

The Digital Examiner
www.prostaid.org

“Issue #286” October 2023

October 18th Guest Speakers

EXCEL:

Exercise for Cancer to Enhance Living Well.



Julianna Dreger

Julianna is a project coordinator who started with the Health and Wellness Lab in May 2020. Her role within the lab is as the project coordinator for Project EXCEL (EXercise for Cancer to Enhance Living Well), a program aiming to increase the access of exercise therapy to rural and remote cancer survivors across Canada.



Jocelyn Cannon

Jocelyn is a Master’s student with University of Calgary’s Health and Wellness Lab. She is looking to investigate the impact of yoga and mindfulness techniques on fatigue and energy levels of individuals living with and beyond cancer. She is also a research assistant for EXCEL: Exercise for Cancer to Enhance Living Well.

Upcoming Events

Warriors & Wives Partners and Caregivers

Please come and join us on Wednesday, October 18th. 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@prostaidth.org



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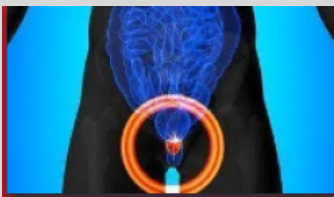
Articles Of Interest



If something doesn't seem right, it probably isn't

G. was very athletic, jogging, cycling 7000K a year, ate all the right foods, stayed out of the sun, didn't drink, didn't smoke ...His Mom had just passed away and she was 102! We figured G. had really good genes.

[Read Their Story Here](#)



Sexual Structure Sparing for Prostate Cancer Radiotherapy: A Systematic Review

Erectile dysfunction represents a major side effect of prostate cancer (PCa) treatment, negatively impacting men's quality of life. While radiation therapy (RT) advances have enabled the mitigation of both genitourinary and gastrointestinal toxicities, no significant improvement has been showed in sexual quality of life over time.

August 2023
URO Today

[Sexual Structure](#)



Real-World Data Confirm Efficacy of ¹⁷⁷Lutetium PSMA-617 for mCRPC

Real-world data confirm that ¹⁷⁷Lutetium PSMA-617 (¹⁷⁷Lu PSMA) is effective for treating metastatic castration-resistant prostate cancer (mCRPC), according to a recent study. A PSA decrease of 30% or greater after the first 2 cycles of the radioligand therapy "is an early marker of response that can be easily implemented in clinical practice.

August 2023
Renal&Urology News

[Real-World Data](#)



PET/CT-based model predicts prostate cancer in the 'PSA grey zone'

Combining PET/CT with traditional clinical risk factors can detect prostate cancer in cases considered borderline based on prostate-specific antigen (PSA) levels -- in other words, cases in the "PSA grey zone."

**September 2023
Clinical News**

PET/CT

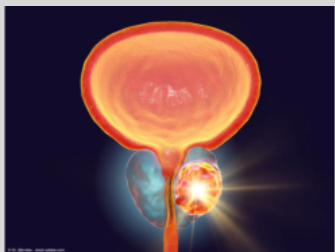


Prostatepedia's new issue on genetic and genomic testing for prostate cancer

In this issue of Prostatepedia, we're returning to a theme mentioned in the last issue: how genetic and genomic testing is transforming our approach to prostate cancer diagnosis and treatment.

**August 2023
Prostatepedia**

Testing



HUMC provides groundbreaking focal therapy for prostate cancer

The Focal One high intensity focused ultrasound system uses precision sound waves to destroy prostate tumor tissue and spare healthy tissue, reducing the risk of side effects that would lower a patient's quality of life.

**September 2023
Urology Times**

Focal Therapy



A systematic review evaluating the effectiveness of exercise training on physical condition in prostate cancer patients undergoing ADT

Available evidence suggests that exercise training may be used as an adjuvant treatment for PCa patients undergoing ADT to improve several aspects of general health.

September 2023

URO Today

[Exercise Training](#)

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For Caregivers & Families



What is a Cancer Survivor to You?

Typically, many people associate survivorship with being cancer-free. And yet for some, being cancer-free is not a typical endpoint, as their cancer cannot be cured, only managed. And with the fear of recurrence on the back of every cancer patient's mind, does not being cancer-free take away from your survivorship?

August 2023

CCSN

[Cancer Survivor](#)



Workplace violence in health care remains rampant as preventive efforts continue

Violence against health care workers has almost become a routine, if frightening, aspect of their jobs. One professional in North Carolina's Research Triangle experienced it regularly as an emergency medical technician. After transitioning to nursing in one of the region's hospitals, he found the violence was even worse – occurring at least weekly.
September 2023
Urology Times

Workplace Violence

Articles For Everyone



Low testosterone associated with multiple factors including obesity, cancer

Investigators have identified multiple factors that are associated with lower testosterone levels in men, including age over 70 years, obesity, diabetes, and cancer, according to findings published in *Annals of Internal Medicine* and highlighted in a news release.
August 2023
Urology Times

Low Testosterone



Overview of Advanced/Metastatic Prostate Cancer

Advances in imaging technologies like MRIs and PSA PET scans are aiding in early detection and diagnosis, while genomic testing is becoming increasingly integral for personalized treatment. Androgen deprivation therapy (ADT) remains the cornerstone for initial treatment of advanced cases, with factors like patient compliance, cardiac history, and insurance coverage influencing the choice of ADT type.
Urology Times
September 2023

Metastatic Prostate Cancer

New Videos



Does Prostate Cancer Tumor Size and Location Matter?

PCRI's Alex and medical oncologist Mark Scholz, MD, discuss Prostate Cancer tumor size and location.
September 2023
PCRI

Tumor Size



New Study Shows The Impact of Diet on Prostate Cancer

Unfortunately, diet and lifestyle questions are notoriously difficult to investigate in a truly scientific manner and insights on these topics are few and far between. Recently, though, a prospective study was published looking at the diet and lifestyle of 12,000 men with prostate cancer over 20 years.
July 2022
PCRI

Diet & Lifestyle

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