



The Digital Examiner
www.prostaaid.org

“Issue #299” November 2024



In Flanders Fields

**In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.**

**We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.**

**Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.**

By John Mccrae

Warriors Lunch Meeting

Warrior's lunch was held recently on Monday October 28th and we are looking to host the next one in early January. To ensure we can continue with these luncheons in 2025 we are looking for a volunteer to help us organize the monthly event. Any help you can provide is appreciated
[Please contact us at program.director@prostaaid.org.](mailto:program.director@prostaaid.org)

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](#)

**November 20 Guest Speaker
Jeremiah LaFollette**



How to deal with prostate cancer day to day.

Jeremiah is a Registered Professional Counsellor (RPC), Master Practitioner in Clinical Counselling (MPCC) with the Canadian Professional Counsellors Association. Jeremiah is the National President for the CPCA, Counselling Program and is also affiliated as a Counselling Therapist with ACTA.

Jeremiah has been counselling for over 15 years which also includes over 30 years not for profit work/management experience. Jeremiah has been producing positive counselling results with individuals, couples, and families by restoring individual wholeness and healthy relationships who are dealing with trauma, crisis, depression, stress, anxiety, divorce, separation and mental health challenges.

As an experienced educator, Jeremiah has a passion for instruction and public speaking in the areas of relationships, mental health, communication, self-care, and building healthy relationships.

Other areas of counselling therapy and experience include communication skills, relationship skills, parenting skills, coping with stress, anger, support in overcoming various addictions, career coaching, personal crisis, grief and loss, Trauma Informed Care, Triple P Parenting, Motivational Interviewing, Signs of Safety, Solution Focused Brief Therapy and Accelerated Resolution Therapy (ART). Jeremiah also has previous experience in supporting families involved with Children's Services.

In his spare time, Jeremiah enjoys developing meaningful relationships with his 5 children and amazing wife and best friend of over 25 years.

Upcoming Events

General Meeting

Everyone is welcome to join us on Wednesday November 20th in the main hall for our guest speaker, Jeremiah LaFollette's, presentation "How to deal with prostate cancer day to day" starting at 7:30 . Prior to the presentation we invite our Warriors and Wives, Partners, and Caregivers to spend some social time together starting at 6:00 and breakout meetings for the groups at 6:30.



2024 Pathfinder Award

Join us in recognizing the contributions of Dr. Tarek Bismar. This year's celebration is on Wednesday Dec 4th at the Grey Eagle Casino, so clear your calendar for this special event. Watch your email for all the specific details and don't forget to RSVP.

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@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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Newly Diagnosed
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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

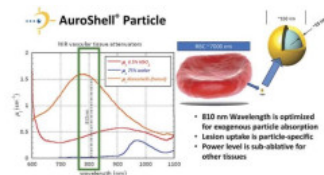


Hypofractionated Radiation for High-Risk Prostate Cancer Offers Similar Survival

Hypofractionation of radiation therapy in men with high-risk prostate cancer is not associated with worse overall survival or prostate cancer mortality. Survival outcomes are comparable after hypofractionated dose escalation radiation therapy (HFRT) and conventional fractionated radiation therapy (CFRT) for high-risk prostate cancer, according to clinical trial findings.

October 2024
Renal+Urology News

Radiation

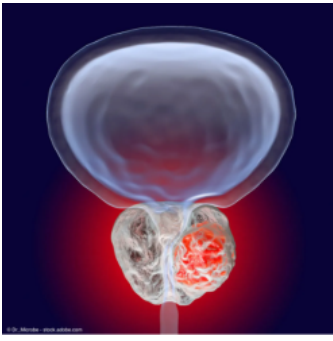


Nanoparticle therapy offers new hope for prostate cancer patients

Gold nanoshells are tiny particles, thousands of times smaller than a human hair, that can be engineered to strongly absorb specific wavelengths of light and generate heat. In this case, gold nanoshells were designed to accumulate in the tumors, allowing for highly targeted near-infrared laser treatment that heats and destroys the cancerous tissue while sparing surrounding healthy cells.

October 2024
Phys Org

Nanoparticle



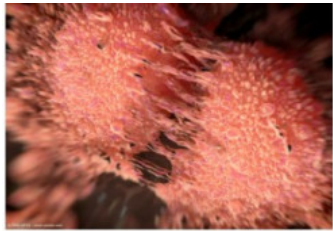
Nivolumab plus SOC associated with improved FFBR in GG5 prostate cancer

Overall, the study met its primary end point, with the nivolumab cohort achieving a 2-year FFBR rate of 90.3%. This exceeded the pre-defined historical control rate of 75% ($P = .025$). The median FFBR was 58.6 months in the study. No grade 4 or higher toxicities associated with nivolumab were reported, and only 2 patients (6.3%) experienced an acute grade 3 toxicity.

Trial Results

October 2024
Urology Times

Nivolumab



Talazoparib/enzalutamide significantly boosts OS in mCRPC

Talazoparib plus enzalutamide significantly improved overall survival in mCRPC patients, including those with HRR gene mutations.

Metastatic castration-resistant prostate cancer is the most advanced and aggressive stage of the disease, and the TALAPRO-2 results provide much-needed hope to patients who remain in high unmet need for effective treatment options.

Trial Info

October 2024
Urology Times

Talazoparib



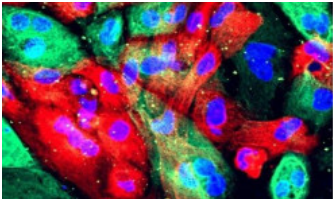
Large-scale study identifies prostate cancer genetic risk factors in a diverse group of African men

Researchers have identified the genetic risk factors that contribute to prostate cancer in a diverse group of African men. Although research and treatment are scant, this first large-scale African genomics study could signal new treatment possibilities.

[Trial Results](#)

October 2024
MedicalXpress

[African Men](#)



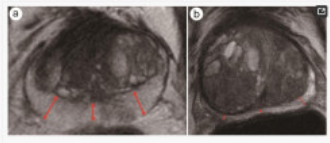
Research points to potential new treatment for aggressive prostate cancer subtype

When researchers at the University of Michigan Rogel Cancer Center first identified a new subtype of aggressive prostate cancer, they knew they needed to understand how this genetic alteration was driving cancer and how to target it with treatment.

[More information](#)

October 2024
MedicalXpress

[Aggressive](#)

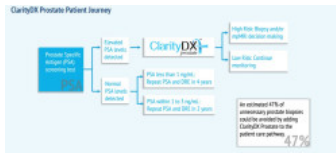


Evolving Hypothesis that Prostate/BPH Size Matters in Protection against Prostate Cancer

The two predominant urological diseases impacting aging men are benign prostatic hyperplasia (BPH) and prostate cancer (PCa). Over half of men aged over 50 years old show histological findings of BPH, and PCa remains a highly aggressive malignancy with still rising rates in the United State. Both BPH and PCa are associated with tissue proliferation and often coincide with each other, but, until recently, their specific interaction has not been well understood.

August 2022

Prostate/BPH Size



PSA testing alone doesn't add up.

1 in 8 men will be diagnosed with prostate cancer in their lifetime. The good news is that when detected early, prostate cancer is one of the most successfully treated types of cancer (1).

The challenge is that the current method of screening – the prostate-specific antigen (PSA) test, looks at just one data point in a complex equation. The test measures levels of PSA, a protein made in the prostate, and flags higher levels for prostate cancer risk and further testing, including biopsy (2-4).

Elevated PSA levels can indicate prostate cancer, but these higher levels can also be caused by vigorous exercise, recent sexual activity, a prostate infection, etc. In fact, biopsies show most 'positive' PSA tests are not indicative of clinically significant prostate cancer on their own (2-4).

The result is that patients may opt for unnecessary, invasive prostate biopsies and treatments with potentially harmful side effects. There is a better way.

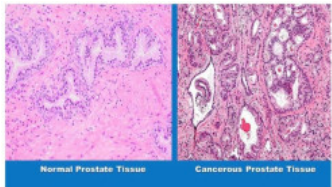
ClarityDX

Read about these articles below

- 1-A healthy diet may help keep low grade prostate cancer from progressing
- 2-Supportive care for prostate cancer
- 3-Artificial Intelligence Enhances Assessment of Prostate Cancer
- 4-Benign Prostatic Hyperplasia vs Prostate Cancer
- 5-Scientists discover chemical probes for previously 'undruggable' cancer target
- 6-Understanding Prostate Cancer Prognosis
- 7-The Evolving Role of Radium-223 in mCRPC



For Caregivers & Families



A healthy diet may help keep low grade prostate cancer from progressing to more dangerous states

In a study believed to be the first of its kind published, a research team led by Johns Hopkins Medicine provides scientific evidence that a healthy diet may reduce the chance of low risk prostate cancer progressing to a more aggressive state in men undergoing active surveillance—a clinical option in which men with lower risk cancer are carefully monitored for progression in lieu of treatments that could have undesired side effects or complications.

October 2024
MedicalXpress

[Healthy Diet](#)



Supportive care for prostate cancer

Recovering from prostate cancer and adjusting to life after treatment is different for each person, depending on the stage of cancer, the organs or tissues removed during surgery, the type of treatment and many other factors.

The end of cancer treatment may bring mixed emotions. Even though treatment has ended, there may be other issues to deal with, such as coping with long-term side effects. If you have been treated for prostate cancer you may have the following concerns.

Canadian Cancer Society

[Supportive Care](#)



Artificial Intelligence Enhances Assessment of Prostate Cancer

An artificial intelligence software product greatly enhanced the ability of urologists and radiologists to establish the contours of cancer tumors, a finding that could have implications for personalized patient care.

Artificial intelligence (AI) may help to determine prostate cancer extent more accurately when compared with conventional means, recent study findings suggest.

[More Info](#)

September 2024
Renal & Urology News

AI

Articles For Everyone

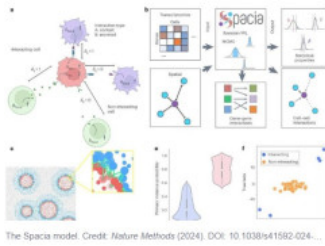


Benign Prostatic Hyperplasia vs Prostate Cancer: An Overview

Benign prostatic hyperplasia (BPH) and prostate cancer are conditions that affect the prostate gland, which produces some of the fluid that is semen. Both conditions mainly affect older men and can cause similar problems, such as difficulty urinating or frequent urination, but they are different in several important ways.

October 2024
Renal+Urology News

BPH/Prostate



Scientists discover chemical probes for previously 'undruggable' cancer target

Hormone-driven cancers, like those of the breast and prostate, often rely on a tricky-to-target protein called Forkhead box protein 1 (FOXA1). FOXA1 mutations can enable these types of cancers to grow and proliferate. Today, FOXA1 is notoriously difficult to block with drugs—but that may soon change.

More Info

October 2024
Phys Org

Probes

New Videos



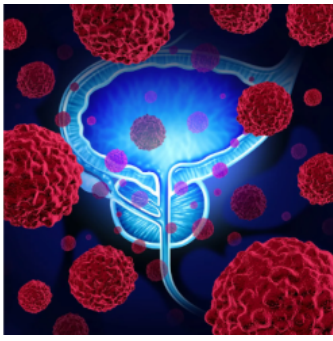
Understanding Prostate Cancer Prognosis

Understanding Prostate Cancer Questions

- 1- What makes the difference between a mild and a dangerous prostate cancer case?
- 2- How many people are hormone-resistant from the start of treatment?
- 3-How do you interpret survival projections from doctors?
- 4- Is cancer that has metastasized in the liver curable?

September 2024
PCRI

Understanding



The Evolving Role of Radium-223 in mCRPC and the Impact of Combination Therapies

Panelists discuss how combining radium-223 with androgen receptor–targeted therapy like enzalutamide addresses historical challenges in treating metastatic castration-resistant prostate cancer, including poor radium-223 uptake, prostate-specific androgen–level control issues, and the need for multimodal treatment approaches.

October 2024
Urology Times

[Evolving Role](#)

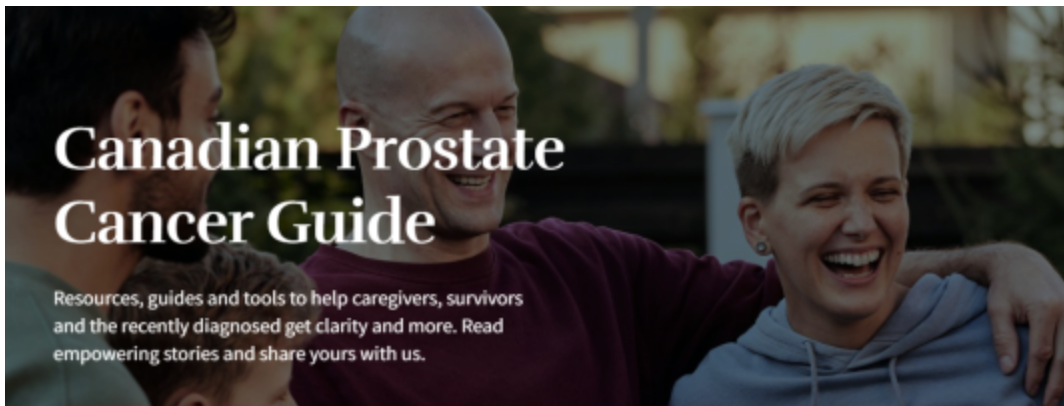


Treatment Considerations in Nonmetastatic CSPC

Experts on prostate cancer discuss factors to consider while making treatment decisions for patients with nonmetastatic castration-sensitive prostate cancer.

September 2024
Urology Times

[Treatment](#)



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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