



# The Digital Examiner

[www.prostaid.org](http://www.prostaid.org)

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**"Life isn't about finding yourself. Life is about creating yourself."**

**George Bernard Shaw**

## Connect with us:

### Information

Phone: 403-455-1916

[info@prostaid.org](mailto:info@prostaid.org)

### Brad Sterling

President

[president@prostaid.org](mailto:president@prostaid.org)

## Support Groups

### Frank Altin

Warriors

[faltin@telusplanet.net](mailto:faltin@telusplanet.net)

### Wives, Partners & Caregivers

[info@prostaid.org](mailto:info@prostaid.org)

### Newly Diagnosed

[info@prostaid.org](mailto:info@prostaid.org)

## Mailing Address

### PROSTAID Calgary Society

PO Box 72126

RPO Glenmore Landing

Calgary, Alberta

T2V 5H9

Phone: 403-455-1916

### To subscribe to The Digital Examiner

[info@prostaid.org](mailto:info@prostaid.org)

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## Next Meeting (Annual General Meeting):

**Tuesday, June 21st, 2022 @ 7:30 pm via ZOOM**

**"Get comfortable being comfortable"**

**Please RSVP to [program.director@prostaid.org](mailto:program.director@prostaid.org)**



Guest Speaker: Bob Molle

Bob has lived an incredible life, although he says he is "just getting going." His accomplishments include a silver medal in wrestling at the 1984 Olympics, two Grey Cup championships as a player for Winnipeg Blue Bombers, national championships as a wrestler and coach, an author, a public speaker and now a successful business coach. Molle explains that when he looks back at his life, what means the most to him are the relationships he developed along the way.

Born and raised in Saskatoon, Molle remembers that it was his high school coach that introduced him to the sport of wrestling. While he had always wrestled in the backyard as a kid, he had not considered formally participating in the sport until he was asked to try out. He loved the sport from the word "go".

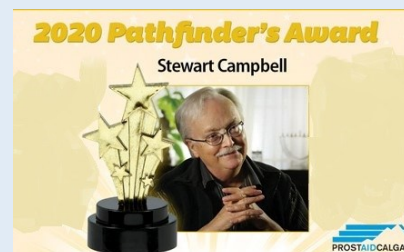
Molle continued to compete in both sports at SFU and was the first student to receive full scholarships in two sports. After capturing his first two (of four) national championships, World Cup and Pan-American Games bronze medals, Molle went on to win a silver medal at the 1984 Olympics – all by the age of 21. The following year, he made the transition to professional football after being drafted in the first round of the 1985 CFL draft by the Winnipeg Blue Bombers. Three short years later, Molle and the Bombers won the Grey Cup. He had an Olympic medal and a Grey Cup championship by the age of 26.

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## Side Bar:

It is with utmost sorrow and respect that we share with you the news of Stewart Campbell's passing on Friday, May 27th, surrounded by his family.

Stewart was a pillar of this organization and his wisdom, support, and dedication to all with be greatly missed.



\* **We are in need of VOLUNTEERS for an awareness event at Grey Eagle Casino on Saturday, June 18th, from 11 am—3 pm. A commitment of 2 hours is all that is required. Please email me if you are interested.**

\* **Anyone attending the AGM Meeting and online at 7:30 pm will have their name entered to win a DOOR PRIZE!**

Stay healthy,  
Dorothy

Dorothy Rodehutsors  
Program Director

## What's new in RESEARCH:

### Prostate-Specific Membrane Antigen as Target for Neuroimaging of Central Nervous System Tumors.

- \* Positron emission tomography (PET) imaging with prostate-specific membrane antigen- (PSMA-) binding tracers has been found incidentally to demonstrate uptake in CNS tumors. Following the encouraging findings of several such case reports, there is a growing interest in the potential application of PSMA-targeted PET imaging for diagnostics, theranostics, and monitoring of CNS tumors. This is a systematic literature review on PSMA-binding tracers in CNS tumors.
- \* May 2022

### The Relationship Between PSA and Total Testosterone Levels in Men with Prostate Cancer - Beyond the Abstract

- \* Rates of low serum testosterone (T) and prostate cancer (PC) increase with age, both impacting the health and quality of life of older men. Low T may impact men's overall health, with increased risks of lower bone mineral density, pre-diabetes/diabetes, metabolic syndrome, and major adverse cardiovascular events. PC is an androgen-dependent cancer,<sup>3</sup> likewise, so is prostate-specific antigen (PSA) production. There is likely a threshold level of serum T required for optimal PSA production, consistent with the previously described "saturation model" for T stimulation of the androgen receptor.
- \* May 2022

## What's new generally:

### Impact of Next Generation Imaging: What Is the Optimal (Current) Tracer for PET-Based Imaging for Staging

- \* Discussing the impact of next generation imaging and the optimal tracer for PET-based imaging for staging.
- \* April 2022

### Are We Ready to Change Management Based on Next-Generation Imaging? YES

- \* Dr. Jason Efstathiou arguing for changes in management based on next-generation imaging.
- \* April 2022

### Are We Ready to Change Management Based on Next-Generation Imaging? NO

- \* Dr. Nicolas Mottet arguing that we are not ready for changes in management based on next-generation imaging.
- \* - April 2022

### Who Needs Systemic Treatment With Salvage RT?

- \* Dr. Mahal started his presentation by highlighting the RTOG 9601 trial,<sup>1</sup> which was a phase III randomized clinical trial assessing bicalutamide monotherapy among salvage EBRT patients randomized to bicalutamide 150 mg PO daily vs placebo for 24 months.
- \* April 2022

### Associations of Adverse Pathology With 20 Year Risk of Distant Metastasis and Prostate Cancer Specific Mortality (Video)

- \* Dr. Brooks goes into depth on how adverse pathology correlates with long-term prostate cancer outcomes.
- \* March 2022



## Articles of Interest:

### Patients with metastatic prostate cancer living significantly longer

- \* Access to therapies approved over the last decade has significantly lengthened median survival times in patients with metastatic hormone-sensitive prostate cancer. That conclusion comes from a large randomized clinical trial that tested a new treatment for these patients.
- \* May 2022

### Mindfulness-Based Stress Reduction in Early Palliative Care for people with Metastatic Cancer: A Mixed-method study

- \* A Mindfulness intervention integrated into EPC setting is feasible, well accepted and could help metastatic cancer patients to control cancer pain together with an opportunity of emotional and spiritual relief.
- \* 2019 (Click link at top of page to “View Manuscript” for the full study)

### Mindfulness-Based Stress Reduction Buffers Glucocorticoid Resistance Among Older Adults: A Randomized Controlled Trial

- \* Results suggest that MBSR may protect against declines in the sensitivity of immune cells to the anti-inflammatory effects of glucocorticoids among at-risk lonely older adults and show value in studying this biological mechanism in future trials.
- \* August 2021

## Everyone:

In partnership with our friends at Cancer Care Alberta/Alberta Health Services, please see the request for research input.



The flyer features the Mount Royal University logo (1910) and a blue ribbon symbol. The text is centered and reads: **Have you ever received a diagnosis of Prostate Cancer?** **Are you an English-speaking male?** **Do you live in Calgary?** **We are looking for research volunteers!** **A \$25 gift card offered on interview!** Below this, it states: 'If you qualify, we would like to talk with you about your experiences of receiving diagnosis and managing illness.' It provides contact information: 'For more information and to see if you qualify, please call (403) 440-8785 or email [ssingh2@mtroyal.ca](mailto:ssingh2@mtroyal.ca) and leave a message (including your name and telephone number and a best time to call you). We will call you to explain the study.' At the bottom, it includes the HREB # 102800 and the date April 2022, along with a statement that the research study has been approved by the Human Research Ethics Board (HREB) at Mount Royal University, Calgary, AB, Canada.

## Notice to everyone:

There will be NO general meetings during the months of July and August, so as not to conflict with summer plans and enjoyment of the weather.

There WILL be a DE published for both months.

We are hopeful of returning to IN PERSON meetings for September 2022. They will include a “hybrid” version so as to allow those who prefer to attend via Zoom to continue attending.

## EVENT/Research Studies:

Hello,

The Canadian Cancer Survivor Network is working on a submission to pCODR and CADTH. We would very much appreciate your assistance in circulating our patient survey to your members before we all get ready for summer vacations! Any willing participants can access the survey here through this link:

<https://www.surveymonkey.com/r/82C7N8T>

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## Videos:

### High Risk Prostate Cancer and Genomics - Paul Nguyen & Alan Pollack

- \* In a discussion on risk prognostication in high-risk prostate cancer, Dr. Nguyen discusses the role of genomics to risk-stratify high-risk prostate cancer patients and the role of Decipher at the time of biopsy.
- \* November 2021

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