



The Digital Examiner

www.prostaidcalgary.org

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“Men are like wine—some turn to vinegar, but the best improve with age.” Pope John XXIII

Connect with us:

Information

Phone: 403-455-1916
info@prostaidcalgary.org

Brad Sterling

President
president@prostaid.org

Support Groups

Frank Altin Warriors

faltin@telusplanet.net

Wives, Partners & Caregivers

info@prostaidcalgary.org

Newly Diagnosed

info@prostaidcalgary.org

Mailing Address

PROSTAIID Calgary

PO Box 72126
RPO Glenmore Landing
Calgary, Alberta
T2V 5H9
Phone: 403-455-1916

To subscribe to The Digital Examiner

info@prostaidcalgary.org

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Next General Meeting:

Tuesday, May 11th @ 7:30 p.m., via Zoom

“Hearing health in 2021: New findings that everyone should know”

Please RSVP to program.director@prostaid.org

Guest Speaker: Carrie Scarff , Registered Audiologist, PhD



Dr. Carrie Scarff completed her Master of Science in Audiology at Dalhousie University, clinical Audiology internships at Georgetown Medical Centre in Washington DC and The IWK Grace hospital in Halifax, and her PhD and PostDoc in Auditory Behavioural Neuroscience at the University of Calgary in the area of brain plasticity and hearing research. She has publications in the areas of early identification of hearing loss and auditory cortical plasticity following hearing loss with her colleagues at The University of Calgary and Dalhousie University.

Dr. Scarff currently practices at and manages her multi-site clinics ‘Audiology Innovations Ltd’. in the Mission, Glenbrook, Mount Royal areas of Calgary and a new location in Carstairs Alberta. She takes a particular interest in brain plasticity and advancements in hearing loss treatment that go beyond hearing aids. She and her colleagues provide the latest advancements in research and technology to treat sensorineural hearing loss such as with ‘Lyric’ implantable hearing aids, Bluetooth enabled hearing devices and rechargeable hearing devices as well as a variety of communication techniques and computerized listening training therapy to help improve people’s listening in noise skills.

Dr. Scarff is always involved in innovation in hearing care and recently assisted the Bowness seniors association and CARYA elderly network in Calgary in setting up an innovative hearing aid recycling initiative to assist low income seniors get the hearing aid devices they need to hear better.

Dr. Scarff has a knack at presenting information in an engaging manner that brings science to the general public and helps them understand and take action on their hearing issues. Come hear her talk about the latest in scientific research about hair cell regeneration and how this will affect people with hearing loss now and in the future!



Personal Story:

David's story:

Following an initial indication of a prostate enlargement from a digital rectal exam during a regular check-up in March 2006 and a subsequent ten needle core biopsy, I was presented with a Gleason score of 3+4. The biopsy was routine and fortunately uneventful, meaning without infection. Thanks megacillin!

My urologist explained to my wife and I that a Gleason score of seven was borderline in terms of seriousness and I could opt for one of several treatments or active surveillance. I recall thinking that treatment would be the better option to active surveillance and risking possible metastasis in the future.

I had laparoscopic radical prostatectomy at Rockyview General Hospital in April 2006 and since then, touch wood, my PSA has been undetected with each annual test. I recall saying to my urologist prior to surgery: 'get the cancer and hope that I don't have incontinence or erectile dysfunction.'

On that score I came out with one and a half out of the three. I have only stress incontinence and no erectile function. Shields work and the ED pills don't. Trimix injections do though, but you can imagine how much fun that process is.

Given the prostate cancer metastasis issues of many acquaintances, and their regimens of androgen deprivation chemotherapies, I consider myself very lucky.

I joined PROSTAID Calgary over ten years ago and formed many friendships. Our library and monthly publication The Digital Examiner are excellent resources as is camaraderie for men and their families wanting support and the opportunity to discuss their treatments.

I'd be pleased to discuss this further and remind readers that PROSTAID Calgary offers interested groups a PowerPoint presentation on prostate cancer. This is an excellent lunch 'n' learn opportunity.

If you are interested in talking, please contact me directly at: dlunn@shaw.ca

[Loss of LDAH associated with prostate cancer and hearing loss](#)

- In this study, they employed a convergent genomic approach to identify an association between reduced expression of a poorly annotated gene, known as lipid droplet associated hydrolase (LDAH), and a syndromic phenotype in a single individual. They then amassed convergent genomic evidence showing population level associations between LDAH expression and occurrence of PCa

- August 2018

Articles of Interest:

For Newly Diagnosed:

[Experiences of Support for Sexual Dysfunction in Men With Prostate Cancer: Findings From a U.K.-Wide Mixed Methods Study.](#)

- Men with prostate cancer (PCa) often experience sexual dysfunction following diagnosis and treatment, yet little is known about the support they receive to deal with this.

- March 2021

[A Systematic Review and Meta-analysis of Local Salvage Therapies After Radiotherapy for Prostate Cancer \(MASTER\) - Beyond the Abstract](#)

(available in Calgary)

- We know that approximately one-third of all prostate cancer patients will ultimately undergo definitive radiotherapy to cure their disease. Unfortunately, for the subset of these patients who experience a biochemical recurrence, optimal management is poorly defined. Much of this uncertainty stems from trepidation over perceived high rates of toxicity resulting from local salvage.

- March 2021

[PSMA PET Imaging for Prostate Cancer Patient Education](#)

- In this special patient-centered educational video from the Society of Nuclear Medicine and Molecular Imaging (SNMMI), the lecture focuses on how PSMA PET is used in diagnosing prostate cancer and presents a case study of PSMA PET showing how it can help individual patients.

- January 2021

[Clinical characteristics and survival outcomes in patients with a high PSA and non-metastatic prostate cancer](#)

- This research seeks to investigate the clinical presentation and survival outcomes of patients with both a high prostate-specific antigen (PSA) value and non-metastatic prostate cancer.

- March 2021

For Everyone:

[Role of Multiparametric Prostate Magnetic Resonance Imaging before Confirmatory Biopsy in Assessing the Risk of Prostate Cancer Progression during Active Surveillance - Beyond the Abstract](#)
(available in Calgary)

- Prostate-specific antigen (PSA) is the standard serum marker for the diagnosis of Prostate Cancer (PCa). Owing to the natural history of low-risk PCa there is some concern regarding over-diagnosis and over-treatment in low-risk PCa patients. Active surveillance (AS) programs try to avoid over-treatment in patients with low-grade and low-volume PCa without losing the correct timing for curative treatment. Magnetic resonance imaging (MRI) has evolved as a useful tool to improve the stratification and characterization of PCa candidates for AS.

- March 2021

[Research and Clinical Trials ongoing at PCC](#)

- Calgary Prostate Cancer Centre is a collaborative institution that together with the Southern Alberta Institute of Urology brings together physicians, nurses and researcher who focus on genitourinary function and disorders. This site lists the current and ongoing clinical trials that are currently recruiting patients.

For Care-givers & families:

[The relationship between positive aspects of caring, anxiety and depression in the caregivers of cancer patients: The mediational role of burden](#)

- Caring is an activity related to providing support for a person or group of people with special needs with a focus on improving the conditions of human life. Researchers found that caring for patients with advanced oncological illness can generate emotional and physical distress in caregivers.

- August 2020

Videos:

[The Biology of Prostate Cancer Metastasis and What PSMA Imaging Is Teaching Us: Presentation and Discussion](#)

- Talking about an extremely important topic that is going to be changing the way urologists and medical oncologists approach the treatment of prostate cancer.
- January 2021

[Bone Imaging in Metastatic Prostate Cancer: A Patient Education Video](#)

- Educational video on the role of skeletal imaging in prostate cancer, the common ways scans are done and how your oncologist applies the information to the treatment of metastatic prostate cancer.
- February 2021

[PSMA Targeted Radiopharmaceuticals in Prostate Cancer: Pivotal Phase III VISION Trial](#)

- 5th module in the series on PSMA Targeted Therapies in Progressive Metastatic Prostate Cancer. This one focuses on introducing the pivotal Phase III VISION Trial which may provide the data necessary for the new drug application and FDA approval.
- June 2020

[Academic and Community Practice Perspectives on Integrating PSMA Lutetium in the Clinic: Lessons Learned from Radium-223 Experience](#)

- Module 7 in the series on PSMA Targeted Therapies in Progressive Metastatic Prostate Cancer. Discusses academic practice perspectives on integrating PSMA lutetium-177 into clinical practice, lessons learned from radium-223 and more. Followed by a talk about the lessons learned in going from radium-223 and other radiopharmaceuticals into this newer age of radioligand conjugates, and how it might impact a community medical oncology practice.
- June 2020

New in Our Library

Look for all the new material on the library table at our next in-person meeting.

If you require assistance in locating online resources, please contact us and someone will be happy to help.

[From our Video Library \(YouTube\):](#)

If you were interested in viewing Dr. Scarff's previous presentation at a general meeting, where she discusses the science behind hearing loss and the most common signs and symptoms, you can find it [here](#).

During this stressful time in our history, another video that may be helpful is "[Crush Your Stress](#)" with speaker Rick Titan, former WWE superstar turned Transformational Speaker and Coach.

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