



The Digital Examiner
www.prostaid.org

“Issue #293” May 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](#)

May 15 Guest Speaker Bear Johal



Vacuum Therapy for Penile Rehabilitation

Bear Johal is the Co-founder and CEO of Osbon Medical Canada, whose company is on a mission to make VEDs (vacuum erection devices) accessible to all Canadian men.

Bear has worked in healthcare for close to a decade, formerly serving as Operations Manager for a group of pharmacies across the province. He holds a master's degree in communications and recently implemented vaccine programs across the country through his non-profit Immunize.io.

Now Bear has his focus set on men's health and the most commonly diagnosed cancer among Canadian men--prostate cancer.

Upcoming Events

Warriors & Wives Partners and Caregivers

Please come and join us on Wednesday, May 15th. 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.

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[Meeting Info Here](#)

Articles Of Interest



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](#)



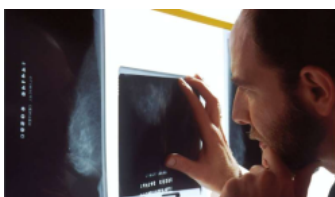
Rohan Garje, MD

Dr. Garje discusses mutations linked to more aggressive prostate cancer

One of the biggest limitations currently with prostate cancer management is we do not have risk stratification based on the patient's genomic alterations. In this sense, for anyone with metastatic prostate cancer, our way of identifying high-risk or low-risk populations is based on whether they have high-volume disease or low-volume disease, either they have de novo metastatic disease or metachronous presentation.

April 2024
Urology Times

Mutations



Video educates and connects men to prostate cancer screening options

As part of a comprehensive effort to improve cancer screenings among diverse communities, Penn Medicine's Abramson Cancer Center (ACC) Community Outreach and Engagement team developed a culturally sensitive educational video to address prostate cancer screening disparities.

April 2024
Oncology & Cancer

Improve Screening



Restaging With Prostate-Specific Membrane Antigen Imaging in Metastatic Castration-Resistant Prostate Cancer: When Seeing More Is Detrimental to Care

Taken to another level, some imaging departments are contemplating no longer offering traditional bone scans for patients with prostate cancer because of the perceived enhanced utility of PSMA PET imaging. As we move forward in a world where PSMA is ubiquitous and bone scans are on the verge of extinction, we must consider the distinction between progression of disease and treatment failure and seriously question if identifying subtle, likely subclinical, changes on PSMA imaging translates into improving care for our patients with prostate cancer.

March 2024
Journal of Clinical Oncology

Restaging



A new screening protocol can detect aggressive prostate cancers more selectively

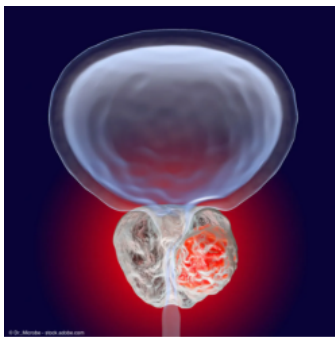
The ProScreen trial investigated the performance of a three-step prostate cancer screening method. The aim was to analyze whether the new method would efficiently reduce mortality while decreasing the major adverse effect of previous screening methods: the overdiagnosing of insignificant prostate cancers.

Some prostate cancers are clinically insignificant because they do not become symptomatic even when left untreated. Such cancers are frequently detected at autopsy. Thus, treating cancer with a good prognosis does not bring benefits, but the treatment itself can still harm the patients' quality of life.

>>The findings are published in the journal JAMA here<<

April 2024
Oncology & Cancer

ProScreen



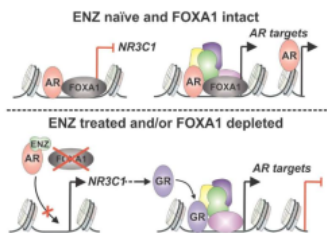
Multi-dose phase of $^{64}\text{Cu}/^{67}\text{Cu}$ -SAR-bisPSMA study begins in mCRPC

We remain incredibly excited about our SAR-bisPSMA programs. It is remarkable to see these patients, who have failed so many lines of therapy in the past, now respond to treatment with ^{67}Cu -SAR-bisPSMA and with such a favorable safety profile. Based on these promising results, we have just opened the multi-dosing phase at the highest dose of 12GBq, and all slots for the first part of cohort 4 have now been allocated, aiming to have the first participant treated in this cohort within weeks.

Among all patients treated in the study to date, 60% demonstrated a PSA reduction of greater than 35%, and 27% demonstrated a PSA reduction of greater than 80%.

March 2024
Urology Times

Multi-dose phase



New insight into combating drug-resistant prostate cancer

Recent research from the University of Eastern Finland sheds light on the significance of the glucocorticoid receptor in drug-resistant prostate cancer, showing that the development of drug resistance could be prevented by limiting the activity of coregulator proteins.

April 2024
MedicalXpress

Drug-resistant



Brachytherapy for High Grade Prostate Cancer Induces Distinct Changes in Circulating CD4 and CD8 T Cells - Implications for Systemic Control

Patients with high-grade prostate cancer (PCa) are at significant risk for local and distant relapse post treatment. High dose rate brachytherapy (BT) may improve PCa-specific survival and distant metastasis-free survival (DMFS) compared to external beam radiotherapy (EBRT) in conjunction with androgen deprivation therapy (ADT) in Gleason (G1) 9-10 patients.

April 2024
Uro Today

Brachytherapy

Read about these articles below

- 1-Plant-Based Diet Improves Sexual Health
- 2-Prostate cancer partners not getting the information they need
- 3-Clinically Significant Prostate Cancers Found Despite Low PSA
- 4-New urine-based test detects high-grade prostate cancer
- 5-Increase Diversity in Clinical Trials
- 6-Save Your Sex Life After Prostate Cancer Treatment
- 7-Advanced Prostate Cancer Story
- 8-Canadian Prostate Cancer Guide
- 9- Patient Advisor Opportunity

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For Caregivers & Families



Plant-Based Diet Improves Sexual Health in Men With Prostate Cancer

“Yes, I recommend a plant-based diet for patients with prostate cancer because plant-based diets have many well-established benefits for overall and cardiovascular health, plus our recent studies suggest associations that are favorable outcomes for prostate, sexual, and urinary health,” said Stacy Loeb, MD, MSc, PhD (Hon), Professor in the Departments of Urology and Population Health at NYU Langone Health, and the study's lead author.

April 2024
American Cancer Society

Improves Sexual Health



Prostate cancer partners not getting the information they need

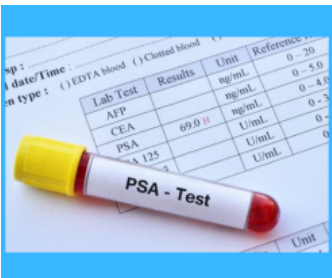
Europa Uomo today announced the first results from its ground-breaking study into the experiences of partners of men with prostate cancer. It found a striking mismatch between the information partners expect and the information given. Only 20% of partners said they had received information about sexuality from a health professional before treatment – even though more than half said their sex life is important to them.

April 2024
Europa Uomo

[A summary of these early findings is available for download.](#)

Couples Study

Articles For Everyone



Clinically Significant Prostate Cancers Found Despite Low PSA

Clinically significant prostate cancer is found in a “non-negligible” number of men who have screening PSA levels of 1.8 or higher but less than 3.0 ng/mL, according to recent study findings. It remains unclear, however, if a delay in the diagnosis of these cancers until PSA levels rise to 3.0 ng/mL would lower the likelihood of cure.

April 2024
Renal + Urology News

Low PSA



New urine-based test detects high-grade prostate cancer, helping men avoid unnecessary biopsies

Researchers at the University of Michigan Rogel Cancer Center have developed a new urine-based test that addresses a major problem in prostate cancer: how to separate the slow-growing form of the disease unlikely to cause harm from more aggressive cancer that needs immediate treatment.

April 2024
MedicalXpress

Urine-Based



New Emphasis on Strategies to Increase Diversity in Clinical Trials

According to a Friends briefing paper distributed before the meeting, about 8 percent of adult patients with cancer participate in clinical trials. The white paper notes there is often a lack of representation of patients in certain racial and ethnic populations in cancer clinical trials, despite the fact that patients in these groups bear a disproportionate burden of disease for several cancer types, including breast, prostate, and multiple myeloma.

April 2024
Oncology Times

Clinical Trials

New Videos



Save Your Sex Life After Prostate Cancer Treatment

Replacement Therapy Questions

1- What is hormone therapy and what are the side effects usually associated with it?

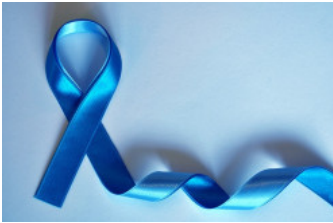
2- How advisable is it for patients to use Viagra or Cialis after hormone therapy?

3-How long does it take testosterone to recover following hormone therapy?

4- When should a patient start receiving testosterone artificially after treatment?

March 2024
PCRI

[Sex Life](#)

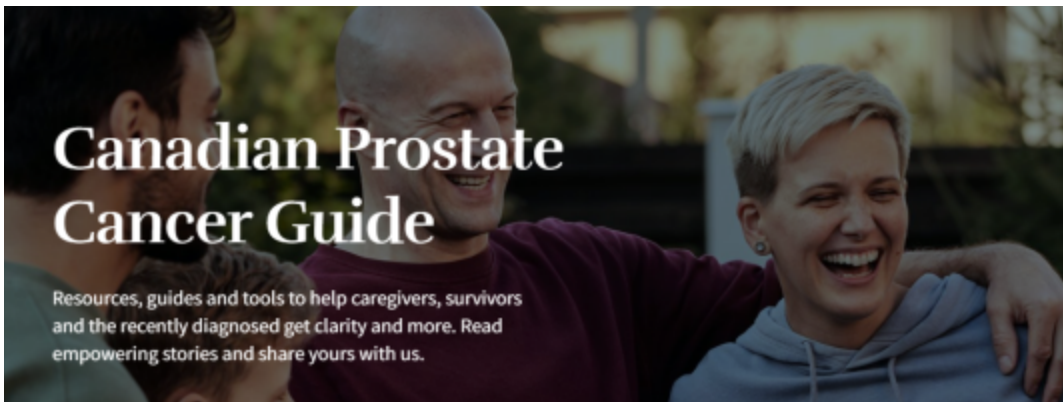


Advanced Prostate Cancer Story: Jan Manarite Advocated For Her Husband For 13 Years

Cancer ABC's is a non-profit organization in New York City whose mission is to provide education and other resources that bring tangible improvements in the lives of cancer patients. Although the organization provides support to people afflicted by all types of cancer, it has always had a special focus on prostate cancer.

September 2022
PCRI

[Cancer ABC's](#)



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](#)



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<<](mailto:dana.olstad@ucalgary.ca)

Thank you to our Sponsors and Community Partners



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