

# Alliance Lenz

## Alliance For CancerCare Equity

### Monthly NEWSLETTER

September 2024



### This Month's News

**Alliance for CancerCare Equity** is transforming cancer care with empathy and compassion in Ghana and Canada by funding timely treatment for those patients who can't afford it. Thanks to ACCE, more lives are saved every day. Consider Rita, a 38 year old young mother of two diagnosed with advanced cervix cancer in Ghana. Rita went untreated for several months after her diagnosis due to financial constraints. However, with ACCE's funding, Rita has received her radiotherapy, surgery, and chemotherapy treatments, and essential medications. Today, Rita is in remission, a loving mother embracing a second chance at life with her family. [Click to listen to her inspiring story.](#)

#### **ACCE Support Updates: (100% of your donations go toward cancer treatment)**

In August 2024, the ACCE board proudly approved funding for the cancer treatment for four new patients in Ghana. So far this year, ACCE has contributed over \$16,000 to support ongoing patients treatments in Ghana and over \$7,187 in Kitchener-Waterloo

### [Ask The Expert](#)

#### **Prostate Cancer Awareness:**

##### **What is Prostate Cancer?**

Prostate cancer develops in the prostate, a small walnut-shaped gland located below the bladder and in front of the rectum in men and people assigned male at birth (AMAB). This tiny gland secretes fluid that mixes with semen, keeping sperm healthy for conception and pregnancy.

##### **What are the signs and symptoms?**

The signs and symptoms of prostate cancer can vary greatly from one person to another. They can include trouble urinating or decreased force of stream, blood in the urine or semen, bone pain, unexpected weight loss, and unexplained fevers.

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#### **THANKS TO ALL OUR DONORS & SUPPORTERS**

Thank you for your generous donations to Alliance for CancerCare Equity! Your support empowers us to provide crucial treatment to those in need. You make a real difference.

Thank you for being such vital partners in this mission!

**Visit Us @ <https://www.allianceforcancercareequity.ca/>**

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#### **Prostate Cancer Awareness... continues.**

##### **What are the risk factors for prostate cancer?**

A risk factor is anything that increases a person's chance of developing cancer. It could be a lifestyle, substance or condition. Although risk factors often influence the development of cancer, most do not directly cause the cancer. The most common risk factors associated with prostate cancer are:

- **Age:** Risk increases with age and is likely to be diagnosed at over 50. About 60% of prostate cancers occur in people older than 65.
- **Race and ethnicity:** Greater risk exist for Black or of African descent and are more likely to develop prostate cancers that are more likely to spread.
- **Family history of prostate cancer:** Close family history for prostate cancer increases risk by two to three times.
- **Genetics:** Greater risk exist if you have Lynch syndrome or if you inherited mutated (changed) genes associated with increased breast cancer risk (BRCA1 and BRCA2).

##### **What are the treatment options?**

The specific treatment option may vary, depending upon factors such as disease stage, if the cancer is spreading and how fast it's spreading, and patient's overall health.

The treatments used for prostate cancer include **surveillance, surgery, radiation therapy and systemic therapy** (*hormone therapy, chemotherapy, immunotherapy, targeted therapy*).

##### **How do you get prostate cancer?**

The exact, underlying cause of prostate cancer is not fully understood. As with cancer in general, prostate cancer forms when cells divide faster than usual. While normal cells eventually die, cancer cells don't. Instead, they multiply and grow into a lump called a tumor. As the cells continue to multiply, parts of the tumor can break off and spread to other parts of your body (metastasize). Prostate cancer usually grows slowly, and most are diagnosed before the cancer spreads beyond the prostate.

##### **How is prostate cancer diagnosed?**

Screening tests are done to determine signs of prostate cancer. This may include a digital rectal examination and/or prostate-specific antigen (PSA) blood test. High PSA levels may not always indicate cancer. It may also be due to benign conditions, such as BPH or prostatitis.

Additional tests such as an **MRI or a transrectal ultrasound imaging** can show suspicious cancer areas of the prostate gland followed by a biopsy. A **needle biopsy** is used to remove a tissue sample for testing in a lab to determine the **Gleason score** and the cancer stage: how serious the cancer is, and the types of treatments required.

##### **Useful Resources:**

- <https://cancer.ca/en/cancer-information>
- <https://www.aacr.org/patients-caregivers>
- <https://www.cancer.org/cancer/types/prostate-cancer.html>