Summer 2022 Newsletter

Prostate Cancer Supportive Care

IN THIS ISSUE

1 Message from Dr. Celestia Higano, PCSC Medical Director and Monita Sundar, Provincial Program Manager

2 Staff Update Marcy's Q&A

3 Christine's WOW Moment

4 SIRvivor Program

6 Protein and the Power of Plant Proteins

8 Posture Talk

9 Virtual Care Study

10 Pacific Northwest Prostate Cancer Conference Registration

11 Radical PC Study

12 2022 Prostate Cancer Virtual Conference & Expo

13 Pars for Prostate

14 Contact Information

We hope everyone is enjoying the summer now that it has finally arrived! At the end of July, the PCSC team had its quarterly meeting, during which we reviewed the program metrics. These showed a clear upward trend since centralizing the program back to Vancouver and offering virtual education sessions and clinic appointments. We are thrilled to report that we have a record number of registrants for each module. If we continue to see a steady number of referrals until the end of the year, we expect to have the highest patient enrollment in a year since starting the program in 2013!

We would like to recognize our community urologists, Dr. Michael Robinson in Trail, and Dr. Vu Truong in Burnaby, for the most patient referrals to the program in 2022 from outside the Vancouver Prostate Centre and for participating in delivering our education sessions on treatment options for newly diagnosed prostate cancer. Thank you, Dr. Robinson and Dr.Truong!

You may have noticed that we have changed our patient feedback and satisfaction surveys from the general "CSQ-8" to a more module-specific approach. The feedback forms for the education sessions and clinics will now be sent through Survey Monkey instead of Checkbox or by mail. Feedback lets us know what we are doing right and where we can improve. All feedback is anonymous, and surveys are designed to be done in no more than five minutes. Please complete the surveys after attending an education session or after clinic appointments when requested.

Hearing your opinions is very important to us. And last, the annual Pacific Northwest Prostate Cancer Conference will take place virtually on Saturday, October 15, 2022, a bit later than usual. Fred Hutchinson/University of Washington will host the conference this year. Instructions for registration are on page 10. Hope to see you there!

Please enjoy the remainder of the summer and stay safe!

Tia Higano MD, FACP
PCSC Program Medical Director
Monita Sundar, MA
PCSC Provincial Program Manager

STAFF UPDATES

Rosalie Ho, MSc

Rosalie Ho is a Clinical Research Coordinator for the PCSC Program. She graduated from UBC with a Master of Science. Her thesis studied genes essential to forming cell adhesion structures called junctions. Rosalie is currently working towards her CCRP through Humber College. Before joining the PCSC Program, Rosalie worked in various positions, including regulatory program specialist, research assistant, and COVID lab assistant. Rosalie is passionate about promoting mental wellness and inclusivity through supporting patients compassionately.

Meghan Lui, RN

Meghan is a registered nurse with a background in spinal cord injury, bowel and bladder management, and adult/older adult community health. She is passionate about providing holistic, patient-centred care. Meghan recently joined the PCSC Program as a Sexual Health Clinician to help support patients navigating changes to sexual health and sexuality.

Dahlia Parolin

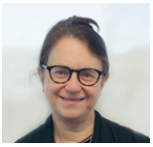
Dahlia Parolin is a UBC student working with the PCSC Program's research team. She is a third-year student majoring in Dietetics, and she is joining the PCSC program for a four-month term as part of UBC's Work Learn Program. In her role she helps with study recruitment and maintaining the program's database of clinical records. During her time with the PCSC Program she hopes to gain experience working in a healthcare setting, gain exposure to clinical research, and learn about the treatments and support available for prostate cancer patients.

MARCY'S Q&A

Q: After my prostatectomy, I've noticed that I leak urine soon after emptying my bladder? Why is this happening?

This might be what is called "post void dribble". Once the prostate is removed, the urethra is approximately 10-15cm (4-6") long. Sometimes all the urine does not flow out of the urethra and remains in the urethra after voiding. The urine stays in the urethra until it slowly trickles out – this can happen with or without movement. The remaining urine trickle usually happens within a few minutes of voiding. If you think this is happening to you, try doing 3 quick pelvic floor contractions (Kegels) after you have finished voiding. Then wipe, not shake, the tip of your penis. If you are emptying your bladder sitting down, first wipe the tip of your penis and then contract your pelvic floor - then keep it contracted as you stand up and release the contraction only once you are standing. This will prevent more urine from leaving the bladder and entering the urethra as you stand up. If this doesn't help, or you are unsure if you are doing your pelvic floor contraction correctly, you can contact a pelvic floor physiotherapist with experience treating men with bladder control concerns through the Prostate Cancer Supportive Care (PCSC) Program. Pelvic floor physiotherapy is available to anyone in British Columbia with a diagnosis of prostate cancer at no cost through the PCSC Program.

To register for the *Pelvic Floor Physiotherapy for Bladder and Bowel Concerns* module, contact the PCSC Program at: 604-875-4495 or PCSC@vch.ca.



Marcy Dayan BSR, MHA
Registered Physiotherapist

CHRISTINE'S WORDS OF WISDOM (WOW) MOMENT

I have some very exciting news. We have a new sexual health clinician, Meghan Lui. For our WOW moment, Meghan and I thought it would be helpful to review how our clinic works and how it can support you during the sexual adaptation process.

The process of sexual adaptation following prostate cancer treatment is complex and warrants the need to apply the principles of acceptance, flexibility, patience and persistence. This process helps individuals move forward in discovering new ways of being sexual, along with redefining one's sexual self-view and corresponding sexual values.

The sexual adaptation process includes penile and sexual rehabilitation or as we like to say, "optimization". A person may focus on one or both types of rehabilitation/optimization.

Penile Rehabilitation/Optimization

Penile rehabilitation/optimization is the process of using purposeful action to keep the erectile tissue in the penis healthy during the recovery period. Just like our bodies, if we do not exercise on a regular basis then our bodies will become weak and de-conditioned. If the penis is not exercised regularly, the erectile tissue will decrease, and the ability to create and maintain erections will decline.

Sexual Rehabilitation/Optimization

Sexual rehabilitation/optimization focuses on elements that help the individual and/or couple with the sexual adaptation process. It can include gaining knowledge such as:

- Understanding orgasm
- Developing coping & communication skills to help with dealing with feelings of sexual inadequacy or learning how to talk to your partner about sex
- Understanding how societal myths around sexuality might influence personal values and adjusting values and beliefs to help support sexual self-view including body image and masculinity/femininity
- Discovering new ways of supporting desired sexual activities and/or behaviors

The sexual adaptation process can take years, but our team is here to support and guide you as needed in a respectful and mindful manner.

Individuals participating in our Sexual Health Module would first attend a virtual education session titled: *Managing the Impact of Prostate Cancer Treatments on Sexual Function and Intimacy*. This presentation is important to watch, as it helps to explain the impact prostate cancer treatments can have on your sexual function and will help provide a foundation of knowledge to build upon during your one-on-one clinic appointment.

After your prostate cancer treatment, you will be able to book a one-on-one clinic visit, which can be held in person, virtually or via telephone. Prior to the appointment, you would complete a questionnaire which provides information about your general health, sexual health, sexual orientation and relationship status. Your responses to these questionnaires are essential for us to understand how you are adjusting and recovering from your prostate cancer treatment. Your responses will also ensure we are providing you with optimal care, help validate our program and allow for the growth and development of our program.

You can attend up to 7 private and confidential appointments with our clinic over a two-year period. We focus on the biological, psychological and social implications prostate cancer treatment can have on your sexual life. During the appointment we:

- Assess past and present sexual health functioning for the patient and partner (if partnered)
- Review the impact that changes to sexual function have had on the individuals and their relationship
- Provide education regarding the changes and management options for penile and sexual rehabilitation/optimization. This also includes a consultation with our Sexual Medicine Physician, Dr. Ryan Flannigan, who can provide further medical advice and prescriptions.

Patients and partners also can enroll into the SHAReClinic, which is a virtual online educational resource that will complement the support, guidance and education received from our Sexual Health Clinic.

The sexual adaption process includes intimate details of your sexual life. As sexual health clinicians we are mindful and respectful of your values, beliefs, and sexual practices. Meghan and I are looking forward to supporting you as you navigate your sexual adaptation process.

For more information or to book an appointment please contact the PCSC Program at: 604-875-4495 or PCSC@vch.ca.

Christine Zarowski, RN
Sexual Health Clinician

SIRVIVOR BC PROGRAM

NEVER A BETTER TIME TO TAKE ADVANTAGE OF ALL THE OPPORTUNITIES TO GET MORE PHYSICALLY ACTIVE

While most Canadians know that physical activity is good for their health, only 16% are getting the recommended amount of physical activity. Knowing how to start getting more physically active, or adapt physical activity to our abilities, can be even more challenging after a prostate cancer diagnosis. However, there has never been a better time in British Columbia to take advantage of programs and research studies aimed at supporting men with prostate cancer in getting more physically active.

How to get started? The Prostate Cancer Supportive Care Program (www.pcscprogram.ca) is a great place to start. The "Lifestyle Management" module offers a 1.5-hour group education session and one-on-one appointments with an exercise physiologist to discuss your physical activity goals, get expert advice, and develop a plan to increase your physical activity. This is FREE for men in British Columbia, and is offered IN-PERSON (Vancouver) or VIRTUAL.

Want to do more than talk about it? Try a group exercise class specifically designed for men with prostate cancer, receiving treatment, after successful treatment or in remission. SIRvivor BC is an exercise class for men living with prostate cancer (or the after-effects of the cancer or the treatment) which focuses largely on strength development through resistance-based exercise (cancerexercise.med.ubc.ca/prostate-cancer-research). The program is delivered by exercise trainers certified through the BC Recreation and Parks Association. It is open to all men 19 years of age or older who have had a prostate cancer diagnosis. All participants also complete a simple pre-exercise screening with an exercise physiologist.

SIRvivor BC is offered as both a VIRTUAL program and through IN-PERSON programs at local community centres across the province. Classes run for 1 hour twice per week, and the program is between 6 and 12 weeks long depending on the community centre.

SIRvivor BC
EXERCISE FOR PROSTATE CANCER

Dates and locations for Fall 2022:

CITY OF KELOWNA
Parkinson Recreation Centre (1800 Parkinson Way, Kelowna)
Sept 8 – Nov 3, 2022 and Nov 8 – Dec 19, 2022
Monday/Thursday 3:00-4:00pm
Information: rec.kelowna.ca or 250-469-8800

LADYSMITH
Frank Jameson Community Centre (810 6th Ave, Ladysmith)
Sept 20 – Oct 27, 2022 and Nov 8 – Dec 15, 2022
Tuesday/Thursday 2:00-3:00pm
Information: www.reccowichan.ca or 250-245-6424

RICHMOND
Minoru Centre for Active Living (7191 Granville Ave, Richmond)
Sept 14 – Oct 22, 2022
Wednesday/Saturday 2:00-3:00pm
Information: www.richmond.ca/register or 604-276-4300

VIRTUAL
Lisa Neukomm
Sept – Dec 2022 (exact start date to be determined; contact Lisa for more information)
Monday/Wednesday mornings
Information: inspiredlifestyles@shaw.ca or 778-281-0694

Also contact your local community centre listed below for upcoming SIRvivor BC program dates:

PENTICTON – Penticton Community Centre: www.penticton.ca/parks-recreation or 250-490-2426

CAMPBELL RIVER – Strathcona Gardens Recreation Complex: www.strathconagardens.com/all-programs/fitness-and-wellness-programs or 250-830-6777

NEW WESTMINSTER – Century House: www.newwestcity.ca/rec or 604-519-1066

NORTH VANCOUVER – Karen Magnussen Community Recreation Centre: www.nvrc.ca or 604-987-7529

SIRVIVOR BC PROGRAM

NEVER A BETTER TIME TO TAKE ADVANTAGE OF ALL THE OPPORTUNITIES TO GET MORE PHYSICALLY ACTIVE

What if I have more advanced cancer or other health concerns? Are there programs that are right for me?

SIRvivor+ is a research project led by the University of British Columbia. The project is testing a virtually-delivered exercise program specific to men with advanced prostate cancer, including bone metastases, and men with prostate cancer of any stage with complex health conditions: cancerexercise.med.ubc.ca/prostate-cancer-research. The SIRvivor+ program aims to help men improve muscle and cardiovascular fitness, meet new people and learn safe and effective exercises. It is VIRTUAL, FREE, and open to men who are 19 or older.

Move more, sit less!

Another way to get more activity into your day is to sit less and move more. Researchers at the University of Toronto and University of British Columbia have partnered to test if using a fitness tracker alone, or a fitness tracker combined with VIRTUAL coaching by an exercise professional, can help people to be more physically active.

This exciting study opportunity is open to men with prostate cancer anywhere in Canada. The study is all done in the comfort of your own home and no in-person visits are required (VIRTUAL and FREE).

You can find out more about this study in this short video: www.powtoon.com/s/bIT5QNU61YS/1/m/s. If you are interested in participating or have any questions, please feel free to reach out to the research team at the Exercise Oncology Lab at 416-946-5856 or exercise.oncology@utoronto.ca.

What is Butts in Motion?

This is a grassroots group, supported by Prostate Cancer Foundation BC (PCFBC) and led by men with prostate cancer with a mission to "help improve the survival and quality of life of men diagnosed with prostate cancer through fitness, support, and camaraderie." What started as the dragon boat team "Butts in a Boat" for a friendly competition with a team of women with breast cancer 'Abreast in a Boat', has now expanded into many other physical activity options like bike rides, walking groups, peer-led virtual group fitness classes, yoga classes and social events. Check out their website for all the details (www.buttsinmotion.ca). The programs are a mix of VIRTUAL and IN-PERSON, and primarily FREE with some FEE-BASED activities. The group is open to all men with prostate cancer and there is no pressure, it's not competitive and there is no need to be super fit to participate".

Other options?

Inspire Health runs "Exercise & Movement" classes for anyone with a cancer diagnosis and FREE of charge. All exercise classes are VIRTUAL, but there are some IN-PERSON services also available in Vancouver, Victoria and Kelowna. An exercise consultation – virtual or in-person – is required prior to attending any movement-based group programming. For information, including the types of weekly classes offered and scheduled times, visit: inspirehealth.ca/programs-services/classes-programs/exercise-movement/.

As you can see – there are many options to help ensure you have the information you need and ideas for different ways to increase the physical activity in your life. If you have questions about what might be the best fit for you, contact our team at the University of British Columbia Clinical Exercise Physiology Lab at cancerexercise.med.ubc.ca/contact-us.

Kristin Campbell, PT, PhD
Professor, Dept of Physical Therapy, University of British Columbia

PROTEIN AND THE POWER OF PLANT PROTEINS

Protein is an essential nutrient. You probably know that protein is important to build and maintain strong muscles. Did you also know it is essential for healing, bone building and for a healthy immune system, along with many other body functions?

Protein is found in both animal and plant-based foods. Animal-based protein foods include fish, shellfish, poultry, eggs, meats, milk, and dairy products. Plant-based proteins include beans, such as kidney or black beans, dried peas like split green peas or chickpeas, lentils, soy foods such as soy beverage, tofu and edamame, nuts and seeds and nut and seed butter.

Eating plant-based protein *often* is encouraged. Plant proteins are rich in cancer-fighting phytonutrients and fibre, along with various vitamins and minerals. Eating plant proteins regularly is also good for your digestive system and is linked to lower risk of heart disease, colon cancer and type 2 diabetes.

If you are new to eating plant proteins, start by trying one new item a week. Ideally, work towards eating plant protein every day. To get started, try out the recipe for Greek Chickpea salad below, as well as these other ideas:

- Have hummus with vegetables as a snack.
- Replace half of the meat in stews, soups, or casseroles with a plant-based protein. For example, mix lentils or beans with beef or chicken to make a bean rich chili.
- Try a tofu stir fry.
- Add black beans to a salad.
- Try roasted soy nuts or steamed edamame for a snack.
- Add nuts or seeds to hot or cold cereal.
- Cook tofu in a vegetable stir fry.
- Make baked goods with pureed legumes.

Tip: Dried split red lentils are a great option for a shorter cooking time. Canned beans are an easy way to add beans to a meal. Buy no salt added varieties or rinse before using to reduce sodium content.

If you are having cancer treatments, including androgen deprivation therapy (ADT), your protein needs are higher than the general population. People with prostate cancer typically needed between 1.0 and 1.3 grams of protein per kilogram of body weight each day. For example, if you weigh 68 kg (150 lbs), then your estimated protein needs are between 68 and 88 grams of protein per day.

To find out how much protein you get, keep track of what you eat for a day or two. Use the list below to estimate your protein intake. The amount of protein in foods can also be found on food labels.

Are you getting enough protein? Most people can get enough protein by including protein rich foods will all meals and snacks. If you need help to increase your protein intake, or if your appetite is decreased and you are eating less ask to speak with a dietitian.

Animal-based Proteins		
Food	Portion	Protein (g) (approximate)
Meat, fish or poultry, cooked	75 g (2 ½ oz) / 125 mL (½ cup) (about the size of a deck of cards)	21
Greek Yogurt	175 mL (¾ cup)	14
Cottage cheese	125 mL (½ cup)	13
Eggs	2 large	12
Cheese	50 g (1 ½ oz)	12
Cow's milk	250 mL (1 cup)	9

Plant-based Proteins		
Food	Portion	Protein (g) (approximate)
Beans and lentils, cooked	¾ cup	12
Firm tofu	150 g / 175 mL (¾ cup)	12
Pumpkin seeds	60 mL (¼ cup)	17
Peanuts	60 mL (¼ cup)	9
Peanut butter	30 mL (2 Tbsp)	8
Most nuts and seeds	60 mL (¼ cup)	7 -5
Soy beverage	250 mL (1 cup)	7

PROTEIN AND THE POWER OF PLANT PROTEINS

Get started with this recipe for a Chickpea Salad

INGREDIENTS

- 3 Tbsp extra virgin olive oil
- Juice from 1 large lemon
- 1 garlic clove, pressed or minced
- Salt, to taste
- Ground black pepper, to taste
- 1 1/2 cups cherry tomatoes, halved
- 1 English Cucumber, halved and sliced
- 15 oz chickpeas, or garbanzo beans, drained, rinsed
- 1/4 cup red onion, thinly sliced (or more to taste)
- 1 avocado, sliced
- 1/4 cup cilantro, chopped
- 4 oz feta cheese, diced (optional)

INSTRUCTIONS

Combine the olive oil, lemon juice, garlic, salt and pepper in a small bowl stir to combine. Combine the remaining ingredients in a larger bowl, add dressing, toss to coat.

Adapted from natashaskitchen.com

Andrea Holmes, RD
Registered Dietitian

POSTURE TALK

When you hear the term “good posture,” what comes to mind? Do you picture an army veteran standing tall, chest out and shoulders back? Have you ever been told to fix your posture? And why is bad posture an issue? In this article we discuss the importance of posture, what causes bad posture, and how we can fix it.

Posture is the position in which you hold your body while standing, sitting, or lying down. How can we identify good posture? Standing tall, with your palms facing forward, we want to look at 5 points: ears, shoulders, hips, knees and ankles. From a side profile, these 5 points should be stacked on top of each other. If any of these points are misaligned ie: shoulders rounded forward, then your posture will be off, which can lead to muscle imbalances, stiffness in joints and risk of injury.

What can cause bad posture?

- Long periods of sitting
- Looking down at your phone or a screen for too long
- Overuse of certain muscles
- Wearing shoes with a lift for a prolonged period of time (ie: heels)
- Carrying a bag on one side

Bad posture is the sum of practicing these habits over an extended period of time. Eventually, it may lead to many forms of bad posture. There are 2 common types:

- Kyphosis: Rounded, elevated shoulders giving the appearance of a hunched back.
- Lordosis: An excess inward curve of your lumbar spine (lower back).

We’ve talked about bad posture, but why should we focus on good posture? Having good posture can have significant positive impacts on the human body, which include:

- Reducing the risk of arthritis
- Relief of joint stiffness and pain
- Reduction in injury risk
- Better overall appearance (standing taller vs slouched over)

So what causes bad posture? Bad posture is caused by muscles on one side of a joint being overactive and tight, while muscles on the opposite side of that joint are underactive and weak. Kyphosis, for example, is caused by tightness in the chest muscles and neck muscles (which pulls the shoulders up and forward) and weakness in the mid back muscles (which should be pulling the shoulders down and together). We therefore need to stretch the tight muscles (chest and neck) and strengthen the weak muscles (mid back).

Correcting Kyphosis:
Start by stretching out the tight muscles in the neck and chest.

- Chest Stretch: (Perform 2-3 sets of 30-second holds per side)
- Neck Stretch: (Perform 2-3 sets of 30-second holds per side)

After stretching out the tight muscles, we want to focus on strengthening the weak muscles of the mid back:

- Row Exercise: (Perform 2-3 sets of 10-15 reps per side)

What can you do to prevent bad posture?

- Limit sitting time and move around every 45min
- Hold your phone in front of your face rather than looking down
- Switch sides you carry your bag
- Engage in a regular exercise routine that incorporates strength training and stretching targeting the major muscles of the body
- Look in the mirror and focus on setting your shoulders down and back

Bad posture takes time to develop, so don’t be overwhelmed if your posture is not improving right away. Stay diligent in practicing specific strengthening and stretching exercises. If you have questions regarding your posture, feel free to book a session with a clinical exercise physiologist in our program!

You can book an appointment by contacting the PCSC Program at 604-875-4485 or PCSC@vch.ca.

Nicholas Pratap, BSc, CEP
Clinical Exercise Physiologist

PARTICIPANTS NEEDED

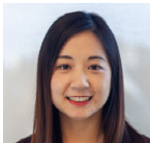
Invitation to participate in a research project:
Virtual Care Study for Chinese Canadian Prostate Cancer Patients

An application designed to virtually deliver follow-up care to people with prostate cancer (virtual follow-up care) has been created. We are trying to find out how this application can help holistically support the health of Chinese Canadian people in the survivorship phase of their prostate cancer trajectory and their caregivers. If you are a Chinese Canadian prostate cancer survivor or a caregiver, we would like your input on your experiences receiving prostate cancer follow-up care and what support you would like to have through a virtual clinic. The information from the interviews will be used to help design a virtual care clinic that can support Chinese Canadian prostate cancer survivors receiving follow-up care. You will receive $50.00 per hour as a thank-you for agreeing to be interviewed. For more information, please see the attached Letters of Information for Survivors and Caregivers.

If you are interested in participating in this study, please contact the study coordinator, Eugenia Wu or Rosalie Ho, by phone or email at:

Phone: 604-875-4111 Ext: 62338
Email: ewu@prostatecentre.com or rosalie.ho@vch.ca

Thank you for considering to help with this project!



Eugenia Wu, BSc, CCRP
Clinical Research Coordinator

Chinese (Traditional)

研究項目參與邀請函 - 需要參與者

您好，我們的研究團隊開發了一款為前列腺癌患者提供康復服務的移動應用程序(線上隨訪護理)，我們想要探究這款程序如何能全面地幫助患有前列腺癌的加拿大華人度過康復過程。我們希望您可以分享您的前列腺癌的治療和康復的經歷，它如何影響您的健康狀況，以及您認為的線上治療所需要的或您希望得到的幫助。訪談中獲取的信息將會用於設計一款為加拿大華人前列腺癌症患者獲取隨訪康復護理的應用程序。您會收到每小時 $50 加幣的酬勞以感謝您同意參加訪談。如果您想要獲取更多信息，請參見患者和護理人員信息函附件。

您也可以通過電話或郵件聯繫研究人員Eugenia Wu or Rosalie Ho：
電話: 604-875-4111 Ext: 62338
郵件: ewu@prostatecentre.com or rosalie.ho@vch.ca

感謝您考慮為這個項目提供幫助!

Chinese (Simplified)

研究项目参与邀请函 - 需要参与者

您好，我们的研究团队开发了一款为前列腺癌患者提供康复服务的移动应用程序(线上随访护理)，我们想要探究这款程序如何能全面地帮助患有前列腺癌的加拿大华人度过康复过程。我们希望您可以分享您的前列腺癌的治疗和康复的经历，它如何影响您的健康状况，以及您认为的线上治疗所需要的或您希望得到的帮助。访谈中获取的信息将会用于设计一款为加拿大华人前列腺癌症患者获取随访康复护理的应用程序。您会收到每小时 $50 加币的酬劳以感谢您同意参加访谈。如果您想要获取更多信息，请参见患者和护理人员信息函附件。

您也可以通过电话或邮件联系研究人员Eugenia Wu or Rosalie Ho:
电话: 604-875-4111 Ext: 62338
邮件: ewu@prostatecentre.com or rosalie.ho@vch.ca

感谢您考虑为这个项目提供帮助!

2022 Pacific Northwest Prostate Cancer Conference

Saturday, October 15th 2022

A collaborative virtual conference presented by UBC's Department of Urologic Sciences, Oregon Health & Sciences University's Knight Cancer Institute, the University of Washington and the Fred Hutchinson Cancer Research Center.

This conference brings together the leading experts on prostate cancer who will present and discuss the latest findings regarding prostate cancer treatment, prevention, survivorship and scientific progress.

Where: Virtual conference
When: Saturday, October 15th 2022, 8:30am – 2:30pm
Who: Patients, their families and health care professionals

Register now: https://pnwc2022.eventbrite.ca

Department of UROLOGIC SCIENCES UBC

UNIVERSITY OF WASHINGTON

OHSU KNIGHT CANCER Institute

FRED HUTCH CURES START HERE®

Cardiovascular and lifestyle risks in prostate cancer patients

PURPOSE OF THIS STUDY

To identify factors associated with the development of cardiovascular disease in men with prostate cancer.
Radical PC 1 arm: observational data collection of the prevalence of cardiovascular risk factors and major adverse cardiovascular events in men with prostate cancer.
Radical PC 2 arm: whether lifestyle modification and additional cardiovascular care improve physical, cognitive and cardiovascular function in prostate cancer patients.

WHO CAN PARTICIPATE

Men aged ≥45 diagnosed with prostate cancer that is either:
- new (diagnosed within the past year), or
- treated with androgen deprivation therapy for the first time within the past 6 months, or
- to be treated with androgen deprivation therapy for the first time within one month.

WHAT IS INVOLVED

Eligible patients will be followed in an observational registry, or randomized between either standard treatment or extra care from a cardiologist (including prescriptions for cardiac medications). Research clinic visits at enrollment, 1 year, 2 years, and study closeout. Randomized arm will also have telephone visits at 3, 6, 18, and 36 months after enrollment.

CONTACT INFORMATION

Eugenia Wu, Research Coordinator
Phone: 604.875.4111 ext 62338
Email: ewu@prostatecentre.com

STUDY TIME/ DURATION

April 2018 to December 2025

STUDY LOCATION

Gordon and Leslie Diamond Health Care Centre
6269-2775 Laurel St, Vancouver

PRINCIPAL INVESTIGATOR

Dr. Margot Davis
Clinical Assistant Professor, UBC
Research Investigator with VCH Research Institute

To learn more about this study, visit vchri.ca/participate

Version date: October 20, 2021

Soutien du Cancer de la Prostate Canada
Prostate Cancer Support Canada

PCF BC Prostate Cancer Foundation BC

17&18 Sept

2022 Prostate Cancer Virtual Conference & Expo

Saturday, September 17th

the 'new normal' for support groups.

Professional facilitators and members of our community will lead support group leaders, and others interested in support leadership roles, through sessions designed to get groups back into the swing of things. This will be a fun, informative opportunity to get to know each other through interactive sessions and discuss what we can learn from each other as we move forward with the 'new normal.'

Sunday, September 18th

prostate cancer realities.

Whether you're newly diagnosed or a longtime patient, this is your chance to learn about the realities of prostate cancer from some of the top healthcare providers, scientists, and advocates in Canada. They'll be answering patients' most asked questions on everything from maintaining intimacy and coping with anxiety, to prostate cancer genetics and what's on the horizon for treatment.

RESERVE YOUR SPOT NOW

prostatecancerbc.ca/events
support@prostatecancersupport.ca

1st Annual
09 | 22 | 22
Westwood Plateau
Golf and Country Club
3251 Plateau Blvd, Coquitlam
Pars for
Prostate
Foursome: $1,000 or
Single Golfer: $275
Registration includes green fees,
shared cart, breakfast sandwich,
and Best of BC buffet dinner.
Dinner Only: $75
Awards and Prizes • 50/50 Putting Contest • Hole in One for $10,000
PCF BC
Prostate Cancer
Foundation BC
parsforprostate.ca
Media Sponsor:
Global BC

CONTACT

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 these newsletter, please contact PCSC Program Coordinator, Jenna Bentley.

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We gratefully acknowledge funding and support from the following:

We also thank the philanthropists who have provided support to the PCSC Program