



## The Digital Examiner www.prostaaid.org

**“Issue #298” October 2024**



### **Dr. Digital**

Our famous Mascot Dr. Digital made a special appearance at the Stampeders Labour Day game. He had an awesome time going around to many of the Tailgaters to hand out brochures on awareness and the need to get tested.

We want to thank our special Tailgaters and Spolumbos for all of their support throughout the years.

If you ever need a Mascot to attend any of your functions, be sure to ask us. We would love to be part of your event as well as raising awareness for Prostate Cancer.

### **Warriors Lunch Meeting**

PROSTAID Calgary has booked the Boardroom at CKE Community Centre 1015 – 73 Avenue SW for Tuesday October 1st from 11:30am to 1:00pm.

PROSTAID will supply the pizza for those able to attend.

[Please RSVP to program.director@prostaaid.org](mailto:program.director@prostaaid.org)

We're look forward to seeing you all again and finding out how you are doing.

**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](#)**

## **October 16 Guest Speaker Sean Secord**



### **Prostate Cancer Screening Update 2024**

Sean Secord has over 27 years of experience as a clinician and health leader across 3 Provinces and the 3 Territories. Sean earned a global executive MBA for healthcare and life sciences through the Rotman School of Management at the University of Toronto, a Masters in Nursing / Nurse Practitioner degree from University of Victoria, a Post-Baccalaureate in Business Management from Athabasca University, and two undergraduate science degrees from the University of Western Ontario.

Sean has led the opening of two new rural hospitals and the establishment of a medevac program for the Yukon. His clinical experience spans from transplant, critical care, and emergency medicine to public health, communicable disease, and multidisciplinary rural healthcare. Sean was an advisor to the Ministries of Health in all three Territories during the pandemic as part of his role with a pan-Canadian Health Organization where he also published on acute care hospital flow and interventions to alleviate emergency department overcrowding.

Sean officially joined Nanostics as the VP of Clinical Engagement in 2023, but has been involved with Nanostics since its inception in 2017 when it was created to translate the research of Lewis Labs at the University of Alberta and the mission of the Alberta Prostate Research Initiative into accessible precision medicine tools.

### **Upcoming Events**

#### **Warriors & Wives Partners and Caregivers**

**Please come and join us on Wednesday Octobr 16th with our guest speaker Sean Secord. 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](mailto:program.director@prostaaid.org).**



## Donate Today

PROSTATAID 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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## Connect With Us

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[Connect With Us](#)

## Support Groups

Frank Altin  
Warriors  
faltin@telusplanet.net  
Wives, Partners & Caregivers  
Newly Diagnosed  
info@prostaaid.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 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](#)



### New prostate biopsy technique lowers infection risk

The technique, called transperineal prostate biopsy, collects prostate tissue via a needle through the skin of the perineum, the area between the rectum and the scrotum. The procedure, which uses local anesthesia to numb the area, allows physicians to bypass the traditional and more infection-prone route of collecting prostate biopsy tissue with a needle through the rectum.

#### Trial Results

September 2024  
Medical Xpress

[Biopsy](#)

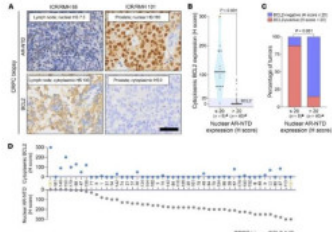


## Prostate Cancer Treatment Challenge: Which Drugs to Use First

The optimal use of state-of-the-art therapies remains unclear, but current trends are to prescribe androgen receptor pathway inhibitors (ARPIs) such as abiraterone and enzalutamide earlier and earlier in the disease course and triplet therapies of an ARPI plus ADT and docetaxel as first-line therapy.

September 2024  
Renal Urology News

Treatment



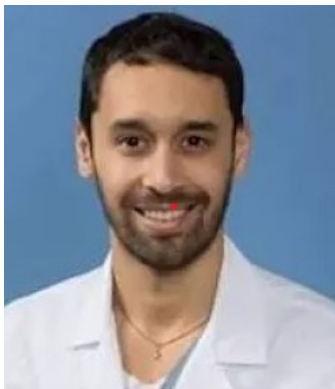
## New drug target discovered for aggressive form of prostate cancer

Scientists have discovered that a protein linked to prostate cancer is associated with more aggressive disease—it could be a new target for treatment and be used to help predict who will become resistant to hormone therapy. In new research published in the *Journal of Clinical Investigation*, a team at the Institute of Cancer Research, London, showed that the BCL2 protein was abundant in a subtype of advanced prostate cancer which has stopped responding to hormone therapy. The researchers estimate that about 10% of people with prostate cancer have high levels of this protein.

### Trial Results

September 2024  
Medical Xpress

Aggressive



Adam B. Weiner, MD

## PSMA levels linked to tumor biology, treatment sensitivity in treatment-naïve prostate cancer

Prostate-specific membrane antigen (PSMA) expression levels demonstrated associations with cancer biology and treatment sensitivities in patients with treatment-naïve prostate cancer, suggesting a potential for PSMA to be used a biomarker to help tailor treatment in these patients, according to data recently published in *European Urology*.

### Trial Info

September 2024  
Urology Times

PSMA



Arun Azad, MBBS, PhD

## UpFrontPSMA: 177Lu-PSMA-617 shows potential in mHSPC

The combination of 177Lu-PSMA-617 (lutetium Lu 177 vipivotide tetraxetan; Pluvicto) with docetaxel improved outcomes in patients metastatic hormone-sensitive prostate cancer (mHSPC) without an increase in toxicity vs docetaxel alone, according to results from the phase 2 UpFrontPSMA (NCT04343885)..

### Trial Results

August 2024  
URO Today

177Lu



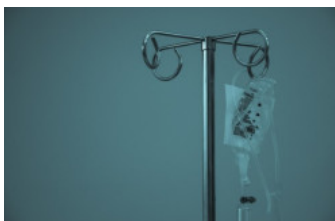
## Radium223, chemotherapy improves mCRPC quality of life in phase 2 RAPSON

Radium223 (Xofigo), a calcium mimetic radioactive therapy indicated to treat prostate cancer, may be a particularly beneficial symptom-treating therapy as a regimen prior to chemotherapy in patients with bone-dominant metastatic, castration-resistant prostate cancer (mCRPC), according to new phase 2 trial data.

### More information

September 2024  
Urology Times

Radium223



## Trial could lead to new 'gold standard' test for prostate cancer

In research published this week in the journal JAMA Oncology, the researchers report that the new test correctly predicted the location and margin of tumours in 45 per cent of cases – nearly twice as often as the rate of 28 per cent for MRI.

August 2024

Gold Stanard

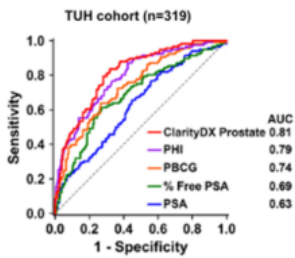


Fig. 3 | ROC curves for ClarityDX Prostate, PHI, PBCG, % Free PSA, and PSA when predicting grade group ≥2 prostate cancer for Thomas University Hospital patients.

## 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-Prostate Cancer Treatment Challenge
- 2-Managing Hot Flushes
- 3-MRI-Guided Ultrasound Ablation for Prostate Cancer
- 4-Men often confused about prostate cancer screening
- 5-Computer model boosts detection of cell-to-cell communication
- 6-Is Your Bone Pain From Prostate Cancer?
- 7-Understanding Prostate Biopsy Results
- 8-Future Directions in mCRPC
- 9- Canadian Prostate Cancer

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## For Caregivers & Families



### Prostate Cancer Treatment Challenge: Which Drugs to Use First

The optimal use of state-of-the-art therapies remains unclear, but current trends are to prescribe androgen receptor pathway inhibitors (ARPIs) such as abiraterone and enzalutamide earlier and earlier in the disease course and triplet therapies of an ARPI plus ADT and docetaxel as first-line therapy.

September 2024  
Renal & Urology News

**Challenge**



### Managing Hot Flushes

Hot flushes (sometimes called hot flashes) and sweats are caused by the changing levels of hormones in the body. They are a very common side effect of hormone therapy for prostate cancer.

You are less likely to have hot flushes if you are taking anti-androgen drugs such as bicalutamide. Hot flushes are more likely if you are taking LHRH agonists such as zoladex.

Prostate Cancer Research

**Hot Flushes**



By 5 years, 92% of men recovered post-free continence, and 87% had preserved erectile function sufficient for penetration.

## MRI-Guided Ultrasound Ablation for Prostate Cancer Offers Durable Benefits

MRI-guided interventions provide a very precise, real-time whole gland therapy for intermediate-risk prostate cancer to complement the existing standard-of-care therapies with very favorable cancer control and a much lower risk of sexual and urinary complications, with no risk of bowel complications,” said lead author Steven S. Raman.

### More Info

March 2024  
Renal & Urology News

MRI- Guided

## Articles For Everyone

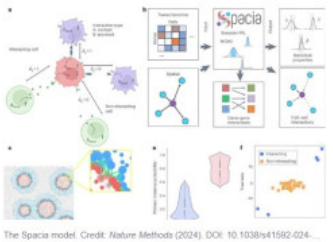


## Men often confused about prostate cancer screening, survey shows

A new survey finds the majority of American men believe the first step in prostate cancer screening is an invasive rectal exam by their doctor. That's not true, but mistaken beliefs like these could keep men from getting screened until prostate cancer is discovered far too late, the American Cancer Society (ACS) warns.

September 2024  
Medical Xpress

Screening



The Spacia model. Credit: Nature Methods (2024). DOI: 10.1038/s41592-024-...

## Computer model boosts detection of cell-to-cell communication

The researchers tested Spacia in a variety of contexts using data generated by SRTs, gathering significant insights. For example, using an SRT dataset from prostate cancer tissue, Spacia found that several cell types in the tumor microenvironment participate in a phenomenon called epithelial-mesenchymal transition, an important contributor to metastasis.

### More Info

September 2024  
Phys Org

Cell to Cell

## New Videos



## Is Your Bone Pain From Prostate Cancer?

### Bone Pain Questions

- 1- Is pain a common symptom of prostate cancer? What causes it?
- 2- How much time does "rapid resolution of pain" actually take?
- 3- Where in the body is pain from bone metastasis usually felt?
- 4- What pain relief medication's should patients be taking?

September 2024  
PCRI

[Bone Pain](#)



## Understanding Prostate Biopsy Results

1 million biopsies are done here in the US on men every single year most of those being random needle biopsies. We will help you understand the difference between a targeted biopsy and a random needle biopsy. We want to talk about the specifics of how each type is done, how accurate they are and the pros and cons of each.

August 2024  
PCRI

[Biopsy Results](#)

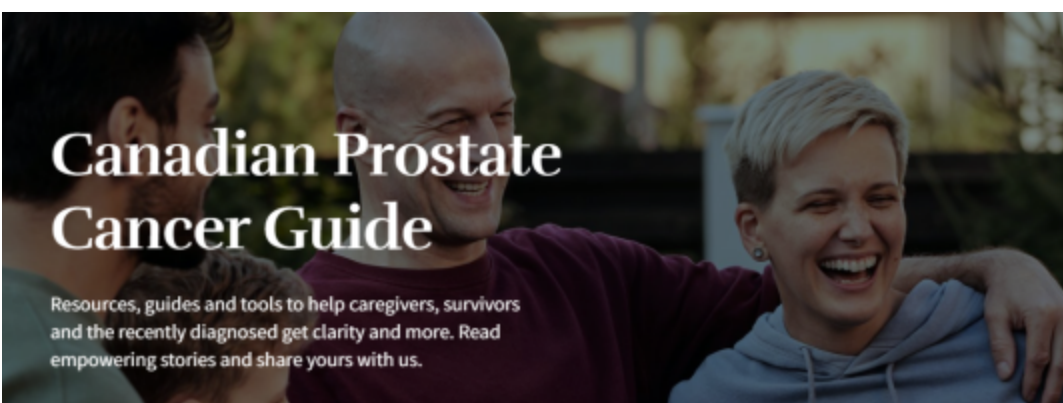


## Future Directions in mCRPC

Panelists discuss how the treatment landscape for metastatic castration-resistant prostate cancer (mCRPC) is rapidly evolving through advancements in precision medicine and novel therapies, while emphasizing the importance of ongoing education for community oncologists to stay updated on these changes.

September 2024  
Urology Times

[mCRPC](#)





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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