Spring 2023 Newsletter

Prostate Cancer Supportive Care

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Greetings!

With the return of warmer weather and longer daylight hours, it's apparent that Spring is right around the corner, providing a pleasant respite from the atmospheric conditions of the past few months.

On January 31st, we celebrated the 10th anniversary of the PCSC Program. The program started with five basic modules in 2013. Since then, we have been able to add a counseling module as well as a module addressing metastatic prostate cancer. We are very proud of the evolution of our program and hope to make more prostate cancer patients aware of the PCSC Program in 2023. To commemorate this milestone, we held a staff lunch to thank everyone for their dedication to the program and our patients.

We are grateful to all those who make this program possible. On behalf of Dr. Goldenberg, Monita, myself, and the PCSC staff, we extend a heartfelt thank you for your donations in 2022. Thanks to your generosity, we raised $114,000, which enabled us to replace eight computers and monitors, purchase an additional desk for the sexual health office, and an exam table for one of our clinic rooms. In addition, we are in the process of implementing the Telus Collaborative Health Record (CHR), a

new electronic medical record (EMR) system. It is a cloud-based digital system that offers full EMR functionality, including scheduling, billing, prescriptions, lab encounter notes, and patient engagement tools such as eBooking, automated reminders, secure messaging, video visits, and tools for intake assessment and outcome measurements. It can perform all kinds of data analytics that will streamline the patient experience and give us information on how we can improve the program. Please stay tuned for more information!

We are also using donations to support translating our education session videos into Mandarin, Punjabi, Farsi, and French. This will allow more people to access the PCSC Program's educational resources.

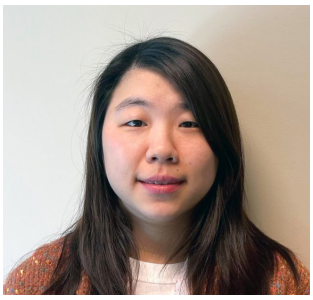
We look forward to the beautiful spring weather coming our way in 2023. Please enjoy each day and see what new PCSC offerings are available in this newsletter.

Tia Higano MD, FACP
PCSC Program Medical Director

Monita Sundar, MA
PCSC Provincial Program Manager

STAFF UPDATES

Judy Shih, MA



Judy is the Program Coordinator for the PCSC Program. Judy graduated with a Masters of Aging Services Management from University of Southern California and holds a Bachelor of Arts from Simon Fraser University. Judy has previous experience working with a variety of non-profit organizations within the fields of health, recreation, and aging services. With the PCSC Program, Judy is the primary point of contact for patients to enroll in the program and coordinates all of the education sessions and clinics offered. Judy is passionate about providing quality and inclusive programs to older adults that promotes holistic health management and lifelong learning.

James Kennedy, BSc

James Kennedy is the Research Assistant for the PCSC Program. James graduated from the University of British Columbia with a BSc in Biological Sciences and has previous research experience with both the Oral Health Science and Zoological Science Departments at UBC. His interest in public health arose from a mixture of coursework, volunteer work, and UBC internships in which he developed a passion for patient-orientated research and development. He provides assistance for the Research Team's activities and studies, and aids with administrative and data support within the program.

MINDFULNESS WORKSHOP

A HELPFUL PRACTICE FOR CHALLENGING TIMES

The word *mindfulness* is seemingly everywhere these days. But what is it exactly? Join this free workshop with Daniel Munns, a Registered Clinical Counsellor with over 20 years experience teaching and practicing mindfulness meditation and yoga. Together we'll explore what mindfulness is and learn simple practices that can benefit us during challenging and stressful times. This workshop is suitable for all levels.

Date: Wednesday, April 26th
Time: 2-4pm
Where: Via Zoom

**Please note: this workshop is limited to 40 participants*

If you are interested in booking an appointment with the PCSC Counselling Clinic, please contact us at 604-875-4495, or pcsc@vch.ca.

Daniel Munns, RCC
Clinical Counsellor

RESEARCH UPDATE

Patients with prostate cancer (PC) are at high risk of developing cardiovascular diseases. A RAndomizeD Intervention for Cardiovascular and Lifestyle Risk Factors in Prostate Cancer Patients (RADICALPC) study is a study that

1. Aims to identify factors associated with cardiovascular disease development among prostate cancer patients, with a particular focus on Androgen Deprivation Therapy.
2. Tests whether cardiovascular diseases development can be mitigated by changing lifestyle (dietary, exercise, quitting smoking) and taking open-label statins, ACE-inhibitiors, and other antihypertensive medications.

The PCSC Program's Research team joined the RADICAL PC Study in 2022. We are one of the 19 Canadian sites participating in this international study involving clinics in Australia, Brazil, Canada, Columbia, Italy, Qatar, Singapore, and the United States. The study sites have recently reached the milestone of enrolling over 3000 participants collectively! In Feb 2023, the findings of this study were published. The three take home points were:

1. Most men with prostate cancer have poor control of multiple modifiable cardiovascular risk factors.
2. Not taking a statin, physical frailty, and the need for blood pressure drug use were most strongly associated with poor cardiovascular risk factor control. Poor control of cardiovascular risk factors was found regardless of a history of established cardiovascular disease or use of Androgen Deprivation Therapy.
3. Routinely screening for cardiovascular risk factors and measures to prevent frailty, optimize blood pressure, and initiate statin therapy is recommended for appropriate individuals as part of a comprehensive prostate cancer survivorship strategy.

Click here to read the journal publication

Rosalie Ho, MSc
Clinical Research Coordinator

PSMA-PET SCANS AND LU-PSMA THERAPY ARE IN BRITISH COLUMBIA

PSMA-PET is a molecular imaging technique that is more sensitive than conventional imaging modalities, such as bone and CT scans of the chest, abdomen, and pelvis. PSMA stands for prostate-specific membrane antigen and is present on prostate cancer cells and selected other areas of the body. The PSMA-PET scan helps identify recurrent disease after surgery or radiation therapy for localized prostate cancer; the results may change the approach to treatment. This specialized PET scan for prostate cancer was approved by Health Canada in September 2022 and is available at BC Cancer, mainly for clinical trials.

Initio Medical Group is a private nuclear medicine facility located in Burnaby. PSMA-PET scans can be done there when referred by a physician and approved by Health Canada, although approval may not be necessary in the near future.

Antibodies to PSMA can also be used to target prostate cancer cells and deliver radioactive lutetium, Lu-177, which produces beta particles to radiate prostate cancer cells. Just this month, Initio was the first private nuclear medicine facility in Canada to be granted a license by the Canadian Nuclear Safety Commission to deliver Lu-177-PSMA therapy or PLUVICTOTM to prostate cancer patients whose tumors "light up" on PSMA-PET scans. This intravenous treatment given every four weeks for 4-6 treatments has been shown to extend survival in men with metastatic castration-resistant prostate cancer. Initio expects to be treating patients with Lu-177-PSMA very soon.

To be eligible for this treatment, the following requirements must be met:

- PSMA-PET scan shows metastatic prostate cancer
- Rising PSA or progression on scans
- Previous treatment with at least one androgen receptor inhibitor, such as abiraterone or enzalutamide, AND a taxane chemotherapy, such as docetaxel.
- Adequate blood counts

Currently, this treatment is not reimbursed by Health Canada. At present, each infusion costs approximately CAD 30,000. However, INITIO is presently working on co-pay and drug plan coverage options to lessen the burden of cost. If you have questions, please consult your physician and the Initio website, https://initiomedical.ca.

Tia Higano MD, FACP
PCSC Program Medical Director

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

Lend a hand. Help find hope for future generations.

Say yes to research!

vchri.ca/participate

Vancouver CoastalHealth
Research Institute

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

CHRISTINE'S AND MEGHAN'S WORDS OF WISDOM (WOW) MOMENT

EMBRACING AND ENHANCING INTIMACY

When you hear the word intimacy, what comes to mind? In our Sexual Health Clinic, the spotlight usually falls on "physical intimacy." But intimacy can be broadly defined as that "affectionate and loving personal relationship you have with another person." It's a level of familiarity possible only in certain relationships based on trust, unconditional love and acceptance. At one point we identified over 40 different types of intimacy a couple can share. Intimacy can be based on intellectual, experiential, emotional and /or sexual dimensions. That's a lot of ways to connect! Our role as sexual health clinicians is to support you in your sexual health journey, which includes not only your sexual function, but your relationship as a whole. Which is why, for this newsletter, we want to let you know about our upcoming Couples Intimacy Workshop.

Here are the details:

Who: The Couples Intimacy Workshop is open to couples who have been previously seen in consultation with Christine Zarowski and/or Meghan Lui (Sexual Health Clinicians at the PCSC Program).

What: During the workshop, we talk about the impact that sexual changes can have on relationships and present strategies on how to enhance intimacy and talk about sexual issues. There is a resource package provided to each couple to take home and begin to work on re-establishing and/or strengthening their intimacy.

When: Mark your calendars for Monday, April 24, 2023 from 12:30- 3:30PM. This workshop will be repeated throughout the year.

Where: The workshop will take place in person at the Gordon and Leslie Diamond Health Care Centre at 2775 Laurel St, Vancouver in room 9299 (9th floor).
Please note: Masks are still mandatory.

Why: Coping with sexual changes after prostate cancer treatment is difficult for patients and partners. Many individuals/couples find this can put a strain on their relationship. Recovering from prostate cancer treatments can sometimes create opportunities for couples to redesign their sexual life together, which can bring new experiences allowing the couple to grow closer together.

How: You can register by emailing pcsc@vch.ca or giving us a call at 604-875-4495 indicating that you wish to attend. Both you and your partner will need to attend together.

Seats are limited to 10 couples, so be sure to reserve your spot now!

In case you can't wait until April, here are some quick tips to get you started:

1. Talk to your partner: What are the changes you have experienced and how do they make you feel? How does your partner feel?
2. Decide what is important for your intimacy and how you can restore it, change it and/or improve it.
3. Make dedicated time to be intimate: We plan many things in our lives, so why not plan for intimacy? Mark it on your calendar, whether it be a date night out, a cozy dinner in, or an intimate massage. The possibilities are endless.
4. Try to enjoy the journey instead of focusing on the goal: If you are too focused on the goal (ex: intercourse or orgasm), then you might miss the unique and pleasurable experiences during the journey.

Always remember the principles of Acceptance, Flexibility, Patience and Persistence

Christine Zarowski, RN
Sexual Health Clinician

Meghan Lui, RN
Sexual Health Clinician

FUNCTIONAL TRAINING

One of the major changes we notice as we age is the loss of muscle mass and strength. This is known as sarcopenia. After the age of 30, you begin to lose as much as 3% 5% of lean muscle mass per decade. Most men will lose up to 30% of their muscle mass during their lifetime.

Strength and muscle loss as we age puts men at an increased risk of overall injury and balance issues which could lead to fractured bones and long-term hospital stays. Not to mention every day tasks like getting out of a chair, carrying groceries or even going up the stairs may become more difficult. Therefore, we must maintain muscle strength to allow for independence to perform activities of daily living, reduce injury and fall risk and improve overall quality of life.

Our focus should be on movements and exercises that can help with sustaining not only overall strength, but can translate into your everyday life. We want to focus on functional training.

Functional training is a type of exercise that looks like movements you make in your daily life. These movements are considered multi-joint (meaning more than 1 muscle group is involved in performing the exercise). If you think about your day-to-day movements, very rarely do you just use one muscle at a time. For example, when was the last time you performed a bicep curl in real life? Maybe to sip a drink? That's probably it. But when you get out of a chair, for example, there are many muscles being engaged including the glutes, quadriceps and calf muscles to allow you to execute the movement.

Not only does functional training allow for multi-joint movements that translate into daily life, it can also help with balance and coordination, athletic performance and cutting down the amount of time you spend performing a resistance training routine. Let's go over 4 functional movements you can try at home.

Squat:
The squat is a functional movement you perform many times throughout the day. Every time you get out of a chair, off the toilet and out of your car; you are performing a squat. Perform the following exercise 2-4x/week for 2-3 sets of 10-15reps.
https://www.youtube.com/watch?v=Z20XNb0VdEk

Deadlift:
Having the ability to lift something off the ground is key. Whether you are trying to lift a box that's been delivered to your home or pick your grandchild off the ground, therefore, understanding how to properly execute this movement is important. The deadlift exercise teaches you how to properly engage the muscles of the posterior chain so that you lift with your legs, not your lower back to avoid injury. Perform this exercise 2-4x/week for 2-3 sets of 10-15 reps.
https://www.youtube.com/watch?v=o7Aj7Bq8Kos

Farmer's Carry:
Whether you are carrying groceries, a suitcase or a jug of milk, being able to coordinate walking while holding a load is essential in our day to day lives. The following exercise called the farmer's carry. This exercise helps improve grip strength and engages the arms and upper trapezius muscle. Start by holding a weight in each hand and take 10-20 steps forward, performing 2-3 sets. Up for a challenge? Hold a weight in only one hand and perform 10-20 steps. This will engage your core stabilizers. If the exercise is too easy, try using heavier weights. Performing this exercise 2-4x/week.
https://www.youtube.com/watch?v=hx24PM6gXs8

Overhead Press:
When you reach overhead to grab something from the top shelf, or you are lifting a child over your head, you need to have adequate shoulder and core strength and stability. The overhead press exercise helps build these muscles. Start with light weight, and gradually progress. Perform this exercise 2-4x/week for 2-3 sets of 10-15 reps per arm.
https://www.youtube.com/watch?v=_OYXclm_V40

Performing these exercises on a regular basis will help build overall strength and lean muscle mass. Try them out and see how they translate into your everyday life! If you have any questions, book an appointment with one of our clinical exercise physiologists in the program by contacting the PCSC Program at 604-875-4495 or pcsc@vch.ca.

Nicholas Pratap, BSc, CEP
Clinical Exercise Physiologist

Joy Egilson, CSEP-CEP, CATA(C)
Clinical Exercise Physiologist

KEEP CALM AND CARRY ON

THE IMPORTANCE OF CALMNESS IN URINARY URGENCY AFTER EXTERNAL BEAM RADIATION AND BRACHYTHERAPY

External beam radiation and brachytherapy are common forms of treatment for prostate cancer. External beam radiation uses high-energy beams to target the prostate, while brachytherapy involves inserting radioactive seeds directly into the prostate. While these interventions can help treat the cancer, they can also cause urinary symptoms, like urinary urgency, frequency, and incontinence. We have seen firsthand how these symptoms can significantly impact an individual's quality of life.

Urinary urgency is a strong, sudden need to empty your bladder which can be a distressing sensation for those who experience it. Urinary urgency and frequency (voiding smaller volumes more often than usual) can be caused by many factors, including radiation therapy, which can irritate the lining of the bladder and urethra.

Every individual is different and may require a different approach to managing urinary symptoms, which is why we offer individualized assessments and one-on-one support to help you acquire the skills and techniques you need for your bladder control. We create a program that fits every person's needs.

There are some urge management techniques we encourage people to try. The most important step in managing urinary urgency is simply to STOP. It can be tempting to rush to the bathroom when you feel the urge to go, but this often only makes the problem worse. Instead, take a moment to pause and calm yourself. Practice deep breathing, talk to yourself, and distract yourself if necessary. It can also be helpful to talk to your bladder: Tell it that you'll take care of it, but not in this moment of heightened urgency.

Another effective technique to help manage urinary urgency is to do pelvic floor muscle contractions. By tightening your pelvic floor muscle, you can help to stop urine from escaping. This gives you time to calm down and regain control.

Once the intensity of the urgency subsides—and you are calm for 5-10 seconds—calmly proceed to the bathroom. If the urgency returns on the way, STOP, and repeat the calming process and engage your pelvic floor muscle again. This may seem repetitive but it's important to take the time to regain control before proceeding to the toilet. This even applies when you are at the toilet undressing or just about to void. Only when your bladder is calm and it is appropriate to empty, should you relax your pelvic floor muscle to release.

"You're the boss, not your bladder."

In addition to these techniques, diet can also play a role in managing urinary urgency. Certain foods, like caffeine, spicy food, and alcohol, can irritate the bladder and increase urgency. Eliminating and then adding back these foods can help you determine which ones are exacerbating your symptoms.

Contrary to popular belief, increasing fluid intake can actually help reduce urinary urgency. Most people decrease their fluid intake in an attempt to reduce urinary frequency and urgency but this can have the opposite effect. When decreasing fluid intake, urine becomes more concentrated which can further irritate your bladder and increase urgency. Drinking plenty of water and other non-irritating fluids can help dilute urine and reduce bladder irritation.

If the above suggestions are not helpful, you might consider having a discussion with your physician about possible medications that can help calm your "bladder tantrums."

If the symptoms described above seem all too familiar, reach out to us. We're here to support you and help you figure out how you can live fully in your life and do everything you want to do with full enjoyment and full confidence in your bladder management strategy.

If you are interested in booking an appointment with the PCSC Pelvic Floor Physiotherapy Clinic, please contact us at 604-875-4495, or pcsc@vch.ca

Marcy Dayan BSR, MHA
Registered Physiotherapist

Anna Hudon-Kaide, BSc, MHScPT
Registered Physiotherapist

NUTRITION & BEANS

Beans, beans, the musical fruit…
Yes, your mother was right, bean, peas and lentils are not only economical, but they are a power house of good nutrition. March is Nutrition Month and, in this article, we are sharing an exert from a Dietitian of Canada's Nutrition March 2023 Factsheet. You can find the full content here: Nutrition Month 2023 Handouts - Unlock Food and www.NutritionMonth2023.ca for more trusted food and nutrition information.

All About Legumes, Peas, Beans and Lentils

The legume family includes dried beans, peas and lentils. Legumes make a perfect all season food, whether it is a hearty chilli on a winter's day or a fresh bean salad at a summer BBQ. They are nutritious, inexpensive and versatile. So go ahead, add beans, peas and lentils to your meals more often!

What makes legumes nutritious?

Legumes are an excellent plant-based food; providing protein, fibre, B vitamins and iron. That is why Canada's Food Guide recommends we include plant-based foods, like legumes, in our diet often.

Fibre is the part of the plant that we cannot digest. Fibre helps to lower blood cholesterol, maintain regular bowel movements and helps control blood sugar levels.

B vitamins are water soluble vitamins that help our body use fat, carbohydrates, and protein for fuel. Beans and lentils are especially rich in vitamin B6 and folate.

Iron is a mineral that is needed to make blood in your body. Iron comes in two forms, called heme and non-heme iron. Non-heme iron, which is found in plant foods like beans and lentils, is absorbed best when consumed with vitamin C rich foods like green peppers, tomatoes and citrus fruits. A bean chilli or lentil curry made with tomatoes is an excellent example.

The colourful world of legumes

There are over 20 different species of legumes varying in shape, texture, colour, and taste. Below is a list of the most common types of beans, peas and lentils and their suggested uses.

Examples of common beans include: Chickpeas, Garbanzo beans, Red kidney beans, Black beans, Black-eyed peas, Lentils, Navy beans, Canadian white beans, Split peas, Mung beans and Adzuki beans.

How do I cook with beans, peas and lentils?

Beans and lentils come canned or dried. To prepare canned beans, peas and lentils:

- Rinse well in cold water to remove excess salt and to make them easier to digest and less gas-producing.
- Because they are already cooked, just add to favourite dish after rinsing.
- Choose canned beans with no added sodium when possible.

To prepare dried beans, peas and lentils:

Beans and lentils come canned or dried. To prepare canned beans, peas and lentils:

- Inspect for small rocks and poor-quality beans.
- Wash and soak overnight in water to help them cook faster. Frequently change the soaking water to help make the legumes more digestible and less gassy.
- Once soaked, boil dried beans in fresh water.
- Gather and discard any foam that comes to the surface while cooking.
- Cook until tender. Depending on the bean, this may take 1-2 hours.
- You don't need to presoak dried lentils or split peas. They are smaller and cook faster.

NUTRITION & BEANS

Ten easy ways to include legumes in meals

Beans and lentils come canned or dried. To prepare canned beans, peas and lentils:

1. Add a can of rinsed beans to homemade soups and stews.
2. Blend beans, garlic, lemon juice, and olive oil into a spread. Serve with veggies or whole wheat pita as a snack or add it to a veggie wrap. Chickpeas, red kidney beans, and black beans work well for this purpose.
3. Make lentil patties instead of hamburgers by substituting cooked lentils for beef. Serve on a whole wheat bun with yogurt and fresh herbs.
4. Have vegetarian tacos with beans, lettuce, tomato and avocado.
5. Create a vegetarian chilli by replacing the meat with a variety of beans.
6. Have canned baked beans in tomato sauce with toast for breakfast, lunch or dinner.
7. Purée any bean or lentil with a little water and add it to hamburger mixtures, casseroles, soups, stews or pasta sauces. This is a great way to add beans and lentils if you have picky eaters at home.
8. Marinate soybeans in vinegar, a little oil and your favourite spices and herbs. Serve on a cracker for an appetizer.
9. Make a lentil curry with you favourite vegetables and basmati rice.
10. Make a bean salad by combining rinsed canned beans with your favourite prepared vinaigrette, chopped red onion and peppers.

Visit Cookspiration.com for many dietitian created recipes featuring legumes, beans, peas and lentils. Enjoy this easy to make hearty protein packed soup. Flavourful and comforting, just like mom made growing up.

Andrea Holmes, RD
Registered Dietitian

Split Pea Soup

INGREDIENTS

1 Tbsp olive oil
1 medium yellow onion, diced
2 ribs of celery chopped
1 clove garlic, minced
4 cups vegetable or chicken broth, unsalted
4 cups water
16 oz dried split peas, picked over and rinsed
2 bay leaves
½ tsp dried thyme
1 cup diced carrots
Salt and pepper to taste

DIRECTIONS

1. In a large pot, sauté onion, celery in oil for a few minutes and garlic and sauté about 1 more minute.
2. Add broth and water, split peas, bay leaves and thyme. Bring to a boil, then reduce to low. Cover and simmer until peas are tender, about 60 to 90 minutes.
3. Add carrots to soup. Cover and continue simmering, stirring occasionally, for about 30 minutes or until peas have mostly broken down.
4. Season with salt and pepper. Enjoy.

For individualized nutrition guidance book an appointment with the Prostate Cancer Supportive Care Dietitian. We offer up to 6 one-on-one clinical appointments for all people with prostate cancer.

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 Coordinators: Jenna Bentley & Judy Shih.

Jenna Bentley

Judy Shih

604-875-4485 pcsc@vch.ca

Website: www.pcscprogram.ca **Patient Intake Form:**

Social Media: pcscprogram @PCSC_Program

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