



Vancouver Prostate Centre's

PCSC POST – Winter 2015

Welcome to the fifth edition of the PCSC Post, a newsletter to update you on the activities of the Vancouver Prostate Centre's Prostate Cancer Supportive Care (PCSC) Program



It is my pleasure to write this month's Vancouver Prostate Centre's Supportive Care (PCSC) update. Although I spend a good deal of my time in Seattle at the University of Washington and Fred Hutchinson Cancer Research Center, I am proud to be the medical oncology lead of the PCSC Program here at the Vancouver Prostate Centre. The opportunity to participate

in building a program that is focused on issues of utmost importance to men and families affected by prostate cancer has been tremendously rewarding. However, the PCSC is a team endeavor, and as the year ends, it is time to take stock of what has been accomplished during 2015 and to thank those who "made it happen".

The Specialist Services Committee (SSC), made up of BC physicians, government and health administrators, supported the initiation of the PCSC Program at its inception in 2012. In early 2015, we were invited to submit a proposal for additional funding. Phil Pollock, MRes, PCSC Program Manager, assisted by Monita Sundar, MA, (Program Coordinator), Sarah Mahovlich, BSc, and Erik Wibowo, PhD (Research), Christine Zarowski, RN, BSN (Sexual Health Clinician) and Stacy Elliott, MD (Sexual Medicine), Marcy Dayan, BSR, MHA (Pelvic Floor Physiotherapy), and Richard Wassersug, PhD (Research and patient representative) worked diligently to develop the proposal and budget that was submitted to the SSC. Based on review of the proposal and the success of the program to date, the SSC awarded additional funding for both the continuation of the PCSC Program in Vancouver and for expansion of our program to two outlying institutions over the next two years.

In addition to the plans to expand geographically, we have also extended the scope of services that we provide here in Vancouver. With funding from the Prostate Cancer Foundation BC (PCF BC), we were able to bring on a part-time registered clinical counsellor, Kevin Lutz, in the summer of 2015. Patients and/or family members seeking help dealing with any issues related to the diagnosis or treatment of prostate cancer can make an appointment with Kevin in one of his weekly clinics. We are pleased to announce that PCF BC just awarded the PCSC Program another year of funding for Kevin's position. Kevin works closely with Dr. David Kuhl, another new member

in 2015 of both Men's Health Initiative and PCSC Programs. Dr. Kuhl is studying transitions in life associated with prostate cancer and other conditions. He and Kevin are conducting small group workshops to help men learn strategic communication skills and manage feelings associated with prostate cancer. They also plan to hold workshops for partners in the future.

Sarah Weller, BAppSci, and Joanne Morgan, BHK, have been responsible for giving the educational sessions on the benefits of exercise. This year, they also completed a small pilot study involving couples "Exercising Together". As of July, Sarah is now seeing men in our clinic who wish individualized consultation and exercise advice. Naomi Liu, our longtime assistant in the Urology Clinic, resigned to pursue other interests and at the end of August, Samantha deGraaf joined the team as the dedicated PCSC program administrator and is responsible for supporting the PCSC clinics and staff. In December, we will welcome Lindsay Hedden, PhD, as the newest member of the PCSC Team. She is tasked with studying the economic impacts of our program and preparing a "business case" to the health authorities to justify provincial government backing of the PCSC Program and others like it.

Others who are part of the team include Cheri Van Patten, RD, and Dale Gamble. Cheri continues to run the educational sessions on nutrition and, by popular demand, is working on a course that would give practical advice regarding healthy menus. Dale Gamble is a patient volunteer who generally works with Richard Wassersug, PhD, in our educational sessions and occasionally gives a session himself!

The PCSC Program is very fortunate to have the support of many who believe in our cause. First and foremost, is our PCSC team. Without the hard work and commitment of the individuals mentioned above, we wouldn't have a program. At the close of year, and in the spirit of the holidays, Dr. Goldenberg and I wish to extend our personal thanks to all the members of our PCSC Program as well as to the donors and other supporters who make our work possible. We look forward to working with colleagues to expand this program to two outlying sites in 2016. Our ultimate goal is to make the PCSC Program accessible to all men in British Columbia who are diagnosed with prostate cancer.

Celestia Higano

MD, FACP

WE HAVE A NEW TELEPHONE NUMBER!

As of May 1st 2015, the PCSC program has a new direct phone number. To contact Monita Sundar, Program Coordinator, please call: **(604) 875-4485**

Our Newest PCSC Team Members:



Dr. David Kuhl, is a Professor in the Departments of Family Practice and Urologic Sciences, Faculty of Medicine at the University of British Columbia. Dr. Kuhl graduated with a Masters in Health Sciences (Community Health and Epidemiology) from the University of Toronto in 1981, and received his medical degree from McMaster University in 1985. After completing his training in Family Practice (1987) he practiced medicine as a family physician and was a founding member of the palliative care program as St. Paul's Hospital, Vancouver. He was the physician leader for palliative care at Providence Health Care for many years, providing leadership for the program and care for persons at the end of life.

In 1996, he became a Soros Faculty Scholar, Project on Death in America. This award allowed him to conduct a qualitative study, Exploring Spiritual and Psychological Issues at the End of Life. The study served as the basis for his doctoral dissertation (Interdisciplinary PhD, UBC 1999) as well as for two books, entitled *What Dying People Want: Practical Wisdom for the End-of-Life and Facing Death Embracing Life, Understanding What Dying People Want*. The research also served as the basis for David's work to understand the essence of iatrogenic suffering, thereby founding and developing the Centre for Practitioner Renewal (CPR) at Providence Health Care, Vancouver.

During the 10 years of work at the CPR, David worked to combine his interests in medicine and psychology developing a program of service, education and research that focussed on sustaining health care providers in the work place, understanding the effect of being in the presence of suffering and working with health care providers in addressing features of resilience, communication and healthy relationships in the workplace. While no longer working at the CPR, David continues this work as a consultant to health care teams and services, locally and provincially.

As part of his doctoral work, David worked with veterans who were making the transition from military to civilian life and subsequently with Royal Canadian Mounted Police Officers and corrections officers who experienced traumatic stress injuries. It was in listening to the stories of men that David began to understand the depth of their suffering, affecting them physically, emotionally and spiritually. He also learned that issues not resolved within are often projected onto others, resulting in violence, estrangement, addiction and compromised health and wellbeing. In 2014 he, along with his colleagues, received a research grant from Movember to explore the psychological needs of 2 populations, namely young (aged 18 to 30) men with mild to moderate depression and men with prostate cancer. That study served as the segue to creating a Centre for the Integrity and Wellbeing of Men and Boys, a collaborative initiative that combines the resources of the University of British Columbia, the Vancouver General Hospital & UBC Hospital Foundation, and the Canadian Men's Health Foundation.



Lindsey Hedden, is a PhD candidate in the School of Population and Public Health at the University of British Columbia (UBC), supervised by Dr. Morris Barer and will complete her degree this month. Lindsey's thesis work relies on BC's powerful population-based administrative data resources to comprehensively assess the impact of the increasing proportion of the primary care workforce who are women. It focuses specifically on gender-driven differences in career trajectories, activity, patient and service mix and scopes of practice. Lindsey is currently working as a Policy Analyst for the Centre for Health Services and Policy Research and the Canadian Health Human Resources Network where they are working on projects related to physician retirement patterns and the use of non-fee-for-service remuneration.

Lindsey was previously employed by the Canadian Centre for Applied Research in Cancer Control as a health economist. As part of that role, she helped manage several large projects whose goals were to evaluate the cost-effectiveness of specific chemotherapeutic regimens and to help the BC Cancer Agency make evidence-informed decisions about its drug formulary and cancer control programs.

Lindsey has a master's degree in Epidemiology from UBC, and an Honours Bachelor of Science in Health Studies from Waterloo. Her areas of interest focus broadly on health service delivery, health economics, and workforce issues, in both primary health, and cancer control. She is excited about joining the Prostate Cancer Supportive Care program team. She hopes to make to a significant contribution to what is already a very important program for individuals with prostate cancer and their families.



Samantha deGraff, is the newest member of the PCSC team. She joined us in August 2015 as the PCSC Program Administrator having completed her certification as a Medical Office Assistant earlier this year. Samantha is the channel for communicating with our patients and scheduling appointments. Additionally, she works closely with other PCSC staff to ensure that the program runs smoothly. When Samantha is not working, her interests include: running, travelling and baking.

The Vital Merits of Talk and Share

Cancer comes in all forms and can affect anyone. The diagnosis of cancer often spurs many emotions, which can lead to isolation and decreased communication. Often individuals and/or couples will keep the diagnosis and cancer experience to themselves not only because of fear, but also concerns of burdening others, dealing with the stigma of having cancer and the worry of rejection from others including employers.

Talking about cancer has many benefits including reducing fear, expanding knowledge and creating additional supports, and heightening awareness for personal health. This awareness around personal health can lead to the incentive to reveal concerns and be proactive.

Jack is in his mid-forties and was diagnosed with prostate cancer. He is married and has two young boys under twelve. The family has been very open in talking about Jack's cancer and how it will be treated. One evening the youngest son was having a bath. In a quiet nervous voice he told his mother he thought he had prostate cancer. The mother assured her son he did not have prostate cancer. The child appeared upset as tears began to swell in his eyes. The mother turned her full attention to the child and knelt by the bathtub. Her son then motioned to his genitals where a large mass was discovered in his scrotum. The family took the child in for assessment it was discovered the boy had a malignant tumor in the muscle tissue below his testicle. Fortunately, life-saving treatment could be initiated. Both Jack and his other son are now being followed closely for signs of a similar cancer.

Talking about cancer with family and friends can stimulate thought about one's own health. This family's way of coping and dealing with the cancer inspired the child to share his concerns about his health. The merits of talking and sharing allowed for early cancer detection and a better chance at cancer survival.

Talk and share today...it might save a life!

New for 2016....

Living with prostate cancer is an experience that is fundamentally male. In the experience of the disease are issues deemed to be very private, and for many men, unspeakable (e.g., incontinence, erectile dysfunction, dying and death, and side effects of treatment that may be perceived as threats to their sense of what it means to be a man). Often men do not express health concerns, seek medical help or access counselling services. It has been recommended that such services be provided for men during and following medical/surgical interventions pertaining to prostate cancer. Men are more likely to participate in services that are tailored to their needs. David Kuhl and Kevin Lutz are working to develop a program that will serve men with prostate cancer addressing issues and concerns that arise through the course of their prostate cancer experience.

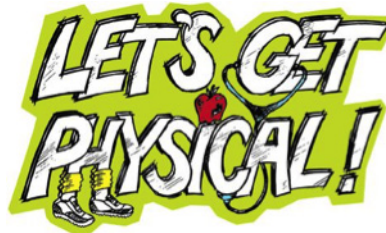
SAVE THE DATE for PCSC Information Sessions 2016

- Wednesday January 6th, 2016 @ 530pm: 'Introduction to Primary Treatment Options' session
- Wednesday January 13th, 2016 @ 4pm: 'Managing the Impact of Prostate Cancer Treatments on Sexual Function' session
- Wednesday January 20th, 2016 @ 530pm: 'Introduction to Primary Treatment Options' session
- Wednesday January 27th, 2016 @ 4pm: 'Adapting to Androgen Deprivation Therapy-Introductory' session
- Wednesday January 27th, 2016 @ 5pm: 'Introduction to Pelvic Floor Physiotherapy' session
- Wednesday March 16th, 2016 @ 6pm: 'Nutrition Advice for Prostate Cancer Patients' session
- Wednesday April 20th, 2016 @ 6pm: 'Exercise for Prostate Cancer Patients' session

To register for any of these information sessions or future information sessions, please call Monita Sundar, PCSC Program Coordinator at (604) 875-4485 or email PCSC@vch.ca



On November 4th, 2015, the PCSC program was presented the 'Raymond James Cares Award' which will be used to continue the work of our clinical counsellor, Kevin Lutz. We would like to thank Raymond James, the Prostate Cancer Foundation BC and The Prostate Centre in Victoria for their support of our program.



The PCSC program, is pleased to announce our latest service, an Exercise Clinic for Prostate Cancer Patients. The goal of this service is to help men with prostate cancer increase their physical fitness to improve their overall health and energy levels. Physical activity has been shown to be effective in reducing many of the side effects of prostate cancer treatments and reducing disease recurrence.

You are invited to be seen by our Exercise Physiologist, Sarah Weller, at the Gordon and Leslie Diamond Health Care Centre, for four appointments over a 12 month period. These appointments are designed to educate, strengthen motivation, and help you develop realistic goals and strategies to maintain good health. To join the clinic, please call Monita at (604) 875-4485.

Exercise Clinic Schedule

Friday December 4th, 2015 from 1-4pm
Friday December 18th, 2015 from 1-4pm
Friday January 8th, 2016 from 1-4pm
Friday January 22nd, 2016 from 1-4pm
Friday February 5th, 2016 from 1-4pm

Featured Research Studies

PCSC's Newest Research Project: A Pilot Study to Measure Sleep Parameters in Men with Prostate Cancer Starting ADT

The PCSC team has initiated a research project to understand how androgen deprivation therapy (ADT, also called hormone therapy) affects the sleep patterns of prostate cancer patients. Participants will wear head gear that will measure a variety of sleep parameters while they sleep at home. Patients who are about to start ADT are invited to join in the study. If you are interested in learning more about this research and how you might participate, please contact Dr. Erik Wibowo at (604) 875-4111 ext. 62338.

Do You Have Prostate Cancer? You Can Now Take Part in a New Research Study

During the study, you and your partner will learn about the importance of diet and lifestyle factors for prostate health.

You and your partner will participate in six cooking and nutrition classes, which will be led by a cooking expert. You will learn about foods that may slow the progression of prostate cancer.

Prostate cancer is one of the most commonly diagnosed cancers live with side effects of the treatment and changes in their personal relationships. However, nutrition can have a role in preventing or lessening some of these.

Watch a video about our cooking classes featured on Global TV:
<http://bit.ly/1Ad2zUK>.



Dr. Carolyn Gotay is Principal Investigator of the study. She is Director of the Centre of Excellence in Cancer Prevention and a Professor in the School of Population and Public Health, Faculty of Medicine, University of British Columbia. She holds the Canadian Cancer Society Chair in Cancer Primary Prevention. The Centre is a partnership between the Canadian Cancer Society and the University of British Columbia.

For information, phone Tracey Mager at 604-822-3486, or email cookingclass.cancerprevent@ubc.ca.

For eligibility requirements and research program details, please see <http://cancerprevent.ca/cookingclass>

Contact Us

If you are interested in finding out more about anything described in this newsletter, the schedule for upcoming sessions, individual appointments, or if you'd like to suggest other topics to be covered in future newsletters, please contact:

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