

The Digital Examiner
www.prostaid.org

“Issue #292” April 2024

Looking For Spring



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](#)

**April 17 Guest Speaker
Prostaid Calgary Pathfinder
Award Winner for 2022
Dr. Geoffrey Gotto**



Research Update

Dr. Geoffrey Gotto is a urologic oncologist and a Clinical Associate Professor in the Departments of Surgery and Oncology at the University of Calgary. He is the director of the University of Calgary urologic oncology fellowship.

Dr. Gotto completed his undergraduate and residency training at the University of British Columbia (UBC). While earning his Bachelor of Science with Honours, he played varsity rugby and was named an Academic All-Canadian and a UBC Science Scholar and received the UBC President's Scholarship. He is a Wesbrook Scholar, "the university's most prestigious designation," and he received the Hamber Scholarship in Medicine after graduating at the top of his class.

Dr. Gotto went on to complete the prestigious Fellowship in Urologic Oncology at Memorial Sloan-Kettering Cancer Center (MSKCC) in New York and his Masters of Public Health (MPH) at Harvard University. He specializes in the management of prostate, bladder, and kidney cancer and has expertise in open, laparoscopic, and robotic surgical techniques.

Dr. Gotto is a national key opinion leader in the field of urologic oncology and currently sits on the Medical Advisory Board for Kidney Cancer Canada and Bladder Cancer Canada. He has served on the Scientific Program Committee for the Canadian Urological Association (CUA) and has been named a CUA Scholar. He is frequently asked to review submissions for a number of academic journals and has an impressive number of peer-reviewed publications. He has been an invited speaker at local, provincial, and national conferences. He has received numerous teaching awards from the Cumming School of Medicine at the University of Calgary and the Star Educator Award from the Department of Surgery.

Dr. Gotto is the founder and medical director of the Clinic for Advanced and Metastatic Prostate Cancer (CAMP) at Calgary's Prostate Cancer Centre. He is also the principal investigator for a number of clinical trials in advanced prostate cancer.

Upcoming Events

Warriors & Wives Partners and Caregivers

**Please come and join us on Wednesday, April 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.

Exciting Opportunity Alert! ProstaId 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@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

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Meeting Info Here

Articles Of Interest



New treatment option for prostate cancer shows successful outcomes

The traditional treatment options of radiation or surgery often come with a risk of side effects, including urinary incontinence and erectile dysfunction that cause significant morbidity and adverse lifestyle effects. Researchers said that some patients now have a durable alternative for whole-gland treatment with MRI-guided transurethral ultrasound ablation (TULSA) that does not preclude future treatment with surgery or radiation.

Society of Interventional Radiology Annual Scientific Meeting in Salt Lake City.

March 2024
Medical Xpress

New Treatment



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.

Now serving Edmonton & north for men 50 to 70 years of age

- 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



New prostate cancer blood test combining PSA with epigenetic test could reduce biopsies

Anon-invasive prostate cancer combination test has been shown to have a positive predictive value of 93%*, meaning that out of 100 patients testing positive for prostate cancer 93 will truly have the condition. The study, published in the journal *Cancers*, 6 February 2023, shows that combining the standard prostate specific antigen (PSA) test with readouts of three-dimensional genomics significantly reduces the number of false positives compared to standard PSA testing alone.

University of East Anglia Medical School, Norwich, UK.

February 2023
Cancer World

PSA/Epigenetic



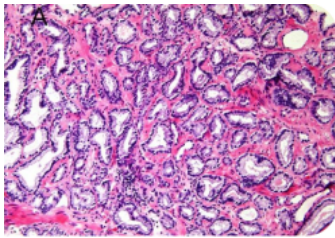
Prostate Cancer Death Rate Low in Older Men Receiving PSA Screening

The risk of dying from prostate cancer is low among older men receiving routine screening, investigators report.

Among 7052 men who received protocol screening every 2-4 years and reached age 70-74 years in the Rotterdam section of the European Randomized Study of Screening for Prostate Cancer trial, few died of prostate cancer over 16 years of follow-up. By age 85 years, prostate cancer death had occurred in 0.54% overall, 0.11% of men with PSA less than 2 ng/mL, 0.85% of men with PSA 2-3 ng/mL, and 6.8% of men with PSA 6.5 ng/mL or higher who had no previous biopsy,

**February 2024
Renal & Urology News**

PSA Screening

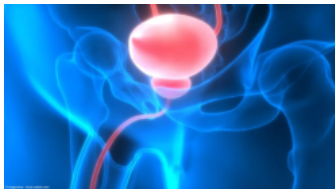


Attacking metastatic prostate cancer early with combination treatment approach improves outcomes in preliminary study

A team of UCLA Health Jonsson Comprehensive Cancer Center investigators has shown the combination of a short course of powerful and intense hormonal therapy with targeted radiation is safe and effective in treating people with prostate cancer that has come back and has spread to other parts of the body.

**March 2024
Medical Xpress**

Improves Outcome



Study of ProVee System for BPH hits enrollment goal

The target enrollment has been met in the ProVIDE trial (NCT05186740), which is evaluating the safety and efficacy of the ProVee System, a stent-like urethral expander for the treatment of patients with lower urinary tract symptoms (LUTS) secondary to benign prostatic hyperplasia (BPH), announced ProVerum, the developer of the therapy, in a news release.

The ProVee System has the potential to be a first-line interventional therapy for BPH that can be safely and reliably performed in the office setting.

March 2024
Urology Times

ProVee System



Clinically Significant Prostate Cancer Uncommon at Repeat MRI Screening

Among men receiving their second biennial prostate cancer screening in a Swedish study, less than 3% of those with prior negative MRI findings had lesions suspicious for prostate cancer found on repeat MRI screening, according to investigators.

The high proportion of negative MRI results is striking, and it would lead to an overutilization of MRI resources if used for biannual prostate cancer screening in combination with PSA levels of 3 ng/mL or greater as the cutoff for a single-biomarker strategy for further workup.

March 2024
Renal & Urology

MRI Screening



Experts develop prostate biopsy risk calculator for Black men

Our goal was to develop a risk calculator that we developed in a cohort of Black men, recruited from multiple sites in Chicago, and then see if we could validate that risk calculator that we came up with from historic patients in a prospectively selected group of Black men to see if it worked to predict their outcomes.

March 2024
Urology Times

[Risk Calculator](#)

Read about these articles below

- 1-Patient Advisor Opportunity
- 2-Plant-based diet
- 3-ED in prostate cancer survivors
- 4-Increasing cardiorespiratory fitness
- 5-Saturated Fatty Acid Levels Linked to Increased Cancer Risk
- 6-AI reveals prostate cancer is not just one disease
- 7-Treatments Questions for Prostate Cancer Bone Metastasis
- 8-Active Surveillance & Prostate Cancer
- 9-Canadian Prostate Cancer Guide
- 10-Pub Med Articles of Interest

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For Caregivers & Families



Patient Advisor Opportunity: Health Equity Grant for Food Insecurity

Dr. Olstad is looking for 1-2 patient advisors who personally experienced food insecurity during their cancer journey, to consult on the project and help co-design the intervention. These advisors would be named on the grant application, if interested. All engagement will be conducted virtually. For the purposes of this project, Dr. Olstad is looking for patient advisors, located anywhere in Alberta (rural may be preferred, given the focus of this work), who can answer “Yes” to either of these questions:

“While you were receiving cancer care, you worried whether your food would run out before you got money to buy more.”

“While you were receiving cancer care, the food you bought just didn’t last and you didn’t have money to get more.”

Contact her here >>dana.olstad@ucalgary.ca<<



Plant-based diet associated with better quality of life in prostate cancer survivors

Plant-based diets have many health benefits, including a lower risk of fatal prostate cancer, and greater environmental sustainability. However, less is known regarding the impact of plant-based diets on quality of life among individuals diagnosed with prostate cancer

February 2024
American Cancer Society

Plant Base



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

Cleveland Clinic investigators have launched a novel clinical trial to assess the efficacy of low-intensity focused shockwave therapy (fSWT) and radial wave therapy for treatment of erectile dysfunction (ED) or chronic pelvic pain 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.”

December 2023
Urology Times

ED

Articles For Everyone



Increasing cardiorespiratory fitness reduces risk of prostate cancer

Increasing cardiorespiratory fitness rates by an average 3% a year or more is linked to a 35% reduced risk of men developing prostate cancer in comparison to those whose fitness levels declined by 3% over the same time period.

Although well-established relationships exist between physical activity levels and incidence and mortality in many other cancer types, the evidence for prostate cancer has been inconclusive. Some studies report decreased risk of prostate cancer incidence for men with higher physical activity levels, while others have reported increased risk.

February 2024
Cancer World

Cardio



Saturated Fatty Acid Levels Linked to Increased Cancer Risk

High saturated fatty acid levels were associated with increased cancer risk, especially for breast, prostate, and colorectal cancers.

March 2024
Renal+Urology

Increased Risk



AI reveals prostate cancer is not just one disease

Artificial Intelligence has helped scientists reveal a new form of aggressive prostate cancer that could revolutionize how the disease is diagnosed and treated in the future. The team hopes their findings could save thousands of lives in future and revolutionize how prostate cancer is diagnosed and treated. Ultimately, it could provide tailored treatments to each individual patient according to a genetic test which will also be delivered using A

February 2024
Medical Xpress

Artificial Intelligence

New Videos



Treatment Questions for Prostate Cancer Bone Metastasis

Treatment Questions for Bone Metastasis

- 1- How does prostate cancer metastasize to the bones?
- 2- Can a patient go from having bone metastases to a full remission?
- 3- What options, other than spot radiation, are there for treating bone metastases?
- 4- Is hormone therapy always a necessity for those with bone metastases?

March 2024
PCRI

Bone Metastasis

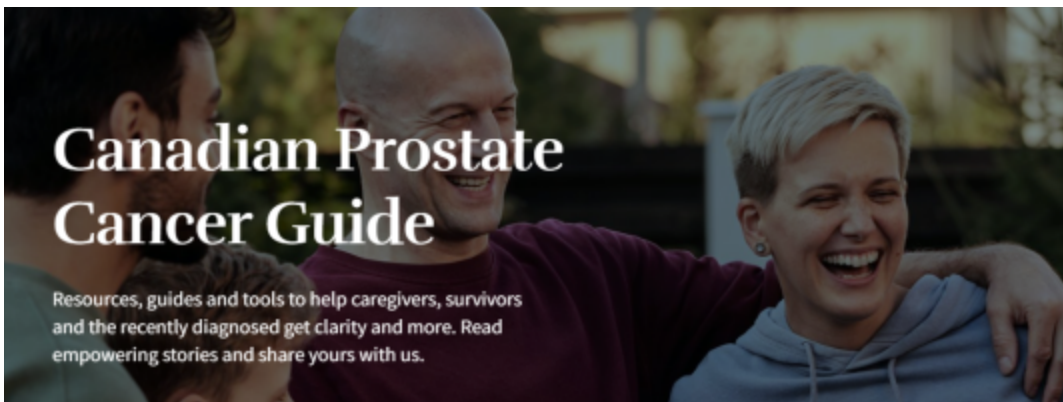


Active Surveillance & Prostate Cancer

Howard Wolinsky has spent most of his life working as a journalist in Chicago. When he was diagnosed with low-grade prostate cancer in 2010, Mr. Wolinsky chose active surveillance--an option that was controversial at the time but is now considered the standard of care (although it has not been universally adopted). In this video, PCRI's Alex Scholz asks him about his experience of being diagnosed with prostate cancer, how he used his skills and experiences as a journalist to advocate for himself and other men with prostate cancer, and what we can expect in the near future in the sphere of prostate cancer advocacy and active surveillance.

January 2023
PCRI

Active Surveillance



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](#)



Articles of Interest

[Disparities in prostate cancer screening, diagnoses, management, and outcomes between Indigenous and non-Indigenous men.](#)

[Micro-ultrasound Versus Magnetic Resonance Imaging in Prostate Cancer Active Surveillance.](#)

[Detection of clinically significant prostate cancer by micro-ultrasound-informed systematic biopsy during MRI/micro-ultrasound fusion biopsy.](#)

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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Section Title

Far far away, behind the word mountains, far from the countries Vokalia and Consonantia, there live the blind texts. Separated they live in Bookmarksgrove right at the coast of the Semantics, a large language ocean. A small river named Duden flows by their place and supplies it with the necessary regalia.

BUTTON

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