



The Digital Examiner
www.prostaaid.org

“Issue #296” August 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
Everyone is welcome**

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

August 21 Guest Speaker

Reanne Booker



Optimizing Sexual Well-Being and Intimacy After a Prostate Cancer Diagnosis

Reanne Booker is an oncology and palliative care nurse practitioner with over 20 years' experience in cancer care. She works with the hematology-oncology team at the Tom Baker Cancer Centre in Calgary. Her clinical and research interests include integrating palliative care in oncology, sexuality and cancer, medical cannabis and cancer, and virtual cancer care. She is a PhD candidate in the School of Nursing at the University of Victoria. The focus of her PhD research is on the integration of palliative care in oncology. Reanne is the Immediate Past President of the Canadian Association of Nurses in Oncology.

Overview of presentation:

Sexual health and intimacy are integral aspects of being human. There are many ways that a prostate cancer diagnosis can impact sexual health and intimacy, for both the person diagnosed with cancer and their partner. In this presentation, an overview of the potential changes in sexual health and intimacy that can occur after a prostate cancer diagnosis will be discussed. Strategies and therapeutic options (pharmacological and non-pharmacological) to help manage sexual health concerns and maintain intimacy will be shared.

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! Prostaaid 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@prostaaid.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 40 to 70 and for men between 40 and 49 please go to Get Checked for specific details.

- No appointment necessary
- Find the next community clinic near you
- 15 minutes can save your life!

[MAN VAN UPCOMING CLINICS](#)

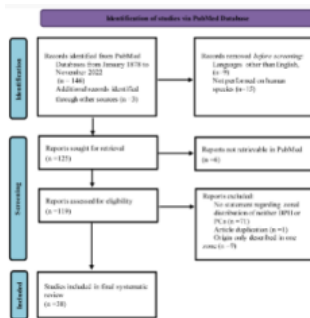


Studies show low urinary bladder interference on flutufolastat F 18 scans

Flutufolastat F 18 received FDA approval in May 2023 for PET imaging of PSMA-positive lesions in patients with prostate cancer with suspected metastasis who are candidates for initial definitive therapy or with suspected recurrence based on an elevated serum prostate-specific antigen (PSA) level.

June 2024
Urology Times

Flutufolastat F 18

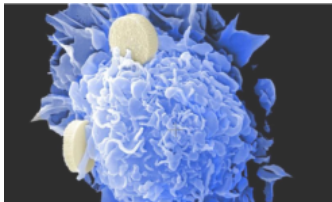


The origin of BPH and prostate cancer in different zones and the impact on the incidence of prostate cancer

Despite the coexistence of BPH and PCa, their interaction and the reasons behind the zonal origin of these diseases remain poorly understood. Recent studies suggest an inverse relationship between prostate size due to BPH and the incidence and aggressiveness of PCa, hypothesizing that a larger prostate size might be protective against PCa.

July 2024
Oncology & Cancer

BPH



Researchers discuss metastatic castration resistant prostate cancer

In this new editorial, researchers S.H. Tolmeijer, E. Boerrigter, N.P. Van Erp, and Niven Mehra from Radboud University Medical Center discuss metastatic castration resistant prostate cancer (mCRPC). mCRPC is lethal, but the number of life-prolonging systemic treatments available for mCRPC has expanded over the years.

Trial Results

July 2024
Medical Xpress

Metastatic Castration



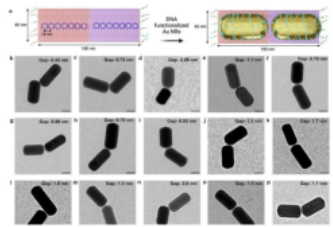
PSMA PET Beats MRI in prostate cancer staging study

While PSMA PET outperformed MRI in accurately identifying tumor stage, Kinnaird and colleagues acknowledged that accurate staging was observed in less than half of PSMA PET scans and slightly more than one-quarter of MRI scans.

Trial Info

July 2024
Medpage Today

PSMA PET



New technique to diagnose cancer metastasis

Johns Hopkins engineers have created a new optical tool that could improve cancer imaging. Their approach, called SPECTRA, uses tiny nanoprobe that light up when they attach to aggressive cancer cells, helping clinicians distinguish between localized cancers and those that are metastatic and have the potential to spread throughout the body

July 2024
Science News

New Technique



Study finds 1 in 12 patients labeled as having 'benign' results actually had high-risk prostate cancer

New research highlights the challenge of balancing the risks of overdiagnosing and underdiagnosing prostate cancer early enough to intervene and minimize risk of death. Recently, some experts have called for the lowest grade of prostate cancer—biopsy Gleason Grade Group (GGG) 1—to be reclassified as "benign."

More information

July 2024
MedicalXpress

Benign Results



Clinical trial could lead to new 'gold standard' test for prostate cancer detection

A University of Alberta study shows that PET/CT imaging using a new tracing agent is more accurate at determining the extent of prostate cancer than the current standard MRI for intermediate and high-risk cases.

[More info here](#)

July 2024
Medical Xpress

[Clinical Trial](#)

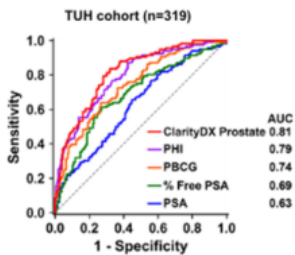


Fig. 3 | ROC curves for ClarityDX Prostate, PHI, PBCG, % Free PSA, and PSA when predicting grade group ≥ 2 prostate cancer for Thomas University Hospital patients.

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](#)

[Read about these articles below](#)

- [1-Preventing prostate cancer death in high-risk patients](#)
- [2-Mental health toll of prostate cancer on partners](#)
- [3-Caregiver's story: How to talk to a Doctor as a caregiver](#)
- [4-Partners say that men with prostate cancer are 'not the same'](#)
- [5-LGBTQ + Cancer survivors more likely to have chronic conditions, disabilities and limitations](#)
- [6-Focal therapy for prostate cancer: Answering your questions](#)
- [7-Rezum water vapor therapy vs medication for BPH/LUTS patients](#)
- [8-Ryan O'Neal's prostate cancer story](#)
- [9-Canadian Prostate Cancer Guide](#)

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For Caregivers & Families



Preventing prostate cancer death in high-risk patients

Men with a higher genetic risk of developing prostate cancer had a more than 3-fold higher risk of early prostate cancer death than men with a lower genetic risk.

[More Info](#)

July 2024
Cancer Therapy Advisor

Preventing



Mental health toll of prostate cancer on partners

Results from Europa Uomo's EU-ProPER study show the sometimes severe psychological and social strains that prostate cancer can impose on patients and partners. They indicate that 15% of partners of men with prostate cancer believe that they would benefit from seeing a mental health professional and 20% say they feel lonely.

July 2024
Europa Uomo

Mental Health



Caregiver's story: How to talk to a Doctor as a caregiver

Alex interviews PCRI's Administrative Director, Silvia Cooper, about being in the role of caregiver and patient advocate. Mrs. Cooper became familiar with the PCRI while seeking a second opinion for her father's prostate cancer.

June 2021
PCRI

Caregiver Video

Articles For Everyone



Partners say that men with prostate cancer are 'not the same'

Half of partners of men with prostate cancer believe that their partner is “not the same man” as he was before treatment, according to findings from a Europa Uomo study. Only 30% of partners surveyed said the person who had received treatment for prostate cancer was unchanged by the experience.

July 2024
Europa

Changed



LGBTQ + Cancer survivor's more likely to have chronic conditions, disabilities, and limitations

When the researchers adjusted for age, LGBTQ+ cancer survivors had a significantly higher prevalence of all chronic health conditions, disabilities, and limitations studied.

July 2024
Renal+Urology news

LGBTQ

New Videos



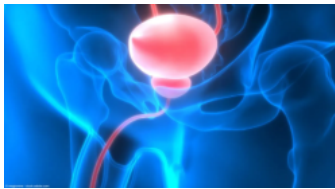
Focal therapy for prostate cancer: Answering your questions

Focal Therapy Questions

- 1- How can a patient be sure that focal therapy is totally effective?
- 2- What kind of PSA range does a prostate usually have after focal therapy?
- 3- Which form of focal therapy seems to have the best success rate?
- 4- What side effects are associated with focal therapy?

July 2024
PCRI

Focal Therapy



Rezum water vapor therapy vs medication for BPH/LUTS patients

While medication and interventional therapy are the main treatments for LUTS/BPH, some physicians try a “step therapy” where medication is tried first—because many patients prefer to avoid surgery, viewing medication as less intrusive and less expensive than surgical intervention.^{1,2} Often, men stay on medications for years until side effects or waning effectiveness cause them to consider interventional therapy

June 2024
Boston Scientific

BPH



Ryan O'Neal's prostate cancer story

Ryan O'Neal discusses his life, his work, his love for Farah Fawcett, and his battle with prostate cancer. Mr. O'Neal and Dr. Duke Bahn, from Prostate Institute of America, talk about Mr. O'Neal's personal cancer case, including medical images. They discuss quality of life in making a treatment choice. Dr. Bahn explains focal cryotherapy, the chosen treatment for Mr. O'Neal, why he qualified for it, and psa followup after treatment.

PCRI

Ryan's Story

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.

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