



**The Digital Examiner**  
**www.prostaaid.org**

**“Issue #294” June 2024**



***AGM & FUN CASINO NIGHT***

**Upcoming Events**  
**Annual General Meeting**

**Join us Wednesday June 12th for our Annual General Meeting which will be at the Danish Canadian Club (727 11 Ave SW, Calgary)**

**Doors will open at 6pm with the Annual General Meeting starting at 6:30 to 7:30pm. There will be an assortment of hot & cold appetizers and refreshments provided as well as a cash bar. Right after the**

**AGM you can join is for our fun night casino with the chance to win some prizes as well as meet new people. This is all free so all we need is for you and your friends to come and have a great time. Space is limited so please register early**

**We need to know how many people are planning to come so we can inform the caterer by June 5th.**

**Please RSVP To Richard at [program.director@prostaidth.org](mailto:program.director@prostaidth.org)**

**Exciting Opportunity Alert! Prostaidth 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@prostaidth.org](mailto:program.director@prostaidth.org).**



## Donate Today

**PROSTAIDTH 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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**Connect With Us**

## Support Groups

**Frank Altin  
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Wives, Partners & Caregivers  
Newly Diagnosed  
[info@prostaidth.org](mailto:info@prostaidth.org)**

**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

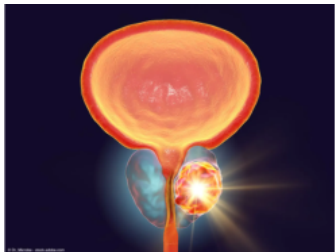


## Dr. Pienta on the evolving paradigm of PSMA-PET imaging

The advance of PSMA imaging has put an emphasis on multidisciplinary care. We now have a new imaging agent that identifies cancer that has spread outside of the prostate or is now oligometastatic. Now we are seeing, for example, therapy that requires surgery to take out the primary prostate, but potentially radiation also with it for an oligometastatic disease patient.

April 2024  
Urology Times

### PSMA-PET



## Studies launch of copper Cu 64 PSMA I&T PET/CT in prostate cancer

The SOLAR-STAGE (NCT06235151) trial is assessing the diagnostic performance of copper Cu 64 PSMA I&T PET/CT in the staging of men who have been newly diagnosed with unfavorable intermediate-, high-, or very high-risk prostate cancer and are planning to undergo radical prostatectomy with pelvic lymph node dissection (PLND).

Both trials are currently enrolling patients in the US, with additional sites expected to open in Europe later this year.

April 2024  
Urology Times

### Cu 64 PSMA

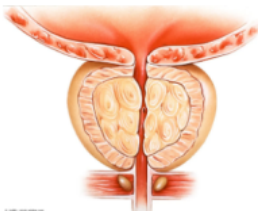


## Projected estimates of cancer in Canada in 2024:

The study is the result of a collaboration between the Canadian Cancer Society, Statistics Canada, and the Public Health Agency of Canada. It provides estimates of the number and rate of new cancer cases and deaths in 2024 for 23 cancer types by province or territory, and sex. This is a major update with the inclusion of data from Quebec that provides more accurate national estimates.

May 2024  
MedicalXpress

Projected



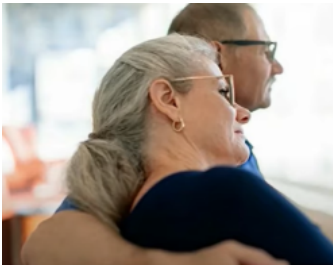
## Erectile and ejaculatory function preserved with Optilume BPH Catheter System

Treatment of lower urinary tract symptoms (LUTS) secondary to benign prostatic hyperplasia (BPH) with the Optilume BPH Catheter System appears to preserve erectile and ejaculatory function in addition to providing relief from LUTS, according to a study presented at the 2024 American Urological Association (AUA) Annual Meeting in San Antonio, Texas.

### Study Results for Optilume

May 2024  
Urology Times

Optilume



## New tool flags hidden sexual struggles in female partners of patients with prostate cancer

The partners of patients with prostate cancer grapple with their own quality-of-life issues that impact their sexual well-being, a new study shows. Using the first questionnaire of its kind, the authors uncovered key challenges faced by patients' wives and female partners, including difficulties with communication about their sexual needs, inadequate sexual health counseling by physicians, and feelings of isolation and loss of intimacy. 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%.

May 2024  
MedicalXpress

Struggles



## Active Surveillance Should Not Be Routinely Considered in ISUP Grade Group 2 Prostate Cancer

Level one evidence, although limited by non-contemporary grading of prostate cancer, shows that survival benefits of treatment versus observation are modest. However, the incidence of metastases in men on active monitoring in the ProtecT trial prompts caution when sharing decision making with patients harbouring intermediate-risk features willing to pursue active surveillance.

January 2024  
URO Today

Active Surveillance



## Salvage Radiation Therapy for Radiorecurrent Prostate Cancer Feasible

Salvage re-irradiation for locally recurrent prostate cancer following primary curative external beam radiation therapy (EBRT) is associated with favorable outcomes and acceptable toxicity, investigators concluded based on the results of a long-term follow-up study.

May 2024  
Renal+Urology News

Radiation Therapy

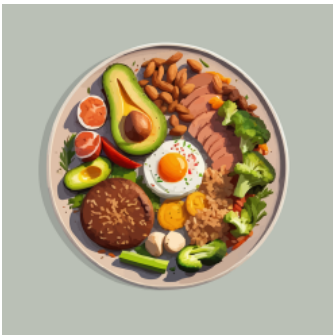
Read about these articles below

- 1-Ketogenic diet alters the epigenetic and immune landscape of prostate cancer
- 2-Yoga shows 'most improvement'
- 3-Researchers identify important gene
- 4-Low testosterone in men associated with an early death
- 5-Cancer: Here's the role exercise plays
- 6-Predictive Markers in Metastatic Prostate Cancer
- 7-Use of PDE-5 inhibitors and beta-3 agonists in treating BPH
- 8-Canadian Prostate Cancer Guide
- 9- Patient Advisor Opportunity

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## For Caregivers & Families



### Ketogenic diet alters the epigenetic and immune landscape of prostate cancer to overcome resistance to immune checkpoint blockade therapy.

A ketogenic diet (KD) has been reported to enhance response to ICB therapy in some other cancer models. However, adverse effects associated with continuous KD were also observed, demanding better mechanistic understanding and optimized regimens for using KD as an immunotherapy sensitizer.

April 2024  
URO Today

Keto Diet



## Yoga shows 'most improvement' in restoring brain health in long-term cancer survivors, researcher says

A newly published study by a Northeastern professor says that yoga might hold the key to restoring brain health in long-term cancer survivors in a manner unrivaled by aerobic exercise or stretching and toning exercises.

"It means we can offer exercises, we can prescribe yoga as a form of treatment or therapy for them to really be able to manage their cognitive complaints."

May 2024  
Oncology & Cancer

[More information](#)

Yoga

## Articles For Everyone



## Researchers identify important gene in the fight against prostate cancer

"We've identified gene KMT2C, which is very important to the spread of prostate cancer. Loss of the KMT2C gene increases the risk of developing metastases. This can be relevant for both patients in the risk group and for understanding the disease," says Associate Professor Martin K. Thomsen.

[More information:](#)

May 2024  
Oncology & Cancer  
MedicalXpress

Important Gene



## Low testosterone in men associated with an early death

A limitation of the new study is that it is not able to figure out if low testosterone directly causes an increased risk of death. Testosterone is lowered by illness, so it could be a marker for an underlying disease that results in an increased chance of dying. This is especially true for diseases that have long-term inflammation, of which obesity is one.

### Study Details

May 2024  
Endocrinology & Metabolism  
MedicalXpress

Testosterone



## Cancer: Here's the role exercise plays from prevention to treatment

Cancer is a complex condition, with many factors that may increase a person's risk. But research shows exercise may actually play an important role —with a growing body of evidence showing its benefit in preventing, treating and living beyond cancer.

Of course, cancer is caused by many factors so there is no one simple defense against it. But based on the evidence we have, there's clear benefit in being more active.

May 2024  
Oncology & Cancer

Exercise

New Videos





## Predictive Markers in Metastatic Prostate Cancer: Insights from the VISION Trial - Oliver Sartor

Evan Yu and Oliver Sartor discuss the VISION trial's exploration of predictive and prognostic markers in the treatment of prostate cancer with Lutetium-PSMA-617. Sartor clarifies the distinction between predictive and prognostic markers, emphasizing the trial's focus on baseline markers and their association with treatment outcomes.

February 2024  
URO Today

[Predictive Markers](#)

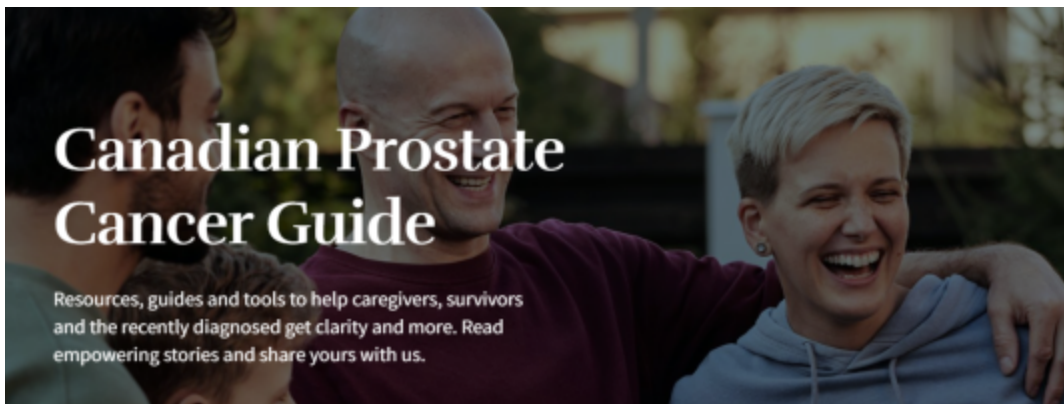


## Use of PDE-5 inhibitors and beta-3 agonists in treating BPH

Similar to much of the work in this space, our findings are quite promising for these treatments. Phosphodiesterase-5 inhibitors, like tadalafil, for example, they not only help with prostate symptoms by relaxing the smooth muscle, but they also help improve erectile function.

April 2024  
Cleveland Clinic

[BPH](#)



**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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