



The Digital Examiner
www.prostaaid.org

“Issue #289” January 2024



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](#)

January 17th Guest Speaker

New Developments in Prostate Cancer Radiotherapy in Calgary



Dr. Harvey Quon

Dr. Quon is a Radiation Oncologist and Clinical Associate Professor at the Tom Baker Cancer Centre and University of Calgary. His clinical practice focuses on the treatment of genitourinary (prostate, bladder, testicular) and head and neck cancers. His research goal is to improve the outcomes of patients with cancer through health services research and clinical trials. His recent work focuses on using real-world data to improve the treatment and active surveillance of patients with low-risk prostate cancer. Dr. Quon has received peer-reviewed grants and was the co-principal investigator (PI) of a multi-centre randomized trial optimizing stereotactic body radiotherapy for prostate cancer.

Upcoming Events

Warriors & Wives Partners and Caregivers

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

Prostaid Calgary is excited to announce an opportunity for individuals interested in making a meaningful impact to join our team as Board members.

Are you looking for a place where you can make a difference today and for the future in this battle?

As a Board member, you will play a crucial role in shaping the future of our organization, providing valuable insights, and helping guide us towards our mission and goals.

We are seeking dedicated individuals with diverse backgrounds and expertise to contribute to the strategic direction and governance of our organization.

If this is you, please reach out to any of the Board members or myself at 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.

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Support Groups

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Wives, Partners & Caregivers
Newly Diagnosed
info@prostaaid.org

[Meeting Info Here](#)

Articles Of Interest



Take control of your condition and learn all you can about treatment choices.

I've been asked to update my story first posted in The Pathfinder in 1999, (Pathfinder was the first name for our newsletter which became "The Digital Examiner").

*From Bob Shiell
Past President of Prostaaid Calgary*

[Read Bob's Story Here](#)



Dr. Tarek Bismar has reached out to us regarding a new study he is recruiting for.

They are looking for men with metastatic castrate resistant prostate cancer, who would be willing to give a blood sample and allow them to access their tissue samples (provided they had a previous biopsy or surgery in Calgary). The purpose of the trial is to look at some genomic signatures in tumors and blood samples in the hope to identify a better way to inform us about genomic signatures or therapy response/disease resistance.

If anyone is interested in participating, they are asked to contact Erin Mitchell at the Prostate Cancer Centre at the number below:

Erin Mitchell
Laboratory and Research Coordinator
Prostate Cancer Centre
403 943 8955



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



Genetic Landscape of Advanced Prostate Cancer Explored

Approximately 20-30 percent of patients with metastatic prostate cancer harbor DNA repair defects such as HRR gene alterations (HRR+) most commonly in BRCA (BRCA2 and BRCA1). These mutations are associated with aggressive disease. Patients harboring HRR gene alterations, particularly in the BRCA genes, have poor clinical outcomes, including survival, with current standard-of-care treatment.

December 2023
Oncology Times

Genetic Landscape



Development and Evaluation of the MiCheck® Prostate Test for Clinically Significant Prostate Cancer

The MiCheck® Prostate test is an algorithm that combines test results from three blood markers (PSA, free PSA, HE4) and the patient's digital rectal exam result to give a risk score for the presence of clinically significant cancer.

November 2023
URO Today

[Prostate Test](#)



Bone Support Throughout the Prostate Cancer Journey

Osteoporosis, which refers to bone disease that develops when bone mineral density and bone mass decreases or when the quality or structure of bone changes, can lead to a decrease in bone strength that can increase the risk of skeletal fractures. All patients receiving androgen deprivation therapy (ADT) are at increased risk of fragility fractures secondary to osteoporosis.

November 2023
URO Today News

[Bone Support](#)



Cleveland Clinic trial compares shockwave vs radial wave therapy for ED in prostate cancer survivors

“There is a desperate need for regenerative-type treatments for ED because it is often a side effect of treatment for prostate cancer and medication may not solve the underlying issue,” says Dr. Bajic. “In terms of chronic pelvic pain, this is a difficult problem to treat effectively, and can occur after certain prostate cancer treatments such as radiation.”

December 2023
Urology Times

[Shockwave](#)



Germline biomarker offers insight into treatment selection for men with prostate cancer

Historically, there has been a lack of reliable biomarkers to predict response to combined hormone therapy and radiotherapy, a standard treatment for men with high-risk prostate cancer. The enzyme encoded by the gene HSD3B1 is a potential predictive biomarker that may aid clinicians in determining up front whether a patient with prostate cancer has a more aggressive biology that may benefit from intensified hormone therapy combinations.

December 2023

Urology Times

Germline Biomarker

Read more about these articles below

1-Family History of Prostate Cancer

2-Most patients with metastatic prostate cancer

3-Active Surveillance for Prostate Cancer

4-Ultra-high dose rate radiation

5-Brachytherapy For Prostate Cancer

6-Testosterone Replacement Therapy

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For Caregivers & Families



Family History of Prostate Cancer Not Linked to Worse mCRPC Outcomes

Although a family history of prostate cancer increases a man's risk for the malignancy, it is not associated with worse outcomes among patients with metastatic castration-resistant prostate cancer (mCRPC). November 2023

Renal & Urology News

Family History



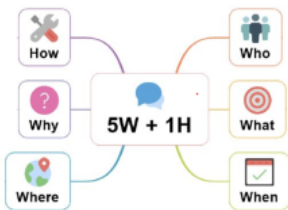
Most patients with metastatic prostate cancer not getting new treatments

Study finds new life-extending drugs only reach a third of those who need them. There is evidence that new and effective treatments for metastatic hormone sensitive prostate cancer (mHSPC) are not being used to treat the men who need them.

December 2023
Europa Uomo

Life-Extending Drugs

Articles For Everyone



Active Surveillance for Prostate Cancer: The 5Ws and 1H Framework

Active surveillance is the multimodal monitoring of patients with low- or favorable intermediate-risk prostate cancer with the goal of minimizing over-treatment and side effects of definitive therapy while transitioning to active treatment at the time of disease progression.

December 2023
URO Today

Active Surveillance



Ultra-high dose rate radiation: is FLASH the future?

Radiation that kills only tumour cells and spares healthy tissue? It sounds too good to be true. But if the promise of recent research is fulfilled, the FLASH technique of ultra high dose-rate delivery could present the greatest transformation of radiotherapy – a treatment required by half of all cancer patients – since the introduction of the linear accelerator machines in the 1950s.

November 2023
Cancerrworld

Flash

New Videos



Brachytherapy For Prostate Cancer

Prostate brachytherapy is a form of radiation therapy used to treat prostate cancer. Prostate brachytherapy involves placing radioactive sources in the prostate gland, where the radiation can kill the cancer cells while causing less damage to healthy tissue nearby.

December 2023
PCRI

Brachytherapy



Testosterone Replacement Therapy For Metastatic Prostate Cancer

Phase III clinical trials have demonstrated the viability of intermittent hormone therapy in many patients with advanced prostate cancer -- this means that patients with undetectable PSAs who, in the past, would have been treated with hormone therapy for the rest of their lives can now consider allowing their testosterone to return, monitoring the PSA until it reaches a certain threshold, and then resuming hormone therapy at least until an undetectable PSA is again achieved.

May 2023
PCRI

Testosterone Replacement

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