

The Digital Examiner
www.prostaaid.org

“Issue #290” December 2023



Upcoming Events

Come and join us on December 6th for our Annual Pathfinder Award Ceremony. The Pathfinder award is presented to individuals who have made and continue to make a significant contribution to the education, treatment, and research of prostate cancer and related conditions.



This year's recipient is Dr. John Lewis

The 2023 PROSTAID Calgary recipient, Dr. John Lewis is an experienced scientist and entrepreneur, specializing in lipid nanoparticles (LNPs), gene therapy, and nucleic acid delivery. John studied at The Scripps Research Institute in California and the University of Victoria where he received a Ph.D. in biochemistry. John holds multiple titles, including Professor of Oncology and the Bird Dogs Chair in Translational Oncology at the University of Alberta.

The Alberta Cancer Foundation once referred to Dr. Lewis as a research rockstar. ResearchGate (a community of 20 million researchers from diverse sectors in over 190 countries) credit him with close to 250 publications and 5200 citations. He has been referred to as multitasker and a serial entrepreneur. He is the founder, CEO, or chief scientific officer of six spin-off companies, based in Edmonton, Seattle, and San Diego, developing treatments for cancer, infectious diseases, and age-related diseases.

He pioneered the use of intravital imaging in the in vivo study of tumour cell invasion and metastasis to discover key targets for cancer therapeutics. Dr. Lewis has also developed novel nanotechnology, nanoparticle drug delivery technologies, and imaging-based treatments for chronic diseases, such as aging and cancer, as well as for early detection of cancers.

Approximately 10 years ago he was one of the founders of the Alberta Prostate Cancer Research Initiative (APCaRI). APCaRI brought together clinical researchers, clinical trial people, nurses, researchers, universities, biobanks, and commercial partners with the goal of building a world class provincial translational prostate cancer research and training program. In the lab from using tiny molecular glue and research with chicken embryos they've been able to make some major strides in prostate cancer research, and this was only just the beginning.

More recently Nanostics Precision Health, a company that he co-founded, has developed a novel platform technology to decipher information carried by tiny messengers called extracellular vesicles. This has allowed them to create a test called Clarity DX Prostate that diagnoses clinically significant prostate cancer from a few drops of blood and was recently fully validated in multiple studies.

It is our honour to recognize Dr. John Lewis as PROSTAID Calgary's 2023 Pathfinder.

Details for the Pathfinder Award Ceremony

Location is the Danish Canadian Club located @ 727 11 ave SW
Calgary

Doors open at 6:30 with hot & cold appetizers being served at 7pm

There will also be a cash bar for your enjoyment

This is a FREE event. All that we ask is that you RSVP to program.director@prostaids.org with the number of guests that will be attending on your behalf.

Upcoming Events 2024

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

Our next in person meeting is Wednesday January 17th 2024

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](#)

Warriors & Wives Partners and Caregivers

Please come and join us on Wednesday, January 17th 2024. 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.



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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[Meeting Info Here](#)



Brad's Story

I had been getting my PSA (Prostate Specific Antigen) tested for a few years along with a DRE (digital rectal examine). In 2008 my family doctor noticed a rise in the PSA along with hardness to my prostate gland and at 53 years old I was referred to a Urologist who recommended that a biopsy be done.

[Read Brad's Story Here](#)

Articles Of Interest



Black Men + Prostate Cancer

Prostate cancer is a significant health concern among men worldwide, with disparities in its impact evident across different demographic groups. Among these, black men face a higher risk of developing prostate cancer and are more likely to experience aggressive forms of the disease.

October 2023
Prostatepedia

[Prostatepedia](#)

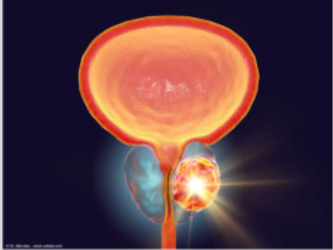


DRIVING CHANGE FOR MEN'S HEALTH

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



Genomics and other tools enhance precision of active surveillance in prostate cancer

A panel discussion at the 2023 LUGPA Annual Meeting highlighted how genomics and other tools are allowing physicians to implement a more personalized approach with active surveillance for patients with low-risk prostate cancer.

"All of our tools, including genomics and MRI, enable us to do a better job of risk stratifying [patients] to have a more appropriate shared decision-making discussion [about active surveillance]," explains David Morris, MD.

November 2023
Urology Times

Genomics



Biweekly Lower-Dose Cabazitaxel for mCRPC an Option for Older Patients

A biweekly lower-dose regimen of cabazitaxel administered with prophylactic granulocyte colony-stimulating factor (G-CSF) to treat metastatic castration-resistant prostate cancer (CRPC) in older patients is associated with clinical outcomes comparable to those of the standard triweekly regimen but with a significant reduction in grade 3 or higher neutropenia and/or neutropenic complications, according to a recent study.

October 2023
Renal&Urology News

Lower-Dose



Home-based versus supervised group exercise in men with prostate cancer on androgen deprivation therapy:

Differences between health outcomes, participation/adoption, and cost-effectiveness of home-based (HOME) interventions and supervised group-based training (GROUP) in men with prostate cancer (PC) on androgen deprivation therapy (ADT) are currently unknown. The objective of this study was to assess the clinical efficacy, adherence, and cost-effectiveness of HOME versus GROUP in men on ADT for PC.

November 2023

URO Today

[Home-based](#)



Save Your Sex Life After Prostate Cancer Treatment

Sexual function outcomes after prostate cancer therapy. The quest for truth by John P Mulhall.

Director, Sexual & Reproductive Medicine

November 2023

Prostate Cancer Research Institute

[Watch the video here](#)

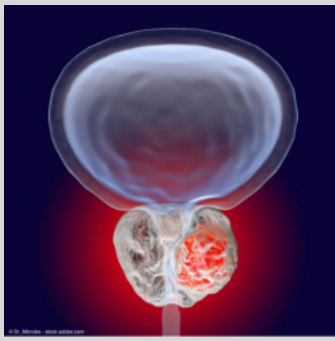


Radical Prostatectomy What is involved and what are the risks?

A radical prostatectomy is a major operation in which the whole prostate is surgically removed. The aim is to remove all of the cancerous cells. Here we cover how the surgery is performed and what the potential side-effects are.

Prostate Cancer Research

[Radical Prostatectomy](#)



PSMA-targeted agent 225Ac-J591 shows promising safety and efficacy in mCRPC

The alpha prostate-specific membrane antigen (PSMA)-targeted radionuclide therapy 225Ac-J591 demonstrated promising clinical efficacy and safety in patients with metastatic castration-resistant prostate cancer (mCRPC), according to data from a first-in-human phase 1 dose escalation trial (NCT03276572) of the agent.¹
November 2023
Urology Times

PSMA-Targeted

Thank you to our Sponsors and Community Partners

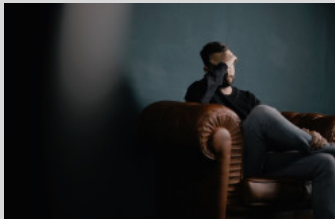


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For Caregivers & Families



Major Depression, Suicide Much More Likely With High-Risk Prostate Cancer

Men with prostate cancer are at higher risk for major depression and suicide compared with the general population, with the risk markedly elevated among men with high-risk vs lower-risk prostate cancer, according to a recent study. October 2023
Renal&urology News

Depression



Clinical Trials

Clinical Trial Phases: A Complete Guide to the Different Clinical Trial Phases and Which One is Right for You
March 2023
Prostate Cancer Research/Infopool

Clinical Trials

Articles For Everyone



Focal Therapy with High-Intensity Focused Ultrasound for Prostate Cancer: Three Year Outcomes from a Prospective Trial.

To assess the oncological and functional outcomes of focal high-intensity focused ultrasound (HIFU) in treating localized prostate cancer (PCa), a 3-year prospective study was undertaken using periodic post-ablation saturation biopsies.

Men with ≤ 2 lesions of grade group (GG) ≤ 3 PCa were eligible for participation.

October 2023
URO Today

Focal Therapy



Coffee may protect against prostate cancer

Coffee represents one of the most widely consumed beverages in the world, containing many bioactive substances including antioxidants from the beans (including polyphenols and diterpenes) and antioxidants produced during the roasting process. In previous studies, coffee consumption has been linked to a lower relative risk of liver, bowel, and breast cancers. Inconsistent associations, however, have been found for the link between coffee intakes and risk of prostate cancer, with some studies not detecting any such associations and others suggesting lower risks of localised and advanced prostate cancer relating to increased intakes.

Cancerworld
February 2021

Coffee

New Videos

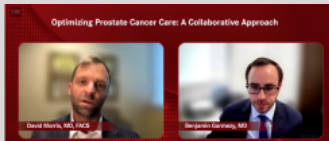


Focal Brachytherapy for Prostate Cancer

Juanita M. Crook, MD, FRCPC, discusses the use of focal brachytherapy for prostate cancer treatment. She highlights the importance of patient selection, technical considerations, efficacy, and post-focal therapy monitoring. Dr. Crook demonstrates the significance of accurate localization through mpMRI and template mapping biopsies for precise treatment planning for patients with favorable-risk disease and a low disease burden.

**October 2023
Grand Rounds Urology**

Brachytherapy



Optimizing Prostate Cancer Care: A Collaborative Approach

Explore how David Morris, MD, FACS, and Benjamin Garmezy, MD, join forces to enhance patient outcomes in advanced prostate cancer through their innovative and collaborative precision medicine strategies.

They will be discussing treatment approaches for metastatic hormone-sensitive prostate cancer and the benefits of shared decision-making between urologist and medical oncologist to ensure the best outcomes for our patients.

**October 2023
Urology Times**

Treatment Approaches

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