

The Digital Examiner



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2014 PATHFINDER AWARD

At our December General Meeting, we closed an outstanding year by awarding Bob and Cheryl Shiell with

PROSTAID Calgary's first PATHFINDER AWARD for their 17 years of service and advocacy for men and their families dealing with prostate cancer. Over the years, their contributions have reached men far beyond Calgary to the national stage and internationally. It was great to see Bob and Cheryl visiting with everyone and everyone with each other.

Between the Sheets

In this issue of **The Digital Examiner and at our Tuesday, January 13, 2015 meetings**, we highlight for members:

- Advances in MRI and PET imaging of prostate cancer.
- Presentations given by leading clinicians at the 2014 Prostate Cancer Research Institute Conference held in Los Angeles, CA last September.
- New titles in our Knowledge Library.

At our Tuesday, Jan 13 meetings, the five members from **PROSTAID Calgary** who attended the PCRI conference will present edited videos and their insights of specific presentations for discussion at:

- Active Surveillance & Newly Diagnosed Group. 6:30—7:20PM
- Warriors Group. 6:30—7:20PM
- General Meeting. 7:30—9:00PM

At the General Meeting, they will also speak of other significant advances that impressed them in research and clinical practice for patients.

NOTE: The DVDs and PowerPoint presentations from the 2014 PCRI conference and earlier conferences may be borrowed from our Knowledge Library.

Stewart Campbell, Executive Director

January 2015

Number 184

Tuesday, January 13, 2015 Meeting Schedule

5:00 PM: Moxie's Grill & Bar
888 7th Ave. SW, Calgary, AB

6:30 PM: Ladies and Caregivers
NEW!! Room 313 at Kerby Centre
Kelly Fedorowich, Facilitator

Learnings from the 2014 PCRI Prostate Cancer Conference

**PROSTAID Calgary members
Edited PCRI Videos & Discussion**

- 6:30PM: Newly Diagnosed & Active Surveillance Group**
Room 311 at Kerby Centre
Low Risk Prostate Cancer: Comfort with Active Surveillance. David Krasne, MD. Providence Saint John's Hospital, Santa Monica, CA.
- 6:30 PM: Warriors Group**
Board Room at Kerby Centre
Relapsed Disease & Supportive Therapy for Men on Hormones. Mark Schulz, MD, Prostate Cancer Specialists, Marina del Rey, CA.
- 7:30 PM: General Meeting.** Kerby Centre Lecture Theatre
Optimizing Sexual Function Outcomes for the Prostate Cancer Patient. John P. Mulhall, MD, Memorial Sloan Kettering Cancer Center, NY.

Our General Meetings are open to the public and free. Cookies, fruit and refreshments will be served.

Come join us Tuesday, January 13 at the Kerby Centre at 1133 - 7th Avenue SW, Calgary, AB T2P 1B2. Parking is FREE at the Kerby Centre in lots on both sides of 7th Ave. The WEST LRT stops at the Kerby Station, right at the front door of the Kerby Centre.

Ladies, family members and caregivers are always welcome at our meetings.

New Guidelines for Improved Prostate Cancer Diagnosis

Scientific Cooperation Aims to Accelerate Transfer of High Quality Prostate MRI from Laboratories to Clinics

On December 1, 2014, the American College of Radiology (ACR), AdMeTech Foundation and the European Society of Urogenital Radiology (ESUR) released new **multi-parametric MRI** (mpMRI) clinical imaging guidelines to assist in the early detection and treatment of prostate cancer. The guidelines were announced at the meeting of AdMeTech's [International Prostate MRI Working Group](#) held in conjunction with the annual meeting of the Radiologic Society of North America (RSNA) in Chicago.

Dr. Shelley Spaner from RCA Diagnostics in Calgary, who spoke to **PROSTAID Calgary** about Diagnostic Imaging at our Sept 2014 General Meeting, attended the RSNA annual meeting and says the new guideline for prostate mpMRI:

- Defines technical requirements for creating images,
- Sets standards for communicating the risk and location of aggressive prostate cancer, and
- Will help in transferring mpMRI technology from the few leading centers which researched and fine-tuned mpMRI for prostate cancer to diagnostic imaging labs, such as at Calgary's new South Health Campus.

The new guideline for prostate mpMRI service will address three central needs in prostate cancer patient care, i.e. to:

- Improve early detection of life-threatening prostate cancer by replacing "blind" and random biopsies (which fail to analyze over 99% of the prostate) with image-guided, precisely targeted procedures;
- Reduce over-diagnosis of benign and dormant diseases, which can lead to unnecessary biopsies; and
- Guide in the selection of the most effective treatment.

"This new system, which was initiated by AdMeTech's Group, expands and improves on the original work by ESUR" said Jeffrey Weinreb, MD, Professor of Radiology at Yale University and co-chair of the Joint Steering Committee.

"The guideline is a major step forward in the standardization of prostate mpMRI, and will result in fast and reliable implementation of high quality diagnostic examinations all over the world. This will have a tremendously positive effect on the quality of patient care," said Jelle Barentsz, MD, Professor of Radiology at Radboud University, The Netherlands and co-chair of the Joint Committee.



AdMeTech Foundation is a Boston-based non-profit organization focused on research, education, awareness and advocacy to facilitate advances in prostate cancer care and their transfer to clinics. One of the foundations's lead works is "the **manogram project**" involving mpMRI.



American College of Radiology is a professional organization serving more than 34,000 radiologists, radiation oncologists, interventional radiologists, nuclear medicine physicians and medical physi-

cists with programs focusing on the practice of radiology and the delivery of comprehensive health care services.

The **European Society of Urogenital Radiology (ESUR)** was founded in 1990, to promote high quality science and clinical practice of urogenital radiology.

Possibilities for Prostate Cancer Magnetic Resonance Imaging (MRI)

Is prostate MR imaging cost-effective? Listen to Prof. Jelle Barentsz from the University Medical Center Nijmegen, Netherlands, about his recommendations when it comes to prostate cancer MRI, his mathematics regarding the effectiveness of mpMRI, and his vision for the future. <http://video.renalandurologynews.com/video/RSNA-2014-Possibilities-of-Pros;Editors-Choice>. For more, visit [Siemens](#).

Imaging for biochemical recurrence

In the US, approximately 187,000 men are diagnosed each year with low- or intermediate-risk prostate cancer; 26,000 men have relapse of disease after their initial treatment; and 33,000 men die of prostate cancer. These numbers suggest that efforts should focus on addressing the needs of those men who relapse in order to effectively decrease the number of cancer-specific deaths per year.

At the Dec 2014 Winter Meeting of the Society of Urologic Oncology, Dr. Peter Choyke of the National Cancer Institute suggested there is a "curative window" when the identification and treatment of disease recurrence is most likely to improve outcomes— at the time from the beginning of

biochemical recurrence when cancer cell count is the lowest. As Kwon *et al.* have shown, patients who receive salvage treatment at a PSA less than 0.5 have a BCR-free survival advantage over those treated at a PSA greater than 0.5.

This begs the question, *what are the imaging options for men with biochemical recurrence of their disease?*

There are several MRI and PET-based modalities under active investigation and in early clinical use for imaging prostate cancer patients with biochemical recurrence:

- **Multiparametric MRI**—has the ability to identify:
 - locally recurrent lesions at PSAs as low as 0.8;
 - bone metastases, often before they are identified on bone scan; and
 - lymph node metastases in normal-sized nodes. The addition of iron oxide in MR-based imaging has also proven useful in finding lymph node metastases.
- **¹¹C-Choline- PET scan**— is being used at the Mayo Clinic to identify sites of recurrent disease in the setting of biochemical recurrence. The major limitation of ¹¹C-Choline is that it only has a 20-minute half-life, and must be manufactured on site. In addition, it has limited sensitivity in men with very low PSAs (< 1.0).
- **¹⁸F-Fluorocholine** — early data demonstrates sensitivities that are lower than those seen with ¹¹C-Choline, in men with higher PSAs diagnosed with recurrent cancer.
- **FACBC PET-CT**— has demonstrated early results that are superior to ¹⁸F-Fluorocholine and ¹¹C-Choline. False positives, however, are seen in PIN and BPH.
- **DCFBC**— an ¹⁸F-labeled tracer developed at Johns Hopkins that targets PSMA and retains its utility in patients with castrate-resistant disease. It may ultimately be the impetus for the development of PSMA-directed treatment strategies in the future.

Presented by Peter Choyke, MD, *National Cancer Institute*

Reported by Nikhil Waingankar, MD, *Fox Chase Cancer Center, Philadelphia, PA USA*

- Overcoming the False-Negative Biopsy Dilemma. William Nelson, MD, PhD.
- Two Device Surgeries. Arthur Burnett II, MD, MBA.
- Testosterone plus Radiation. Theodore DeWeese, MD, PhD.
- Proton Beam Therapy. Phuoc Tran, MD, PhD.
- Novel Medications for Advanced Cancer. Emmanuel Antonarakis, MD, PhD.

DVDs and PowerPoint Presentations by the Faculty of the 2014 Prostate Cancer Conference. Prostate Cancer Research Institute. Los Angeles, CA, Sept, 2014

- Primary Care Physician Perception and Response to US Task Force Recommendation re: PSA screening. John Blasko, MD.
- Low Risk Prostate Cancer: Comfort with Active Surveillance. David Krasne, MD. Providence Saint John's Hospital, Santa Monica, CA.
- Treating Advanced Prostate Cancer. Maha Hussain, MD, FACP, FASCO. University of Michigan Comprehensive Cancer Centre.
- Radiation therapy and clinically important prostate cancer: *The power of evidence*. Anthony Zietman, MD. Massachusetts General Hospital, Harvard Medical School.
- Optimizing Sexual Function Outcomes in the Prostate Cancer Patient. John Mulhall, Memorial Sloan Kettering Cancer Center, NY.
- Treating Early Metastasis. Dr. Eugene Kwon, Mayo Clinic, Rochester, MN.
- Immune Therapy. Dr. Charles "Snuffy" Myers, American Institute for Diseases of the Prostate, VA.
- Relapsed Disease & Supportive Therapy for Men on Hormones. Mark Schulz, MD, Prostate Cancer Specialists, Marina del Rey, CA.
- Heart / Prostate Healthy Foods and Supplements. Mark Moyad, MD, MPH, Department of Oncology, University of Michigan Medical Center.
- Review of Cases Studies. 2014 PCRI Faculty Panel.

Caregiver's Handbook. 2012. A Harvard Medical School Special Health Report. The booklet includes easy to read articles about:

- Developing a plan.
- Handling the day-to-day care.
- Legal planning.
- Financial planning.
- Medical planning.
- Managing transitions: home to hospital to rehab centre.
- When your loved one can't stay at home.

Additions to our Knowledge Library

Prostate Cancer Outlook 2014. Johns Hopkins Medicine. This booklet is easy to read with excellent diagrams and tables. Topics include:

- Role of MRI in Cancer Detection. Alan Partin, MD, PhD.
- Reducing Overdiagnosis and Overtreatment. Kenneth J. Pienta, MD, PhD.
- Updating the Gleason Score. Jonathan Epstein, MD.
- Favorable-Risk Prostate Cancer: Deciding What to Do. Ballentine Carter, MD.

SAVE THESE DATES!!

Volunteers Needed for Our Booths
If you can help, please contact Stewart Campbell

With 2015 upon us, your Board of Directors for **PROSTAID Calgary** is organizing an ambitious program for 2015 to:

- Create awareness about prostate cancer, and
- Encourage men 40 years and over to visit their family doctor or the **ManVan from the Prostate Cancer Centre** to get their PSA checked.

PROSTAID Calgary will have booths at several major motorcycle, car and truck shows during the first half of 2015 that draw very large crowds of men and their families. These shows will allow us to spread our message about prostate cancer to > 60,000 visitors attending these shows.

Once again Darkside Racing will help spread our message to men at shows and drag races throughout Alberta. In addition, they will join us at our own **7th Annual Show 'n Shine** for classic, collector and vintage vehicles to be held at the Grey Eagle Resort & Casino at the end of June.

We are able to participate in these events only with your support as volunteers. Your time will be well spent enjoying these shows and meeting fellow members and supporters of **PROSTAID Calgary**. Please contact Stewart Campbell if you are able to help. Phone: 403 455 1916. Email: executive.director@pccncalgary.org. We will start organizing volunteer schedules for these shows during the 1st week in Jan.



January 9-11, 2015 for the Motorcycle Show - Calgary at the BMO Centre, Stampede Park. The new line-up of

motorcycles, scooters and ATVs will be showcased at this premiere event. The Show starts at noon on Friday, January 9th and runs through to 5:00 Sunday, January 11th.



Feb 20-22, 2015 for the World of Wheels - Calgary show at BMO Centre, Stampede Park. This is Calgary's

leading show for the Cars, Auto Parts & Motor Accessories Industry. We will be sponsored at this show by our partners Darkside Racing and Harley Davidson Calgary.



Sunday, June 28, 2015.

Our 7th Annual Show 'n Shine will be held again just prior to the Calgary Stampede at the Grey Eagle Resort & Casino. We registered a record number of classic cars,

trucks and motorcycles last year and will have space for 500 vehicles this year. In addition, we will hold our 2nd **"Men's Health Challenge"** and hope to have the ManVan from the Prostate Cancer Centre on-site to provide baseline PSA tests.

SYMPOSIUM ON CANCER SURVIVORSHIP

Saturday, March 28, 2015

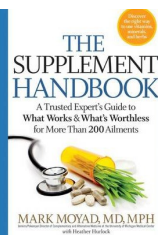
Grey Eagle Resort and Casino, Calgary

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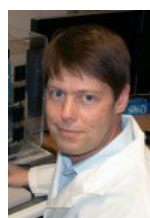
On Saturday, March 28, **PROSTAID Calgary** will hold our **1st Symposium for Cancer Survivorship** at the Grey Eagle Resort and Casino in Calgary. We are lining up an exceptional group of speakers and panelists for this one-day symposium. Invitations will be extended to cancer survivors and support groups from across western Canada. The Grey Eagle Resort and Casino has exceptional hotel and meeting facilities for this type of event. We hope to attract > 200 registrants.

Our first two confirmed speakers are Mark Moyad, MD, MPH from the University of Michigan, and John Lewis, PhD, from the University of Alberta. We will be announcing additional speakers and panelists later in January.



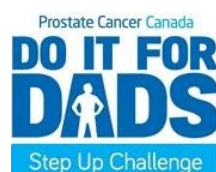
Dr. Mark Moyad is the only physician the US who has an endowed chair to study vitamins, minerals, herbs, and other supplements. For the past 25 years, he's been researching supplements and

using them in his practice. He's the doctor other doctors go to when they want research-backed information on natural remedies. Dr. Moyad is also up front about when prescription or over-the-counter drugs are the better choice. He speaks frankly about those supplements that have little or no value in treating cancer, or may be harmful.



Dr. John Lewis is Associate Professor and the Frank and Carla Sojonyk Chair in Prostate Cancer Research at the University of Alberta in Edmonton. Dr. Lewis studies cancer metastasis and is developing strategies to detect and block the spread of cancer. He has worked for some time in learning about the genes and proteins

that cause prostate cancer to spread. In the short-term, his team is working to develop a better test for prostate cancer that accurately predicts its spread, and in the long term to develop new drugs to block metastasis completely. It's anticipated that advances in his line of research will make a significant impact on those living with prostate cancer.



Sunday, March 1, 2015. Do it for Dads Step-Up Challenge is a national fundraising event organized by Prostate Cancer Canada. It will involve participants climbing some of the tallest towers in Canada's biggest cities. Calgary's challenge takes

place in 5 downtown skyscrapers and will involve participants climbing 5,000 feet! Don't worry - volunteers helping at this event will not be required to climb all those stairs!