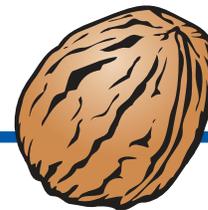


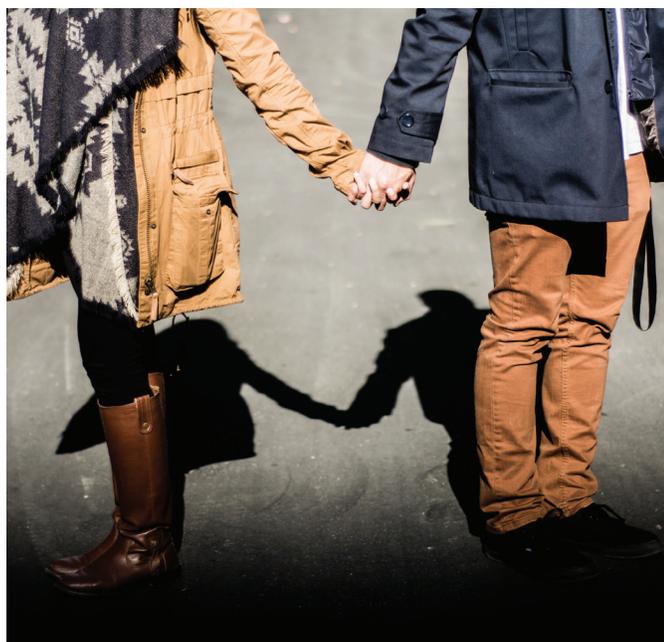
# The Walnut



NEWSLETTER OF PROSTATE CANCER CANADA NETWORK OTTAWA  
P.O. Box 23122, Ottawa, ON K2A 4E2 • (613) 828-0762 • info@pccnottawa.ca

AUTUMN, 2016

## Autumn 2016: Sex and Relationships



**P**rostate cancer and its treatment can affect your sex life in three ways – your mind, body and relationships. In this issue, we describe the kinds of treatment and support that is available, and ways for you to work through any problems.

Whether you're single or in a relationship, heterosexual, gay or bisexual we hope you will find this helpful.

If you're a partner of a man with prostate cancer you may also find it useful. ■

### Monthly Meetings

We meet the 3rd Thursday of each month at St. Stephen's Anglican Church, 930 Watson Street, off Pinecrest, north of the Queensway. Parking is at the rear. Please bring a contribution for the St. Stephen's food bank.

**MARK YOUR CALENDAR!** • 20 October 2016 • 17 November 2016 • 15 December 2016

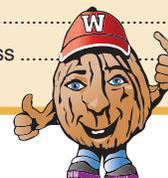
### Warriors + 1

Warriors+1 support group meetings are normally held the Tuesday BEFORE the regular monthly meeting at the Maplesoft Centre for Cancer Survivorship Care, 1500 Alta Vista Drive.

**MARK YOUR CALENDAR!** • 18 October 2016 • 15 November 2016 • 13 December 2016

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Prostate Cancer  
Canada Network  
Ottawa

P.O. Box 23122, Ottawa, ON K2A 4E2  
613-828-0762 (Voicemail)  
Email: [info@pccnottawa.ca](mailto:info@pccnottawa.ca) • [pccnottawa.ca](http://pccnottawa.ca)

PCCN OTTAWA is a volunteer organization of prostate cancer survivors and caregivers. Our purpose is to support newly-diagnosed, current, and continuing patients and their caregivers. PCCN Ottawa is a member of the Prostate Cancer Canada Network.

#### Executive Officers

Chair	Larry Peckford
Vice-Chair	Chuck Graham
Treasurer	Jim Thomson
Secretary	Jim Chittenden

#### Board of Directors

Larry Peckford, Chuck Graham, Jim Thomson, Jim Chittenden, Martin de Leeuw, John Dugan, Harvey Nuelle, Lionel Burns, Dan Faber, Hal Floysvik, David Brittain, Bill Dolan (Ex-officio member)

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Outreach/Awareness	Vacant
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Sympathy cards	Joyce McInnis

PCCN Ottawa does not assume responsibility or liability for the contents or opinions expressed in this newsletter. The views or opinions expressed are solely for the information of our members and are not intended for self-diagnosis or as an alternative to medical advice and care.

#### PCCN Ottawa Mission Statement

**We provide information on prostate cancer to those in need, gathered from a variety of sources. We participate in events that provide a venue for promoting awareness of prostate cancer through our informed member interaction at public gatherings or as speakers. We collaborate with local organizations such as The Ottawa Hospital, the Ottawa Regional Cancer Foundation, the Canadian Cancer Society, urologists and oncologists for information and support.**

# Upcoming Events

## Prostate Cancer Conference

Watch for updates! PCCNO is planning a Prostate Cancer Conference to be held on September 15 – 16, 2017 at the Ottawa Conference and Event Centre, 200 Coventry Road, Ottawa.

This conference will:

- ▶ provide a forum to enrich prostate cancer practices and innovations;
- ▶ showcase leading practices and their success;
- ▶ discuss types of innovation and new technologies that can help to transform prostate cancer treatment

## CONFERENCE QUESTIONNAIRE

We welcome your input about topics and/or speakers you would like to see included. Please respond to the following questions by emailing to [conference@pccnottawa.ca](mailto:conference@pccnottawa.ca)

### Question 1.

In your opinion what are the 3 top medical issues that you think would be most helpful to learn at the conference?

### Question 2.

Besides strictly medical information, what other information or speakers would you like to hear at the conference?

### Question 3.

The Prostate Cancer conference is looking for corporate and community sponsorships to help to defray conference costs. Do you have a knowledge or affiliation with a business or other entity who you think we could approach to see if a sponsorship is possible? ■

## Stories of Hope

A place for courage and strength: <http://www.hisprostatecancer.com/stories.html>

This web site offers personal stories from wives, partners, family members, friends, and men with prostate cancer. We hope you will read something here that you can identify with and that it will give you hope. The great thing about hope is that if you start with a little bit, it can often grow.

No one understands what you are going through better than someone who has already been through it. Take heart in knowing that you are not alone.

*Their list of articles is continually updated.* ■

# Past Events

## Telus Ride for Dad 2016

More than 1,000 bikers, with a wide variety of co-pilots, took part in this year's Telus Ride for Dad Saturday June 4th. It kicked off at the Aviation Museum shortly after 8 a.m., and returned to the EY Centre for lunch and wind-down activities. Check the Ottawa Citizen archives for photos:

<http://ottawacitizen.com/news/local-news/photos-bikers-get-their-motors-running-in-ride-for-dad-2016>

## Ottawa RedBlacks Game and Prostate Cancer Awareness Event

PCCNO along with the Winchester Prostate support group purchased a block of 300 tickets for the Ottawa RedBlacks – Montreal Alouettes game on Friday, August 19th. We worked with the Ottawa Sports Entertainment Group (owners of the RedBlacks franchise) to promote prostate cancer awareness at the game, which included the PCCNO display booth in the main Lansdowne hallway. It was a great turnout with our entire section of 300 seats filled! This activity was led by Vice-chair Chuck Graham and supported by Board Secretary Jim Chittenden. Jim was responsible for setting up the display and being available to answer questions and promote awareness of prostate cancer. This activity was a first for our organization and the efforts of Chuck and Jim along with our friends in Winchester was a good demonstration on the potential for this kind of promotion.



Front row: Tracie, Zoran & Danielle Polak, Wendy Bell (owner, KW-VIP Realty), Chuck Graham (Vice-Chairman, PCCNO), Back row: Don Walker, Kathy Walker, Barry Bell.

## PCCNO June BBQ

The annual BBQ was held on 24th June, 2016 at the Maplesoft Centre on Alta Vista Drive. Once again there was a good turnout (approximately 75 people) that included PCCNO members and guests. On this occasion we were happy to present PCCNO's annual Dried Prostate Award to Keller-Williams VIP Realty and Zoran's Z5 initiative in recognition of their outstanding contribution to prostate cancer through the Just for Laughs event held last October. This one night event raised in excess of \$25,000.00 that was directed to local prostate cancer research and treatment. Traditionally, Just for Laughs targets a different charitable cause each year, however, Keller-Williams VIP Realty has again chosen prostate cancer as the recipient of the funds raised from the upcoming 2016 event. Vice-Chairman Chuck Graham presented the award to the Keller Williams VIP representatives. We are grateful to the staff at the Ottawa Regional Cancer Foundation (Maplesoft Centre) for generously making their wonderful facilities available to us again this year. ■



Board member Hal Floysvik was the Master Chef for the BBQ

# The Good Men Project: Sex, Marriage and Prostate Cancer

Source: <http://goodmenproject.com/featured-content/marriage-prostate-cancer-best-sex-life-hesaid/>

Excerpted here, in this article Michael Russer explains that impotence does not have to mean a loss of sexual intimacy. In fact, it can lead to greater sexual intimacy.

Recently, I had a woman reach out to me to see if I could help her fiancé of two years deal with his impotence. When he discovered that he could no longer have traditional sex (intercourse) he told her to “...find another man” because he was “broken.” He was feeling so much shame and had shut down so completely that he couldn’t even bring himself to talk to someone who had gone through this successfully (me). She told me that since losing his erectile function, he no longer even interacts with her. He’d come home from work, lie down on the couch and stare at the television, refusing to connect with her. His way of coping was total and complete disconnection.

This was especially sad to me because I knew she was suffering too, and needed his loving support as much as he needed hers. Most women know, intellectually, that they are not the cause of their man’s ability to become erect. However, many cannot help but feel that their man may no longer find them attractive. If they show that insecurity, it can cause their male partner to feel even greater shame and shutdown, leading to a downward spiral that eventually crashes and destroys the relationship.

This year, over 233,000 men will be diagnosed with prostate cancer. This is a serious disease that kills approximately 29,500 men a year. Yet, for many men, the biggest concern is the impact the treatment will have on their sex lives. Most men with prostate cancer are married, and prostate cancer-induced impotence can be devastating, and often leads to marital breakdown.

It doesn’t have to be this way. Impotence does not have to mean a loss of sexual intimacy. In fact, impotence can lead to greater sexual intimacy. I know this sounds about as counterintuitive as a statement can sound, and I’ll explain. First, let’s examine why impotence due to prostate cancer can have such a profound negative impact.

Most men equate impotence with a loss of their manhood, of their essential masculinity. This belief that a hard erection is a necessary hallmark of manhood comes from deeply entrenched cultural and biological wiring. It’s something we learn from our culture: if we can’t perform sexually according to more traditional, procreative dictates, we feel broken. We feel unworthy of our mates’ affections.

Of course, losing one’s ability to have an erection is enormously difficult – a significant loss that must be grieved by both the man and his partner. Everyone who experiences this goes through three or more of the traditional four stages of loss:

disbelief, anger, depression and acceptance. Because of the importance our culture places on normal erectile function, and the lack of conversation about what else is possible (aside from pharmaceutical and surgical interventions designed to restore lost function), many men get stuck in anger and/or depression. In so doing, they create an environment that no relationship is likely to survive. This unfortunate and totally unnecessary scenario is being played out with millions of couples all the time.

The key to preserving these relationships – and, potentially, experiencing even greater intimacy than before – starts with acceptance, the last stage of the loss process. Once a man accepts the “isness” of his impotence (i.e. no longer fighting or resisting the reality of it), both he and his partner are on the doorstep to incredible healing and intimate possibilities. This means no longer chasing the possibility of regaining erectile function through medical means. I’m not saying that these possibilities are off limits (that’s your doctor’s job, if it is truly the case); I’m saying that letting go of them for a while is key to discovering what my partner and I did: that there are so many other ways to be intimate than standard erectile-function-dependent intercourse.

We are not alone in our experience. Research has shown that about 15% of couples affected by ED also enjoy far greater and more fulfilling sex lives than they did when everything was working properly.

Relationships don’t have to self-destruct because of prostate cancer. It can create an opportunity to rekindle and substantially deepen emotional and physical connection between couples, and may even become the doorway to far great sexual satisfaction and fulfillment than they ever thought possible. ■

## One Orgasm a Day May Reduce Risk for Prostate Cancer

According to a new study, one orgasm a day could reduce a man's risk for prostate cancer.

Source: <http://www.news-medical.net/news/20151229/One-orgasm-a-day-may-reduce-risk-for-prostate-cancer.aspx>

Researchers claim that while an orgasm provides pleasure during sex, it may also reduce the risk for prostate cancer. It also provides a number of health benefits such as a boost in your immunity, better sleep, and can even protect against heart disease.

According to Dr. David Samadi at the David Samadi Prostate Cancer Center in New York, "Prior research shows a link between the benefits of sex and prostate cancer. This research adds to the evidence that ejaculation frequency, not the number of sexual partners, is the key factor in reducing prostate cancer risk."

The study was carried out by scientists at the Harvard Medical School and Brigham and Women Hospital. What they found was that if a male ejaculates at least once a day, he likelihood of developing prostate cancer are very low. The study data showed that the participants who ejaculated more than 21 times a month were at a 22 percent lower risk of getting the disease. As for how men achieved ejaculation, it is not a requirement to have a sex partner. Whether it be sexual intercourse, nocturnal emission, or masturbation, all are beneficial.

According to Jennifer Rider of Harvard Medical School and Brigham and Women's Hospital, while the new data on the potential benefit of orgasm and the reduced risk of developing prostate cancer are so far the most compelling, the data is still just observational and should be taken cautiously. "At the same time, given the lack of modifiable risk factors for prostate cancer, the results of this study are particularly encouraging," said Rider.

## Prostate Cancer "Bill of Rights" for Wives and Partners



Source: <http://www.hisprostatecancer.com/prostate-cancer-4.html>

**T**here is no life instruction book that comes with a loved one's prostate cancer diagnosis.

As wives and partners, we often "wing it" as we go, taking the ups and downs of the disease in stride.

### A BIG JOB

Before he passed away from the disease in 2008, prostate cancer advocate Harry Pinchot gave a beautiful speech about how men need to acknowledge all that their wives and partners do for them.

Pinchot talked about how men with prostate cancer expect their wives and partners to:

- ▶ Always be there for them in their time of need
- ▶ Care for them
- ▶ Listen to them
- ▶ Cope with their mood swings
- ▶ Fix the special foods they need to eat
- ▶ Bear their fears and anxieties
- ▶ Be their constant cheerleaders

He also urged men to remember that wives and partners have their own fears and anxieties. In fact, we know from studies that wives and partners experience as much stress as their loved ones.

Pinchot also advised men not to dismiss wives/partners' concerns because they are just as great, and created this "Bill of Rights" for wives and partners.

### YOUR BILL OF RIGHTS

- ▶ Cry as often as you need to but look for humor every day.
- ▶ Worry all you want but know that it won't change a thing.
- ▶ You can be a tower of strength and still fall apart.
- ▶ You don't always have to know the right thing to say.
- ▶ Accept that you will never be the perfect wife/partner.
- ▶ Forgive yourself for making mistakes.
- ▶ On days when you have nothing to give, know that it will be enough.
- ▶ Take care of yourself and don't feel guilty about it.
- ▶ Give yourself permission to forget about prostate cancer for a day.
- ▶ Hate the disease but always love the man.
- ▶ Grieve what you've lost and celebrate what you've got left.
- ▶ Let go of the illusion that you can handle this alone. ■



# Persistence and Patience

**S**ex after prostate cancer can be deeply satisfying, but it may be different than it was before. The article excerpted here talks about what to expect. Source: <http://www.hisprostatecancer.com/sex-after-prostate-cancer.html>

This article also includes links to many additional helpful resources.

## What can you expect?

Sexual recovery often takes time. Despite what doctors may tell you, it can actually take up to 4 years for men to see the most improvement in sexual function after prostate cancer surgery.

Try not to get discouraged or give up altogether. We can tell you from experience that it helps to keep trying, even if you don't experience the results that you want right away.

## Key factors

The ability to have penetrable sex after prostate cancer treatment depends on:

- ▶ The type of treatment and whether one or both nerve bundles are removed or damaged

- ▶ Whether a man had erection problems (called *erectile dysfunction*) prior to treatment
- ▶ Age as impotence may become more of an issue as men get older

It may encourage you to know that a man does **not** need an erection to have an orgasm. Following a nerve-sparing radical prostatectomy, recovery from impotence generally happens slowly over time. A man will have dry orgasms (some call it dry sex) because the prostate and seminal vesicles have been removed.

After radiation therapy, if impotence is a problem, it typically develops over time.

## It may help to approach sex after prostate cancer treatment:

- ▶ Without any expectations
- ▶ By being open to experimenting
- ▶ By discussing what works and what doesn't

Studies show that it may take several years for men to see the most improvement in sexual function after prostate cancer surgery.

## Online links to find out what experts have to say:

- ▶ Continuing to have regular sex after prostate cancer treatment is important even if men cannot get or maintain an erection. Professionals call this penile rehabilitation and it can actually help men recover sexually. [Read more.](#)
- ▶ Nervous about having sex for the first time after prostate cancer treatment? It is understandable. We offer some tips to help make your first time less stressful. [Read more.](#)
- ▶ Men can experience a myriad of feelings about impotence. Read an interview with [Rhonda Fine, PhC, ARNP, MSN](#), who is a Board Certified Clinical Sex Therapist.
- ▶ You can have intimacy despite impotence, say Ralph & Barbara Alterowitz. They are authors of the book *Intimacy with Impotence*. [Read more.](#)
- ▶ There are other ways to be intimate without having sexual intercourse, such as *sensate focus exercises*. [Read more.](#)
- ▶ Self-pleasuring may be a way to re-engage your sex life if intercourse is difficult. Alicia B. Saunders, PhD, Board Certified Sex Therapist and Clinical Sexologist offers some excellent advice. [Read more.](#)
- ▶ Struggling with the loss of the ability to have penetrative sex? Dr. Jo-an Baldwin Peters offers her thoughts for coping. [Read more.](#)
- ▶ Loss of libido during hormone therapy is quite common. You may be interested in learning how men feel about it. [Read more.](#)

See Persistence on page 7

# Relationships Matter

## Finding ways to relate to people closest to you

*Persistence from page 7*

- ▶ Are orgasms the same after surgery for prostate cancer? Some say “no they’re not.” [Read more.](#)
- ▶ Leaking urine during sex can be an unwanted surprise, but it’s more common than you may think. [Read more.](#)
- ▶ Watch Memorial Sloan Kettering Cancer Center sexual health specialist and author John Mulhall, MD’s excellent presentation about penile rehabilitation [here.](#)
- ▶ There are several different erectile dysfunction (ED) drugs that many men find effective. They are not all the same and you may need to try more than one drug before you find one that works best for you. [Read more.](#)
- ▶ While some men may be initially squeamish about using needles, self-injected drugs may be helpful if ED drugs are not working the way you want them to. [Read more.](#)
- ▶ If you are totally against needles, you can still get a similar medication by using urethral pellets. [Read more.](#)
- ▶ Another less invasive option is vacuum pump devices. They require a little education and some practice. [Read more.](#)
- ▶ Some men who want a permanent option (and miss spontaneity) may look to penile implants, which are surgically inserted. [Read more.](#)
- ▶ Considering natural remedies? Beware before you buy. Be sure that they have been clinically proven to work. [Read more.](#)
- ▶ If you have tried everything without any success, there is still another option to consider: a strap-on penile prosthesis. [Read more.](#) ■

Adapted from: <http://www.prostatecancermatters.ca/my-journey/relationships>

**M**anaging prostate cancer can be tough. While some relationships will remain unchanged, others may require you and the other party to find the “new normal”. It’s important to remember that you get to decide what information you want to share with others and how you would like to best approach these conversations.

Keep in mind that family and friends may initially feel uncomfortable offering assistance at the risk of intruding. As you move through your prostate cancer journey remember that it can be beneficial to have a group of people who are available and interested in assisting you any way they can.

You may find it helpful to have someone in your life – whether it’s a spouse, close friend or family member – that you can share your feelings and concerns with. You may want someone to confide in and who will respect your privacy and listen without offering advice.

### Potential strategies for dealing with impacts on relationships

- ▶ **Take Time to Reflect:** Your family, friends and colleagues care about you and will be open to supporting you on this journey. You get to decide what issues you’re comfortable sharing with them.
- ▶ **Ask for Help:** Asking for help can be a difficult thing to do; however, your family and friends can listen, prepare a meal, run errands and accompany you to an appointment – whatever you might need. Don’t shy away from asking for help when you need it.
- ▶ **Be Understanding:** Your family and friends may be worried and tired too. Think of yourselves as part of a team and consider seeking support together. It may help everyone cope during this time. ■



# Mind, Body and Relationships

**P**rostate Cancer UK was the first national organization for prostate cancer in the UK. Their aim was to improve the care and welfare of those affected by prostate cancer, increase investment in research, and raise public and political awareness of a long-neglected disease.

This article, excerpted here, talks about how prostate cancer can affect your sex life in three overlapping ways - your mind, body and relationships.

Source: <http://prostatecanceruk.org/prostate-information/living-with-prostate-cancer/sex-and-relationships>

## MIND

Finding out you have cancer can make you feel down or anxious, changing your feelings about sex.

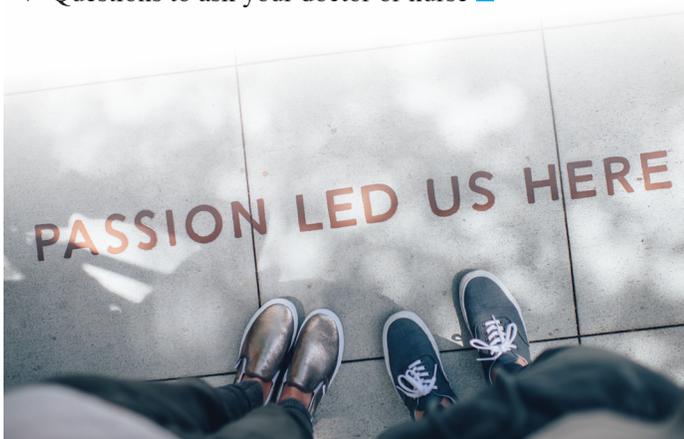
## BODY

Treatment can damage the nerves and blood supply needed for erections. Hormone therapy can affect your desire for sex.

## RELATIONSHIPS

The original online article (click on the link above) provides more details on the following topics:

- ▶ Getting treatment and support
- ▶ Your desire for sex (libido)
- ▶ Changes in penis size
- ▶ Changes to orgasm and ejaculation
- ▶ Having children
- ▶ Your thoughts and feelings
- ▶ If you're a gay or bisexual man
- ▶ Questions to ask your doctor or nurse ■



## In the Next Issue

### November 2016: Raising Awareness



Prostate Cancer Canada is proud to be one of Movember's Canadian beneficiary partners; through this relationship we are advancing prostate cancer research and support services for men and their families living with the disease.

In this issue, we look at how the Movember movement is helping to raise awareness and funds for men's health, specifically prostate cancer, testicular cancer and men's mental health.

## Share Your Story

**K**nowing about other people's personal experience of prostate cancer can be a source of support and inspiration when you or someone you love is going through cancer treatment.

What is your experience in dealing with prostate cancer? What has this journey been like?

What insights can you share with those about to make, or in the middle of making, important decisions and choices?

If you are the spouse, partner or family member of a prostate cancer patient what experiences can you share to benefit others?

Your stories can support the work of PCCN Ottawa to promote and deliver personal support, education, awareness and health advocacy on behalf of all men and their families that are affected by prostate cancer.

Write us, and we will include your stories in the next issue of The Walnut! We cannot promise we will publish every story we receive, but we will share as many as we can. ■