



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:

January 25th: Elizabeth Segura: Acupuncture and Prostate Cancer

February 22nd: TBA

March 22nd: TBA

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Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

You know you are getting old when everything either dries up or leaks.

"Whether you think you can or you think you can't, you're right." –Henry Ford

"Be the change you want to see in the world" Gandhi –

"A goal is a dream with a deadline"



ISSUE # 100

Elizabeth Segura Ac, will be the Guest Speaker at our January 25th meeting.

She studied Medicine and homeopathy and finished a specialization in Sport Medicine in Mexico. She is not allowed to practice medicine in Quebec. She pursued neurofeedback courses in California and Ottawa and studied Acupuncture at Rosemont College.

She sees her patients in the Plateau, Pointe-Claire and the South Shore.

She will discuss the potential for acupuncture to help with prostate cancer, before, during and after treatment.

This month, our newsletter has reached an amazing milestone: **100 issues**. Our support group got started back in 1995 and held its initial meetings at the Lakeshore General Hospital, before eventually moving to our current home at the Sarto Desnoyers Community Centre in Dorval. The newsletter has evolved over the years and last year was christened with its very popular, sexy and most original name, ADAM'S GLAND.

Editor's Notes:

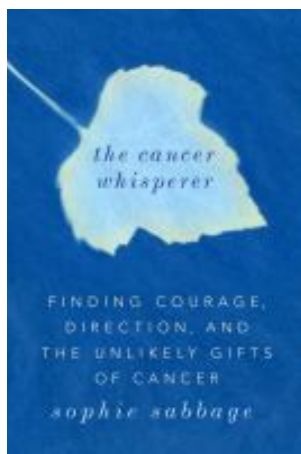
PAUL WILKINSON

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How does one celebrate a milestone like our newsletter's 100th issue? The answer, with cake and bubbly of course, as befits such a significant event. Do join us on January 25th, at Sarto.

The Cancer Whisperer, by Sophie Sabbage, presents a new, less violent approach to dealing with cancer, and is a UK bestseller, published in 2017, that has helped thousands touched by cancer.

Sophie advocates a radical shift from being a cancer victim to a cancer listener--fostering an understanding of cancer as a symptom of other underlying causes and engaging with whatever changes it calls on them to make. Sophie empowers readers to reject the traditional adversarial relationship with cancer by teaching us how to listen to it; how to be healed by it as well as how to seek to cure it; and how to be emotionally free even when we are physically curtailed.



The Cancer Whisperer calls for a revolutionary approach, an end to "the war on cancer" and the start of a more transformative dialogue with the disease.

A quick scan of the obituaries, will often reveal phrases like "after a long struggle" or "following a courageous battle" with some form of cancer. It needn't be that way. Does it really make sense to declare war on your own body, or parts of it, just because some of your cells are diseased? Perhaps, as Sophie suggests, it's time for a new approach.

PROSTATE CANCER, Understand the Disease and its Treatment, 4th Edition, by Dr Fred Saad and Dr Michael McCormack.

The book is free with your membership.

Or, here is the link to the Canadian Urologic Association where Dr Saad's book can be browsed, also for free. Although it's not downloadable, revisit as often as you'd like.
<https://www.cua.org/en/patient>

If you are struggling with Depression, you're not alone, and this new study can help.



Dr Mark Yaffe, is a family physician at St. Mary's Hospital Family Medicine Center and a co-investigator on the CanDirect study. Dr Yaffe explains that "as a family physician, I am excited by the potential of this study. We hope CanDirect will demonstrate that different forms of self-care are useful in the management of depressive symptoms common following cancer care." There is no cost and no obligation.

If you would like to learn more about the study, visit <http://www.mcgill.ca/candirect/>, <https://www.facebook.com/CanDirectstudy> or just call Cindy Ibberson at (514) 345-3511 ext 5593 or toll free at 1-855-334-7403.

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 · Winter 2018

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Prostate Cancer: An Emotional Roller Coaster

Even though I had spent the last 24 of my working years in the pharmaceutical industry, like many men, my approach to personal health care was, “you see a doctor only when the pain becomes unbearable and won’t go away”. A few years after my wife of 35 years had passed away, I met Annie, a widow who had a compelling negotiating point: get a physical or find yourself another lady.

My first physical in almost 30 years produced a PSA of 3.8. Because my father had died of prostate cancer and a younger brother had recently been diagnosed and treated (a second younger brother was diagnosed and treated a few years later), I was referred to a urologist. Six months later the PSA was 4.3. The second biopsy showed cancer in 3 of 10 cores and a Gleason 8 (4+4). Annie and I got the news two days before my 65th birthday. I spent the next few months searching the library and internet for information on my options of radical prostatectomy or external beam radiation and their potential side effects. We prepared lists of questions and, after several long sessions with both my urologist and radiology/oncologist, I decided on surgery. If surgery was not successful, I would still have the option of radiation.

The urologist was quite confident that the surgery had been successful, the cancer was confined to the prostate and lymph nodes were not affected. What a shock to



learn a month later that the PSA was still high and after two months was increasing. Although a bone scan showed no cancer in my bones, a panel of three radiology/oncologists (my oncologist was on vacation) reviewed my case and concluded, consistent with medical opinion at the time, that a rising PSA suggested metastatic bone disease. We were advised to go back to the urologist who would put me on hormone therapy and my life expectancy would be 5-7 years! I am an optimist and that was not the news we expected. We sat there for a good 30 minutes trying to digest what we had just heard.

A few weeks later, while I was driving, we heard a CJAD report of research published in the Journal of the American Medical Assoc. suggesting radiation therapy could benefit men, post prostatectomy, with a rising PSA. Although the prognosis for men with a low Gleason was best, men with Gleason 8-10 showed a 4 year progression free probability of 6-18%. I immediately got several copies of the study and made

an appointment with my radiology/ oncologist to ask for radiation therapy. Even though the chance of success was low, it is my body and I was determined to have the treatment.

Back in 2004 the waiting time for radiation for prostate cancer patients was 9-12 months but research showed the sooner the better. To alleviate the long waiting time some patients were sent to Quebec City or Trois Rivières. Since I was retired and anxious to get the treatment, we made it clear we would go anywhere anytime. Fortunately, a cancellation in Quebec City provided this opportunity and for seven weeks Annie and I drove to Quebec City Sunday, got the treatment every morning, and returned to Montreal Friday. We stayed in a hotel with 35-40 cancer patients from all parts of Quebec. It was a mutual support group but also heart-wrenching because we knew the treatment for some was only palliative.

A month after radiation I returned to Quebec City for a nuclear medicine test which indicated some residual activity in the prostate area. However, since the full effects of radiation might not be evident for months, we were not concerned. This changed dramatically bringing us to an emotional low a few months later when the PSA was increasing instead of decreasing. When it reached a high of 27 a year later I was put on intermittent hormone therapy (8-12 months on and 8-10 months off). I am thankful every day that this has been effective in reducing PSA to

virtually zero after the first 4 month injection of each cycle and kept me symptom free for 13 years and counting.

My message: Over 90% of men with prostate cancer can be cured if treated early. If you wait until it hurts, it's probably too late. Inform your family when first diagnosed; they can be your best support. Learn as much as possible about the disease and treatments - it will help you to ask the right questions.

Ron Sawatzky



ACUPUNCTURE AND PROSTATE CANCER

BY ELIZABETH SEGURA

Acupuncture is very effective for managing pain related to tumours, surgery, chemotherapy, radiation and inflammation. Cancer itself can be a painful disease and the treatments for cancer cause pain, swelling and inflammation. Additionally, many of the treatments for management of cancer pain cause side effects such as constipation, confusion, nausea, difficulty urinating and respiratory depression. Patients who receive acupuncture may be able to use lower doses of pain medications.

There are numerous cancers and many cancer treatments trigger a suppression of the bone marrow, the source of blood cells that comprise the immune system's army. Acupuncture increases blood cell production and enhances the development of Natural Killer Cells and Lymphocytes which leads to increased immune response and decreased risk of infection.

Increased inflammation is a part of the physiology of cancer. Many of the treatments for cancer such as chemotherapy, radiation therapy and surgery also cause painful inflammation. Acupuncture reduces the pain and swelling related to inflammation.

Acupuncture has been shown to reduce the intensity and frequency of nausea and vomiting in cancer patients receiving chemotherapy.



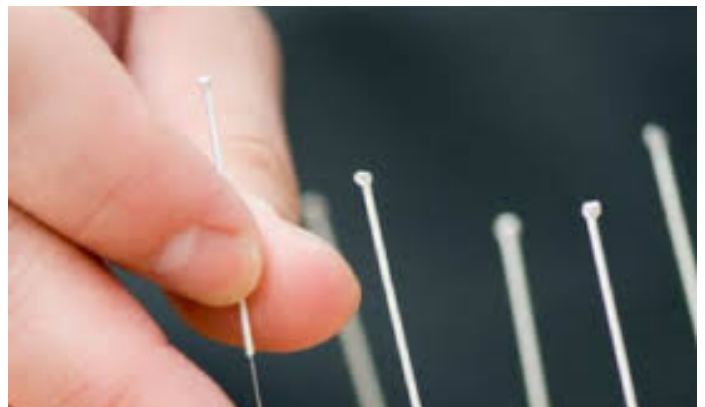
Cancer patients suffer sleep disruption and insomnia due to post-surgical discomfort, anxiety and depression and physical pain. By relieving these symptoms the cancer patient is able to get the deep sleep and rest required for recovery and healing.

By managing the side effects of surgery, chemotherapy, radiation and hormonal therapies, reducing pain and inflammation, improving sleep, supporting normal digestive function and reducing stress, the quality of life of cancer patients can be greatly improved by acupuncture treatments.

Acupuncture is recommended to cancer patients at the Mayo Clinic and at the Dana Farber Cancer Institute in Boston. Today, many oncologists refer their patients for acupuncture treatment to manage cancer symptoms as well as cancer treatment related symptoms. Many cancer treatment centres now have Licensed Acupuncturists on staff to help patients manage the many challenges of the cancer journey.

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.



Our Peer-to-Peer Panel:



Frank Scully, Sylvain Cote and Wayne Hemsworth shared their experiences with Hormone Therapy and their side-effects at our last meeting, on November 23rd. The open dialogue that flowed back and forth during the Q & A, touched on an array of topics from hot flashes to mood swings, surgical techniques, methods of treatment, depression, lack of energy and sex.

Our Support Group History:

Issue #100 prompts a look back from April 25, 2000.

Our group was founded as a result of a meeting on November 30, 1994, at the Lakeshore General Hospital (LGH) organized by the chief urologist, Dr. I.Kuzmarov, and Norm Oman of Winnipeg, who is now the coordinator for the Canadian Prostate Cancer Network.

A committee was then formed, the first meeting of the committee being on January 11, 1995, and it now has 10 members. The first support group meeting was on January 25, 1995.

The group became a corporation on March 18, 1998. The board of directors includes Dr. Kuzmarov as part of the process of maintaining the link with the LGH that has continued from the beginning.

Applications were made to Revenue Canada and the Minister of Revenue of the Government of Quebec on July 16, 1999. In due course both were accepted. Revenue Canada granted the group status as a registered charity, and assigned the same registration number as that given by RC. Since October of 99, bilingual receipts have been produced.

TOXINS

- * The Hippocrates Health Institute in Florida.
- * Has warned that toxins are everywhere, and they can lead to serious health problems.
- * They tend to concentrate in places responsible for eliminating toxins from the body - the liver and gastrointestinal tract
- * The body of the average person does not possess sufficient metabolic ability to rid itself of all the toxins it is exposed to daily
- * Detoxification is the process by which the body eliminates toxins from its cells
- * Excessive or improper detoxification can use up a lot of your body's energy and make you more susceptible to disease and infection
- * Consult with your doctor or Naturopath for the correct detoxification treatment for you.
- * The new year affords us the opportunity to reflect on our health habits and to make the necessary changes that our bodies require
- * For optimal cellular cleansing and rebuilding, do not eat or drink anything for 3 hours before you go to sleep at night
- * Be aware that the electromagnetic fields created by wireless phones, cell phones, computer monitors, microwaves, TVs, Hydro's "Smart boxes", and fluorescent lighting have been recognized as a danger to our health.



NUTRITION etc.

DIGESTIVE ENZYMES

Biochemical and electrical activity goes on constantly in the living cell and includes building and replacing tissue, converting food to energy, waste disposal, reproduction, etc. Enzymes are responsible for almost all of it.

Supplementing with digestive enzymes in the run-up, during, and following festive feasting can support your body in numerous ways. Digestive enzymes ensure your digestion runs at optimal levels and efficiently. They can help boost metabolism and ensure you absorb the maximum amount of nutrition from your food.

They can also support the body's natural processes. For example, lipase, which breaks down fats, takes pressure off your pancreas and small intestine when taking in a higher-than-normal level of fatty food (which is common during the holidays).

Digestive enzyme production falls as we age - it starts to fall from just the age of 20, and could be down 25% by the age of 40. Therefore, we would go as far as to say that digestive enzymes are essential.

SAW PALMETTO

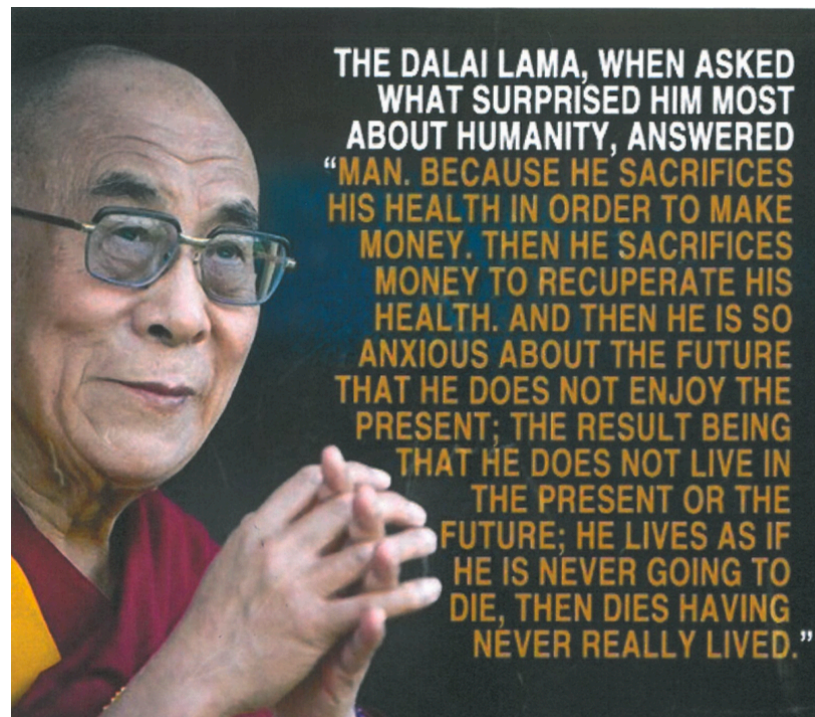
Saw Palmetto is a natural way to prevent or improve symptoms of an enlarged prostate, and with no side effects. It's frequently combined with pumpkin oil, lycopene and zinc. As used in most studies, it's a fat-soluble, concentrated, standardized extract containing 85–95% fatty acids.

Almost all men over 50 will experience some degree of prostate enlargement. This condition, caused by changes in testosterone levels, is a risk factor for prostate cancer. Early indications of an enlarged prostate include obstructed urine flow, frequent urination, inadequate voiding, urine retention, difficulty in starting, strong urges, frequent discomfort (dysuria), and excessive nighttime urination.

Saw palmetto is a palm tree native to Florida. Saw palmetto berries have been used for centuries to alleviate the symptoms of an enlarged prostate or benign prostatic hyperplasia (BPH). Numerous double-blind studies have shown that an extract of the berries to significantly improve the symptoms of BPH. Roughly 90% of men with mild to moderate BPH showed some improvement in symptoms during the first 4–6 weeks of therapy. All major symptoms of BPH were improved, especially night-time urination.

Foods that Fight Prostate Cancer

Asparagus has Vit A & K; Avocados have phytochemicals that fight PC growth; Bell Peppers have lycopene. Cruciferous veggies like cabbage, kale, brussel sprouts, broccoli, bok choy & turnips are high in anti-cancer phytochemicals. Green tea has polyphenols that help keep carcinogens inactive and prevent PC. Leeks have Vitamin C to benefit the Immune System (IS). Mushrooms, especially Shiitake, Maitaki and Japanese Red Reishi enhance the IS and make us more cancer resistant, and they are made even more effective when taken with Vit-C.



THE DALAI LAMA, WHEN ASKED WHAT SURPRISED HIM MOST ABOUT HUMANITY, ANSWERED "MAN. BECAUSE HE SACRIFICES HIS HEALTH IN ORDER TO MAKE MONEY. THEN HE SACRIFICES MONEY TO RECUPERATE HIS HEALTH. AND THEN HE IS SO ANXIOUS ABOUT THE FUTURE THAT HE DOES NOT ENJOY THE PRESENT; THE RESULT BEING THAT HE DOES NOT LIVE IN THE PRESENT OR THE FUTURE; HE LIVES AS IF HE IS NEVER GOING TO DIE, THEN DIES HAVING NEVER REALLY LIVED."