



## [www.prostaaid.org](http://www.prostaaid.org)

**“Issue #287” November 2023**

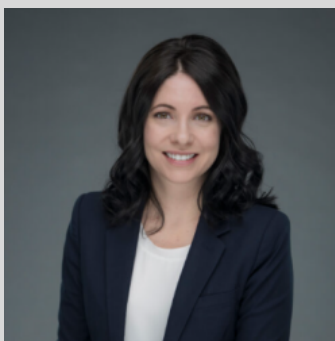
**All of our monthly General meetings are in person or via Zoom**

**Location for in person is:**

**CKE Community Centre (1015 73 Ave SW, Calgary, AB)**

**If you are interested in attending via Zoom please sign up [HERE](#)**

### **November 15th Guest Speakers Latest News From The Prostate Cancer Centre**



#### **Amanda Baxter**

**Amanda embarked on her professional journey at AGAT Laboratories following the successful completion of her Bachelor of Science degree at the University of Calgary. During her time at AGAT Laboratories, she made several remarkable achievements as she progressively rose to the position of Director of Corporate Relations. Amanda then decided to channel her expertise into the field of healthcare, and she currently serves as the Chief Operating Officer (COO) at the Prostate Cancer Centre. Since joining the PCC, Amanda has played a pivotal role in spearheading substantial physical and program expansions aimed at enhancing the quality and scope of services provided to patients and their families.**



## Camille Scheible

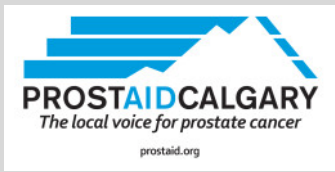
Camille has had a lifelong passion for the healthcare sector. Her journey began as a massage therapist but evolved when she decided to expand her horizons by pursuing an education to become a Medical Laboratory Assistant. Over the years, Camille honed her professional expertise and, for an extended period, served as the lead Instructor in the Medical Lab Assistant Program at a private college. However, her career took a transformative turn when Camille became involved in the MAN VAN Program with the Prostate Cancer Centre. It was here that she discovered a profound and enduring passion. Her dedication and hard work have propelled her to her current role as the General Manager of the MAN VAN and Volunteer Programs, which have expanded to serve the entire Province.

## Upcoming Events

### Warriors & Wives Partners and Caregivers

**Please come and join us on Wednesday, November 15th. 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 education and 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](mailto:program.director@prostaid.org)**



## 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

**Information**  
Phone 403 455 1916  
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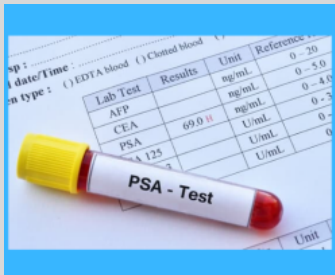
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## Support Groups

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

[Meeting Info Here](#)

## Articles Of Interest



### A LOSS OF TRUST

*Approximately 8 years after arriving in the Okanagan, Tom's wife queried the lack of PSA testing while reminding Tom that his brother had been diagnosed with Prostate Cancer.*

*Tom agreed that he was remiss to not have requested PSA testing.*

[Read Tom's Story Here](#)



### DRIVING CHANGE FOR MEN'S HEALTH

The MAN VAN® is Canada's first and only mobile men's health clinic offering FREE PSA (Prostate Specific Antigen) blood testing used for early detection of prostate cancer.

- No appointment necessary
- Testing ages 40 to 80
- Find the next community clinic near you
- 15 minutes can save your life!

[MAN VAN UPCOMING CLINICS](#)



## Testosterone as a Biomarker for Quality of Life (QOL) Following Androgen Deprivation Therapy (ADT) and Stereotactic Body Radiotherapy (SBRT).

The kinetics of testosterone recovery in men treated with neoadjuvant ADT and stereotactic body radiotherapy (SBRT) is not well established. This study seeks to characterize testosterone recovery and evaluate its relationship with the improvement in patient-reported hormonal and sexual function.

October 2023

URO Today

Testosterone Biomarker



## Collaborative Research Studies Explore Prostate & Lung Cancer

In the new study, researchers found for the first time the presence of histone acetylation in prostate cancer cells that enables the process. The discovery may explain why androgen therapy stops working in many after about 1 year, and also why higher cholesterol rates place Black men at greater risk for developing prostate cancer than Asian or white men.

October 2023

Oncology Times

Prostate & Lung Cancer



## Radiation Therapy for High-Risk Asymptomatic Bone Metastases Improves Outcomes

Prophylactic radiation therapy delivered to patients with high-risk asymptomatic bone metastases from cancer decreases the risk for skeletal-related events (SREs), hospitalization, and death, according to the findings of a phase 2 clinical trial that investigators believe is the first study of its kind.

October 2023

Renal&Urology News

Radiation Therapy



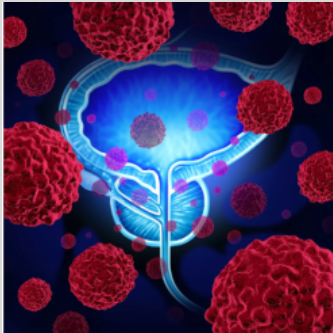
"Once we accept that our own thoughts and beliefs create our emotions and are what count as to act — not the words, emotions, and actions of others — we can obtain better results for our patients and for us" written Juan Novalde MD

## Experts assess the psychological aspect of erectile dysfunction

"Psychological factors often have an important role [in erectile dysfunction], and psychological treatment options are available that have been found to improve outcomes," said Mark S. Allen, PhD.

October 2023  
Urology Times

**Erectile Dysfunction**



## Advanced Prostate Cancer Treatments by Eugene Kwon, MD

The DIY combat manual for beating Prostate Cancer. Who is this lecture for? Any man who is battling advanced prostate cancer!

October 2023  
PCRI

**Prostate Cancer**



## Enzalutamide Improves Metastasis-Free Survival in Biochemically Recurrent PCa

Enzalutamide used alone or in combination with androgen deprivation therapy (ADT) may prolong metastasis-free survival in high-risk patients with biochemically recurrent prostate cancer.

October 2023  
Renal&Urology News

**Enzalutamide**

Thank you to our Sponsors and Community Partners



**Read more articles below**

## For Caregivers & Families

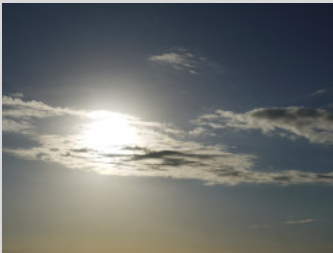


### Patient & Family Storytelling Real People. Real Experiences. Real Impact.

Listening to the stories of patients and families helps us to understand the impact of care we provide, and the experiences of the people we serve. Storytelling helps bring the emotional connection of everyday activities of healthcare to the forefront.

The stories found here not only demonstrate the commitment of patients and families to help AHS learn what we do well and what we can do better, but also exemplify the courage and generosity that each storyteller embodies, something that our healthcare team genuinely grateful for.  
Alberta Health Services

[Storytelling](#)



### The Changing Relationship between Cancer and Hope

Cancer research and treatment is constantly evolving. Treatments in Canada are slowly approved, new ones are being discovered, and while the drudgery of regulatory approval is beyond frustrating, many new drugs and treatments are coming to Canada each year and saving lives.

August 2023  
CCSN

[Cancer & Hope](#)

## Articles For Everyone



### How does prostate cancer affect men psychologically?

The Europa Uomo study shows that nearly half of men say they are anxious or depressed to some extent, said Tania Estapé. Yet prostate cancer is under-represented compared to other cancers when psychological issues are discussed at conferences, she said.

October 2023  
Europa Uomo

[Watch The Video Here](#)





## Grading Prostate Cancer

The Gleason classification system is most often used to grade prostate cancer. It is used for adenocarcinoma, which is the most common type of prostate cancer. The Gleason classification system looks at the differentiation of cancer cells and the pattern (arrangement) of the cancer cells in the prostate.

Canadian Cancer Society  
February 2021

**Grading**

## New Videos



## BPH Treatments:

Epidemiology Of BPH

-Estimated more than 20 million men over 30 years of age are affected by BPH

-Increases with age

Risks Include

-Increasing age (90% risk over age 80)

-Metabolic syndrome

-Genetics

October 2023  
PCRI

**BPH**



## Finding & Choosing Clinical Trials for Prostate Cancer

\*What are clinical trials, and what do their different phases mean?

\*At what point in the treatment process would a patient get a clinical trial?

\*How should a patient go about finding a clinical trial that's right for them?

October 2023  
PCRI

**Clinical Trials**

