

PROSTATE CANCER SUPPORT SOCIETY

Visit our website at www.pcssociety.org



NEWSLETTER

2026
JUNE EDITION

Message from the President

We are happy to announce that Prostate Cancer Support Society (PCS Society) is introducing a quarterly Newsletter that will comprehensively cover our activities, updates on latest developments in treatment protocols around the globe and information regarding recommended diet and exercise for Prostate cancer patients and survivors.

As a Prostate cancer survivor myself, I am well aware that dealing with cancer, as a patient or as a caregiver, is a very difficult and unique journey and the support from a Peer group community that understands and holds you together in your every step is of immense help.

With regular newsletters we hope to bind the community closer and strengthen the activities of our Prostate Cancer Support Society. With our awareness programs, online and in-person peer support and partnerships with healthcare providers, we continue to build a caring community that can help to ease the burden and improve the quality of each patient's life during treatment, recovery phases and life beyond cancer.

We extend our gratitude to healthcare institutions, volunteers and families who continue to support our mission.

Let us keep spreading Awareness, Hope and Strength.

Warm Regards



**Ramakrishna
G Kumar**

President
Prostate Cancer Support Society

About Us



PCS Society is a purely volunteer driven organization, registered with Registrar of Societies as a Non-profit Charitable organisation and have no paid employees. We have peer group meetings with patients and caregivers, and offer one on one, in-person support where required. The organization is managed by an Executive committee of survivors, patients and caregivers. We also have an Advisory Board comprising of eminent Oncologists, Urologists and other specialists to guide and support us.

All our services are free and anybody can contact us for information, support or advice. We always stress the point that we do not give any Medical advice and the treatment decisions should only be taken by the patient's medical team. What we provide is only our experiences and insight, gained by going through similar situations. Each patient and their circumstances are different, and all medical decisions should be taken only by medical professionals.

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Note: We have peer group meetings with patients and caregivers, and offer one on one, in person support where required. Most of our meetings are on-line on Zoom platform and anybody can join the meeting by contacting us. Once we have the patient's email address or WhatsApp number, we can send the Joining Link. All our services are free. Our website is very informative, including a Glossary of terms connected with Prostate cancer and a library of videos of presentations by medical professionals.

Our Mission

Encourage,
Educate &
Enhance
Patient's Lives !

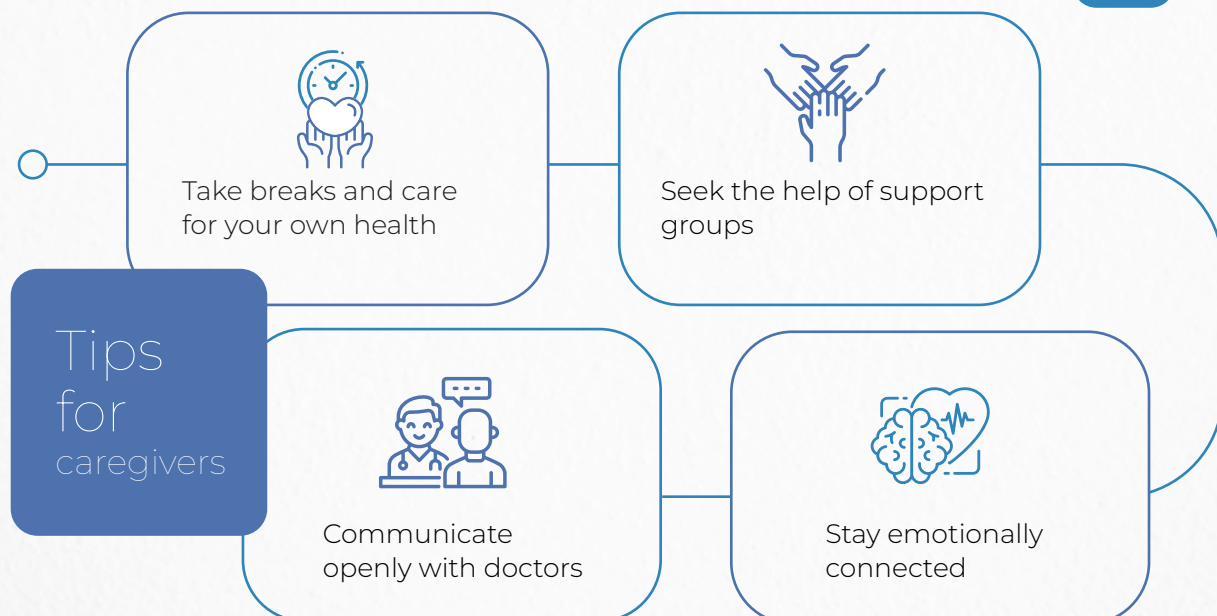


Enable and encourage patients to be aware of the different treatment options available and to get the most suitable treatment in consultation with your medical team.

- Explain to the patient what to expect during treatment and recovery phases and possible side effects of each treatment.
- Provide moral and emotional support to Prostate Cancer patients, survivors and caregivers during diagnosis, treatment and recovery phases.

Caregiver's Corner

Caregivers are silent warriors



Survivor Stories

Shri Ramakrishna G Kumar

Speaks of his journey as Prostate Cancer Survivor



Prostate Cancer is the second most common cancer in men after skin cancer. In India, 45,000 new cases and about 16,000 deaths are reported every year. These are only the reported cases, and the actual figures may be higher. The more worrying aspect is that, with changing life style and urbanization, these figures are likely to go up drastically. The good part is, generally Prostate Cancer is a slow growing cancer, and by early diagnosis and proper treatment the progress of Prostate Cancer can be managed effectively.

It was in 2015 when I was 72 years old, I was diagnosed with low grade prostate cancer after a series of lab tests. Hitherto a healthy person, it came as a complete surprise, and the first question that came to my mind was how much time I had left. When something like this happens to you, the whole perspective of life, not only your own but of your immediate family also changes in a moment. The emotional impact is huge and you will feel that you are entering into un-chartered territory. At this stage the emotional and psychological support you can get from your close family and well-informed sources are very crucial and can make a huge difference. The three treatment options given to me by the Urologist were Surgery, External Beam Radiation, or Active Surveillance where you don't take any treatment immediately but have regular check-ups to keep track of the progress of the cancer.

The Urologist put me in touch with a Toronto based non-profit support group called Prostate Support Group -Toronto, and they were of tremendous help to me at each stage of treatment and recovery. After about a year of Active Surveillance, since my PSA (Prostate Specific Antigen) was still going up, I decided to go for treatment. During this period, I had done some research on the side-effects of different treatments and also taken second opinions from Urologists and Oncologists. Based on the information gathered, I decided to opt for SBRT or Cyberknife (high dose focused Radiation treatment). The treatment took about two weeks with five radiation sessions and it took about six months for the initial side-effects to fade away and, at present, after about 9 years, I have a normal active life with no major side-effects. After my recovery, I joined the Patient Support group in Toronto, which helped me, and I have been working with them for the last eight years. At present, I am on the Board of Directors of the organization, **"Prostate Cancer Support – Toronto"** and on the Governing Board of another **American support group, Active Surveillance Patients International**. Also, I joined the hospital where I was treated as a Volunteer and is a trained and accredited 'Peer Navigator' in Odette Cancer, Sunnybrook Hospital, Toronto.

After coming back to India, I was looking for a similar support group to work with but could not find any effective one. So, about three years back, I had a zoom meeting with a few eminent Urologists and Oncologists and with their encouragement and support, myself and a few like-minded friends started a Prostate Cancer Support Society, to help and support Prostate cancer patients and care-givers, and that's the story of me as a survivor and the start of PCS Society.

Community & Events

Recent Activities



PCS Society President Shri Ramakrishna G Kumar delivering a presentation at the CAN KERALA AROICON 2026 organised by Association of Radiation Oncologists of India (ARO), at Thrissur earlier this year.



Our Executive committee member and Prostate Cancer survivor Shri Thankaprasad, representing PCS Society in Kerala Cancer Conclave in Trivandrum.



Giving a presentation at an International conference ONCOLOGY 2026 in Kochi as part of the Faculty. The subject was "Relevance and Role of Support groups in treatment and management of Prostate Cancer."



We are pleased to announce that eminent radiation oncologist and PCS Society's long time Advisory Board Member, Dr. Francis V. James has been invited to be a member of the Advisory Board of Active Surveillance Patients International (ASPI), a patient-led, non-profit organization dedicated to supporting men with low-risk prostate cancer who choose to monitor their condition rather than undergo immediate treatment.

Dr. Francis V. James is a radiation oncologist in India with extensive experience in urological cancers, including prostate cancer. He is Professor of Radiation Oncology at Sree Mookambika Cancer Centre in Tamil Nadu and previously served as Professor and Head of Radiation Oncology at the Regional Cancer Centre in Trivandrum from 2015 to 2025. Over the course of his career, he has published on prostate cancer and other urological malignancies and has been active in leading professional organizations in radiation oncology. He is a Fellow of the Indian College of Radiation Oncology and a member of ESMO, ASCO, and the Association of Radiation Oncologists of India.

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MISSION



SUPPORT PATIENTS

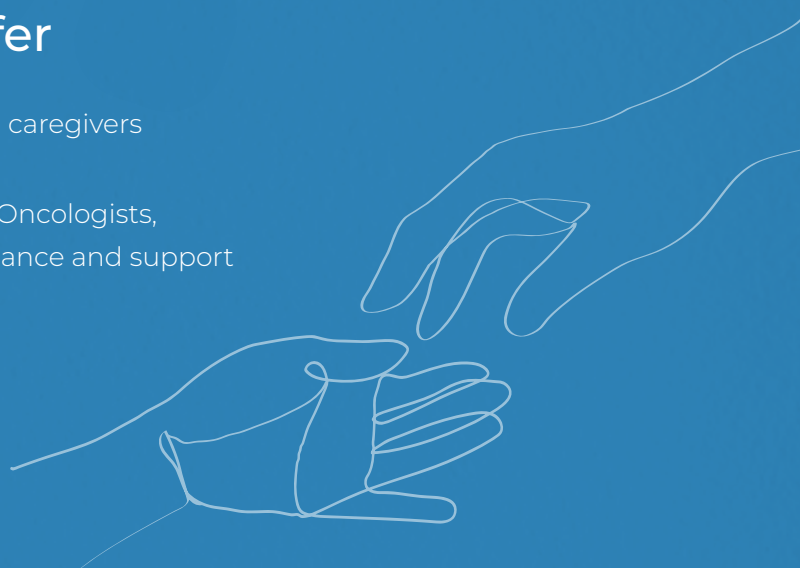
DONATE

SPREAD AWARENESS

Resources & Closing

Support Services We Offer

- Peer group meetings with patients and caregivers
- Advisory Board comprising of eminent Oncologists, Urologists and other specialists for guidance and support
- Emotional counselling
- Patient navigation assistance
- Financial guidance (where possible)



All our services are free and anybody can contact us for information, support or advice.

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Final Words



HOPE IS STRONGER THAN FEAR.
TOGETHER, WE CAN CREATE A
FUTURE WHERE CANCER IS
FACED WITH COURAGE, CARE,
AND COMMUNITY.

