



The Digital Examiner
www.prostaid.org

“Issue #295” July 2024



Join us for our 2nd annual picninc
July 17

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
Every one is welcome**

If you are interested in attending via Zoom please sign up [HERE](#)

To all of our Warriors and Wives Partners & Caregivers: You're all invited to our 2nd annual summer picnic on Wednesday July 17 from 6:30 to 7:30. It will be at our usual location, CKE Community Centre. Doors will open at 6:00 pm and we are planning to have a picnic dinner (chicken, potato salad, coleslaw, lemonade and iced tea or coffee). In order for us to make sure we order enough food for everyone, we ask that you confirm your attendance by Monday July 15th to program.director@prostaid.org

Upcoming Events

Warriors & Wives Partners and Caregivers

Please come and join us on Wednesday August 21 with our guest speaker Reanne Booker.

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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Information
Phone 403 455 1916
info@prostaaid.org
Brad Sterling
President
president@prostaaid.org

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Frank Altin
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faltin@telusplanet.net
Wives, Partners & Caregivers
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[Meeting Info Here](#)

Articles Of Interest

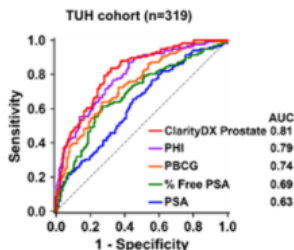


Fig. 3 | ROC curves for ClarityDX Prostate, PHI, PBCG, % Free PSA, and PSA when predicting grade group ≥2 prostate cancer for Thomas University Hospital patients.

Development of an effective predictive screening tool for prostate cancer using the ClarityDX machine learning platform

The current prostate cancer (PCa) screen test, prostate-specific antigen (PSA), has a high sensitivity for PCa but low specificity for high-risk, clinically significant PCa (csPCa), resulting in overdiagnosis and overtreatment of non-csPCa. Early identification of csPCa while avoiding unnecessary biopsies in men with non-csPCa is challenging. We built an optimized machine learning platform (ClarityDX) and showed its utility in generating models predicting csPCa.

[ClarityDX](#)



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



"Once we accept that our own thoughts and beliefs create our emotions and are what count as to act — not the words, emotions, and actions of others — we can obtain better results for our patients and for us." writes Juan Novalde MD

Treatment Response on 68Ga-PSMA PET/CT vs PSA Predicts Better Enzalutamide Outcomes

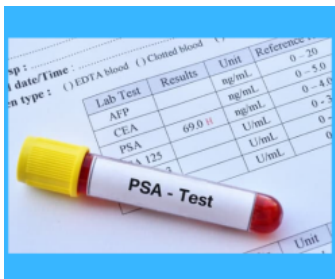
Treatment preference regarding apalutamide versus enzalutamide in prostate cancer (PCa) and the factors influencing decisions are largely unknown. Our aim was to investigate the preference for apalutamide versus enzalutamide among prostate cancer patients and their physicians and caregivers, and factors influencing their decision.

More information

April 2024

Uro Today

Patient Preference



PSA Levels After Prostate Cancer Radiation Therapy Prognostic

A PSA level of 0.1 ng/mL or higher within 6 months after radiation therapy (RT) completion in men with localized prostate cancer predicts an increased risk for worse oncologic outcomes and overall survival, according to a recent analysis of patient-level data from multiple randomized clinical trials.

May 2024

Renal+Urology News

PSA Levels



Treatment Response on 68Ga-PSMA PET/CT vs PSA Predicts Better Enzalutamide Outcomes

Patients with mCRPC who have a complete or partial response or stable disease based on 68Ga-PSMA PET/CT imaging have significantly longer progression-free survival compared with treatment responses assessed with PSA levels.

Trial Results

June 2024
Renal + Urology News

Treatment Response



Novel Hormone Therapy and Coordination of Care in High-Risk Biochemically Recurrent Prostate Cancer

Between 20–50% of patients with prostate cancer will experience BCR within 10 years of definitive therapy.²⁻⁴ Patients with high-risk BCR have an increased likelihood of distant metastasis and prostate cancer-specific and overall mortality.⁵ Managing high-risk BCR is challenging due to disease heterogeneity and the need for risk stratification.

March 2024
URO Today

Novel Hormone



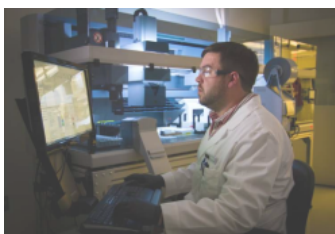
PSA at 7 Months Prognostic for mHSPC Treated With Enzalutamide, Conventional ARIs

A PSA nadir of 0.2 ng/mL or less at 7 months after treatment is associated with longer overall survival in men with metastatic hormone sensitive prostate cancer (mHSPC), regardless of tumor volume or treatment, according to previous research. Enzalutamide increases achievement of this PSA nadir, investigators reported at the 2024 ASCO annual meeting in Chicago, Illinois.¹

[Trial results here](#)

June 2024
Renal+Urology News

7 Months PSA



Research team identifies a new way to treat prostate cancer

Prostate cancer is often treated with androgen deprivation therapy, which lowers testosterone levels to shrink tumors. However, this treatment has side effects including sexual dysfunction and weight gain, and it eventually results in castrate-resistant prostate cancer, a deadlier form that grows even when testosterone levels are low.

[More information](#)

May 2024
MedicalXpress

New Way



Lu-PSMA-617 Improves Upon Enzalutamide in mCRPC

Adding the radionuclide therapy ¹⁷⁷Lu-PSMA-617 to enzalutamide can improve outcomes in patients with treatment-naïve, metastatic castration-resistant prostate cancer (mCRPC), according to results from a phase 2 trial.

[More info here](#)

May 2024
Renal+Urology News

Lu-PSMA-617

Read about these articles below

1-Positive Past Experiences

2-Study evaluates weight management and prostate cancer progression

3-Expert highlights program addressing disparities in prostate cancer care

4-Active surveillance yields similar outcomes to prostate cancer treatment

5-Glowing dye may help surgeons eradicate prostate cancer

6-Radiation Therapy: Long Term & Short Term Side Effects

7-Can lifestyle changes help with enlarged prostate?

8-Dr. Loeb on a survey for female partners of patients with prostate cancer

9-Canadian Prostate Cancer Guide

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



For Caregivers & Families



Positive Past Experiences, Provider Recommendations Encourage Adults with Cancer to Exercise

A recent study identified factors influencing engagement in physical activity by adults living with advanced cancer, highlighting the importance of clinician-initiated conversations with their patients about engaging in physical activity.

May 2024
Renal + Urology

Exercise



Study evaluates weight management and prostate cancer progression

We know that obesity and prostate cancer are associated, and there have been quite a few studies looking at the science behind what is it about obesity that might be driving prostate cancer progression? And so we had interest in trying to look at mechanisms and seeing if the obvious question is, well, if obesity is associated with progressing cancer, can we disrupt that link if we help men lose weight in a healthy way?

June 2024
Urology Times

Weight Management

Articles For Everyone



Expert highlights program addressing disparities in prostate cancer care

Health care inequities in prostate cancer are a well-established challenge for us in the field. There are many barriers to equitable health care, including access to health insurance, access to medical centers, and access to physicians. But in addition to access, there are also inequities in care delivery.

May 2024
Urology Times

Disparities



Active surveillance yields similar outcomes to prostate cancer treatment, 10-year data show

The goal of active surveillance for prostate cancer is to reduce unnecessary treatments and side effects among those diagnosed with lower risk cancer while avoiding undertreatment of aggressive disease. We hope this study encourages a national acceptance of active surveillance as an effective management strategy for prostate cancer

June 2024
Urology Times

Active Surveillance



Glowing dye may help surgeons eradicate prostate cancer

Twenty-three men with prostate cancer were injected with the marker dye before undergoing prostate removal surgery. The marker dye found areas of cancerous tissue not picked up by the naked eye or other clinical methods.

June 2024
Oncology & Cancer

Glowing Dye

New Videos



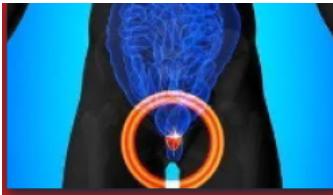
Radiation Therapy: Long Term & Short Term Side Effects

Radiation Therapy Questions

- 1- Do different forms of radiation therapy have different side effects?
- 2- How does radiation therapy cause later-occurring side effects in the prostate?
- 3- Are sexual side effects from radiation therapy usually long-term?
- 4- How common are long-term side effects from radiation therapy in a community setting?

May 2024
PCRI

Radiation Therapy



Video: Can lifestyle changes help with enlarged prostate?

Benign prostatic hyperplasia, also called an enlarged prostate, is incredibly common, especially among men over 40. While it's not the same as prostate cancer, an enlarged prostate can cause significant quality of life issues.

June 2024
Medical Xpress

BPH



Dr. Loeb on a survey for female partners of patients with prostate cancer

So, in this project, we were looking at the impact of prostate cancer on sexual health and quality of life for female partners of patients. And it turns out that really, it has quite a significant impact. So, we started out with some qualitative work, where we did interviews with female partners of patients, and also looked at online discussion groups, where patients and partners are discussing some of the issues that they're facing.

June 2024
Urology Times

Partners

Canadian Prostate Cancer Guide

Resources, guides and tools to help caregivers, survivors and the recently diagnosed get clarity and more. Read empowering stories and share yours with us.

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](#)

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



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