



www.prostaaid.org

“Issue #303” March 2025



Spring Is Just Around The Corner



Frank Altin

July 27, 1955 – February 5, 2025

Remembering Frank Altin, age 69.

Frank, born in Kamloops, BC., is survived by his loving wife, Helen and his three children, Jessica, Daniel, and Kathryn.

Frank was a valued and dedicated member of PROSTAID Calgary Society, leading the Warriors group- a community of men who were diagnosed with advanced disease or after initial prostate cancer treatment faced recurrent disease. Each month, he guided these peer-to-peer support meetings, creating a space for Warriors to share their experiences, discuss treatments, and support one another.

As a leader, Frank not only facilitated these discussions but also diligently documented various treatment approaches, empowering members to have informed discussions with their medical teams. His commitment to helping others navigate their journeys was truly inspiring.

Frank’s presence, leadership and compassion will be deeply missed by all at PROSTAID Calgary.

[Frank's Obituary](#)

A Tribute to Frank Altin:

I met Frank in the Spring of 2019, when I was diagnosed with cancer. It was a life-altering experience to find out I had prostate cancer. The first people I met at my initial Warriors' meeting were Frank Altin and Pat Henker. Both Frank and Pat were tremendous guides in navigating my early days in this journey.

I was so impressed with Frank as our facilitator, organizing the Warriors. Frank took me under his wing, providing help, knowledge and support.

I then realized that Frank and I were the same age and we both worked at Telus, although we never talked about our previous careers.

We will miss dearly Frank's unwavering dedication of organizing and leading the Warriors.

His legacy will remain in our hearts and minds.

Thank you, Frank, for your dedication and support to me and to so many others.

**With gratitude,
Jim Richardson**

A Warriors Tribute to Frank

I was diagnosed with prostate cancer in 2011. When surgery and radiation failed to arrest it, I began an ADT regime. It was about then I heard of, and joined, the Warriors group.

Stewart Campbell was the group's godfather, and Frank was his principle disciple. Between Frank and Stewart, they knew and shared everything there was about current and emerging treatments. Their knowledge was amazing, and their desire to share and provide support to us all was incredible.

As Stewart's health declined, Frank became more and more the godfather, maintaining contact lists and checking in with us on regular basis. Through pizza lunches and regular Prostaaid meetings, Frank was the leader, and remained so even as his own health declined.

Warriors came and went, but Frank was always there to offer information and support. He was there until it became physically impossible for him, and now the end has come to him, as he knew it would.

His absence leaves a huge gap in our group, but it is being filled by others such as Brad, Jim and Richard. We will always remember, however, and be grateful for, the time he shared with us.

Les Morgan

March 19th Guest Speaker Couples Counselling



Chelsea Anderson

Chelsea is a registered provisional psychologist with the College of Alberta Psychologists. Originally from Kelowna, BC, Chelsea completed her Master of Arts in Counselling in 2022 and relocated to Calgary, AB in 2023 to join Dr Lauren Walker at Walker Psychological Inc. While in Kelowna, Chelsea practiced for nearly a decade working with clients with extensive trauma backgrounds, including sexual trauma.

For the past two years, Chelsea has been working under the clinical supervision of Dr Walker, specializing in couples counselling and sex therapy. Chelsea has a special interest in working with cancer survivors and spends some of her time working directly out of the Prostate Cancer Centre. In her private practice, Chelsea works with people to develop healthier relationships with their bodies, whether that is in a sexual context or athletic setting.

Chelsea loves to explore the outdoors by bike, cross-country skis or snowboard. You will often find her training for mountain bike races, or enjoying the calm quiet of fresh snow in the trees. In this way, Chelsea encourages her clients to get curious about their own relationships with moving their bodies!

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](#)

Upcoming Events

Warriors & Wives Partners and Caregivers

Please come and join us on Wednesday, March 19th.
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.



Warriors Lunch

Date: March 4 Starting Time: 11:30
Place: Les Morgan's home, 1411 - 25A St. SW

Parking on the Park side of street

If you would like to attend, please RSVP jim.richardson@telus.net to let Les plan for the event and so we can order the right amount of Pizza.

We will send out an email reminder closer to the date.

Thanks to Les and Patricia Morgan and Prostaïd Calgary for hosting our event.

Exciting Opportunity Alert! Prostaïd 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@prostaïd.org.

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[Connect With Us](#)

Support Groups

Jim Richardson
403 370 1514
Warriors
jim.richardson@telus.net
Wives, Partners & Caregivers
Newly Diagnosed
info@prostaïd.org

[Meeting Info Here](#)

Donate Today

PROSTADID 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](#)

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.

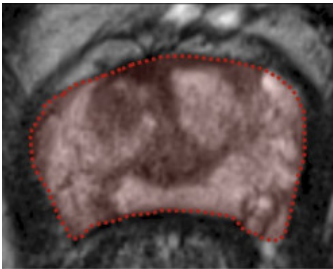
Now serving Edmonton & north for men 40 to 70 and for men between 40 and 49 please go to Get Checked for specific details.

-No appointment necessary

-Find the next community clinic near you

-15 minutes can save your life!

[MAN VAN UPCOMING CLINICS](#)



PET volumes of interest were defined based on:

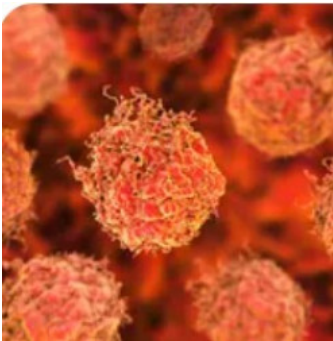
Radiomics for Intraprostatic Prostate Cancer Detection and Metastases Prediction Using Whole-Gland Segmentation

This retrospective analysis included two prospective clinical trials included 103 treatment-naïve men who had confirmed or suspected prostate cancer. Recruited patients had either suspicion of prostate cancer and negative systematic biopsies or clinically discordant low-risk prostate cancer (n = 20), patients being considered for focal therapy (n = 31), or patients with unfavorable intermediate or high-risk prostate cancer (n = 52).

January 2025

URO Today

[Radiomics](#)



Real-world studies underline safety, efficacy of radium-223 in mCRPC

To this end, the investigators conducted a systematic literature review of real-world observational studies of Ra-223. Eligible studies included retrospective, prospective, or cross-sectional observational studies of adult men with mCRPC who were treated with Ra-223. Studies were excluded if they had fewer than 100 participants or were randomized controlled trials, case reports, reviews, genetic studies, surveys, or consensus reports.

[More Info](#)

February 2025

Urology Times

[Radium-223](#)



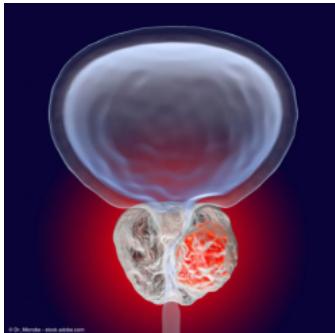
Prostate cancer study reveals early radiation side effects predict future issues

Acute toxicity refers to side effects that occur during treatment or within the first three months after it ends, and they are typically temporary. Common urinary side effects include increased frequency of urination, difficulty urinating and discomfort during urination. Bowel-related side effects may include softer stools or diarrhea, as well as rectal discomfort during bowel movements.

Trial Info

January 2025
MedicalXpress

Side Effects



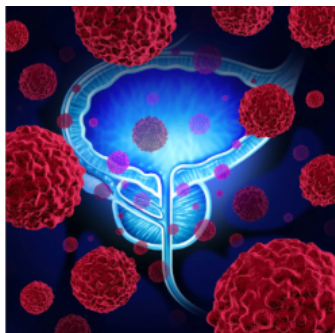
Darolutamide plus ADT shows mHSPC benefit regardless of disease volume

Treatment of metastatic hormone-sensitive prostate cancer (mHSPC) with darolutamide (Nubeqa) plus androgen deprivation therapy (ADT) improved outcomes vs placebo plus ADT regardless of the volume of disease.

Trial Results

February 2025
Urology Times

Darolutamide

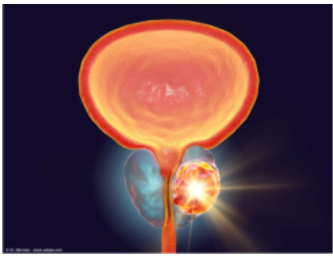


EBRT Regimens Elicit 15-Year Prostate Cancer Survival Outcomes

External beam radiation therapy (EBRT) with or without short-term neoadjuvant androgen deprivation therapy (STAD) elicited 15-year survival in patients with intermediate-risk prostate cancer (IRPC), according to a study presented in a poster session at the 2025 Asco Genitourinary Cancer Symposium.

February 2025
Cancernetwork

EBRT



Phase 2 trial launches of opaganib plus darolutamide in mCRPC

The approach of developing therapeutic combinations and the companion lipid biomarker, PCPro, in parallel is unique in metabolic targeting in metastatic prostate cancer, and this exciting study will test the ability of sphingosine kinase-2 (SPHK2) inhibitors, such as opaganib, to overcome resistance to ARPI treatment

Trial Info

February 2025
Urology Times

[Opaganib-Darolutamide](#)



Low Risk Prostate Cancer is Still Cancer

New report puts the patient perspective on the issue

Should low-risk prostate growths, classified as Gleason 6 or ISUP 1, be re-classified as non-cancerous? The last decade has seen the issue vigorously debated, with some urologists saying that identifying these lesions, which are unlikely to kill, as cancers can adversely affect patient decision-making and cause overtreatment in some cases.

February 2025
Europa Uomo

[Low Risk](#)

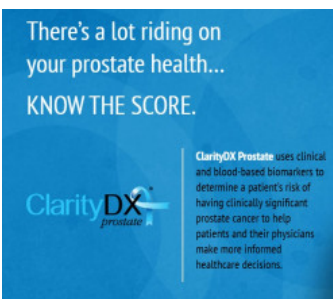


Did you know you can donate a car to ProstaID Calgary

To begin the process of donating your vehicle, please answer a few short questions to ensure that your vehicle qualifies for our program.

You also get a tax receipt for this donation.

[Donate Here](#)



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](#)

Read about these articles below

1-Urine-Based Biomarker Test

2-Enrollment goal met in trial of Urocross Expander Implant

3-Fish Oil and a High Omega-3 Diet Reduced Prostate

4-Why health and wellness supplements are no silver bullet for cancer

5- Scientists uncover method to halt key driver of prostate and other cancers

6- Prostate Cancer Biomarker Testing Suboptimal

7-Effect of hormonal therapy after penile prosthesis surgery

8-Top 10 BPH articles and videos of 2024

9-Canadian Prostate Cancer Guide

10- Caring For Couples

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Articles For Everyone



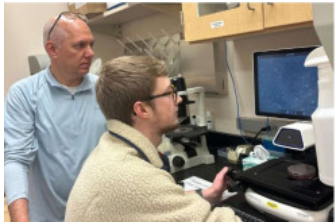
Urine-Based Biomarker Test Detects Clinically Significant Prostate Cancer

“Using urine obtained without [digital rectal exam (DRE)], the MPS2 test provides a highly accurate, personalized risk score to better identify patients who can confidently forego additional testing with MRI or biopsy.”

[More Info](#)

February 2025
Renal+Urology

Urine-Based



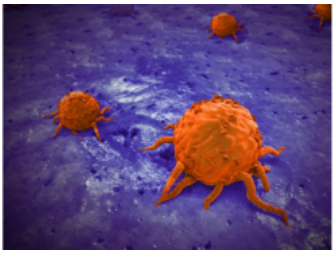
Enrollment goal met in trial of Urocross Expander Implant for BPH-related LUTS

“The fact that this system works without cutting, burning, ablating, or leaving a permanent foreign body inside the prostate is truly revolutionary. It opens up a whole new world of possibilities for how we approach treatment, offering patients effective relief with minimal intervention.”

[More Info](#)

January 2025
Urology Times

BPH



Fish Oil and a High Omega-3 Diet Reduced Prostate Ki-67 Index

Diet intervention in the trial consisted of less than 30% of calorie intake from fat; decreased consumption of foods with high levels of omega-6 fatty acids like corn oil, fried foods, highly processed foods, and chips; increased intake of omega-3 rich foods like salmon and tuna; a less than 4:1 ratio of omega-6 to omega-3; and 2.2 g per day of eicosapentaenoic acid (EPA) plus docosahexaenoic acid (DHA) intake via 4 oral fish oil capsules per day. Patients in the control group did not receive fish oil.

More Info

February 2025
Cancernetwork

Fish Oil



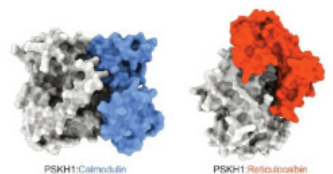
From methylene blue to vitamin E: Why health and wellness supplements are no silver bullet for cancer

Health supplements have become increasingly popular in recent years, with many people turning to them in hopes of improving overall health and reducing risk of diseases like cancer. The allure of these products is understandable—who doesn't want a simple pill or powder to ward off serious illness?

Explore Further

January 2025
MedicalXpress

Supplements



Scientists uncover method to halt key driver of prostate and other cancers

Melbourne-based scientists have, for the first time, discovered how to "switch off" a molecule which is one of the top culprits behind prostate cancer, and is also linked to lung and kidney cancers. The "dark molecule"—meaning it's understudied—is known as "Protein Serine Kinase H1" (PSKH1) and is associated with tumor progression and metastasis. However, until now, how it does this has been unknown.

More Info

February 2025
MedicalXpress

Switch Off



Prostate Cancer Biomarker Testing Suboptimal

The study found significant delays between biomarker testing, result availability, and treatment initiation. Results arrived in a mean 32 days. A mean 266 days elapsed from the time a first biomarker test was ordered to prostate cancer diagnosis and 178 days elapsed to treatment initiation. Streamlining this process could improve patient outcomes, according to the investigators.

Study Results

February 2025
Renal+Urology

[Biomarker Testing](#)



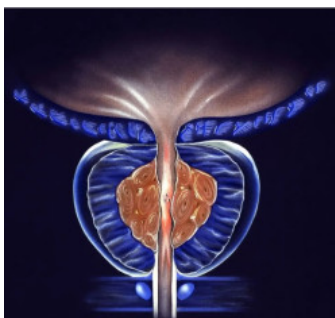
Effect of hormonal therapy on satisfaction rates after penile prosthesis surgery in prostate cancer survivors

Prostate cancer, a prevalent malignancy in men, often results in erectile dysfunction (ED), particularly following treatments like radical prostatectomy (RP) and radiotherapy, significantly affecting quality of life. Managing ED in prostate cancer survivors is critical. Inflatable penile prosthesis (IPP) implantation is a well-established treatment for ED, yet the literature on satisfaction rates for patients with a history of androgen deprivation therapy (ADT) remains sparse. We aimed to investigate the impact of ADT on satisfaction rates in patients undergoing IPP implantation following RP or radiation therapy.

Trial Results

February 2025
Wiley Online Library

[ED](#)

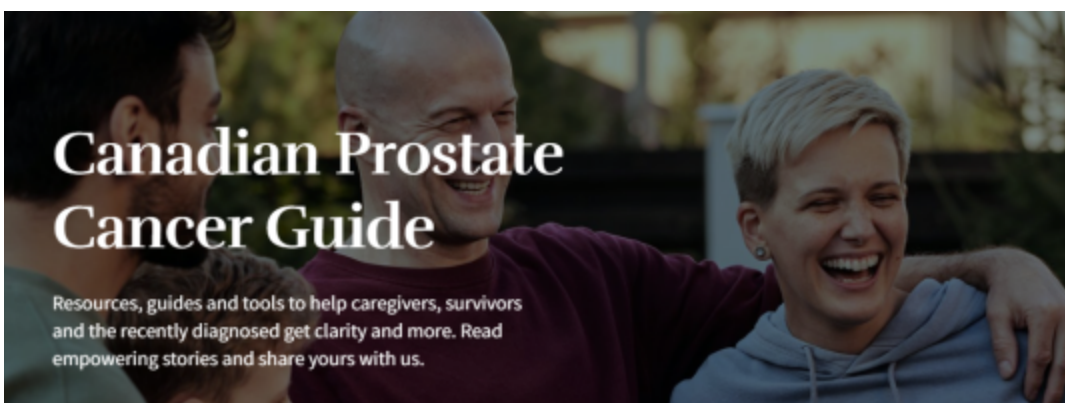


Top 10 BPH articles and videos of 2024

There has been a lot of news about benign prostatic hyperplasia (BPH) over the past year. To celebrate these breakthroughs, the editorial staff at *Urology Times*® are showcasing our best content on BPH from 2024.

December 2024

[Top 10 BPH](#)



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](#)



CARING FOR COUPLES
Tuesday, April 28 at 4 PM
A workshop for couples who are navigating their prostate cancer journey.

Caring For Couples

We offer a series of workshops for couples and caregivers adjusting to prostate cancer, its treatment and impact on self/relationships. If you're interested please reach out to Taylor to register at this email please.

Taylor.T@prostatecancercentre.ca

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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Far far away, behind the word mountains, far from the countries Vokalia and Consonantia, there live the blind texts. Separated they live in Bookmarksgrove right at the coast of the Semantics, a large language ocean. A small river named Duden flows by their place and supplies it with the necessary regelialia.

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