



**[www.prostaidcalgary.org](http://www.prostaidcalgary.org)**

**“Issue #285” July 2023**

**Upcoming Events**

**July**

**“Even though there is not a General Meeting July 19th, we would like to invite the Warriors and Wives Partners & Caregivers to join us for a picnic at CKE Community Centre starting at 6:30. Enjoy some food and fellowship.” ”**

**August**

**We have just confirmed Dr. Desmond Pink for our August 16th presentation.**

**Dr. Pink is the lead researcher in the development and validation of the Nanostics diagnostics platform and has considerable expertise in scientific team management, biochemistry, protein synthesis, and experimental therapeutics.**



## Donate Today

PROSTAID Calgary is a registered charity that relies on the generosity of its members, supporters and friends to achieve its goals. Tax receipts are issued for all amounts over \$20.00.

Your donations are used to support our monthly journal (the Digital Examiner), our free online video library, our website, our outreach programs and general awareness.

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### Information

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Brad Sterling

President

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## Support Groups

Frank Altin

Warriors

[faltin@telusplanet.net](mailto:faltin@telusplanet.net)

Wives, Partners & Caregivers

Newly Diagnosed

[info@prostaid.org](mailto:info@prostaid.org)

[Meeting Info Here](#)

***Volunteers are STILL needed!  
We're putting together  
a volunteer list for our Casino Fundraiser Event  
scheduled for October 2nd and 3rd.***

***We have a brand new Casino this year, Ace Casino Airport. We are looking for volunteers for both days to fill the 1st shift from 11am-7:30pm and 2nd shift from 7pm- 3:15am. There are also positions available in the Count room both days from 11:15pm-3:30am.***

**[Contact Richard for more info at](#)**

**[program.director@prostaid.org](mailto:program.director@prostaid.org)**

## Have You Made Your Personalized List of Health/Medical Information? If Not, Why Not?

My last visit to the hospital was in the 2021 in the midst of the pandemic. Breathing was difficult and I suspected a COVID infection. When I was admitted to emergency and tested it turned out I had pneumonia and not COVID.

I gave the emergency doctor my health/medical information on the charts below. Needless to say, he was most impressed and guessed I must be an engineer. Alas not I told him, just a retired biology teacher. He assured me I wouldn't be leaving hospital until I was healthy. Eight days later after many tests and excellent care, I did leave.

My point in sharing this is that it not only provides your health care provider with important information that may hasten your treatment, but just as important, it shows the health provider that you are wanting to help them understand your medical information both past and present.

I know much of this information is available to doctors online through the Alberta Health Services (AHS) web site, but having a printed sheet is more immediate and perhaps gives additional information that's not with AHS.

Since this, my hospital visit, I've joined the Alberta Surgical Initiative of Alberta Health Services as a Patient and Family Advisor. This is to provide the patient's perspective to the referral process for the urology, endoscopy, and general surgery groups with Calgary, Edmonton, and provincial sections. As part of this work I was asked to present my hospital visit in video format as a 'good news' story for doctors and other health care staff.

Dave Lunn

**Health/Medical Information****Name**

Address, Phone numbers, Email

Date of Birth, AHC No. Blue Cross Number, Other Health Insurance Number, Driver's Licence No.

MyHealth log-in [www.myhealth.alberta.ca/myhealthrecords](http://www.myhealth.alberta.ca/myhealthrecords)

Contacts: In case of Emergency, Phone, Email, Personal Support:

Mobility needs: Cane, Walker, Wheelchair

Hearing Aids:

Languages Spoken/read:

**List of Surgeries and Procedures**

Date	Surgery	Physician	Anaesth	Locations (City)

**Chronic Condition(s)**

Date	Name	Physician	Treatment

**Medications**

Medication Name	Conc'n	Frequency

**Immunizations**

Medication	Dates
Hepatitis A & B <a href="#">Twinrix</a> (3 shots)	
Pneumonia – <a href="#">Pneumovax</a> , <a href="#">Pnevnar</a>	
Diphtheria, Tetanus, Pertussis	
Zostavax, <a href="#">Shingrix</a>	
Influenza Standard or High Dose	October annually
Type of COVID 19 vaccinations 1 <sup>st</sup> & 2 <sup>nd</sup>	
Type of COVID 19 vaccinations 1 <sup>st</sup> , 2 <sup>nd</sup> , & 3 <sup>rd</sup> boosters	

Eye Rx Name, Date of last exam, Optometrist, Ophthalmologist

Right eye	Left eye

**Watch Dave's Video Here**

**Articles Of Interest**



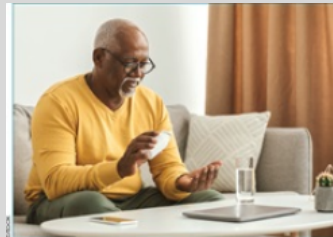
## Treatment intensification in advanced prostate cancer: Real-world practice lags behind data

**"It gives me a very rewarding experience.... I see patients with low-grade prostate cancer and when they become advanced prostate cancer, I already have a good relationship with them and don't have to send them somewhere else," says Abhinav Sidana, MD, MPH.**

**June 2023**

**Urology Times**

Real-world data



## Exercise to Enhance Cardiovascular Health Among Black Patients with Prostate Cancer with Androgen Deprivation Therapy

**Dr. Dong-Woo Kang presented the rationale and study framework for the POWER trial, which aims to evaluate exercise to enhance cardiovascular health among Black patients with prostate cancer treated with androgen deprivation therapy (ADT).**

**June 2023**

**Urotoday**

Power Trial



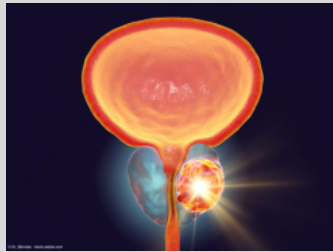
## New AUA/SUO Guideline Issued for Early Detection of Prostate Cancer

**Society of Urologic Oncology (SUO) recently issued guidelines for early prostate cancer detection that include recommendations related to PSA-based testing, risk calculators, imaging, and initial and repeat biopsy.**

**June 2023**

**Renal & UrologyNews**

[Early Detection](#)



## BPH vs. Prostatitis - What's the Difference?

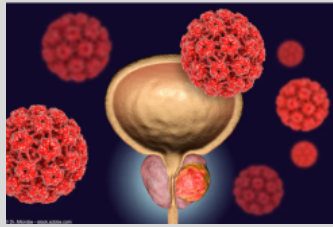
”BPH stands for “benign prostatic hyperplasia.” What it essentially means is the prostate is getting bigger—enlargement of the gland.

“Prostatitis” signals inflammation of the prostate. “-itis” means inflammation. So you have “pneumonitis” that would be inflammation of the lung; “colitis” inflammation of the colon; “prostatitis” inflammation of the prostate. So essentially, prostatitis is inflammation of the prostate. BPH is enlargement of the prostate.

**June 2019**

**PCRI**

[BPH vs. Prostatitis Video](#)



## FDA approves talazoparib plus enzalutamide for HRR gene-mutated mCRPC

Despite treatment advancement in metastatic castration-resistant prostate cancer, the disease can progress quickly, and many patients may only receive one line of therapy. Therefore, new first-line treatment options are needed to reduce the risk of disease progression or death.

June 2023  
Urology Times

Talzenna + Xtandi

## Newly Diagnosed



## Do your patients ask you about medical information you know is wrong? How do you handle it?

It's difficult sometimes with 'Dr Google, as I often call it, especially with a diagnosis of cancer or something like that. After hearing that, [patients will] do a Google search, and it can be difficult to sift through all the information.

May 2023  
Urology Times

Medical Information



## Expert highlights AUA guideline on prostate cancer screening and follow-up

We still recognize that PSA is probably the primary tool for prostate cancer screening, and we acknowledge and respect that at this point. There is not another tool that is a better one than PSA as the initial test for identification or determination of prostate cancer.

June 2023  
Urology Times

[Prostate Cancer Screening](#)

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[For Caregivers & Families](#)





"Once we accept that our own thoughts and beliefs create our emotions and are what cause us to act — not the words, emotions, and actions of others — we can obtain better results for our patients and for us." writes Joan Neeland MD

## Expert advice on improving interactions with difficult patients

**Every physician, nurse, EMT, respiratory therapist, and clinician of every specialty has mused about how much better their workplace would be if they did not have to deal with difficult patients or demanding families. What a delightful fantasy!**

**May 2023**

**Urology Times**

[Difficult Patients](#)



## Dr. Natasha Gupta on sexual health concerns of female partners of patients with prostate cancer

**In this video, Natasha Gupta, MD, discusses the background, methodology and notable findings of the studies “Understanding the sexual health concerns and needs of female partners of prostate cancer survivors,” and “Preferences for interventions to address unmet sexual health information and support needs among female partners of men with prostate cancer.”**

**June 2023**

**Urology Times**

[Sexual Health Concerns Video](#)

**Articles For Everyone**



## Father-son team raise funds for prostate cancer and men's mental health research

**“They’re raising funds for research for men’s prostate cancer and mental health,” Harlan said of The Distinguished Gentleman’s Ride 2023. “This is my first time doing the ride. This is my dad’s first time doing the ride, too, so it’s new for both of us.”**  
May 2023

Father-Son Team



## Contemporary Patterns of Local Ablative Therapies for Prostate Cancer

**Local ablative therapies or focal therapy as it is called in other settings defines a noninvasive technique aiming to destroy small tumors inside the organ while leaving the remaining organ intact and sparing most of its normal tissue.**

**May 2023**  
**URO TODAY**

Ablative Therapies

**New Videos**



## Improving Appropriate Utilization of Imaging in Prostate Cancer Patients. Radiographic Assessments for Detection of Advanced Recurrence (RADAR)

**RADAR started, it was one of those things that started because of a need. And when it came to meetings like this and other meetings we do, we'd often hear somebody has localized prostate cancer, Gleason 6, PSA 5, and they were getting bone scans, CT scans and things like that, which we know was pretty much a waste of time.**

**May 2023  
URO TODAY**

**RADAR**



## Low testosterone and frailty linked with 180-day readmission in men undergoing TURP, PVP

**In developing this study, we reasoned that given the significant prevalence of low testosterone in the general population, especially in older men, a large proportion of men undergoing transurethral procedures for BPH are likely to have low testosterone.**

**June 2023  
Urology Times**

**Testosterone**

## Conventional Imaging for Prostate Cancer

**Scott Sellinger, MD, FACS, shares a historical perspective on use of conventional imaging modalities in prostate cancer.**

**June 2023  
Urology Times**

[Imaging Video](#)



## Managing Stress During a Cancer Journey

**Clinical psychologist and professor at the University of Calgary, Dr. Linda Carlson returns to PROSTAID to give us some strategies on how to deal with stress, including approaches to breathing and mindfulness. She talks about the nature of stress and how it is formed in the brain and what we can do to minimize its effects.**

**Prostaïd Calgary**

[Watch Video Here](#)



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