



The Digital Examiner

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"Always be on the lookout for ways to turn a problem into an opportunity for success. Always be on the lookout for ways to nurture your dream."

Laozi



PATHFINDER AWARD 2022

Date: Wednesday December 7, 2022

Location : Danish Canadian Club –Tivoli Hall

727 11 Ave SW, Calgary

Time : 7:00 pm to 9:00 pm

PROSTAID Calgary will be honoring

Dr. Geoffrey Gotto, MD, MPH, FRCSC

The Pathfinder Award is presented to individuals who have made a significant contribution through education, research, support, and leadership afforded to men and their families who are dealing with prostate cancer.

The event is open to the public and free to attend.

Refreshments and a light snack will served.

Space is limited.

Please confirm your attendance by email to

info@Prostaid.org

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What's new in RESEARCH:

What's new generally:

Research studies and surveys:

Relationships between holmium laser enucleation of the prostate and prostate cancer.

- ◇ Holmium laser enucleation of the prostate (HoLEP) is a size-independent surgical option for treating benign prostatic hyperplasia (BPH) and lower urinary tract symptoms (LUTS) with excellent, durable functional outcomes.
- ◇ November 2022

The association between prostatitis and risk of prostate cancer: a National Health Insurance Database study.

- ◇ Inflammation is thought to affect the development of prostate cancer (PCa). By retrospectively investigating the database of the National Health Insurance Service, this study attempted to perform a relevant analysis of patients with prostatitis and PCa.
- ◇ October 2022

Delayed urologic cancer care in the COVID-19 pandemic: Patients' experiences.

- ◇ To understand experiences of patients with genitourinary cancer who experienced delayed cancer care due to the COVID-19 pandemic.
- ◇ August 2022

Active Surveillance: The Standard of Care for Low Risk Prostate Cancer

- ◇ The (new) guideline includes many notable updates and changes, but one of the most important is the removal of the "very low" risk category and explicit endorsement of active surveillance as "preferred" management for all low-risk disease.
- ◇ May 2022

Refractory Testicular Germ Cell Tumors – Where Should We Go Next?

- ◇ Fortunately, most people are cured, however, 15-20% of patients with metastatic testicular germ cell tumors will relapse following initial chemotherapy.
- ◇ October 2022

Variation in patient reported outcomes following radical prostatectomy: A bi-national registry-based study.

- ◇ Radical prostatectomy (RP) is a common and widely used treatment for localized prostate cancer. Sequela following RP may include urinary incontinence and sexual dysfunction, outcomes which are recorded within a bi-national Prostate Cancer Outcomes Registry.
- ◇ November 2022



VIDEOS:

[The Intensified Treatment Landscape of Metastatic Hormone Sensitive Prostate Cancer \(mHSPC\)](#)

- ◇ Russell Szmulewitz joins Charles Ryan in a discussion highlighting three abstracts in the metastatic hormone-sensitive prostate cancer treatment landscape when discussing treatment intensification.

◇ November 2022

[Cancer Survivorship and PCF](#)

- ◇ Alicia Morgans and Matthew Smith join Charles Ryan to discuss cancer survivorship. Drs Morgans and Smith explain the holistic role that a cancer survivorship program plays in the health and well-being of prostate cancer patients, including bone health, mental health, monitoring cardiovascular risk, and more.

◇ October 2022

[Importance of Lifestyle and Prevention of Complications in Advanced Prostate Cancer: How to Take Care of Muscle Strength?](#)

- ◇ Heather Cheng presents the importance of lifestyle and prevention of complications in advanced prostate cancer, focusing on how we should take care of our patient's muscle strength.

◇ September 2022



Just for Fun!

[49 cool gadgets: Our pick of the best new tech for 2022](#)

- ◇ We all love the arrival of a new gadget, something that will make life more convenient and entertaining for yourself, or help you out with a clever gift idea for a family or friend. That's why we've put together some of the most interesting and innovative bits of tech out there right now in our list of the coolest, new gadgets we think you'll love.

◇ September 2022

[Basic Rules of Pickleball](#)

- ◇ Pickleball must be introduced. The basic rules of the game are simple and easy and that is what makes Pickleball fun to play. "You can get started right away."

◇ 2022

[16 Best Travel Destinations for Seniors & Retirees](#)

- ◇ Retirement is the ideal time to get out and see the world, visiting places you've always dreamed of seeing in person. The only question is, where to go? These destinations are sure to spark your motivation to get packing.

◇ March 2022

[Things to Do this December in Calgary](#)

- ◇ Get warm, get cozy, and into the holiday spirit with a festive collection of things to see and do in Calgary this December. From family favourites like ZOO-LIGHTS at the Wilder Institute/Calgary Zoo and the Spruce Meadows International Christmas Market to Once Upon a Christmas at Heritage Park and Sparkle Sparkle at TELUS Spark Science Centre, December is full of festive fun in Calgary.

◇ November 2022

Last Word:

I want to take this opportunity to thank PROSTAID Calgary Society and all of YOU for the support and kind words over the past (almost) three years. I have thoroughly enjoyed getting to know many of you and I do wish you all health and peace in the coming year.

This contract came at a perfect time for me in 2020 and I hope I have been able to provide some awareness and education through the DE. I wish PROSTAID Calgary encouragement and strength as you navigate what post-COVID will look like in the Peer Support world as we come to a new-normal.

Stay healthy,
Dorothy
Program Director (Outgoing)

May the spirit of Christmas
infuse your life and that
of your family members
with hope, positivity,
and joy.
Merry Christmas
and Happy New Year.



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STAY IN TOUCH!

FaceBook will be monitored. YouTube has all presentations from previous years.