



Montreal West Island



Prostate Cancer Support Group



**EVERYONE IS INVITED
TO ATTEND OUR
PUBLIC MEETINGS**
We meet every fourth
Thursday of each month except
July, August and December

NEXT MEETINGS

April 24 @ 7:30 PM
Olga Guerra, RN
Montreal General Hospital
**The Importance of Teamwork
in Patient Care**

May 22 @ 7:30 PM
Robin Glance
Dietitian, MGH
Nutrition and Prostate Cancer

June 26 @ 7:30 PM
Dr. Joe Schwarcz
Director, McGill's Office of
Science and Society
**The Magic of Science and the
Science of Magic**

COME EARLY AT 7:00 PM TO CHAT

MEETING LOCATION
Sarto Desnoyers Community Centre
1335 Lakeshore Drive, DORVAL

Contributors



Coming Events

Annual General Meeting, (AGM)

Our AGM will take place at the start of our regular general meeting on April 24th, 2008. The agenda and the slate of candidates for the Steering Committee are shown on the last page of this newsletter. We urge all our members to come out and show your support for your officers and directors.

McGill Men's Health Day

This year's event will be held at Carrefour Angrignon on Father's Day Weekend on Friday and Saturday (June 13 & 14) from 9 am to 6 pm. This two day event will involve various activities to inform the public on various health issues related to men's health. Our support group has been again invited to participate and we will be manning a booth as part of the patient support/advocacy group. We encourage all our members to attend this very worthwhile event. For further information contact any of the directors listed on the last page.

Procure's Walk of courage

Our friends at Procure will be holding their second annual Walk of Courage also on Father's Day Weekend on Sunday, June 15. This year's event will take place on Ile Sainte-Hélène. The Co-Honorary Presidents are Henri Richard and Gérald Tremblay. This is a fun event which was enjoyed by many of our members last year when it was held on Mont Royal. For more information call 514-985-1320, or toll free at 1-866-899-CURE, or check out their website, procure.ca.

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Pictured above is Marie-Josée Lord, Physiotherapist, receiving a bouquet of flowers from our Treasurer, Fred Crombie at the general meeting of February 28. An article on her talk is on page 2 of this newsletter



From the desk
of Bill Corless

Lecture Notes

Marie-Josée Lord - Dealing with Urinary Incontinence. How You Can Help Yourself February 28, 2008

Marie-Josée Lord has been working with our group and treating many of our members for many years. She is a graduate of McGill University in Physical Therapy with additional studies in Osteopathy here in Québec and in France, in pelvic floor re-education. She is recognized internationally as a pioneer and specialist in this field, and has been active in related training of Physiotherapists in Canada and the US for many years. She is a member of the Physio-Gynecological research unit at McGill. Currently she is co-owner of Physio Equilibre in Pointe-Claire but will soon move her practice to the new Kinatex clinic in Kirkland. Marie-Josée specializes in treating incontinence in both men and women.

Marie-Josée's lecture was titled "Dealing with Urinary Incontinence, How You Can Help Yourself". She noted that she has been involved in dysfunctions of the pelvic floor for over 17 years. There are other pelvic floor abnormalities but urinary incontinence is the best known. Urinary incontinence is defined as the involuntary loss of urine occurring at an inopportune moment. Quantities may vary from a few drops to large amounts. In general, urinary incontinence is more common in women (1 out of 3) than in men. In men, incontinence is almost always due to one of the treatments for Prostate Cancer (PC). This treatment is a radical resection of the prostate which causes partial, and often temporary, incontinence: 5 to 35% of the cases. In 1 to 5% of the cases, this treatment results in total incontinence. There is a risk of incontinence after other treatments such as radiotherapy isotopes but the statistics are not as clear.

To explain the normal operation of the bladder, it was necessary for Marie-Josée to describe the body's control system for voiding and/or retaining urine. At the bladder neck there is an internal sphincter which is an involuntary muscle; it cannot be controlled by the individual. There is another sphincter called the external sphincter which is right under the prostate and this

one can be controlled by the individual. When the bladder fills up, it will try to contract which is the sensation to have to go to the bathroom. If it is not convenient for the individual to empty his bladder at that time, the internal sphincter and the external sphincter muscles will contract to hold the urine. When the individual decides to empty the bladder, these sphincter muscles will relax and the bladder will contract to empty.

With the radical resection, all of the prostate gland must be removed but the sphincters must be left as intact as possible. In addition to this, the urethra has to be reconnected close to the bladder neck. This procedure may cause two problems: stress incontinence and urgency/urge incontinence.

Stress incontinence yields a loss of urine while doing an effort such as getting up from a chair, lifting something, sneezing, coughing or bending down. This effort causes pressure on the bladder and a loss of urine may result. The internal sphincter has a major impact on stress incontinence; if it is working well, the loss of urine will only happen under very high stress/effort. If it is not working so well, urine will be lost even with only a small effort.

Stress Incontinence

- Loss of urine during an effort
 - sneezing, coughing
 - getting from chair
 - bending down
 - lifting

Urge incontinence happens when the bladder starts to contract without warning. If the internal sphincter is not ready, this may also result in a loss of urine. Urge incontinence could happen in any position: lying down, sitting or standing. Often, when an urge occurs while standing up, the force of gravity makes it much more difficult to suppress the loss of urine. When the bladder has these contractions or spasms, we say the bladder is overactive.

Urge Incontinence

- Overactive bladder that contracts at any time without warning
- Could happen in any position: lying down, sitting and standing

One of the primary causes of bladder spasms is caffeine which is found in coffee, tea, green tea, and dark colas. Other causes would include alcohol, cigarettes, and spicy foods. The bladder may also have spasms as a result of emptying it too often or not letting it fill up. This often results in the bladder losing the capacity to stretch its walls to handle large amounts.

Some possibilities for reducing the bladder spasms were listed, these are: reduce the frequency of trips to the bathroom

Coming Events (continued from page 1)

CPCN National Prostate Cancer Conference.

The fifth annual conference will be held at the Palliser hotel in Calgary, Alberta from August 3 to August 5. The conference will bring us up to date on the latest advances in treatment, research, and prevention. A feature of this conference will be the launch of an extensive early detection campaign entitled "Staying Alive." designed to influence men 40 and over to get a benchmark PSA test. This is an opportunity for all support groups across Canada to attend and to interface with one another. We will be sending a delegate. Any of our members are welcome to attend and experience the famous western hospitality. More information is available at their website www.cpcn.org.

By George Larder

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Marie-Josée Lord - Dealing with Urinary Incontinence. How You Can Help Yourself (continued from page 2)

(once per 3-4 hours is the normal average), hold the urges, drink enough water (6 glasses). The objective is to gradually train your bladder to be able to hold a good quantity without wanting to contract and empty it too often.

Marie-Josée stressed the importance of strengthening the pelvic floor muscles. The Kegel exercises were created for this purpose and can be used even before the PC surgery. Marie-Josée reminded those who had attended her previous sessions that these muscles run from the pubic bone in front, at the base of the penis, extend all the way back to attach on the tail bone or coccyx. She stated that a newcomer to these exercises should hold a contraction for 5 seconds, and relax for 10 seconds, repeat 10 times in a row and do this 5 - 7 sets per day. If Kegel exercises are being done properly, this would not be noticed by others in the group. Kegel users should practice doing pelvic floor muscle exercises at the same time as speaking with others.

Marie-Josée introduced many, if not all, in the audience to the Knack manoeuvre. This is a new terminology for a manoeuvre that is being put into use around the world. It requires the patient to do a pelvic floor contraction just before any effort.

Pelvic Floor Exercises

Start by

- holding 5 secs
- relax 10 secs
- repeat 10 times in a row.

Do 5-7 sets per day

- Everything is internal, other people should not notice that you are doing the contractions



Marcel D'Aoust, second from the left, receiving a commemorative pen and pencil set from fellow directors Les Poloncsak, Charles Curtis and senior advisor Joe Soul

LOCKING or The KNACK

- This is the most IMPORTANT
- Do a contraction just before any effort
 - Get the proper timing to squeeze or lock your pelvic floor muscles just before getting up from chair, sneezing, lifting, hitting the ball in golf.....
 - You have to get 'The Knack' of doing it

One has to get the proper timing to squeeze or lock the pelvic floor muscles just before getting up from a chair, sneezing, lifting, etc. This will pre-empt the expected stress incontinence.

As noted above Marie-Josée suggested that the first consultation with a physiotherapist be scheduled before surgery to be able to start the exercises as soon as possible and be able to resume them when the catheter is removed after surgery. A follow-up visit after the operation can verify that the pelvic floor exercises are being done correctly and in the right order. An internal rectal exam by the physiotherapist can confirm the strength of the muscles.

In summary, Marie-Josée described many helpful procedures which can help us deal with urinary incontinence. Each individual will determine his special needs but in general, we should do pelvic floor exercises in sets and learn how to adopt the Knack. Caffeinated drinks, alcohol, spicy foods should be avoided but can be replaced by water, juice and milk. In order to test the success of your exercises and diet changes, reduce the size of your protective pads or remove them as soon as possible. Hold the urges and don't void too often. As Marie-Josée said, this could be a long process but rewarding!

Marie-Josée's presentation was relevant, interesting and thought provoking with all questions being answered. Everyone learned something new.

For those members wishing to contact Marie-Josée Lord her new address is Kinatex West Island, 17001 Trancanadienne, Suite 201. Kirkland, QC, Tel. 514-426-1000. She is located in the new office building at the NE corner of St-Charles and highway 40.

Report by Bill Corless

What can you do to reduce the bladder spasms?

- Try not to go to bathroom too often
- Hold the urges
- Drink enough water

You are trying to slowly show your bladder that it can hold a good quantity without wanting to contract all the time

NOTICE OF THE ANNUAL GENERAL MEETING

APRIL 24th, 2008

In accordance with Article X of the General By-Laws, the Annual General Meeting will be held at the Sarto Desnoyers Community Centre, 1335 Lakeshore Drive, Dorval on Thursday, April 24th, 2008 at 7:30 p.m.

This meeting will take place just prior to the monthly general meeting.

AGENDA

1. Minutes of Meeting of April 26th, 2007
2. President's Report
3. Treasurer's Report
4. Nomination Committee Report
5. New Business
6. Adjournment

It should be noted that opinions and questions are welcome from all participants. However, only those who have paid their membership fee are eligible to vote.

Nominations for the position of Officer or Director must be accompanied by the signed approval of the nominee and the signed endorsement of two other members. These are to be submitted to the Secretary.

George Larder, Secretary

REPORT OF THE NOMINATION COMMITTEE

The nominees recommended by the committee to be the officers and directors of the board for the year 2008/2009 are as follows, and the specific responsibilities are as listed:

POSITION	NOMINEE	RESPONSIBILITY
President	Ron Sawatzky	Officer
Vice-President	Allen Lehrer	Officer
Secretary	George Larder	Officer
Treasurer	Fred Crombie	Officer
Director	Charles Curtis	Outreach
Director	Francesco Moranelli	Library & Hall Setup
Director	Tom Grant	Hospitality & Writer
Director	Edward Komulainen	Greeter
Director	Dr. Irwin Kuzmarov	Consulting Urologist
Director	Allan Moore	Library & Hall Setup
Director	Open	Newsletter Editor
Director	Les Poloncsak	Library & Hall Setup

Telephone Helpline (514) 694-6412

IMPORTANT NOTICES:

- ❖ The Montreal West Island Prostate Cancer Support Group Inc encourages wives, loved ones and friends to attend all meetings. Please ask basic or personal questions without fear or embarrassment. You need not give your name or other personal information.
- ❖ The Montreal West Island Prostate Cancer Support Group Inc does not recommend treatment procedures, medications or physicians. All information is, however, freely shared. Any errors and omissions in this newsletter are the responsibility of the authors.
- ❖ The Montreal West Island Prostate Cancer Support Group Inc. is a recognized charitable Organization. All donations are acknowledged with receipts suitable for income tax deductions. Your donations and membership fees (voluntary) are a very important source of funds vital to our operations. Together with contributions from several pharmaceutical companies these funds pay the cost of printing and mailing our newsletter, hall rental, phone helpline, equipment, library, etc.

Mailing Address:

Your support is needed now!

Montreal West Island Prostate Cancer Support Group Inc.
P.O. Box 722, Pointe-Claire, QC
Canada H9R 4S8

Steering Committee:

Joe Applebaum, Past President	514-694-5667
joerita@sympatico.ca	
Fred Crombie, Treasurer	514-694-8149
fred.crombie@videotron.ca	
Charles Curtis, Outreach	514-697-4517
Tom Grant, Hospitality & Writer	514-631-9293
tomgrant@total.net	
Edward Komulainen, Greeter	514-453-4409
George Larder, Secretary	514-630-9632
gflarder@sympatico.ca	
Allen Lehrer, Vice President	514-626-1100
allen.lehrer@videotron.ca	
Allan Moore, Library & Hall Setup	514-630-1865
nmoore@total.net	
Francesco Moranelli,	514-696-1119
Library & Hall Setup	
f.moranelli@sympatico.ca	
Les Poloncsak,	514-695-0411
Library & Hall Setup	
imppol@videotron.ca	
Ron Sawatzky, President	514-626-1730
ronsaw@hotmail.com	

Senior Advisors:

Lorna Curtis, Marcel D'Aoust, Ron McCune,
Ludwick Papaurelis, Doug Potvin, Ron Schurman,
Joe Soul

VOLUNTEERS URGENTLY NEEDED!