



The Digital Examiner

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It's not what happens to you, but how you react to it that matters.

Epictetus

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We Are Going Back To In Person General Meetings:

Wednesday, April 12 @ 7:00p.m
Zoom will still be available

Our New Location Is
CKE Community Center
1015 73 Ave SW



Guest Speaker: Hal Eagletail is member of the Northern Dene TsuuT'ina Nation. Located in the Treaty 7 area of southern Alberta. He is the owner of Eagletail Enterprises Ltd. A company that specializes in Cultural consultant work for all industries.

Hal Eagletail, who is an elder advisor at Poundmaker Lodge treatment center, is familiar with the benefits that his culture's traditional healing practices can bring to both Indigenous and non-Indigenous people. He helps hospital patients get back to health with traditional knowledge of herbs and ceremony.

In 2020, his daughter Stephanie Crowchild began Eagletail House Society as a non-profit in her late grandparents' house. People can come to Eagletail House to take part in traditional healing practices, but also to access resources on how to navigate the court system and CFS.

He and his family hope that they will soon see healing homes like Eagletail house on First Nations across the country. He said that homes like the one his daughter created are an exciting opportunity for those eager to participate in reconciliation efforts.

Humor is one of First Nations best healing medicines and Hal Eagletail has no shortage of that to prescribe.

Exciting News

"We are excited to announce that starting on April 12. we're back to In Person meetings at a new location, CKE (Chinook Park, Kelvin Grove, Eagle Ridge) Community Centre, located at 73rd Ave. and Elbow Drive SW south of Glenmore.

This new location includes a separate place for our Wives, Partners & Caregivers group, as well as a separate place for our Warriors group, with a common meeting area for our general meeting presentations.

We will be meeting there every second Wednesday of each month, with our first meeting on April 12 starting at 7:00 pm when we will be hosting Hal Eagletail.

Refreshments and snacks will be served. (April 4th Warrior group & Wives Partner Caregiver group meetings will be at 11:30 am at Limerick's on Mcleod Trail).

On May 10, the other 2 rooms will be open for the Wives, Partners & Caregivers and the Warriors groups starting at 6pm to 7pm. We will all be able to attend the general meeting starting at 7:00 PM in the main hall.

We're hoping you can join us as we grow and support one another along our journeys.

If you cannot attend live, we will still be offering the General Meeting via Zoom. Please RSVP to receive your on-line invite."



Related Articles of Interest:

[Dr. Gomella explains the evolution of precision medicine in prostate cancer.](#)

“What is precision medicine? This is not just a vague term; [it] really looks at individual characteristics of a patient to decide treatment.” “Instead of throwing spaghetti against the wall and seeing what sticks, we’re getting better and better at identifying specific characteristics.”

March 2023 Urology Times

[Prostate Cancer Patient Empowerment Program](#)

A Comprehensive 6-mo Prostate Cancer Patient Empowerment Program. Although survival rates for newly diagnosed prostate cancer patients are very high, most of them will likely suffer significant treatment-related side effects, depression, or anxiety, affecting their quality of life.

February 2023 URO Today

[Active monitoring yields same outcomes as radical treatment in prostate cancer](#)

In the 1990s, there was a blood test which appeared on the scene, which is PSA [prostate-specific antigen]. That was allowing a lot of men who are asymptomatic to be tested and then to receive prostate biopsies. It has created a huge increase in the diagnosis of early prostate cancer.

March 2023 Urology Times

[Clinical and Treatment Characteristics of Secondary Bladder Malignancies](#)

Low-dose rate (LDR) prostate brachytherapy is effective as a monotherapy for low and favorable-intermediate risk prostate cancer. For higher risk disease, brachytherapy in combination with EBRT is also an effective treatment option.

February 2023 URO Today

[Metastatic Hormone-sensitive Prostate Cancer](#)

This issue covers some of the advances that have been made in the treatment of men with metastatic prostate cancer who have yet received hormonal therapy.

February 2023 Prostatepedia

[Age-stratified potency outcomes of bilateral nerve sparing robotic-assisted radical prostatectomy.](#)

This study aims to report age-stratified potency outcomes in men undergoing robot-assisted radical prostatectomy (RARP). A retrospective review was performed on a database of 1737 patients who underwent RARP for localized prostate cancer between 2007 and 2019.

Feb 2023 URO Today

[Genomic Prostate Score: A New Tool to Assess Prognosis and Optimize Radiation Therapy Volumes and ADT in Intermediate-Risk Prostate Cancer.](#)

Genomic classifiers such as the Genomic Prostate Score (GPS) could help to personalize treatment for men with intermediate-risk prostate cancer (I-PCa).

Feb 2023 URO Today

[New prostate cancer blood test combining PSA with epigenetic test could reduce biopsies.](#)

A non-invasive prostate cancer combination test has been shown to have a positive predictive value of 93%*, meaning that out of 100 patients testing positive for prostate cancer 93 will truly have the condition.

February 2023 Cancerworld

[New Technology Advances Prostate Cancer Care But Questions Linger](#)

Incorporating new technology such as prostate-specific membrane antigen (PSMA) PET scans will help propel prostate cancer care forward, improving outcomes for patients, but many questions remain on the best dosing regimens as well as treatments for patients.

February 2023 OneLive

[Metastasis-Directed Therapy Protective in Recurrent Prostate Cancer](#)

Metastasis-directed therapy (MDT) may benefit men with prostate cancer who have metastases detected on PSMA PET scans following radical prostatectomy (RP).

March 2023 Renal & Urology News

Articles of Interest:

For Newly Diagnosed:

[Delaying Localized Prostate Cancer Treatment Does Not Increase Death Risk](#)

Patients and clinicians choosing among active surveillance, radical prostatectomy, and radiation therapy for low- to favorable intermediate-risk localized prostate cancer no longer need to worry that a treatment delay will lead to death.

March 2023 Renal & Urology News

[How I Live with Stage 4 Metastatic Prostate Cancer | Mark's Story](#)

One day, Mark woke up unable to walk. After countless tests and scans, Mark was diagnosed with stage 4 metastatic prostate cancer and it had spread to his lungs and bones.

January 2023 PCRI

[Olaparib + Abiraterone Improves Survival in Metastatic Prostate Cancer](#)

Adding the PARP inhibitor olaparib to standard-of-care abiraterone shows a trend toward improvement in overall survival (OS) by more than 7 months in the first-line treatment of metastatic castrate-resistant prostate cancer.

March 2023 Oncology Times

[New survey shows patients are divided on Gleason 6 issue](#)

A new survey presented at a major cancer conference provides a patient perspective on a long-running debate: should low-risk prostate lesions, which look like cancer but do not behave like them, be re-named so that patients are not unnecessarily alarmed and over-treated?

February 2023 Europa

For Care-givers & families:

[Deciding to be a caregiver](#)

Caring for someone with cancer isn't easy. It often involves taking on many new, important responsibilities. It can go on for a long time – many months or years. It's not something you expect or plan ahead for.

Canadian Cancer Society

[Being a Caregiver \(when you didn't plan on it\)](#)

Don Woods talks about his own journey as an unplanned caregiver and what you can best do to support your loved one during times of great hardship.

February 2022

For Everyone:

[A randomized comparison of group mindfulness and group cognitive behavioral therapy vs control for couples after prostate cancer with sexual dysfunction.](#)

Sexual dysfunction is the most common and most distressing consequence of prostate cancer (PCa) treatment and has been shown to directly affect the sexual function and quality of life of survivors' partners.

Feb 14 2023 URO Today

[Plant-based diets cut risk of prostate cancer progression and recurrence by over 50%](#)

Cancer Symposium, held in San Francisco, February 16–18, found that men with prostate cancer who reported the highest intakes of plant-based foods had a 52% lower risk of progression and 53% lower risk of recurrence in comparison to those with the lowest intakes.

March 2023 Cancerworld

[Discrimination of Sexual and Gender Minority Patients in Prostate Cancer Treatment:](#)

This study is the first to quantify experiences of discrimination in treatment undertaken by sexual and gender minority prostate cancer patients.

February 2023 URO Today

[Treatment of localized prostate cancer in elderly patients:](#)

To evaluate oncological outcomes of partial gland cryoablation (PGC) for localized prostate cancer (PCa) in a cohort of elderly patients who required an active treatment.

February 2023 URO Today

[3 QUESTIONS ON... Treating Prostate Cancer With Sound Waves](#)

Some prostate cancers grow slowly and don't need treatment. Others are aggressive, spread quickly, and require timely treatment with surgery, radiation, chemotherapy, or a combination. But other prostate cancers fall in the middle of this scale.

May 2022 Oncology Times

Videos:

New Study

Dr. Soares on the effect of weight loss on postprostatectomy incontinence.

In this video, **Ricardo M. de Oliveira** discusses how physical therapy and weight loss can improve postprostatectomy incontinence.

March 2023 Urology Times

16 Years: Surviving Metastatic Prostate Cancer | Joel Nowak, CEO of Cancer ABCs

Joel Nowak is the founder, CEO, and Executive Director of "Cancer ABCs," an organization devoted to providing plain-language resources to cancer patients, and more generally, to improve the lives of cancer patients.

February 2023 PCRI

Sex After Prostate Cancer!

In this video, Mayo Clinic Urologist, Dr. Sevann Helo, M.D., discusses aspects of sex after prostate cancer.

A Wife's Story from

The wife of Bret "The Hitman" Hart shares her story of Bret's diagnosis with prostate cancer and how the two worked together to beat what she calls "the couple's disease".



What is True North Peer Navigation?
 True North Peer Navigation is a virtual navigation program that connects individuals diagnosed with prostate cancer with support from a peer navigator who has experienced prostate cancer himself, as well as a library of resources.

Who can participate?

- Men who have completed treatment for prostate cancer within the last 3 months
- Comfortable using computers and the internet

What does it involve to participate?
 You will be...

1. Able to communicate with your Peer Navigator through secure online chat, telephone or video, either upfront or after a wait time of 6 months
2. Connected with your Peer Navigator for a period of 3 months
3. Provided access to an online library of useful resources about prostate cancer
4. Asked to complete questionnaires to help evaluate the program

To learn more about this study, contact the Program Coordinator at peer.navigation@ubc.ca or (604) 827-1831

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- DALHOUSIE UNIVERSITY

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- CIHR
- IRSC
- NOVEMBER TRUENORTH

In Partnership with:

- Prostate Cancer Foundation BC

Enquiries can be directed to peer.navigation@ubc.ca or (604)827-1831 to obtain more detail about the program. A trained Peer Navigator will be matched to the patients' indicated needs and preferences. This support is offered all on a virtual basis for three months.

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 as the needs arise. program.director@prostaidd.org

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