate cancer. 10 out of the 12 samples removed showed cancer with a Gleason score of 6. I told him I knew what I wanted to, but he said we should take some time to review all the treatment possibilities so as to make the best possible decision. He suggested I order a book to review all the options available. I called my parents on the way home to tell them the news. They reassured me that everything would be okay and that I should not panic and to inform myself prior to making a decision. The book contained more pages than I



had ever read before, but I got through it before my appointment.

When I saw the Urologist next, we discussed my desire to have a radical robotic prostatectomy and was given a September surgery date. My parents drove out to Calgary prior my surgery to assist with my recovery and watch my two young kids as I was now the primary caregiver after deciding that family and health came first. Having my dad there post surgery gave me a level of comfort; as he would be able share his recovery experiences with me.

The surgery went well and I left the hospital knowing that the cancer was contained within the prostate and that I should make a complete recovery. My recovery was relatively easy and smooth and I relied on my dad for plenty of information. I would recommend anyone opting for this surgery to reach out to someone who has gone down the road, to help you to understand what to expect.

As of this moment we are delaying sharing this story with our children, however, in telling my story I hope that any male child of a parent who has been diagnosed with prostate cancer, will get himself tested. Heredity risk factors are in play with prostate cancer.



# Thank You Francesco



After writing and editing our newsletters from January 2009 to March 2016, Francesco Moranelli, Ph.D. resigned his duties on the Steering Committee. Actually, he resigned several times earlier but graciously agreed to continue until someone else volunteered for the job.

Francesco does not have prostate cancer. A friend in Edmonton asked him to do some research on **High Intensity Focused Ultrasound (HIFU)** which was only available in Europe, at the time, to treat prostate cancer. Through this search he found our group and decided to attend a meeting as part of his information gathering. He was invited to join the Steering Committee. At the time, George Larder was temporarily editor of the newsletter, and we were looking for someone to take on this responsibility. Francesco volunteered.

Francesco is a rather private guy who does not talk of his achievements, so we did not know much about him. I learned more in a recent breakfast meeting with him than in the previous eight years of working together on the Steering Committee. He is a research

scientist who specialized in a plethora of scientific disciplines in the biological sector, namely enzymology, molecular biology, immunology, microbiology and all aspects of genetic engineering. He earned a B.Sc. degree from Loyola College (Concordia University) and M.Sc. and Ph.D. degrees from Memorial University, St. John's, Newfoundland. He continued post-doctoral studies at Washington University School of Medicine, St Louis, Missouri focusing his studies on chemical carcinogens through a research grant supported by Monsanto.

The National Research Council in Ottawa repatriated Francesco as an NSERC Research Fellow studying industrial enzymes, and all aspects of genetically engineering enzymes of interest in the biotechnology sector. He also taught Basic Cell Biology courses to medical students at the University of Ottawa.

The above scientific background explains Francesco's commitment over the seven years of newsletters to bring us the latest in prostate cancer research from peer reviewed publications and research centers recognized around the world.

Since leaving our group, Francesco continues to volunteer as a member of various choirs on the West Island, participating in numerous concerts for the purpose of raising funds for local needy organizations.



# ACUPUNCTURE AND PROSTATE CANCER

BY ELIZABETH SEGURA

Acupuncture is a time-tested system of medicine used to maintain and improve the health of the prostate. In Chinese Medicine, the kidney system is understood to be generally responsible for our reproductive and urinary health; moreover, it also supports the health of the lower back, the knees, the bones, our teeth, and our hearing. We typically see many of these parts of the body change with aging. Chinese Medicine refers to this aging process as “kidney decline”, with all of its accompanying symptoms. Thus, in order to improve prostate health, acupuncture and Chinese herbal formulas are utilized to nourish this particular system.



A report titled “*Traditional Chinese Medicine and Prostate Health*”, published by Pacific College, found Traditional Chinese Medicine (TCM) to be effective in the treatment of prostatitis, urinary tract infections, and symptoms associated with prostate cancer, like frequent and painful urination.

In the modern practice of acupuncture, each patient is assessed and given a treatment plan to reduce his symptoms. Acupuncture accomplishes this by addressing the body as a whole and using acupuncture points to stimulate meridians that subsequently return the body to balance and natural flow.

Chinese herbs have also been used in traditional herbal formulas to replenish the kidney’s essence. These treatments will enhance the circulation and energy in the prostate. Thus, acupuncture and Chinese herbal medicine help to normalize prostate function and restrain enlargement.

*Elizabeth Segura practices Acupuncture and Naturopathy. In her practice she sees a large array of different conditions, among them, cancer patients.*

*Information, please call: 514 436 1325 or email: [lizaely14@gmail.com](mailto:lizaely14@gmail.com) [tamín C](#)*



# Does Vitamin C Kill Cancer Cells?

\*\*\*\*\*by Paul Wilkinson\*\*\*\*\*

Vitamin C was a major contributor in my own cancer challenge. Five years ago, I was diagnosed with Lymphoma. It was in my bone marrow and in my spleen. I was told that there was no cure, but if I did the chemo, I could have a few good years.

I needed a year to build up my immune system and make a number of changes, including to my diet. I started Vitamin C IV therapy, became a vegetarian and for a while, a raw vegan. I did acupuncture; daily exercise; and stopped dairy and alcohol. I did research, lots of it and it lead me to sprouts and green juicing and wheatgrass and a place called HIPPOCRATES in Florida, where I learned the true value and purpose of real food. I continued the Vit C IV treatments, twice weekly, and I was doing 75,000 mg a day.

I also made it a point to get a lot of sun, which synthesizes our vitamin D. Prostate cancer is more prevalent in northern climates, because we get less sun exposure and therefore less vitamin D. Dr Saad notes in his book, "Numerous studies have suggested that vitamin D deficiency may be associated with prostate cancer development and/or progression".

Vitamin C has been demonstrated helpful in fighting over 30 major diseases, including MS, pneumonia, arthritis and cancer. Dr Andrew Saul has studies that show that large doses of Vit C improve both quality and length of life for cancer patients.

Vitamin C strengthens collagen and the body's immune system, neutralizes free radicals and in very high doses, kills viruses. (Klenner, F.R.)

Ergo, the collagen holds the healthy cells together and retards the spread of an existing tumor, while simultaneously providing "a surprising level of pain relief". Dr R.F. Cathcart III further states that Vit C has been shown to be preferentially toxic to tumor cells, similar to cytotoxic drug cancer chemotherapy.

There have been many studies done in Japan, using over 30,000 mg of Vit C a day.

I believe that vitamin C reduced the side effects of my chemotherapy. I was blessed with great doctors. They advised me when to take the Vit C, such that it would not conflict with my treatments. I counted 43 side-effects from the chemo, however, the severity of each was not overly strong. I experienced very little hair loss; some nausea and vomiting; some discomfort but only a little pain; little loss of appetite and I was strong enough for a round of golf in the afternoon, or an evening Pilates class.

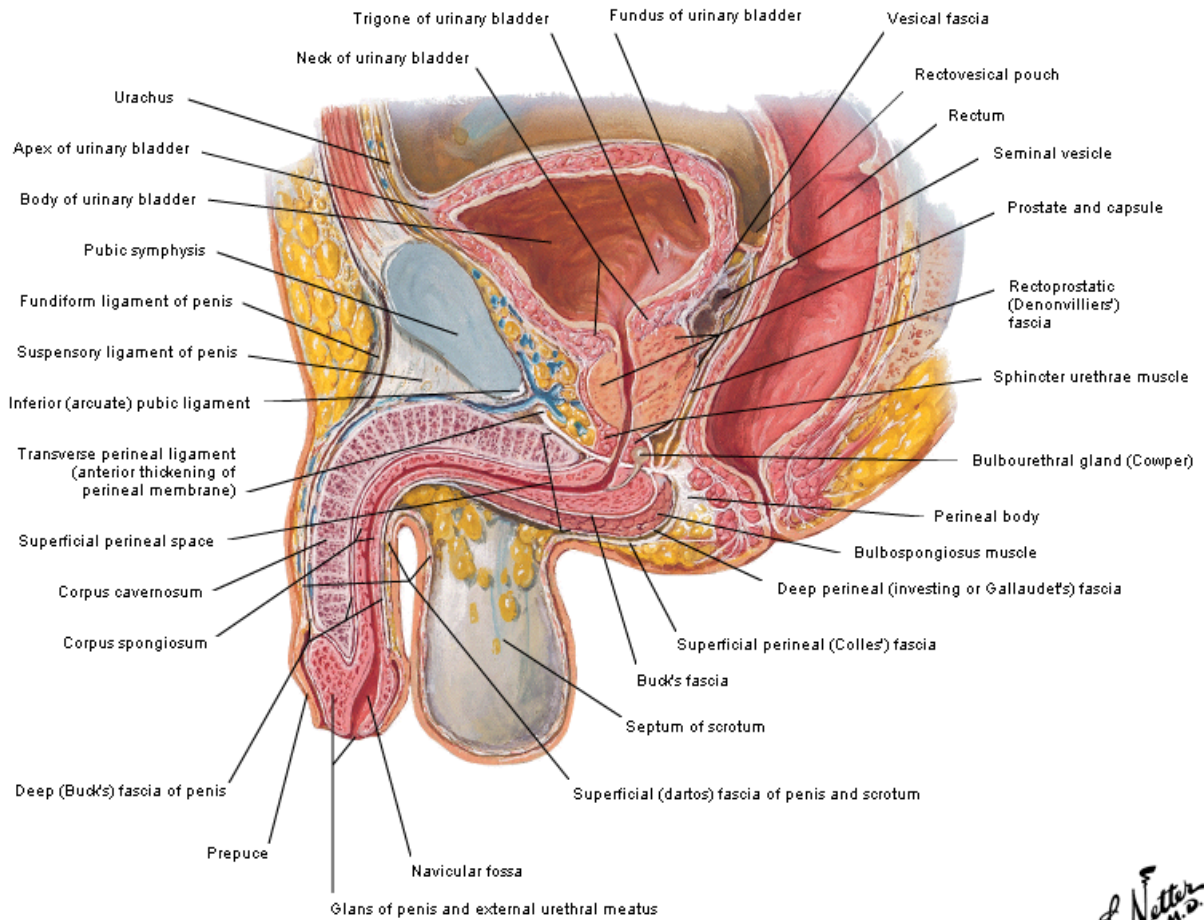
Killing cancer cells requires a high concentration of Vit C in your blood, and you can tolerate only so much orally, maybe 10-12 grams, spread out 3 times daily; so IV administration is necessary.

Today, I am cancer free, and I still have my spleen.

*It should be noted that high dose vitamin C has not been approved as a treatment for cancer in Canada or in the U.S.*



# Incontinence



*F. J. Natter  
M.D.  
Lachade*

## 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.

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*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

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**Prostate Cancer Canada Network – Montreal West Island**

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