



The Digital Examiner

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276 October 2022

“The struggle of life is one of our greatest blessings. It makes us patient, sensitive, and God-like. It teaches us that although the world is full of suffering, it is also full of the overcoming of it”. Helen Keller

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Next Meeting :

Tuesday, October 11th, 2022

6:30pm—9 pm

Rose Kohn Arena, Multi-purpose Room

****Please note this is an IN-PERSON meeting and will NOT be available on Zoom.**

PLEASE JOIN US ON

October 11th, 6:30 pm

6:30–7:30 Warriors and Caregivers

7:30–8:30 General Meeting

- ◇ Refreshments provided
- ◇ Engaging discussion
- ◇ Supportive sharing

RSVP by email, phone, or on website

Side Bar:

Welcome back!
Hoping to see all of you face-to-face at the General Meeting.



Our ongoing fundraising, the Progressive 50/50 ended September 30. Congratulations to our winner: N. Scott-Douglas of Calgary who won \$500!

We have secured a meeting room at ROSE KOHN ARENA for the October meeting. We will go back to private focus groups for the first hour (6:30-7:30 pm) followed by a full general meeting.

The meeting will include an update on what is happening with Prostate Cancer Foundation Canada, personal stories and sharing.

Stay healthy,
Dorothy

Dorothy Rodehutsors
Program Director

What's new in RESEARCH:

[The Changing Landscape of Systemic Therapy in the Treatment of Newly-Diagnosed Metastatic Prostate Cancer](#)

- ◇ The 2022 EAU annual meeting featured a session on improvements in metastatic prostate cancer focusing on imaging and treatment, including a presentation by Dr. Nicolaas Lumen discussing the changing landscape of systemic therapy in the treatment of newly-diagnosed metastatic prostate cancer.
- ◇ July 2022

[The Imaging Specialist's Perspective on PSMA-PET/CT](#)

- ◇ The 37th Annual European Association of Urology Congress held in Amsterdam, Netherlands between July 1st, and 4th 2022 was host to the 8th ESO Prostate Cancer Observatory: Innovations and Care in the Next 12 Months. Dr. Fanti was tasked with giving the imaging specialist's perspective on prostate-specific membrane antigen (PSMA)-PET/CT.
- ◇ July 2022

[Prognosis of prostate cancer patients improved](#)

- ◇ Researchers at Umeå University in Sweden have now discovered a faster and easier way to determine who has an aggressive form of cancer, and who has not. "This may have great implications on precision medicine when treating prostate cancer, and on more cancer groups alike," says Maréne Landström, Professor of Pathology at Umeå University.
- ◇ July 2022

[How Can Treatment Be Individualized By Using Genomic Classifiers?](#)

- ◇ Dr. Felix Feng discussing how treatment can be individualized by using genomic classifiers. Dr. Feng started by highlighting that genomic biomarkers are included in certain treatment guidelines for the management of PSA recurrences.
- ◇ May 2022

What's new generally:

[How To Read a Genomic Testing Report](#)

- ◇ In the session of the 2022 Advanced Prostate Cancer Consensus Conference focusing on the treatment of patients with metastatic castration-resistant prostate cancer (mCRPC), Dr. Chi presented on the somewhat mundane but critical task of reading a genomics report.
- ◇ May 2022

[Assessing the impact of MRI based diagnostics on pre-treatment disease classification and prognostic model performance in men diagnosed with new prostate cancer from an unscreened population](#)

- ◇ Systematic reviews have suggested that MRI does help detect more clinically significant cancers [4]. Other studies have reported better staging of tumours compared to clinical staging alone with radical prostatectomy as a standard.
- ◇ August 2022

[Testing the efficacy of a couple-focused, tailored eHealth intervention for symptom self-management among men with prostate cancer and their partners: the study protocol](#)

- ◇ Men with localized prostate cancer often experience urinary, sexual, bowel, and hormonal symptoms; general distress; pain; fatigue; and sleep disturbance. For men in an intimate relationship, these symptoms disrupt couples' relationships and intimacy. The symptoms also reduce quality of life for both men and their partners, who are often their primary caregivers. Management of the negative effects of cancer and its treatment is a significantly under-addressed supportive care need for these men and their intimate partners.
- ◇ January 2022



VIDEOS:

Practice Changing Data from ARASENS - Statistically Significant Overall Survival

- ◇ A discussion on the results of the ARASENS trial which examined darolutamide in combination with docetaxel and ADT compared to docetaxel and ADT.
- ◇ March 2022, VIDEO

The Benefit of ADT Treatment Intensification with Radiotherapy for Men with Localized Prostate Cancer

- ◇ This individual patient data meta-analysis of relevant randomized trials aimed to quantify the benefit of various androgen deprivation therapy (ADT) intensification strategies in men receiving radiotherapy for the treatment of prostate cancer in aggregate and in clinically relevant sub-groups.
- ◇ May 2022 VIDEO

Treatment of Unfavorable Intermediate Risk Prostate Cancer

- ◇ A conversation on the treatment of unfavorable intermediate-risk prostate cancer and the value of the genomic classifier useful in guiding treatment considerations.
- ◇ June 2022 VIDEO

Deciding Against Active Surveillance: How Genomic Testing Impacted Treatment Decision-Making Among a Predominantly African American Population

- ◇ Discussing how the use of the Genomic Prostate Score (GPS) may intersect with patient health literacy to affect decision-making regarding prostate cancer treatment.
- ◇ August 2022

EVENTS:

FREE WEBINAR SERIES  Prostate Cancer Foundation
Curing Together

Hosted by PCF CEO Charles J. Ryan, MD

Shared Decision-Making and Treatment Regret

Tuesday, Oct. 11, 2022 4:30-5:30pm PT

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News of Interest:

Everyone:

Importance of Lifestyle and Prevention of Complications in Advanced Prostate Cancer: How to Take Care of the Bones?

- ◇ a session on the importance of lifestyle and prevention of complications in advanced prostate cancer and a presentation by Dr. Oliver Sartor discussing how we should take care of our patient's bones.
- ◇ May 2022

Treatment of non-metastatic castration-resistant prostate cancer: facing age-related comorbidities and drug-drug interactions

- ◇ One of the main treatments for prostate cancer is 'androgen deprivation therapy' (ADT), a hormone treatment that reduces androgens level. This is because the growth of prostate cancer cells is dependent on male sex hormones called androgens. Despite ADT helping keep the cancer controlled for a time, it increases the risk for adverse events that may need new medications. Consequently, men with prostate cancer usually take multiple medications.
- ◇ May 2022

Feasibility, Acceptability, and Clinical Significance of a Dyadic, Web-Based, Psychosocial and Physical Activity Self-Management Program (TEMPO) Tailored to the Needs of Men with Prostate Cancer and Their Caregivers: A Multi-Center Randomized Pilot Trial

- ◇ Family caregivers (often female spouses) play a key role in ensuring patients' needs are met, frequently assuming their role with no formal training, which can contribute to a high burden. The purpose of this study was to pilot TEMPO—the first dyadic, Tailored, wEb-based, psychosocial and physical activity self-Management PrOgram for men with prostate cancer and their caregivers.
- ◇ February 2022

Systematic review of sleep and sleep disorders among prostate cancer patients and caregivers: A call to action for using validated sleep assessments during prostate cancer care

- ◇ To examine the impact of prostate cancer (PCa) on sleep health for patients and caregivers. We hypothesized that sleep disturbances and poor sleep quality would be prevalent among patients with PCa and their caregivers.
- ◇ June 2022

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