



The Digital Examiner

www.prostaid.org

279 January 2023



On behalf of the Board of Directors PROSTAID Calgary Society I want to wish you all a safe and healthy 2023. We hope you had a wonderful holiday season and were able to enjoy time with family and friends.

This time of year, many of us think about the year gone by and we look with optimism to the opportunities the new year brings.

PROSTAID Calgary is no different. 2022 was another challenging year. We were again faced with lock downs, and more COVID 19 restrictions, but in true PROSTAID fashion we were able to carry on with virtual meetings. We had engaging meetings with some noted speakers such as Dr. Harvey Quon and Dr. S Lee, Safa Rhaman, as well as Dr. Linda Carlson.

In September we were able to have our first face to face meeting since March 2019. This was followed with meetings in October, November and we began experimenting with "hybrid" meetings, incorporating live and virtual simultaneous meetings. In December we ended the year with our Pathfinder Award, recognizing our good friend Dr. Geoffrey Gotto. Despite the challenges of 2022 it was great to be back in person and we look forward to 2023 with optimism.

2023 is going to be a very exciting year here at PROSTAID Calgary. We are already planning meetings, starting on Wednesday February 15 at 7:00 pm when Dr. Rob Rutledge and his wife Dr. Gabriela Ilie, who will be sharing information about their program PC-PEP which is being rolled out in Canada and New Zealand.

We will continue to work on the quality of our hybrid meetings and improving our ability to deliver a high-quality experience to our members.

Our ability to deliver meaningful meetings with quality presentations is only possible with the continued support of our members and sponsors. Your generous support of time and money is important to the ongoing viability of the Society, and we thank you.

As we plan activities in 2023 we are hoping to engage with the community and important community friends like Wellspring and the Prostate Cancer Centre.

Volunteers are important for all our activities and our Board of Directors, who are integral to our success, are all volunteers. Please consider how you might contribute or who you could refer to us as a volunteer or board member. You don't have to be a survivor, family member or caregiver. You just need the desire to help those in need.

HAPPY NEW YEAR!

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What's new in RESEARCH:

Of Interest:

Research studies and surveys:

[Prostate Cancer Review: Genetics, Diagnosis, Treatment Options, and Alternative Approaches](#)

- ◇ There is growing evidence that suggests the contribution of an individual's genetic profile to prostate cancer. Currently used prostate cancer treatments have serious adverse effects; therefore, new research is focusing on alternative treatment options such as the use of genetic biomarkers for targeted gene therapy, nanotechnology for controlled targeted treatment, and further exploring medicinal plants for new anticancer agents. In this review, we describe the recent advances in prostate cancer research.
- ◇ August 2022

[Integrated analysis reveals FOXA1 and Ku70/Ku80 as targets of ivermectin in prostate cancer](#)

- ◇ Ivermectin is a widely used antiparasitic drug and shows promising anticancer activity in various cancer types. Although multiple signaling pathways modulated by ivermectin have been identified in tumor cells, few studies have focused on the exact target of ivermectin.
- ◇ September 2022

[Prostate Cancer: Community Education and Disparities in Diagnosis and Treatment](#)

- ◇ The primary objective of this systematic review is to describe the reported disparities in screening, diagnostics, and treatments as well as efforts to alleviate these disparities through community and educational outreach efforts.
- ◇ July 2021

[Preparing Patients with Early Stage Prostate Cancer to Participate in Clinical Appointments Using a Shared Decision Making Training Video](#)

- ◇ Rates of shared decision making (SDM) are relatively low in early stage prostate cancer decisions, as patients' values are not well integrated into a preference-sensitive treatment decision. The study objectives were to develop a SDM training video, measure usability and satisfaction, and determine the effect of the intervention on preparing patients to participate in clinical appointments.
- ◇ October 2021

[Improving the sexual health of couples after prostate cancer : investigating the impact of mindfulness and CBT on the sexual health and intimacy of couples after prostate cancer and disseminating these therapies in a prostate cancer supportive care program](#)

- ◇ Sexual dysfunction is the most common consequence of prostate cancer (PCa) treatment and has been shown to directly impact the sexual function and quality of life of survivors' partners
- ◇ November 2022



VIDEOS:

[The Impact of PCRI in 2022](#)

- ◇ Announcement for what is new and coming in 2023
- ◇ December 2022

[How BPH Complicates Treatment for Prostate Cancer](#)

- ◇ Benign Prostatic Hyperplasia (enlargement of the prostate) is a common cause of high PSA, thus causing prostate cancer-related concerns and confusion, and in extreme cases can cause urinary symptoms and can even preclude a patient from radiotherapy in the event that prostate cancer is also present (if the prostate cannot be reduced in size beforehand by medication)
- ◇ November 2022

[Treatments for Advanced Prostate Cancer in 2022](#)

- ◇ Evan Yu, MD, is a medical oncologist specializing in genitourinary cancers at Seattle Cancer Care Alliance in Seattle, Washington. Here, he discusses the newest treatments and latest news in, primarily, advanced prostate cancer, but with information that is relevant for all stages of prostate cancer.
- ◇ October 2022

Websites to Bookmark!

[Prostate Cancer Support Canada](#)

- ◇ Support Group meetings and events calendar
- ◇ Check for any speaker presentations from across Canada that may be open for attendance VIA ZOOM

[PROSTAID Calgary](#)

- Check here for upcoming meeting specifics
- ◇ Past issues of the DE are also available if you missed one.

[PROSTAID Calgary—YouTube Channel](#)

- ◇ Check here for past meeting speaker presentations

[Urology Today](#)

- ◇ All presentations from recent conferences and research

[Prostate Cancer Research Institute \(PCRI\)](#)

- Relevant research updates US

Last Word:

Please note:

- ◇ Phone number for PROSTAIID Calgary will not be changing: 403-455-1916. This is subject to Telus and a planned upgrade of the phone.
- ◇ Website remains: www.prostaid.org
- ◇ Email: info@prostaid.org will be monitored.
- ◇ Mailing address: remains same

Upcoming in 2023—SAVE THE DATES!

January 10, 2023

There will be NO meeting, just taking a winter break.

February 14, 2023

7 PM—VIA ZOOM ONLY

Guests: Dr. Rob Rutledge and his wife Dr. Gabriela Ilie,

March 14, 2023

7 PM—VIA ZOOM ONLY

Guest: Dr. Tarek Bismar

Thank you to our Sponsors and Community Partners



PROSTAIID Calgary On-Line



STAY IN TOUCH!

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