



# The Digital Examiner

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**“He that hath a beard is more than a youth, and he that hath no beard is less than a man. He that is more than a youth is not for me, and he that is less than a man, I am not for him.”**

- Shakespeare - Much Ado About Nothing

## Connect with us:

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### To subscribe to The Digital Examiner

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### Next Meeting :

**Tuesday, November 8th, 2022**

**7:00 pm—8:30 pm**

**Max Bell Arena—Bronze  
Room**

### Discussion Points for the meeting:

**BPH versus Prostate Cancer**

**Diet and Prostate Cancer**

**Chemotherapy and Prostate Cancer;  
how does it work.**

**\*We are looking into doing ZOOM for  
this meeting from the room. Please  
email for more information.**



### Side Bar:

### Happy Movember!



- ◇ This month's general meeting will include viewing of three videos on topics of current interest, with general discussion to follow each. Please join us.
- ◇ On page 3, you will find a call out for participants in a new study being conducted by a student at Mount Royal University.
- ◇ Page 4 includes the links to the Virtual Conference speakers that Brad mentioned in his presentation in October.
- ◇ **SAVE THE DATE: WEDNESDAY, December 7th will be our 2022 Pathfinder Award event. This year's recipient is Dr. GEOFF GOTTO.**

Stay healthy,  
Dorothy

Dorothy Rodehutsors  
Program Director

## What's new in RESEARCH:

### Research studies and surveys:

#### Survey on patient perspectives on Active Surveillance

**A. Investigators:** AnCan Virtual Active Surveillance Support Group, Active Surveillance Patients International, Prostate Cancer Support Canada, and The Active Surveillance Newsletter

**B. Eligibility:** Must have been diagnosed with prostate cancer

**C. Purpose:** to inform professional medical bodies and key influencers about our PATIENT views on the Active Surveillance treatment protocol

#### COMPASS Study – Sexual quality-of-life questionnaire

**A. Principle Investigator:** Dr. Bernard Lee, UBC and BC Cancer

**B. Eligibility:** 40-75 y/o , previous sexual experience with men, diagnosis of prostate cancer, currently on active surveillance, or previously treated with surgery, external beam radiation, or brachytherapy, with/without hormone therapy

**C. Purpose:** to improve prostate cancer treatment outcomes for other queer men

#### iSTRIDE – A Distance-based, Randomized Controlled Trial for Reducing Sedentary Behavior among Prostate Cancer Survivors

**A. Principle Investigator:** Dr. Linda Trinh, University of Toronto

**B. Eligibility:** men diagnosed with prostate cancer , 18+ y/o , engaging in less than 150 minutes of physical activity a week , not receiving radiation therapy

**C. Purpose:** to develop an easy-to-use accessible, distance-based program to reduce sedentary behaviour and increase physical activity in the hope of reducing side effects and improving quality of life for men with prostate cancer.

## What's new generally:

#### Halifax prostate cancer expert lauds new treatment for metastatic disease

- ◇ Health Canada recently approved the use of Pluvicto, which doctors describe as a targeted radioligand therapy for metastatic castration-resistant prostate cancer with prostate-specific membrane antigen (PSMA) expression.
- ◇ October 2022

#### Discovering Your Resilience Core

- ◇ We call this capacity to live life to the fullest and face adversity, change, and challenge with purpose and determination, resilience.
- ◇ October 2022

#### Testosterone treatment in men: What you need to know

- ◇ Testosterone is a male sex hormone produced in the testes. It plays a vital role in developing features generally characteristic of males, such as facial hair, and preserving one's sex drive, sperm production, and bone health.
- ◇ July 2022, McMaster University

#### PSMA PET for Primary Staging (high risk localized, N1, M1)

- ◇ In this educational initiative, focusing on the knowledge of PSMA PET imaging and PSMA theranostics, Drs Thomas Hope, Nicola Fossati, Robert Reiter, and Bertrand Tombal discuss a series of five cases focusing on how PSMA-PET impacts the management of prostate cancer patients.
- ◇ August 2022, VIDEO

## EVENTS/Research:



### **Have you ever received a diagnosis of Prostate Cancer?**

**Are you an English-speaking male?**

**Do you live in Canada?**

**We are looking for research volunteers!**

**Upto a \$100 gift card offered on participation!\***

\* You can participate in two ways. We offer \$50 for an interview when we discuss your experiences of receiving the diagnosis of prostate cancer and managing it. We offer an additional \$50 if you provide advice and suggestions on our research process and interview questions from a patient and participant perspective. This may help make our research more accessible and relevant to other participants.

**Contact us to know more about this study and participate:**

**Ph.:** (403) 440-6464

**Email:** [ssingh2@mtroyal.ca](mailto:ssingh2@mtroyal.ca)



## News of Interest:

### Financial toxicity after robotic prostate cancer surgery: Younger patients at higher risk

- ◇ Financial toxicity—referring to financial distress or hardship resulting from cancer and its treatment—is a relatively new concept in cancer care.
- ◇ October 2022

### Mediterranean diet improves immunotherapy response rates and progression-free survival in advanced melanoma

- ◇ A Mediterranean diet, containing mono- and polyunsaturated fats from olive oil, nuts and fish, polyphenols and fiber from vegetables, fruit, and wholegrains, was significantly associated with an improved response to immunotherapy drugs called Immune Checkpoint Inhibitors (ICIs).
- ◇ October 2022



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## Everyone:

### Wear and tear from lifelong stress can increase cancer mortality

- ◇ The wear and tear on the body from chronic and lifelong stress can also lead to an increased risk of dying from cancer, Medical College of Georgia researchers report.
- ◇ October 2022

### Are we missing PTSD in our patients with cancer? Part I

- ◇ Cancer is many people's worst fear, often linked with stigma, suffering and mortality. A cancer diagnosis may be perceived as life threatening, compounded by the physical burden and uncertainty inherent in many cancer treatments
- ◇ Spring 2019

## VIDEOS from October meeting:

Here are the links to the speakers from the Virtual 2022 Prostate Cancer Conference, hosted by Prostate Cancer Support Canada and referenced in Brad's slides -

[How to Find Information about Prostate Cancer you can trust. \(Richard Wassersug\)](#) at the 54:00 mark

### Prostate Cancer and Genetics—Justin Lorentz

At the 3:00:00 mark

### Looking to the future—Dr. Michael Cox

At the 3:19:00 mark

## PROSTADID Calgary On-Line

