



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

Contact information – email – sbren@telus.net

Phone – 250-762-0607

www.kelownaprostate.com

Publisher/Editor – Bren Witt

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The Kelowna Prostate Cancer Support Group did not have a guest speaker at our meeting in March. We had a couple of fellows attending our group for the first time and because they were new to our group, I went over some of several of the items that were discussed by Dr. Hamid Raziee in February, including the diagnosis of prostate cancer including the biopsy, the pathology as well as the staging of prostate cancer. I brought out some of the items from my ‘Toy Box,’ so I was able to show those in attendance a biopsy sample as well as two sections of a biopsied prostate gland, I also briefly went over some of the treatment options for prostate cancer. There was a lot of interaction and discussion at this meeting. Following the meeting I received a lot of very positive comments about the meeting.

I was also invited to give a presentation to the Vernon Support Group in March. I thought the presentation went well with questions from those in attendance following the presentation.

If you wish to have your name removed from this contact list, please let me know and I will remove your contact information.

What is the Prostate and Why Does it Cause so Many Problems for Men?

The following was obtained from the Internet and originated with CBS News by Jon LaPook on Jan. 21, 2024. I have additional information from other sources in italics.

So, what *is* the prostate and why does it cause so many problems for men?

It's a topic most people don't want to discuss. But it can have a big impact on your life.

The prostate is a small *[roughly the size and shape of a walnut male only organ]* that sits just beneath the bladder, and in front of the rectum, behind the pubic bone and the urethra runs through the center of the prostate gland] The main function of the prostate gland is to provide a nourishing fluid that helps transport sperm.

Conditions that affect the prostate gland include prostate cancer, prostatitis, and benign prostatic hyperplasia (BPH) the non-cancerous enlargement of the gland.

As men age, the prostate tends to increase in size. *[It can grow from the size of a walnut and in some cases to the size of a lemon].* And as the gland enlarges, it can block the flow of urine from the bladder. In plain English, that can make it harder to pee, and lead to a lot of middle-of-the-night trips to the bathroom.

That's what King Charles had: and enlarged prostate, also called BPH, or "benign prostatic hyperplasia." The key word here is "benign," with symptoms that are rarely life-threatening.

A bigger problem is when the prostate becomes cancerous. Prostate cancer in the U.S. is the second-leading cause of cancer death in men and is what U.S. Defence Secretary Lloyd Austin was diagnosed with. *[In Canada prostate cancer is the number one diagnosed cancer in men with an estimated 25,900 men diagnosed in 2023 and is third leading cause of cancer*

death in men in Canada with an estimated 4,900 deaths in men from prostate cancer. In B.C. the number of new cases of prostate cancer in 2023 was estimated to be 3,900 cases which was exactly the same number of women being newly diagnosed with breast cancer in B.C.]

What makes it tricky is that, while about 1 in 8 men will be diagnosed with prostate cancer, it often grows so slowly that about 80% of those men, if untreated, would end up dying of another cause, including old age.

But sometimes prostate cancer is fast-growing, and a real threat.

So, what to do?

You may be familiar with a screening blood test called PSA, or prostate-specific antigen. There are limitations to using PSA testing to screen for prostate cancer since this protein is made by both BPH (and enlarged prostate) and cancerous tissue.

Since both BPH and prostate cancer lead to increasing levels of PSA, there are concerns that PSA screening leads to overdiagnosis and overtreatment. That, in turn, has prompted disagreement among medical professionals about its overall benefits.

Tests can sometimes yield a false positive.

Bottom line: Talk to your health-care provider and have a careful discussion about the risks and benefits of screening, taking into account individual factors like family history, age, race, and more.

If your PSA is elevated, other tests may help if a biopsy is needed.

If cancer is suspected, a biopsy can confirm it, and a wide range of approaches can be considered: From active surveillance (just monitoring the tests and seeing if the cancer grows), to *[surgery to remove the prostate gland or to the several forms of radiation therapy to treat prostate cancer]*.

In Secretary Austin's case, his cancer led doctors to remove his prostate entirely.

For King Charles, the enlarged prostate was treated in the hospital, and he should be fine. *[He possibly underwent a procedure referred medically as a TURP or the trans urethral resection of the prostate gland.]*

King Charles was very open about his diagnosis with BPH whereas U.S. Defense Secretary Lloyd Austin was very secretive about his diagnosis with prostate cancer and kept the diagnosis hidden until late January. However, on Feb. 5, King Charles indicated that he had been diagnosed with cancer, but he hasn't stated what type of cancer he has but is undergoing treatment for his cancer.

Two men, two common diagnoses, and two very different treatments, which offer lessons for all of us.

In B.C. we have a few other problems including having to pay for a screening PSA blood test and also having a number of family care physicians not suggesting or even downplaying the PSA test for prostate cancer.

The vast majority of men in our Kelowna Prostate Cancer Support & Awareness Group have been diagnosed with prostate cancer because of an elevated PSA reading.

U.S. Defense Secretary Lloyd Austin is now saying that his prostate cancer diagnosis was a 'gut punch,' and his instinct was to keep private.

"We did not handle this right. I did not handle this right," Austin said. Since going public about his prostate cancer diagnosis Defense Secretary Austin has been back in hospital a couple of times to treat some possible bladder infections and has gone public with these problems.

"I should have told the president about my cancer diagnosis and should have also told my team and the American public," he continued. "I take full responsibility. I apologize to my teammates and to the American people."

WITT'S WIT (ON THE LIGHTER SIDE -

Someone sent me this and I thought you might enjoy it-



NOTE: If you are unable to make out the sign it says – THERMALAID PROSTATE WARMER the Electro Thermal Co. American, c 1934.

Some companies took advantage of serious health issues because the Victorian public was often embarrassed to seek medical help for problems of a “sensitive nature”.

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 - and TerSera for their support and educational grants that go towards our newsletters and our support group.



UP COMING MEETING DATES FOR 2023 – 2024

NOTE: - May 11 – June 8

Meeting Location:

Our meetings take place in the Harvest Room at Trinity Church located at the corner of Springfield Road and Spall Road. Please enter through the South Entrance off the main parking lot and follow the signs upstairs to the Harvest Room. Our meetings begin at 9:00 A.M. and the doors open at 8:30 A.M. There is elevator access if needed.

NOTE: Many of our past newsletters are available for viewing and printing through our website. – www.kelownaprostate.com

- A big *Thank You to Doris at Affordable Web Design for all her work on our website*