



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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We had a great guest presenter at our April meeting. Katie Hauck who has been a practicing orthopaedic and pelvic health physiotherapist for over 10 years and has just recently moved to Kelowna from Toronto. Katie has given lectures in Toronto to not only cancer survivor groups but also to other physiotherapists who are new to the pelvic health profession. The presentation Katie gave us was extremely interesting and educational. Katie is working with Corinne Wade at Kare Physiotherapy in Kelowna. (ifo@karephysio.com)

Katie brought models of the pelvic anatomy to show everyone the group of muscles contained in the pelvic floor. She explained how these groups of muscles work and showed everyone the proper way to do kegel exercises. Katie treats all genders including men with urinary urgency/frequency, and post surgical following prostate cancer surgery.

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

Health Task Force Blasted over ‘Dangerous Guidance’ for Cancer Screenings

The following information is an excerpt of an article that was published by Global News on April 15, 2024, as well as information from the Canadian Press April 16, 2024

Medical experts are sounding the alarm about the Canadian Task Force on Preventive Health Care, branding the group’s *cancer screening* guidelines as “dangerous” and “deplorable.”

Speaking at a Monday April 15 media conference, a group of medical experts ranging from radiologists to urologists talked about the urgent need to reform the *Canadian Health Task Force on Preventive Health Care* for its

“Outdated screening guidelines,” that are putting people at risk because their cancers aren’t detected early enough, and that hundreds of Canadians are needlessly dying and suffering as a result.

“I’m faced with treating too many patients dying of prostate cancer on a daily basis due to delayed diagnosis,” Dr. Fred Saad, a urologic oncologist at the Montreal Cancer institute, said at a news conference in Ottawa on April 15. *(Locally the urologists and radiation oncologists are seeing men with more advanced prostate cancers because of lack of screening.)*

“I regularly see patients who ask to be screened, only to be denied due to the task force recommendation and ultimately are presented with an incurable stage of the disease. These patients feel let down by the system, and their physicians live with enormous regret.”

“The task force recommendation against screening is outdated, overly simplistic and goes against all other guidelines that encourage shared decision-making with patients. This has led to an increase in patients presenting with advanced incurable stages of the disease [prostate cancer], as well as the increased risk of mortality due to the diagnosis is underestimated,” he said during the media conference.

The Canadian Task Force on Preventive Health Care established by the Public Health Agency of Canada, sets guidelines to help

family doctors and nurse practitioners decide whether and when to recommend screening and other prevention and early detection health-care measures to their patients. The recommendations include guidelines for screening ages of mammograms, colonoscopies and prostate and lung cancer.

According to its website, the task force comprises 15 primary care and prevention experts across Canada, such as family physicians, mental health experts and pediatricians.

“The Canadian Task Force on Preventive Health Care develops rigorous, evidence based preventive health care guidelines based on the principles of impartiality, collaboration, and inclusivity. It applies international best practices for evidence review and guideline development used by guideline panels around the world,” a task force spokesperson told Global News.

But Saad and other doctors associated with the Coalition for Responsible Healthcare Guidelines, which organized the news conference, said the task force’s screening guidelines for breast, prostate, lung, and cervical cancer are largely based on older research and conflict with the opinions of specialists in those areas.

For example, the Task force recommends against wide use of the prostate-specific antigen test, commonly known as a PSA test, for men who haven’t already had prostate cancer. Saad called that

advice, which dates back to 2014, “outdated” and “overly simplistic.”

The task force’s recommendation is based on the harms of getting false positive results that lead to unnecessary biopsies and treatment, he said.

But that reasoning falsely assumes that everyone who gets a positive PSA test will automatically get a biopsy, Saad said.

“Canadian men deserve to have the right to decide what is important to them, and family physicians need to stop being confused by recommendations that go against logic and evidence.”

Dr. Martin Yaffe, the co-director of the Imaging Research Program at the Ontario Institute for Cancer Research, raised similar concerns about the task force’s breast cancer screening guideline, which doesn’t endorse mammograms for women younger than 40.

That’s despite the fact that the U.S. task force says women 40 and older may decide to get one after discussing the risks and benefits with their primary-care provider.

The Canadian task force is due to update its guidance on breast cancer screening in the coming months, but Yaffe said he’s still concerned.

Like Saad, Yaffe believes it puts too much emphasis on the potential of harm of false positive results.

But Dr. Eddy Lang, a member of the task force, said the harms of false positives should not be underestimated.

For example, some men get prostate cancer that doesn’t progress, lang said, but if they undergo treatments, they face risks including possible urinary incontinence and erectile dysfunction. [*Men with low Gleason Grade and Score cancers are often monitored very closely using Active Surveillance*]

The Canadian Cancer Society pulled its endorsement from the task force’s website in December 2022, saying it hadn’t acted quickly enough to review and update its breast cancer screening guidelines to consider including women between 40 and 50.

“(The Canadian Cancer Society) believes there is an obligation to ensure guidelines are keeping pace with the changing environment and new research findings to ensure people in Canada are supported with preventive health care,” it said in an emailed statement on the evening of April 15.

Dr. Shushiela Appavoo, a physician and spokesperson for the Coalition for Responsible Health Care Guidelines, said she is “deeply disturbed” by the guidelines set forth by the task force.

“Unfortunately, a lot of family physicians are taught and trained to follow the task force guidelines. Despite the clinical practice guidelines, they may still adhere to

the task force practices,” she said at a media conference.

As a result, Appavoo, along with her colleagues at the media conference expressed their desire for a restructuring of the Canadian task force’s guidelines to enhance transparency and involve experienced experts more effectively.

“Lives are a risk,” Appavoo said. “It is our duty to prioritize the well-being of all Canadians.”

“The strongest association ... with a woman actually going for her breast cancer screen is whether or not her doctor recommends it to her. So, if her doctor is not recommending it to her, does it matter what the provincial guideline, allows,” Appavoo said.

WITT'S WIT (ON THE LIGHTER SIDE) -

This is for all the Golfers -

“For some time, my wife’s had this ridiculous idea that I’m playing too much golf. Actually, it came to a head at about 11:30 p.m. last night. She suddenly shouted at me: ‘Golf, golf, golf. All you ever think about is bloody golf!’ And I’ll be honest, it frightened the life out of me. I mean, you don’t expect to meet someone on the 14th green at that time of night.”

- Ronnie Corbett

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: - 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*