



The Digital Examiner
www.prostaid.org

“Issue #287” September 2023

September 20th General Meeting
Celebrating 30 Years

SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

Hi everyone! As we enter this month of Prostate Cancer Awareness, we're looking for your story. Everyone that has or knows of someone who is dealing with Prostate Cancer, we would like to share their story on our website in hopes of bringing awareness as well as to encourage one another that you are not alone in this battle.

We are looking for a short paragraph or two from our members, warriors, wives and caregivers. We do have 5 questions that we can provide for you to answer if that helps you in sharing your story. Of course, you can be completely anonymous if you so decide to, or if you want to share your name that's okay as well.

If this is of interest to you or if you have any questions or concerns please reach out to me at program.director@prostaid.org

Thanks
Richard Kaechele
Program Director
Prostaid Calgary

Upcoming Events

Warriors & Wives Partners and Caregivers

Please come and join us on Wednesday, September 20th. We are meeting at CKE starting at 6:00 pm with a social gathering in the lounge and separate meetings from 6:30 to 7:30 prior to the general meeting in the main hall.

We're looking for some new board members. Do you want to add your voice to our cause of bringing awareness against the battle of Prostate Cancer? Are you looking for a place where you can make a difference today and for the future in this battle? We would love to talk to you and get you involved. If this is you, please reach out to any of the board members or myself at program.director@prostaid.org

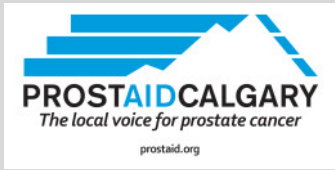
We need your help this September!

LIGHT UP IN BLUE FOR PROSTATE CANCER AWARENESS MONTH

Help us raise awareness for the **#1 cancer** in Canadian men.

Please see the link to the map to find a landmark near you to go and visit in support of Prostate Cancer Awareness Month

LIGHT UP IN BLUE



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.

[Donate Today](#)

Connect With Us

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[Connect With Us](#)

Support Groups

Frank Altin
Warriors
faltin@telusplanet.net
Wives, Partners & Caregivers
Newly Diagnosed
info@prostaaid.org

[Meeting Info Here](#)

Articles Of Interest



Bob Phillips

From Diagnosis to Advocacy: Bob Phillips' Fight Against Prostate Cancer

While undergoing treatment, Phillips noticed that there weren't many other Indigenous patients. As a proud Métis man and someone who spent his career working with Indigenous communities, he immediately understood the lack of Indigenous faces.

August 2023
PCC

[Bob Phillips](#)

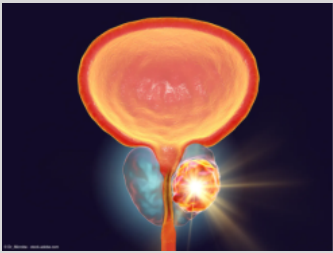


Prior BPH Surgery Ups Risk for Adverse Radical Prostatectomy Outcomes

Undergoing radical prostatectomy (RP) for prostate cancer after surgery for lower urinary tract symptoms due to benign prostatic hyperplasia (BPH) is associated with higher rates of positive surgical margins and lower rates of urinary continence and erectile function recovery.

August 2023
Renal&Urology News

BPH



Biomarkers may help identify Black men at risk of advanced prostate cancer

Investigators have identified 4 biomarkers related to metabolic processes in the body that are associated with an increased risk of metastatic prostate cancer in Black men, according to findings presented at the American Chemical Society 2023 Fall Meeting in San Francisco, California.

August 2023
Urology Times

Biomarkers



Exercise interventions improve sexual dysfunction caused by prostate cancer treatments

Our study shows that these patients can immediately benefit from supervised exercise interventions to improve their sexual health and that exercise should be considered as an integral part of treatment for prostate cancer.

August 2023
Urology Times

Exercise



3 QUESTIONS ON . . . Actionable Mutations Found in Prostate Cancer

Nearly a quarter of men with metastatic castration-resistant prostate cancer have genomic alterations that map to currently available treatment options that have been found to improve outcomes for patients with those specific actionable targets.
August 2023
Oncology Times

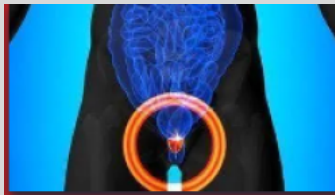
Questions



Promising Marker for Treatment Response in Prostate Cancer

The management of prostate cancer (PCa) is an ever-evolving field with researchers now focusing on the exploration of early surrogate measures to predict long-term outcomes and assist in treatment decisions.
August 2023
Oncology Times

Treatment Response



PSMA-PET shows value as a prognostic biomarker for recurrence in prostate cancer

In patients with prostate cancer considered for surgery, PSMA-PET can provide information on the risk of recurrence after surgery, before the surgery even happens. The imaging tool improves personalized treatments by helping the urologist decide whether or not to perform surgery, and to guide the surgical plan and the follow-up management after surgery
August 2023
Urology Times

PSMA-PET

Thank you to our Sponsors and Community Partners





For Caregivers & Families



Communication between you and your partner throughout cancer survivorship

During the cancer journey, patients often identify their partners as their primary caregivers and their main source of support. However, the emotional needs of the partner often go unaddressed as caregiving can be exhausting and demanding work. [Keep a folder of your health information.](#)

[Learn More Here](#)

CCSN

Cancer Support



Dr. North on burnout among urology residents and practicing gratitude

It's interesting. It's been pretty consistent that our second-year urology residents are really suffering. [PGY2] residents, in almost every program, have a disproportionate amount of "scut" work relative to rewarding work. And those are the residents that have the highest rates of burnout and the highest rates of career decision regret.

July 2023

Urology Times

Watch The Video

Articles For Everyone

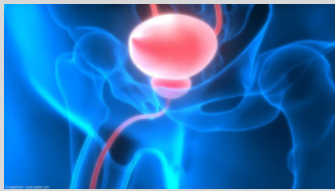


Prostate Cancer Myths and Facts

Being diagnosed with prostate cancer can be overwhelming. You will often be flooded with information and it can be hard to disseminate what is true and what is false. Below are some common misconceptions about prostate cancer.

CCSN

Myths and Facts



Managing Urinary Incontinence

Most people find that leaking urine after surgery is temporary and that they can manage their urinary incontinence with pelvic floor exercises, absorbent products and lifestyle changes.

Prostate Cancer Research

Urinary Incontinence

New Videos



How Much Time Do You Have to Treat Prostate Cancer?

PCRI's Alex and medical oncologist Mark Scholz, MD, discuss the timing of prostate cancer growth and how much time a patient may have to research and decide upon a treatment plan.

August 2023
PCRI

Time?



Men's Health Tips In 2023

In this presentation, Dr. Larry Goldenberg explains the importance of screening, early detection, and simple things men can do to care of their health.

August 2023
PCRI

Healthy Men

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