



The Digital Examiner

www.prostaid.org

273 July 2022

"If you give up on your dreams, what's left?"

Jim Carrey

Connect with us:

Information

Phone: 403-455-1916

info@prostaid.org

Brad Sterling

President

president@prostaid.org

Support Groups

Frank Altin

Warriors

faltin@telusplanet.net

Wives, Partners & Caregivers

info@prostaid.org

Newly Diagnosed

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

PROSTAID Calgary is self-funded.

[Click here to help us to continue our good work by donating on-line](#)

Next Meeting :

Tuesday, September 13th, 2022 @ 7:30 pm

Details and location to be announced



PROSTAID Calgary

Society

Wild Wednesday

FUNDRAISING

Progressive 50/50 Raffle

1 for \$5

5 for \$20

Or

10 for \$30



Draw date:

30 September, 2022

www.Rafflebox.ca/raffle/Prostaid

Licence # 601797



Side Bar:

- ◇ CONGRATULATIONS to member Bill & Roslynn Petty! They are the lucky winner of our Membership Update door prize of the Dinner for Two @ Ranchmen's Club of Calgary.
- ◇ Special Thanks to the Ranchmen's Club for this donation of the gift certificate.
- ◇ Other lucky winners from our AGM: Bob Dixon won a stainless steel thermos with PROSTAID logo, Larry MacKillop won a folding sport blanket with logo.
- ◇ PLEASE take note of the centre column and our PROGRESSIVE 50/50 Raffle. Share the QR code far and wide, we want to sell out and get the prize to the maximum before it ends, SEPTEMBER 30, 2022.
- ◇ Here's hoping everyone gets our and enjoys STAMPEDE this year, and the rest of the summer as well.

Stay healthy,
Dorothy

Dorothy Rodehutsors
Program Director



What's new in RESEARCH:

What's new generally:

iSTRIDE

Prostate Cancer Survivors (Aged 18+) Needed for Study

Researchers at the University of Toronto and University of British Columbia are trying to learn more about how to help prostate cancer survivors move more and sit less.

WHO CAN PARTICIPATE?

We are looking for:

- Men diagnosed with prostate cancer
- 18+ years old
- Engaging in less than 150 minutes of physical activity a week
- Not receiving radiation therapy

WHAT'S INVOLVED?

- **Three assessments:** surveys, a strength test, and wear an activity monitor device for 7 days at each time point
- **12-week Program:** You will be randomly selected to receive a 12-week program and a FitBit or to only receive a FitBit

INTERESTED?

Contact us to find out more about the study and if you're eligible to participate!

E: exercise.oncology@utoronto.ca **T:** 416-946-5856

This study has been approved by the Research Ethics Board of University of Toronto (#28981)

Treatment of the Primary or Local Relapse in nmCRPC

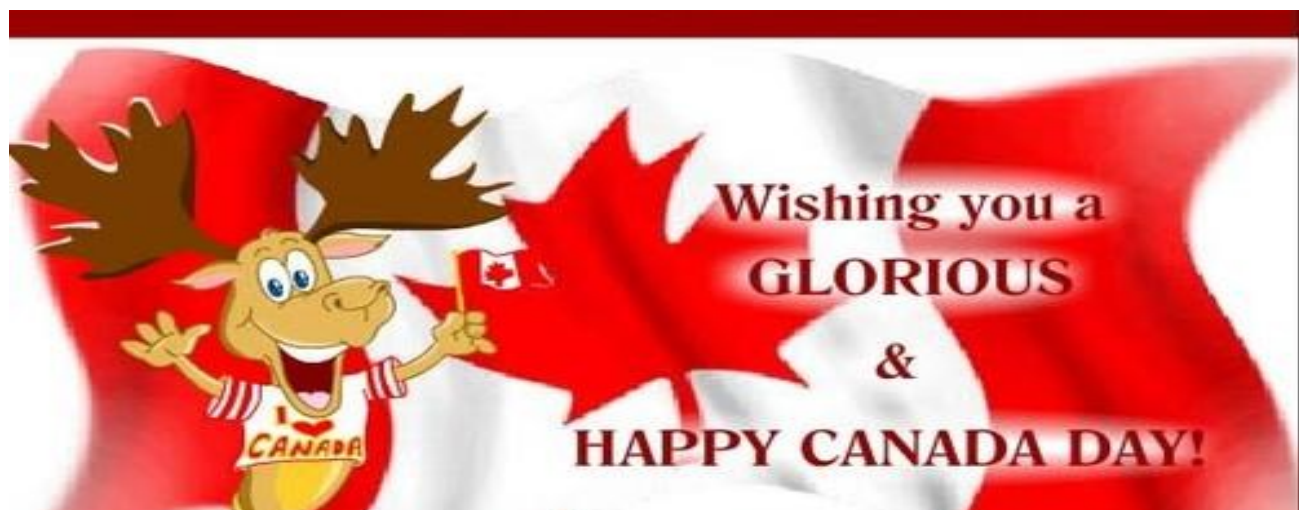
- * The 2022 Advanced Prostate Cancer Consensus Conference (APCCC) Hybrid Meeting included a session on the management of non-metastatic castrate-resistant prostate cancer (nmCRPC), and a presentation by Dr. Pierre Blanchard discussing treatment of the primary or local relapse in this disease space.
- * April 2022

Aggressive Variant Prostate Cancer: Definition, Diagnosis, Treatment

- * Dr. Small discussed aggressive variant prostate cancer and treatment-associated small cell/neuroendocrine prostate cancer (t-SCNC).
- * April 2022

Prostate Active Surveillance Study (PASS) (VIDEO)

- * The Canary Prostate Active Surveillance Study (PASS) is a multi-center research study for men who have chosen active surveillance to manage their prostate cancer. Canary is the world's only non-profit focused solely on early cancer detection.
- * November 2020



Articles of Interest:

Overall Safety and Incidences of Adverse Events by Time Interval with Darolutamide Plus Androgen-Deprivation Therapy and Docetaxel in the Phase ARASENS Trial

- * In a podium presentation in the Late-Breaking Abstracts session at the 2022 American Urologic Association Annual Meeting held in New Orleans and virtually, Dr. David Crawford presented a post hoc analysis of safety and adverse events among men with metastatic hormone-sensitive prostate cancer (mHSPC) treated in the context of the ARASENS trial (NCT02799602).
- * May 2022

Evaluating Cardiovascular Risk in Men Starting Androgen Deprivation Therapy for Prostate Cancer

- * In a moderated poster presentation at the 2022 American Urologic Association Annual Meeting held in New Orleans and virtually, Dr. Lowentritt presented results of a real world study assessing the association between risk factors for cardiovascular (CV) disease and future CV events among men receiving androgen deprivation therapy (ADT) for prostate cancer.
- * May 2022

Everyone:

Meta-Analysis of Randomized Controlled Trials on Yoga, Psychosocial, and Mindfulness-Based Interventions for Cancer-Related Fatigue: What Intervention Characteristics Are Related to Higher Efficacy?

- * Many individuals with cancer suffer from persistent exhaustion due to cancer therapy, known as cancer-related fatigue (CRF). Yoga, psychosocial, and mindfulness-based interventions are recommended to reduce CRF. However, it is not clear yet how interventions need to be designed to maximize their efficacy.
- * March 2022

Examining the interrelationships between mindfulness-based interventions, depression, inflammation, and cancer survival

- * Depression is highly prevalent in those diagnosed with cancer and is also associated with poorer prognostic outcomes. Mindfulness-based interventions are effective in reducing depressive symptoms and improving quality of life in patients with cancer.
- * June 2022

Thank you to our Sponsors and Community Partners



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.

EVENT/Research Studies:

To better inform the **Canadian Agency for Drugs and Technologies in Health** (CADTH) and l'Institut national d'excellence en santé et en services sociaux (INESSS), the Canadian Cancer Society has launched a survey to understand the experience of people impacted by metastatic castration-sensitive prostate cancer. Metastatic prostate cancer is prostate cancer that has spread to other parts of the body. Castration-sensitive prostate cancer is cancer that is being controlled by keeping the testosterone level as low as would be expected if the testicles were removed (called the castrate level). We are also seeking feedback on the advantages and disadvantages of the drug darolutamide (NUBEQA) from those who have had experience with it. The patient or caregiver does not have to have experience with the drug to complete the survey, as information on their satisfaction with current treatments is valuable on its own.

Patients living with and beyond cancer as well as caregivers have first-hand experience of life with cancer and are well-positioned to describe the benefits and drawbacks of currently available treatments and help assess new treatments. Patient and caregiver feedback is critical and will help CADTH and INESSS develop drug funding recommendations in Canada. This survey will help CADTH and INESSS decide if they should recommend that darolutamide (NUBEQA) be covered in Canada on public drug plans for people with this subset of prostate cancer.

We will be collecting testimonials from people with metastatic castration-sensitive prostate cancer on their experience with darolutamide (NUBEQA) or their experience/satisfaction with current treatments. If you have patients in your network that would like to share a written testimonial, please share them with me via email with identifiers removed for anonymity.

We will also be conducting interviews for people that have metastatic castration sensitive prostate cancer and have tried darolutamide (NUBEQA). Patients can sign up for an interview time using this [interview form](#).

If you have cancer patients or their caregivers in your network, we would greatly appreciate if you would share this new [online survey](#). The survey is available in French and English. Please feel free to share this opportunity with patients, support groups or other networks you are aware of to ensure patient voices are heard.

If you have any questions about the survey, submitting a testimonial, or sharing the interview opportunity please contact me via email or by phone.

Thank you,

Sasha Frost (She/Her)
Sr Advocacy Specialist (Public Engagement)

Canadian Cancer Society / Société canadienne du cancer

E Sasha.Frost@cancer.ca
T (905) 259-2721

[PROSTAIID Calgary](#) On-Line



YouTube

