



# KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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## Happy New Year 2025

**W**e had a very interesting meeting in December, On of the attendees suggested that we go around the room and see what type of treatments those in attendance had had to treat their prostate cancer.

WOW! We had an individual who had recently had laparoscopic surgery, someone who had robotic, a well as a few who had open surgery. We had fellows who had regular external beam radiotherapy, one fellow mentioned he was waiting for SABR (Stereotactic Ablative Radiotherapy) as well a couple of fellows who had LDR (Low Dose Rate Brachytherapy) as well some who have had HDR (High Dose Rate Brachytherapy) and a few fellows mentioned that they are on ADT (Androgen Deprivation Therapy) hormone therapy. One of the men present mentioned that he was on Active Surveillance. So, at this meeting we pretty much covered all of the treatments available for prostate cancer in B.C.

I received a note from Physiotherapist Katie Hauck who spoke to our group in the Spring saying that she will be opening her own facility that will be Black Mountain Physio. one of her specialties in dealing with incontinence her contact information is [bmtphysio@gmail.com](mailto:bmtphysio@gmail.com). or by phone - 250-899-6493.

### Famous British Six-Time Olympic Gold Medalist has Stage 4 Prostate Cancer

The following information was obtained from several Internet sources. I had an article in November mentioning that prostate cancer is not just an old man's disease, the following is proof of that.

**C**hris Hoy, the six-time Olympic Gold medalist in Cycling has disclosed that he has "two to four years" left to live after a terminal cancer diagnosis.

The 48-year-old told the *Sunday Times* that a scan in September 2023 showed a tumour in his shoulder.

A second scan two days after the initial diagnosis he was informed that the main cancer was in his prostate gland and had metastasized to Hoy's shoulder, pelvis, hip, ribs and spine and was stage 4.

Hoy announced in February 2024 that he was being treated for prostate cancer.

Sir Chris Hoy won six Olympic Gold Medals, 11 World and 14 World Cup titles by the time he retired from competitive racing in 2013. He told the newspaper: "As unnatural as it feels, this is nature."

He added: "You remind yourself, aren't I lucky that there is medicine I can take that will fend this off for as long as possible."

The father of two said his chemotherapy had "no guarantee" of shrinking his tumours but on "the sliding scale" of predictions it achieved the most promising results.

Hoy, whose father and grandfather both had prostate cancer, added: "One in four may sound like a terrible stat. But to me that's like, *one in four!*"

"I do have faith there are amazing things happening all the time," he added.

Speaking to the *Sunday Times*, Hoy explained, "Most of the battle for me with cancer hasn't been physical. For me, it has been in my head. Hand on heart, I'm pretty positive most of the time and I have genuine happiness. This is bigger than the Olympics. It's bigger than anything. It is about appreciating life and finding joy."

Hoy has digested the prognosis that his prostate cancer is life-limiting and now has found a new purpose.

For me, my purpose is spreading awareness about it, trying to get men to go and get checked," Hoy said.

"It's a very simple thing to deal with if you catch it early enough."

The news of Chris Hoy's battle with metastatic prostate cancer was publicly announced on October 19, 2024.

If this wasn't bad enough for the Hoy family, Chris Hoy's wife was diagnosed with multiple sclerosis last year.

## WITT'S WIT (ON THE LIGHTER SIDE)



As Frank finished his six-hour shoveling job, he suddenly heard the evil cry he'd witnessed so many times before.

## Keeping Score of Prostate Cancer –

The following is an excerpt of information was obtained from *Harvard Men's Health Watch* by Mathew Sloan, Nov. 2014 –

*The Gleason score from a prostate biopsy reflects how the cancer is likely to behave.*

**M**en who choose periodic screening for prostate cancer typically get a prostate-specific antigen (PSA) blood test. If the PSA is abnormally high, men often need a biopsy. The biopsy not only confirms the presence of cancer, it also offers information on how it might grow and spread. This is done by creating a Gleason score from the samples.

“The Gleason score is the primary measurement to determine overall management of prostate cancer,” says Dr. Marc B. Garnick, editor in chief of the *Harvard Medical School Guide to Prostate Diseases*. “It is important to understand how Gleason scores are calculated and what they can mean, as your ongoing treatment is often dictated by the results.”

### Getting to the core –

The most common type of biopsy is the transrectal biopsy. Here, the doctor passes a needle through the rectum and into the prostate to remove a small cylinder of tissue, called a core. Typically, 12 samples are taken from different areas of the prostate.

A pathologist then examines the core samples. If the tissue shows prostate cancer the pathologist, then grades the most prevalent type of cancer cell on a scale of 3 to 5. The higher the number the more aggressive the cancer. The pathologist does the same for the second most prevalent type of cancer cell. The sum of the two grades is the Gleason score – for example, 3+3=6,

3+4=7, 4+3=7, 4+4=8, etc. Here's a breakdown of the scores:

- 6 suggests that the cancer will grow slowly and is less likely to spread.
- 7 intermediate-grade cancer
- 8 to 10 (10 being the highest score) means high-grade, aggressive cancer.

### Beyond the Gleason score –

The final Gleason score does not provide some important nuances that affect therapy decisions. For instance, a Gleason score of 7 (4+3) is potentially more dangerous than a Gleason score of 7 (3+4). “The first number represents the common cell pattern,” says Dr. Garnick. Grade 4 cells are more abnormal and more likely to spread than grade 3 cells, so a 4+3 score is a higher-risk cancer than 3+4.”

Another issue is that high-grade cancers are lumped together. “There can be big differences between Gleason 8, 9 and 10 cancers in terms of their aggressiveness,” says Dr. Garnick. Gleason scores can also vary depending on where in the prostate the samples came from. “Cores might come from different areas of the same tumour or different tumours in the prostate,” says Dr. Garnick. “Because the grade can vary within the same tumour or between different tumours, different cores can have different Gleason scores.”

## The History of the CT Scanner –

The following information was obtained from the Saskatoon City Hospital Foundation, Nov. 2024.

It may seem like new technology, but did you know that the Computed

Tomography (CT) scanner was invented more than 50 years ago? Would you also believe its creation has a connection to the world's most famous rock band?

Godfrey Hounsfield was an engineer working for England's Electrical and Musical Industries or EMI – the same company best known for producing and selling Beatles records. On a vacation in the late 60s, Hounsfield encountered a doctor who complained that X-ray images of the brain were too grainy and only one dimensional.

Hounsfield began working with neuroradiologists and in 1971 produced the first Computed Tomography scan of the human brain. For his work, he was named a corecipient of the 1979 Nobel prize in Physiology or Medicine.

Today, his creation is a vital imaging tool and, when adapted to emerging technology, is crucial for diagnosing so much.

**This is a picture of the very first CT scanner built by Godfrey Hounsfield**



I know this doesn't look anything like the scanners we have today, but that's how science starts sometimes.

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 2024 – 2025**

**NOTE: - Feb. 8 – March 8 – April 12 – May 10 – June 14**

**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](http://www.kelownaprostate.com)

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