



The Digital Examiner

www.prostaidcalgary.org

"Issue #281" March 2023

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

Jimmy Dean

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Next General Meeting:

Wednesday, March 15

@ 7:30 p.m., via Zoom

Our Guest Speaker Is

Dr. Tarek Bismar

Please RSVP to program.director@prostaid.org



It was in February 2021 that we last had the pleasure of Dr. Tarek Bismar presenting to the members of PROSTAID Calgary. We are excited to again welcome Dr. Bismar to our March meeting and we look forward to learn what research projects he is working on now.

Spring is the season when the landscape comes to life after a cold winter. There is stronger sunlight, temperatures begin to rise, and the days grow longer. The weather can change a lot in spring. It can be sunny and dry one minute, and wet and showery the next. Or here in Calgary it can also be very snowy. Who remembers the St. Patrick's Day storm in March 1998 that all but shut down the city with up to 45 cm of snow falling in one day in some parts of the city. Here's hoping 2023 will continue to be mild.



Our Mission Statement:

Our objective is to assist and support patients, families and friends by informing, empathizing and reassuring men on their journey with prostate cancer. By sharing our experiences with our own cancer we lift our spirits and strengthen our resolve to fight for quality

The Board of Directors of PROSTAID Calgary gives a hearty welcome to Richard Kaechele as our new Program Director. Richard comes to us with an extensive background as an Internet Marketing Specialist. He was the Senior Vice President and a fundraiser on a non-profit Board for 15 years. He is very knowledgeable about the effective use of social media and email marketing to provide education and awareness so those skills can be applied to this cause.



Related Articles of Interest:

All forms of androgen deprivation therapy (ADT) for prostate cancer are significantly associated with an increased risk for bone fracture, according to a recent population-based study published in *PLoS ONE*. The risk is highest among men who undergo orchiectomy.

[Prostate Cancer ADT Increases Bone Fracture Risk](#)

January 2023 Renal & Urology News

Based on current studies and anecdotal evidence, many of today's urologists think it's relatively safe to administer testosterone replacement in hypogonadal men on active surveillance or in those who have been treated with prostatectomy or cryosurgery.

[How testosterone therapy use in men with prostate cancer has evolved](#)

January 2023 Urology Times

Neuroendocrine Prostate Cancer (NEPC) is an aggressive form of prostate cancer frequently seen after prolonged treatment of Castration Resistant Prostate Cancer (CRPC). NEPC has become increasingly prevalent over the last 20 years, with a poor prognosis caused by a late diagnosis and limited treatment options.

[Addressing the need for more therapeutic options in neuroendocrine prostate cancer.](#)

February 2023 URO Today

Prostate cancer (PCa) has an extremely variable clinical course and especially indolent, low-risk cases have posed a major problem of overdiagnosis and overtreatment for PSA-based screening, even though detection of aggressive cases has resulted in decreased PCa-specific mortality.

[Systematic Review and Meta-Analysis.](#)

January 2023 URO Today

Shared decision-making (SDM) for metastatic prostate cancer (mPC) engages patients in the decision-making process and may be associated with better outcomes relative to physician or patient-directed decision-making.

[Treatment decision-making among patients with metastatic prostate cancer:](#)

January 2023 URO Today

Theranostics is a term that combines the word "diagnostics" and the word "therapy." The reason for that combination is it literally describes the treatment approach.

[Supplemental Issue on Theranostics.](#)

May 2022 Prostatepedia

In this review, we reflect on the ways that knowledge of prostate development and hormone action have catalysed advances in the management of patients with prostate cancer.

[Advances in preclinical models of prostate cancer for research discovery.](#)

January 2023 URO Today

Blacks and African Americans are disproportionately affected by prostate cancer, having higher incidence rates and mortality rates compared with other racial and ethnic groups.

[Improving Survival in Black Patients With Metastatic Prostate Cancer](#)

December 2022 Oncology Times

Genetic evaluation of men with advanced prostate cancer is recognized as imperative both to guide treatment decisions and to trigger cascade genetic testing of family members.

[Utilization of genetic testing in men with advanced prostate cancer.](#)

January 2023 URO Today

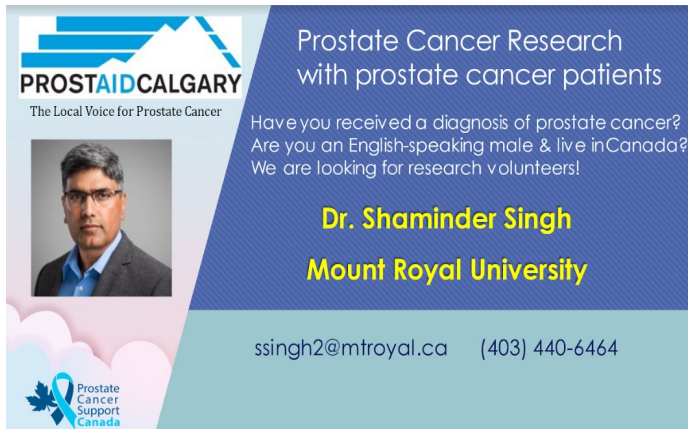
Prostate cancer-specific survival at 10 years is slightly lower among men with low-grade disease undergoing active surveillance compared with active treatment.

[Prostate Cancer Survival Slightly Lower With Active Surveillance](#)

January 2023 Renal & Urology News

Articles of Interest:

For Newly Diagnosed:



PROSTAID CALGARY
The Local Voice for Prostate Cancer

Prostate Cancer Research
with prostate cancer patients

Have you received a diagnosis of prostate cancer?
Are you an English-speaking male & live in Canada?
We are looking for research volunteers!

Dr. Shaminder Singh
Mount Royal University

ssingh2@mtroyal.ca (403) 440-6464

Prostate Cancer Support Canada

[Learn more here](#)

For Care-givers & families:

Jessie Myers-Schechter talks about her father, Snuffy Myers, and what it was like to be the daughter of a prostate cancer patient. Watch the interview below.

[My Dad Has Prostate Cancer, and he's a medical oncologist!](#)

Managing your fear of cancer recurrence:
A research study for Canadian family caregivers.

Do you worry about your loved one's cancer coming back?

Do you worry about the follow-up appointments?

If so a brief online group study is being offered to address these worries.

Join the [SURVEY HERE](#)

**SURVIVOR STORIES You are not alone.
Read how others travelled their paths.**

[>>Read them here<<](#)

For Everyone:

Prostate Cancer Patient Empowerment Program
This is a quick video from our guest speakers on February 15 about their PEP program.

[Check out the video here](#)

The increasing percentage of men presenting with advanced prostate cancer, which is much more difficult to treat and often incurable, is highly discouraging. In order to end cancer as we know it, for everyone.

[Rates of advanced prostate cancer are on the rise, new data show](#)

January 2023 Urology Times

The findings from our work are particularly exciting because we report for the first time ever that men with advanced prostate cancer are able to produce an acute elevation in anti-cancer molecules called myokines in response to a single bout of vigorous exercise.

[Exercise-stimulated myokine production can extend survival in advanced prostate cancer](#)

January 2023 Cancerworld

New research suggests that a shortened course of radiation therapy is safe and effective for men with high-risk prostate cancer.

[Shorter Course of Radiation Therapy Safe & Effective in Prostate Cancer](#)

October 22 Oncology Times

Researchers from the Institute of Cancer Research (ICR), London, and the University of Cambridge have created a new tool for predicting a man's individual risk of developing prostate cancer.

[New tool calculates each man's risk of prostate cancer](#)

January 2023 Europa Uomo

In the past decade, our understanding of the role germline genetics play in prostate cancer has drastically changed.

[Inherited Risk Assessment for Prostate Cancer from Diagnostic Prostate Biopsies:](#)

July 2022 URO Today

Videos:

One of the greats in baseball talks about his battle with Prostate Cancer:

[Merel Grey, president of NASPCC and Cal Ripken, Jr. Talk Prostate Cancer](#)

2020 NASPCC

In this conversation with Charles Ryan, Simpa Salami highlights a new urine-based test for detecting aggressive prostate cancer.

[A Urine-Based Multiplexed Assay for the Early Detection of Aggressive Prostate Cancer – Simpa Salami](#)

January 2023

VOLUNTEERS

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@prostaidd.org

New in Our Library

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

[From our Video Library :](#)

Oncology Nurse Practitioner Reanne Booker talks to the group about how relationships and sexual performance change after prostate cancer, and the things you can do to preserve sexuality as you get older.

[Maintaining Intimacy in Partnerships Affected by Prostate Cancer](#)

In these webinars, Urological Surgeons Professor Phil Cornford and Clinical Nurse Specialists Shievon Smith and Michelle Greenwood focus on metastatic hormone sensitive prostate cancer, including what it is, what treatment options are available, the potential side effects of treatment and how to manage them.

[How metastatic prostate cancer is treated Part 1](#)

[How metastatic prostate cancer is treated Part 2](#)

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