

What lies behind you and what lies in front of you pales in comparison to what lies inside of you.

Ralph Waldo Emerson

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Next General Meeting:
Wednesday, February 15 2023
@ 7:00 p.m., via Zoom
Prostate Cancer Patient Empowerment
Program
With Dr. Rob Rutledge &
Dr. Gabriela Ilie

Guest Speakers:

We are starting 2023 with a virtual meeting featuring Dr. Rob Rutledge and Dr. Gabriela Ilie, who are joining us from Nova Scotia "live" via Zoom. Wednesday February 15th at 7:00 pm.

In 2016, Dr. Gabriela Ilie was hired as **DMRF Endowed Soillse Research Scientist in Prostate Cancer Quality of Life Research**, at Dalhousie University with primary appointment in Community Health and Epidemiology, dual appointment in Urology, and cross appointments in the Departments of Radiation Oncology and Psychology and Neuroscience.

Dr. Ilie began to examine the needs and challenges of men diagnosed with prostate cancer, with the aim of actioning the findings into tangible programs aimed at improving the lives of prostate cancer survivors.

In 2018, Dr. Ilie partnered with a radiation oncologist, **Dr. Rob Rutledge**, who treats prostate cancer, and they began pooling on the available science to create an intervention that could actually support these men, and address the health gaps in education identified by the patients, to improve their mental health and quality of life.

Join us on Wednesday February 15, 2023 to learn more about **Prostate Cancer – Patient Empowerment Program (PC-PEP)**, which they have now presented across Canada and around the world.



Dr Rob Rutledge



Dr Gabriela Ilie

We hope to see you February 15th, 7:00 pm. Please RSVP to

program.director@prostaid.org to receive your Zoom invite.

Brad Sterling,

PROSTAID Calgary Society

Related Articles of Interest:

[Exercise, Diet, and Weight Management During Cancer Treatment: ASCO Guideline.](#)

*A systematic review of the impact of aerobic and resistance exercise, specific diets and foods, and intentional weight loss and avoidance of weight gain in adults during cancer treatment, on quality of life, treatment toxicity, and cancer control.

*May 2022

[Does Chemotherapy still play a role in the management of patients with metastatic prostate cancer?](#)

*Dr. Rahul Aggarwal: I think this is a great topic because it often gets overlooked amongst the many other newer therapies, but chemotherapy still plays a central role in the management of patients with metastatic prostate cancer.

*November/December 2022

[What is the current state of immunotherapy in prostate cancer today? What is being researched, what is currently available to patients, and what may be on the horizon?](#)

Immunotherapy has an interesting status in prostate cancer treatment research. It has attracted some of the best minds in cancer research.

*October 2022

Sunday January 22, 2023 was the start of the Chinese Lunar New Year, the year of the Rabbit. The 16-day public holiday is celebrated by more than 20% of the world and is the most important holiday in China.

People born in the Year of the Rabbit are said to be talented at many things. They are affectionate people excelling at forming close relationships. They appreciate tranquility and seek out peace. If you were born in 1939, 1951, 1963, 1975, 1987, 1999 or 2011, you would be born in the Year of the Rabbit.

Wishing you happiness and prosperity in the coming year! Gong Xi Fa Cai (Mandarin) or Gung hay fat choy (Cantonese)!



[Women Play A Role in Prostate Health](#)

Should prostate cancer strike a man you know, you can provide immeasurable strength and support by helping him absorb the news and make the best treatment decision.

*December 2022

[Optimal assessment of quality of life for patients with prostate cancer.](#)

Prostate cancer and its treatment significantly impact patients' physical, emotional, sexual, social, and overall quality of life.

*December 2022

Articles of Interest:

For Newly Diagnosed:

Genetic Risk Prediction for Prostate Cancer: Implications for Early Detection and Prevention.

*Prostate cancer (PCa) is a leading cause of death and partially heritable. Genetic risk prediction might be useful for strategies to reduce PCa mortality through early detection and prevention.

*January 2023

Family History of Prostate Cancer and Survival Outcomes in the UK Genetic Prostate Cancer Study.

Based on the investigation of the type and timing of relatives' cancers, it is likely that reductions in mortality are due almost completely to a greater awareness of the disease.

*December 2022

For Care-givers & families:

Network analysis of depression in prostate cancer patients: Implications for assessment and treatment.

*Many prostate cancer patients also suffer from depression, which can decrease their life satisfaction and also impede recovery from their cancer.

*December 2022

Mindfulness-based stress reduction for men on active surveillance for prostate cancer and their spouses.

*Although active surveillance (AS) is an increasingly adopted treatment paradigm for management of very low risk prostate cancer, many men and their partners face a variety of AS-related psychosocial stressors.

*December 2022

For Everyone:

The Canadian Cancer Survivor Network (CCSN) is expanding its Prostate Cancer Advisory Council to provide guidance in the creation of a new prostate cancer website for patients, caregivers, and survivors. This website will provide aggregate information on all aspects of prostate cancer, from diagnosis to the latest research to caregiver resources to psychosocial support services to peer support groups.

If you would like to be part of the planning and implementation, consider joining our Advisory Council. Zoom meetings will be held once a month, with regular email communications in between. If this interests you, please email Lindsay Timm at participate@survivornet.ca.

The first Zoom meeting is due to be held in mid January. We can always add individuals if they come forward after the first meeting.



Volunteers are needed again!
We're putting together a volunteer call out list to help out with events as they come up. Please email me if you would like to be on that list and you are willing to give 2-3 hours of your time and experience to grow our membership.
program.director@prostaed.org

Videos:

New in Our Library

[Dr. Stephen Choi's presentation on 'Developing MCT4-Targeting Treatment for Advanced Prostate Cancer'](#)
December 2022

[The Effect of Metastasis-Directed Therapy \(MDT\) on Oligometastatic Castration-Sensitive Prostate Cancer Outcomes - Philip Sutera](#)
Dr. Sutera gives a brief overview of the background of the research discussing the association between prostate-specific membrane antigen (PSMA) response and radiographic-progression-free survival among patients treated with stereotactic ablative radiation therapy in oligometastatic castration-sensitive prostate cancer (omCSPC).
January 2023

[CAR T and Cellular-Based Therapies - Vivek Narayan](#)
Vivek Narayan joins Alicia Morgans at ASCO 2022 to discuss his work with CAR T-cell therapies and prostate cancer, the first-in-human study.
October 2022

[Therapeutic sensitivity to standard treatments in BRCA positive metastatic castration-resistant prostate cancer patients-a systematic review and meta-analysis.](#)

*Recent oncology guidelines recommend BRCA1/2 testing for a wide range of prostate cancer (PCa) patients.

*December 2022

[Prostate volume, baseline urinary function, and their association with treatment choice and post-treatment urinary function in men treated for localized prostate cancer.](#)

*Benign prostatic hyperplasia, lower urinary tract symptoms, and prostate cancer often co-occur. Their effect on urinary function is an important consideration regarding prostate cancer treatment choices.

*December 2022

If you require assistance in locating online resources, please contact us and someone will be happy to help.



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