



The Digital Examiner
www.prostaaid.org

“Issue #290” February 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](#)

February 21 Guest Speaker

Tai Chi Studies And Results



Dr. Lin Yang

Dr. Lin Yang is a disease specialist in the Department Cancer Epidemiology and Prevention Research at the Alberta Health Services, and an Adjunct Associate Professor at the Departments of Oncology and Community Health Sciences at the University of Calgary.

Prior to coming to Canada, she was an Assistant Professor of Epidemiology in the Medical University of Vienna. (Now I'm sure that was a tough posting!)

In addition to epidemiology, Dr. Yang has a background that includes kinesiology, statistics, and cancer prevention and control.

She has conducted studies that include cancer, nursing, nutrition, and commuting and health in Britain and the United States.

Her research program integrates methodologies from clinical research, epidemiology, and implementation science. Dr. Yang's projects involve technologies of biomarker assessment and daily monitoring to identify risk factors of cancer and the impact on cancer progression.

Her studies also examine the best type, dose, and timing of exercise to improve patient outcomes across the cancer care continuum. She actively works with healthcare teams to harmonize innovative movement-based interventions in the cancer care pathway.

Upcoming Events

Warriors & Wives Partners and Caregivers

Please come and join us on Wednesday, February 21st. 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@prostaidth.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
info@prostaidth.org
Brad Sterling
President
president@prostaidth.org

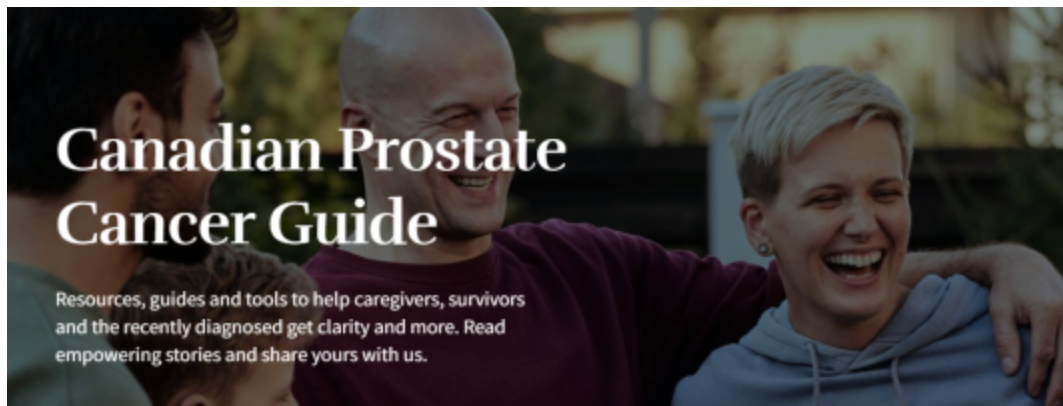
[Connect With Us](#)

Support Groups

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

[Meeting Info Here](#)

Articles Of Interest



Bringing you the most up to date information in treatments, support, well-being, and more all in one place

We can help you in achieving the support you're looking for. On the Canadian Prostate Cancer Guide website you can look to find the most up to date information on prostate cancer in one place.

[Learn More 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).

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



Neeraj Agarwal, MD

Dr. Agarwal on significance of ultra-low PSA levels achieved with apalutamide in mCSPC

Data from the TITAN trial shared during the 2023 ESMO Congress showed that more patients with metastatic castration-sensitive prostate cancer (mCSPC) reached ultra-low PSA levels when receiving apalutamide with androgen deprivation therapy (ADT) vs placebo with ADT.¹ These rapid and deep ultra-low PSA values correlated with significantly improved survival outcomes among patients, regardless of their disease volume.

January 2024
Urology Times

PSA Levels



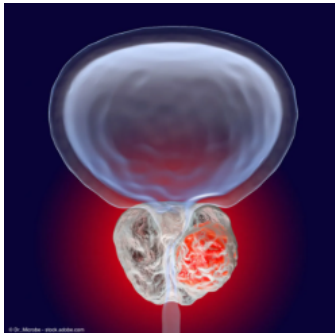
Use of Salvage Radiotherapy After Prostatectomy Less Toxic

Patients randomized to early routine adjuvant radiotherapy after radical prostatectomy in the RADICALS RT study had no additional benefit compared to those in the comparator arm who only received radiotherapy when their prostate cancers relapsed.

January 2024

Oncology Times

RADICALS RT



Study of ONCT-534 in mCRPC continues to progress

The ONCT-534-101 study investigators are enthusiastic about this study, and we are excited about the enrollment and progress through the initial dosing levels. Reaching the third cohort represents an important milestone for the program, as we believe we are nearing potentially therapeutic doses that may benefit prostate cancer patients who have progressed after treatment with an approved ARPI, such as enzalutamide, abiraterone, apalutamide and darolutamide.

January 2024

Urology Times

Study



Side Effects

In this issue of Prostatepedia we hear from five experts on managing common side effects. You'll find frank discussions about urinary incontinence and erectile dysfunction after radical prostatectomy and radiation; stress and depression after diagnosis or relapse; the unfolding story of the pivotal role exercise can play across all stages of the disease; and the fatigue and cardiometabolic side effects of Androgen Deprivation Therapy.

December 2023

Prostatepedia

Side Effects



Blood test distinguishes neuroendocrine subtype of advanced prostate cancer

Like a criminal entering a witness protection program, cancer cells can shed their past and take on a new identity. Detecting such an identity switch is particularly challenging when metastatic castration-resistant prostate cancer (CRPC) advances from adenocarcinoma to neuroendocrine prostate cancer (NEPC), a very difficult cancer to treat.

January 2024
MedicalXpress

Blood Test

Read more about these articles below

1-What factors affect patients' decisions regarding active surveillance

2-Rectal examination has no advantage over PSA blood test

3-Scientists tame chaotic protein fueling 75% of cancers

4-Protein discovery could help solve prostate cancer drug resistance

5-Are Newer Prostate Cancer Treatments Better?

6-What does it mean to have an enlarged prostate?

7-The Women For Men's Health Initiative

P.O. Box 72126
R.P.O. Glenmore Landing
Calgary, Alberta T2V 5H9



For Caregivers & Families

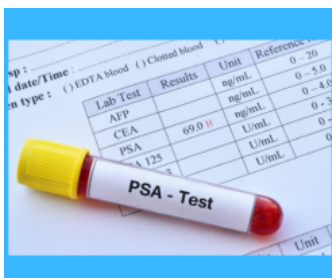


What factors affect patients' decisions regarding active surveillance for low-risk prostate cancer?

Because low-risk prostate cancer is unlikely to spread or impact survival, experts and guidelines recommend active surveillance, which involves regular monitoring and thus avoids or delays treatment like surgery or radiation therapy and their life-changing complications.

January 2024
Oncology & Cancer

Active Surveillance



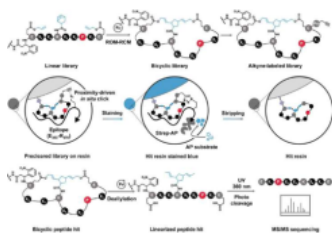
Rectal examination has no advantage over PSA blood test for prostate cancer screening

A study by the Comprehensive Cancer Center Vienna of MedUni Vienna and Vienna General Hospital has taken a closer look at the effectiveness of common examination methods for the early detection of prostate cancer. It was found that rectal examination has no advantages over the PSA blood test for detecting prostate cancer.

January 2024
Oncology & Cancer

PSA

Articles For Everyone



Scientists tame chaotic protein fueling 75% of cancers

MYC is the shapeless protein responsible for making the majority of human cancer cases worse. UC Riverside researchers have found a way to rein it in, offering hope for a new era of treatments.

January 2024
University of California

Chaotic Protein



Protein discovery could help solve prostate cancer drug resistance

Researchers have identified a receptor protein known as CHRM1 as a key player in prostate cancer cells' resistance to docetaxel, a commonly-used chemotherapy drug to treat advanced cancer that has spread beyond the prostate.

January 2024
MedicalXpress

Protein

New Videos



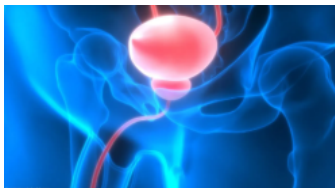
Are Newer Prostate Cancer Treatments Better?

4 Key questions to ask?

- 1- How should patients weigh new and old treatments?
- 2- What should patients try to keep in mind when deciding on treatments?
- 3-How does prostate cancer "staging" affect treatment?
- 4- How important is it to get a second opinion on treatment?

January 2024
PCRI

Treatments?



What does it mean to have an enlarged prostate?

An enlarged prostate, known as benign prostatic hyperplasia (BPH), is a common condition often associated with the natural aging process in men. Dr. Scott Cheney, a Mayo Clinic urologist, says it's a condition where the prostate enlarges over time and restricts the flow of urine.

January 2024
MedicalXpress

Watch The Video Here

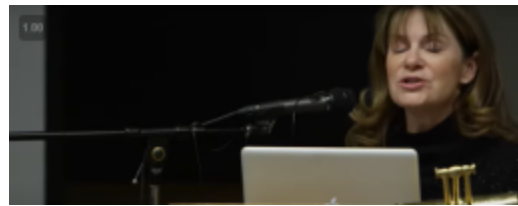


A COMMITMENT TO MEN'S HEALTH

THE WOMEN FOR MEN'S HEALTH INITIATIVE

Dr. Shelley Spaner is a Calgary radiologist and partner at Mayfair Diagnostics. She is also the founder of Women for Men's Health – an initiative that encourages women to become active players in closing the gender gap when it comes to health and wellness.

[Read The Article Here](#)



Women for Men's Health

Dr. Shelley Spaner, a specialist in diagnostic radiology at Mayfair Diagnostics is awarded ProstaID Calgary's Pathfinder's Award for 2019 in this special presentation.

Afterwards, Dr. Spaner gives a talk about her work on the Women for Men's Health initiative. Motivated by the visible gap in the current system, which frequently sees men "fall through the healthcare cracks" the primary goal is to shift men's behaviour towards preventing treatable disease and maintaining good health, as well as mobilizing women in this effort.

[Watch The Video Here](#)

Thank you to our Sponsors and Community Partners



Disclaimer: The PROSTAID Calgary Society website & newsletter provides news and information about prostate issues and activities of the organization. While information is presented about prostate cancer and related issues, it is not intended as a substitute for professional medical advice, diagnosis, or treatment. PROSTAID Calgary Society recommends that you seek the advice of your physician or other qualified health professionals regarding questions you may have about any medical condition. Topics on PROSTAID Calgary Society's website & newsletter are presented to inform you and we encourage you to seek professional medical advice before starting any treatment.

P.O. Box 72126
R.P.O. Glenmore Landing
Calgary, Alberta T2V 5H9



[Unsubscribe](#)