



The Digital Examiner
www.prostaaid.org

“Issue #291” March 2024



Spring Is Just Around The Corner

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](#)

March 20 Guest Speaker

The Accidental Caregiver



DR. KIMBERLY FRASER

Dr. Kimberly Fraser, author and speaker, workshop facilitator and creativity coach, is a champion for family caregiving. As a nursing professor, I researched, published, and taught about family caregiving, home care, case management, and related health policy as well as knowledge utilization.

I use innovative and arts-based approaches in my applied research and my approach to teaching and learning.. I am particularly interested in the knowledge used to inform policy decisions that lead to better outcomes for home care clients and their family caregivers.

A former Associate Professor at the Faculty of Nursing, University of Alberta, and Clinician Scientist-Home Care with Alberta Health Services, I am now a contract professor with the Faculty of Health Studies at Athabasca University and devote most of my “work” time to teaching, writing, and community board work.

I have extensive clinical practice and leadership in home care and community health.

A nurse entrepreneur, I owned We Care Home Health Services (Edmonton), among other companies, with my husband Don for over 25 years. I held several past board positions, often in executive roles, with organizations that support home care and family caregiving.

I am the current Past-President of Caregivers Alberta and a board member of the Writers' Guild of Alberta. I advocate for quality home care for all Canadians delivered in respectful, supportive, and safe environments for clients, family caregivers, and paid providers alike.

Upcoming Events

Warriors & Wives Partners and Caregivers

Please come and join us on Wednesday, March 20th. 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.

Exciting Opportunity Alert! Prostaïd Calgary is on the lookout for passionate individuals eager to make a real difference. Join us as a Board Member and play a vital role in our impactful mission. Your skills and dedication can help shape a brighter future. "If you believe this is the perfect opportunity for you, we'd love to hear from you!

Reach out to any of our Board members or connect with me directly at program.director@prostaïd.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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Newly Diagnosed
info@prostaaid.org

[Meeting Info Here](#)

Articles Of Interest



PETER MANSBRIDGE TALKS PROSTATE CANCER AWARENESS, REGULAR TESTING, AND THE ODDS FACING CANADIAN MEN

In support of the Light Up Blue campaign, Prostate Cancer Foundation Canada (PCFC) has released results of research conducted with Angus Reid Forum, which found that while 63 per cent of respondents said the men in their lives are aware of the benefits of getting tested for prostate cancer, 61 per cent say they procrastinate getting it done.

“It is one of those things where men are kind of resistant to the idea of getting tested,” Peter Mansbridge, host of the Bridge and spokesperson with the campaign, tells Healthing.

[Watch The Video Here](#)

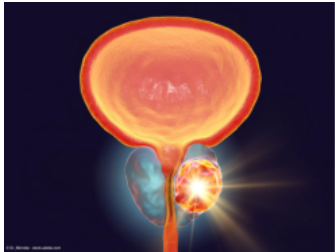


DRIVING CHANGE FOR MEN'S HEALTH

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



Harnessing the Full Power of PSMA-PET Requires Multidisciplinary Approach

Recent developments in PSMA targeted diagnostic imaging and therapeutics (theranostics) promise to advance the management of primary, biochemically recurrent, and metastatic prostate cancer. In order to maximize the clinical impact of PSMA-targeted theranostics, a coordinated approach between the clinical stakeholders involved in prostate cancer management is required.

January 2024
Urology Times

PSMA-PET

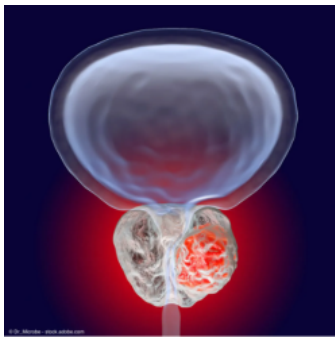


Apalutamide and Stereotactic Body Radiation Therapy for Low-Burden, Metastatic, Hormone-Sensitive Prostate Cancer: A Randomized Trial

A pragmatic trial that aims to revisit intermittent androgen deprivation therapy (ADT) in patients with metastatic hormone-naïve prostate cancer in the era of new androgen receptor pathway inhibitors. Dr. Giulio Francolini presented PERSIAN, a randomized trial of apalutamide and stereotactic body radiation therapy (SBRT) for low-burden, metastatic, hormone-sensitive prostate cancer (mHSPC).

January 2024
URO Today

Apalutamide



Study shows ECOG score predicts overall survival outcomes in metastatic prostate cancer

ECOG performance status was determined to be a significant predictor of overall survival outcomes in patients with metastatic prostate cancer, according to a systematic review and meta-analysis of 75 studies. Across 72 studies, ECOG performance status consistently emerged as a key predictor of overall survival (OS) regardless of prior chemotherapy.

February 2024
Urology Times

ECOG Score



Bone Biomarkers Predict Survival in Hormone-Sensitive Prostate Cancer

Findings extend the clinical utility of circulating markers of bone metabolism in prostate cancer from the castration-resistant state to the hormone-sensitive state.

High levels of bone turnover biomarkers predict shorter overall survival in men with newly diagnosed metastatic hormone-sensitive prostate cancer, not just castration-resistant disease, a new study finds.

February 2024
Renal & Urology News

Biomarkers

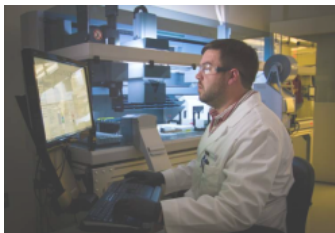


The Current Landscape of PSMA PET Imaging in Prostate Cancer: Advanced Prostate Cancer

Although PSMA PET/CT continues to exhibit superior diagnostic performance compared to conventional imaging in this setting, the clinical significance of this improved detection remains a matter of debate. It is important to understand the benefits and risks of tailored therapy in response to findings on these scans.

January 2024
URO Today

PSMA PET Imaging

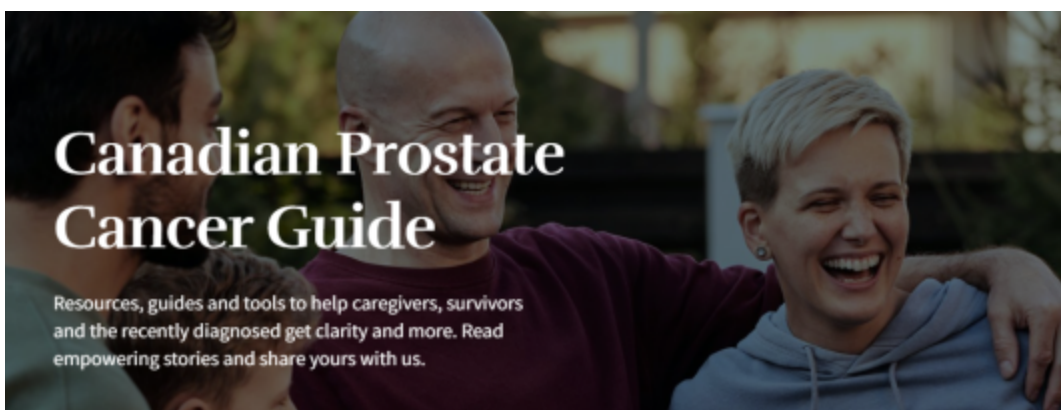


Long-term follow up pinpoints side effects of treatments for prostate cancer patients

"Many men with localized prostate cancer survive for 15 years or more, with minimal differences in survival among various treatment strategies," said first author Bashir Al Hussein Al Awamlh, MD, a fellow in Urologic Oncology at VUMC. "Given this long-time horizon, and similar survival rates, the choice of treatment for patients may be influenced by the adverse effects of the treatments." (Study of nearly 2,500 U.S. men)

January 2024
Oncology & Cancer

[Long-term](#)



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](#)

Read about these articles below

- 1-How information blocking updates may affect your practice
- 2-Most Men Choose Active Surveillance for Low-Risk Prostate Cancer
- 3-Radical Prostatectomy Not Tied to Worse Sexual Function at 10 Years
- 4-Plant-based diet tied to improved sexual health in men treated for prostate cancer
- 5-What are the symptoms of an enlarged prostate and how is it treated?
- 6-Prostate cancer report card aims to improve patients' understanding of treatment options
- 7-PSA in 2024 for Prostate Cancer Treatment Monitoring & Screening
- 8-Dr. Tarek Bismar has reached out to us regarding a new study he is recruiting for



Plant-based diet tied to improved sexual health in men treated for prostate cancer

Previous research by the same team had already found that eating a plant-based diet may reduce the risk of developing the disease in the first place. Other investigations have connected this diet to a lower risk of sexual dysfunction in general but not specifically for those with prostate cancer, who are at particularly high risk for such issues. The new study, published online Feb. 13 in the journal *Cancer*, is also believed to be the first of its kind to show better urinary health in these patients based on nutrition.

February 2024
Oncology & Cancer

Plant Base



What are the symptoms of an enlarged prostate and how is it treated?

The announcement that King Charles III was admitted to a private hospital Friday to undergo a procedure for an enlarged prostate has sparked interest in what is an extremely common condition among older men.

January 2024
MedicalXpress

Enlarged Prostate



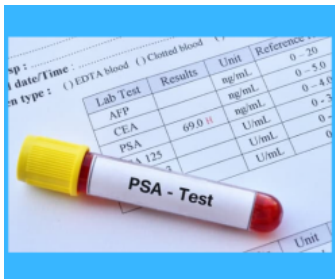
Prostate cancer report card aims to improve patients' understanding of treatment options

A group of South Australian cancer researchers and specialists has developed the Prostate Cancer Outcomes Report Card, a resource designed to improve patients' understanding of their diagnosis/treatment and enhance shared decision making.

February 2024
Urology Times

Report Card

New Videos



PSA in 2024 for Prostate Cancer Treatment Monitoring & Screening

PSA Questions

- 1- What is PSA used for, and how is it measured?
- 2- What is PSA density, and how large is the average prostate?
- 3- How much does a person's PSA usually fluctuate?
- 4- Can PSA be used to monitor the effectiveness of treatments? treatment?

February 2024
PCRI

PSA



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**

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.

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