



The Digital Examiner
www.prostaaid.org

“Issue #300” December 2024



2024 Pathfinder Recipient



Tarek Bismar

Dr. Bismar has published more than 115 peer reviewed publications mostly in prostate cancer biomarkers and genomic signatures and currently has active collaborations with several national and international investigators. His research employs multiple platforms including gene expression, copy number alteration and whole exome/genome sequencing of somatic and germ line mutations in association to invitro/in-vivo manipulation, as well as summarizing his research.

Dr. Bismar research focuses mainly on prostate cancer in two areas; low-intermediate disease whose patients are enrolled in Active surveillance programs with the aim to develop clinical signatures to guide urologists on follow-up protocols and when to implement definite therapy, thus promoting “Precision Active Surveillance guidelines”. The second area is related to the development of neuroendocrine prostate cancer post hormonal and radiotherapy, where his main objective is to understand the genomic underlying in increased risk for such differentiation post hormonal and radiotherapy.

Upcoming Events

General Meeting

Thanks to all that have responded and registered and we're looking forward to seeing you all there on Wednesday December 4th at the Grey Eagle Casino for our 2024 Pathfinder Award.

Our next general meeting will be held on February 19th. More details to follow.

Giving Tuesday Dec 3 2024



Did you miss this?

It's never too late to give. You can still donate through our Canada Helps portal and receive a tax receipt for donations of \$20 or more. This is also a great time for making your year-end donation as well.

PROSTAIID Calgary Society Calgary is a registered charity that relies on the generosity of its members, supporters and friends to achieve its goals.

[Donate Today](#)

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@prostaidd.org](mailto:program.director@prostaidd.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](#)

Exciting Opportunity Alert! Prostaidd 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@prostaidd.org.

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Meeting Info Here

Articles Of Interest



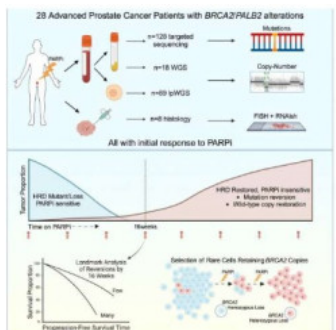
DRIVING CHANGE FOR MEN'S HEALTH

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

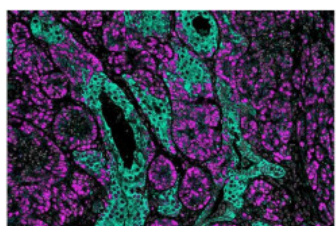


Scientists can predict how long prostate cancer patients will respond to olaparib

Being able to predict when and how patients will stop responding to a particular drug helps doctors to personalize treatment as it means they can switch patients to a different regimen. The researchers also hope the results will pave the way for the development of new drugs that target these genetic changes, preventing advanced prostate cancers from becoming resistant to treatment.

November 2024
MedicalXpress

Olaparib



Enzyme study unveils key strategies against drug-resistant prostate cancer

An enzyme called EZH2 has an unexpected role in driving aggressive tumor growth in treatment-resistant prostate cancers, according to a new study by scientists at Weill Cornell Medicine.

The results could potentially lead to new therapies for patients with limited options and add to the significant progress the teams have made in understanding how advanced prostate cancer develops resistance to treatments that target androgen receptors.

More Info

November 2024
MedicalXpress

Enzyme



Real-world use of androgen-deprivation therapy intensification for metastatic hormone-sensitive prostate cancer: a systematic review

While there was an increasing trend in ADT intensification for mHSPC over the study period across geographies, use remained suboptimal considering the high proportion of patients who were still receiving ADT monotherapy only. These findings highlight the need for interventions to further optimise current mHSPC therapies with high guideline concordance.

More information

November 2024
URO Today

[ADT Use](#)

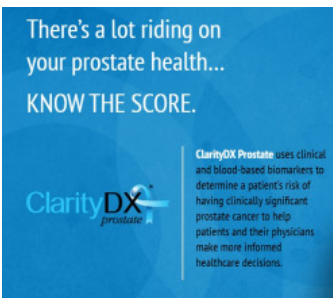


Prostate Cancer Overtreatment Persists in Active Surveillance Era

Our goal is to encourage clinicians to make longevity part of the discussion about the best treatment options so that prostate cancer patients with limited life expectancies can make educated choices,” Dr Daskivich said in a Cedars-Sinai news release.

November 2024
Renal+Urology News

[Overtreatment](#)



Better outcomes start from clarity.

When it comes to a cancer diagnosis, Clarity means peace of mind. And when it comes to prostate cancer detection, it takes the right data to deliver that Clarity.

ClarityDX Prostate is a clinically proven decision support tool that uses a machine learning platform to calculate an accurate prostate cancer risk score from clinical data and multiple blood-based PSA test results (5-7).

If you have an elevated PSA, or a suspicion of prostate cancer, ClarityDX Prostate may be right for you. ClarityDX Prostate takes the fear and uncertainty out of prostate cancer screening.

[ClarityDX](#)



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.

[Donate Today](#)

Read about these articles below

1-Prostate Cancer Overtreatment

2-Survivorship of Prostate Cancer after Experiencing Radiotherapy

3-Potential breakthrough in treatment of aggressive type of prostate cancer

4-High levels of omega-3, omega-6 may protect against cancer

5-Mathematical modeling leads to a better understanding of prostate cancer

6-Blood In Your Urine? Hematuria

7-Newly Diagnosed Stage 4 Prostate Cancer

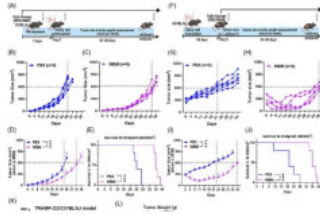
8-Treatment Options in Castration-Resistant Prostate Cancer

9- Canadian Prostate Cancer

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For Caregivers & Families



Researchers discover why taking a mushroom supplement slows or prevents prostate cancer from getting worse

Researchers at City of Hope now understand why taking an investigational white button mushroom supplement shows promise in slowing and even preventing prostate cancer from spreading among men who joined a phase 2 clinical trial studying "food as medicine."

[More Info](#)

November 2024
MedicalXpress

Mushroom



An Overview of Diagnosis to Survivorship of Prostate Cancer after Experiencing Radiotherapy

Prostate cancer is virtually the most common type of cancer, leading to multiple complications within the male gender worldwide. However, prostatic complications have been increasing recently due to probable changes in lifestyles. Affected patients try every treatment technique to confront their cancer. Thus, radiation therapy has been demonstrated to be one of the most efficient lanes of long-term survivorship in men with malignant prostatic cancer.

May 2024
XHP

Survivorship



Case study describes potential breakthrough in treatment of aggressive type of prostate cancer

Researchers from the George Washington University and the Washington DC Veterans Affairs Medical Center have published a case report that signifies a potential breakthrough in the treatment of an aggressive type of prostate cancer.

[More Info](#)

November 2024
Renal & Urology News

Breakthrough

Articles For Everyone

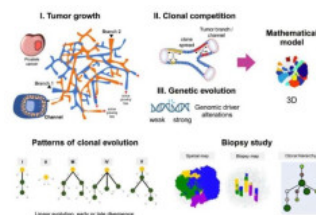


High levels of omega-3, omega-6 may protect against cancer

In addition to lowering your cholesterol, keeping your brain healthy and improving mental health, new research from the University of Georgia suggests omega-3 and omega-6 fatty acids may help ward off a variety of cancers.

November 2024
MedicalXpress

Omega



Mathematical modeling leads to a better understanding of prostate cancer

Prostate cancer is the most common cancer in men. However, the mechanisms of tumor development, particularly the development of aggressive tumors, are still largely unclear in prostate cancer and other malignant tumors for two reasons.

[More Info](#)

November 2024
Oncology&Cancer

Mathematical

New Videos



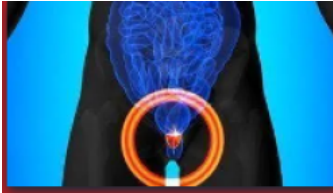
Blood In Your Urine? Hematuria

Understanding Prostate Cancer Questions

- 1- What is hematuria?
- 2- What is the analysis process?
- 3-How long can hematuria last?
- 4- What can men do to eliminate bleeding?

November 2024
PCRI

[Hematuria](#)

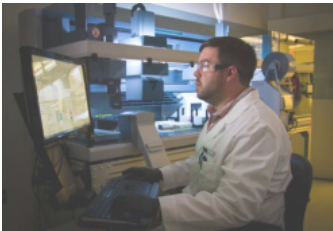


Newly Diagnosed Stage 4 Prostate Cancer

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.

November 2024
PCRI

[Stage 4](#)

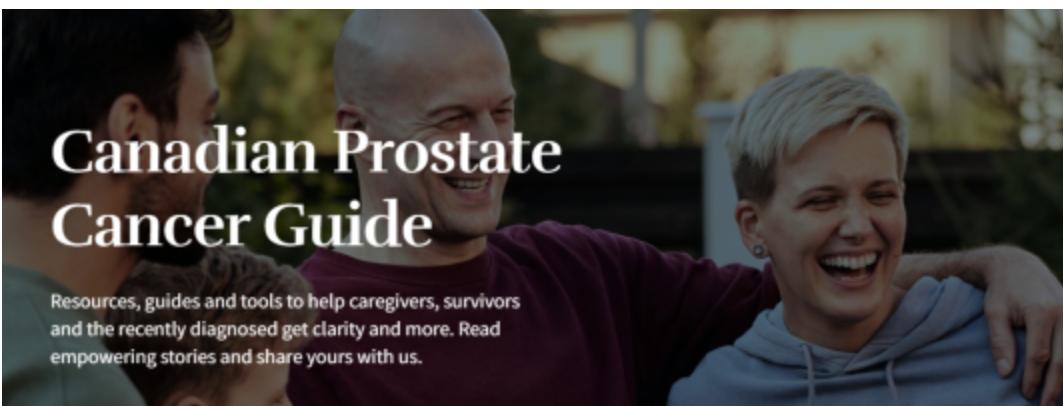


Treatment Options in Castration-Resistant Prostate Cancer

Focusing on castration-resistant prostate cancer, the panel reviews treatment options for patients with metastatic and nonmetastatic disease.

August 2024
Urology Times

[Treatment Options](#)



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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