



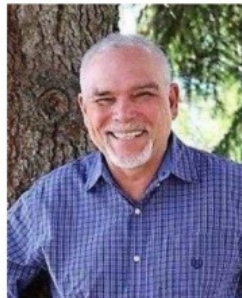
The Digital Examiner
www.prostaids.org

“Issue #304” April 2025



April Showers Bring?

5 JULY, 1952 – 11 MARCH, 2025



Remembering Bob Phillips, age 72.

Bob is survived by his loving wife, Paulette; his daughter Lisa (Andrew); his three much loved grandsons Torin, Halen and Lennox; sister Brenda (Jean), brothers Grant (Karen), Hunter (Rene) and Maverick; and many nieces, nephews and cousins. He was sadly predeceased by his daughter Christy Phillips, mother Marjorie Morwick, father Wayne Phillips, stepmother Bertha Phillips and nephew Turner Phillips.

Bob was a proud Metis, a loving husband, father and grandfather who will be greatly missed. Bob was a devoted member of his community; whether through volunteerism, indigenous outreach, a member of the Catholic Church, a ceremonial Metis Elder, a storyteller or simply an audience for anyone longing for company.

In his final years, he was very proud of his volunteer work with the Prostaids Calgary Society and as a member of the Patient Advisory Council (PFAC) for the new Arthur C. Child Cancer Center, where he helped develop outreach programs in aboriginal communities improving awareness and access to prostate cancer screening as well as helping other people navigate their journey with prostate cancer.

We will miss his booming, contagious laugh, the endless stories, the terrible dad-jokes, the smile, and the silly faces. We are relieved in knowing that his pain and suffering is over.

Bob's leadership and compassion will be deeply missed by all at PROSTAID Calgary.

Bob's Obituary

April 16th Guest Speaker



Cheryl Wheat

After 15 years in the banking industry, Cheryl went back to school and attained a degree in nursing, and later a specialization in Oncology Nursing in the United Kingdom.

She worked on a bone marrow transplant unit for several years before transferring to the Department of Radiation Oncology at the Tom Baker Cancer Centre where she was the Primary Care Nurse for men with genitourinary cancers. It was there that she established the first (in Alberta) Prostate Cancer Education Group which met weekly covering 7 different topics including Prostate Cancer 101, Sexuality and Prostate Cancer and 5 other topics.

She also travelled, speaking to a variety of groups about prostate cancer, and was the medical advisor for a 2-man play about prostate cancer. She had a poster presentation at a national oncology meeting in Ottawa, showing research on the benefits of education and group support for men with prostate cancer.

After 10 years at TBCC, Cheryl turned her sights to Palliative Care, and worked in Palliative Home Care and Hospice.

Now that she is retired, she has time to devote to helping men with cancer and their support people.

She hopes she can be a productive member of ProstaID Calgary by serving as a Director.

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, April 16th.
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.



We're excited to be part of this event this year.

Come and visit us at our booth.

Saturday April 26th 9am - 3pm

Unison at Kerby Centre 1133 7 Avenue SW Calgary

The Expo offers a full day of fun for the 50+ community with more than 60 trade-show booths, information sessions & entertainment featuring an impressive variety of products, services and information for older adults and their families.

Save The Date
AGM Will Be May 29th
More Details Coming Soon

Casino Volunteers Needed

We're still looking for some volunteers for our Main Fundraiser Casino. It is at Ace Airport Casino 40 Aero Drive NE on [Tuesday June 24th and Wednesday June 25th](#).

We are looking for Bankers, a Cashier, a GM from 7pm to 3:30am and one more person in the Count Room from 10:30pm to 3:30am. Please connect with the program.director@prostaidth.org as to your availability. That would be much appreciated.

We also need people that could be available at the last minute in case someone cannot make it.

Thank to all of those that have made this commitment already.



Warriors Lunch

Next warriors lunch will be on May 6th. More details to follow.

Exciting Opportunity Alert! Prostaidth 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@prostaidth.org.

Connect With Us

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info@prostaidth.org
Brad Sterling
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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@prostaidth.org

[Meeting Info Here](#)



Donate Today

PROSTAIDTH 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](#)



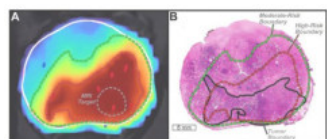
Bone-Protecting Agents Reduce Fracture Rate in mCRPC

Results suggest bone-protecting agents should be used in patients with metastatic castration-resistant prostate cancer and bone metastasis, especially in the era of androgen receptor pathway inhibitors.

Trial Info

March 2025
Renal+Urology

Bone Protecting



AI tool helps predict who will benefit from focal therapy for prostate cancer

A study led by UCLA investigators shows that artificial intelligence (AI) could play a key role in improving treatment outcomes for men with prostate cancer by helping physicians determine who is most likely to benefit from partial gland cryoablation, a minimally invasive procedure that treats localized prostate tumors.

Explore Further

March 2025
MedicalXpress

Focal



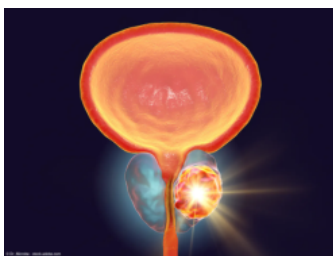
Study finds genetic factors behind aggressive prostate cancer

"We found that prostate cancer follows a common evolutionary path, with different tumors branching off depending on early genetic changes and an individual's inherited genetic background. Some tumors may become aggressive because of specific mutations, while others remain indolent. Both genetic randomness and inherited traits play a role in determining these outcomes."

Explore Further

March 2025
MedicalXpress

Aggressive



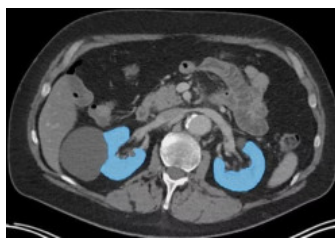
Cu-67 SAR-bisPSMA Granted Fast Track Designation for Metastatic CRPC

The FDA has granted ⁶⁷Cu-SAR-bisPSMA fast track designation for the treatment of adult patients with prostate-specific membrane antigen (PSMA)-positive metastatic castration-resistant prostate cancer (CRPC) who received prior androgen receptor pathway inhibition (ARPI)

Trial Info

February 2025
Cancernetwork

CU-67



AI helps predict kidney function decline in Lu-177 patients

Lu-177 PSMA-I&T is a drug similar to Lu-177 PSMA-617 (Pluvicto, Novartis) being evaluated in Europe for treating metastatic castration-resistant prostate cancer. The drug delivers targeted internal radiation to tumors, yet substantial absorbed doses have also been measured in various non-target organs, such as the kidneys, the authors explained.

[Abstract Info Here](#)

February 2025
Clinical News

Lu-177



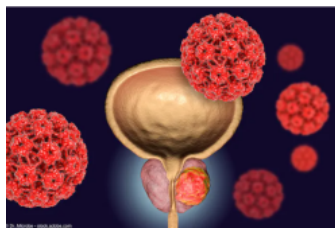
Study confirms safety and efficacy of higher-dose-per-day radiation for early-stage prostate cancer

A new large-scale study co-led by UCLA Health Jonsson Comprehensive Cancer Center investigators provides the strongest evidence yet that a shorter, standard-dose course radiation treatment is just as effective as conventional radiotherapy for prostate cancer, without compromising the safety of patients.

[Explore Further](#)

March 2025
Oncology&Cancer

Higher-Dose



New Partnership May Expand Use of Prostate Cancer AI Technology Platform

According to the press release, use of the AI platform may allow urologists and radiation oncologists to make informed treatment decisions before therapy at the time of biopsy for active surveillance and after surgery or radiotherapy. The platform is designed to decode hidden information from complex morphological structures across cancer pathology landscapes, which may help predict patient outcomes, treatment responses, and genotype mutations.

February 2025
Cancernetwork

New AI Tech



De-risking prostate cancer screening with ClarityDX Prostate

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-Slows Sexual Decline in Men With Prostate Cancer
- 2-Checking PSA levels too soon after prostate cancer surgery
- 3-Prostate cancer 'is not a death knell'
- 4-New potential for prostate cancer immunotherapy
- 5-Waterjet surgery for enlarged prostate
- 6-Researchers learn how a drug called zotatifin kills cancer cells



Articles For Everyone



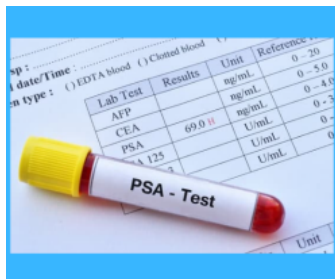
Enzalutamide vs ADT Slows Sexual Decline in Men With Prostate Cancer

In a post hoc analysis of patient-reported outcomes in the EMBARK study, enzalutamide monotherapy significantly delayed deterioration in sexual interest, activity, satisfaction and erectile function compared with androgen deprivation therapy (ADT) alone

[More Info](#)

March 2025
Renal+Urology

[Sexual Decline](#)



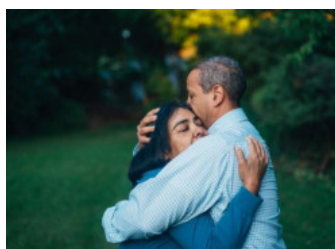
Checking PSA levels too soon after prostate cancer surgery can lead to overtreatment, study suggests

In a paper published in *Jama Oncology* Mass General Brigham researchers found that the current standard monitoring time of one-and-a-half to two months following surgery is too short to accurately identify recurrence and inform treatment decisions. Rather, PSA levels should be measured for at least three months to avoid overtreatment.

[More Info](#)

March 2025
JAMA Oncology

[PSA Levels](#)

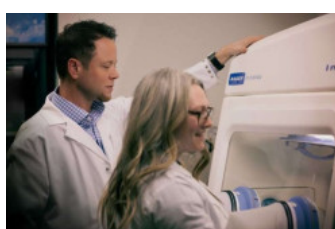


Prostate cancer 'is not a death knell': Early detection and personalized care improve outcomes, study shows

Prostate cancer statistics can look scary: 34,250 U.S. deaths in 2024. 1.4 million new cases worldwide in 2022. Dr. Bruce Montgomery, a UW Medicine oncologist, hopes that patients won't see these numbers and just throw up their hands in fear or resignation.

March 2025
Oncology&Cancer

[Early Detection](#)



Study finds new potential for prostate cancer immunotherapy

Warfel's team discovered that the overexpression of PIM1 kinase in tumor-associated macrophages was a driver of resistance to immunotherapy. By inhibiting PIM1 kinase in conjunction with an immune checkpoint inhibitor, Warfel's team was able to reduce cancer tumor growth in laboratory and animal models of prostate cancer.

[Explore Further](#)

March 2025
MedicalXpress

[Immunotherapy](#)



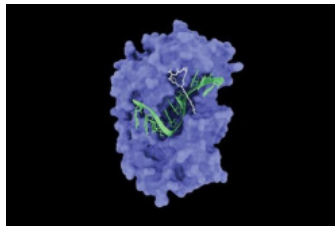
Waterjet surgery for enlarged prostate can offer relief without compromising sexual enjoyment, trial finds

There are several surgical approaches for BPH. The most common option, transurethral resection of the prostate (TURP), uses a heated wire loop to shave away excess prostate tissue. A previous five-year trial has shown aquablation can significantly reduce the risk of retrograde ejaculation as a side effect compared with TURP.

More Info

March 2025
MedicalXpress

Waterjet



Researchers learn how a drug called zotatifin kills cancer cells

The scientists tested zotatifin against prostate tumor biopsies that were transplanted into mice. This type of experiment, called a patient-derived xenograft, is considered a gold standard for showing a drug's potential to beat cancer in the laboratory.

The prostate tumors, which had been growing relentlessly in patients, shrank in response to zotatifin in the mice.

Study Results

March 2025
MedicalXpress

Zotatifin

<p>POPULATION 82 Men Men with prostate cancer Mean age, 66.3 y</p>	<p>INTERVENTION 82 Participants randomized</p> <ul style="list-style-type: none"> 33 Exercise Group-based supervised resistance and aerobic exercise program (3x/week for 12 wks) 26 Exercise + PESM Exercise plus one-time brief psychosocial education and self-management (PEM) intervention 23 Watchful care Usual medical care
<p>SETTINGS / LOCATIONS 4 Exercise sites in Australia</p>	<p>PRIMARY OUTCOME The total score at 12 mo assessed with the International Index of Erectile Function (IIEF) using 15 5-item subscales related to erectile function. The exercise and exercise plus PEM groups were combined for data analysis.</p>

Exercise key to improving sexual dysfunction for patients with prostate cancer, study says

In the first study of its kind, now published in *JAMA Network Open*, Professor Galvão explored the impact that regular exercise and the introduction of psychosexual education and a self-managed intervention (PESM) had on sexual function and sexual satisfaction of patients with prostate cancer.

Trial Results

March 2025
MedicalXpress

Exercise



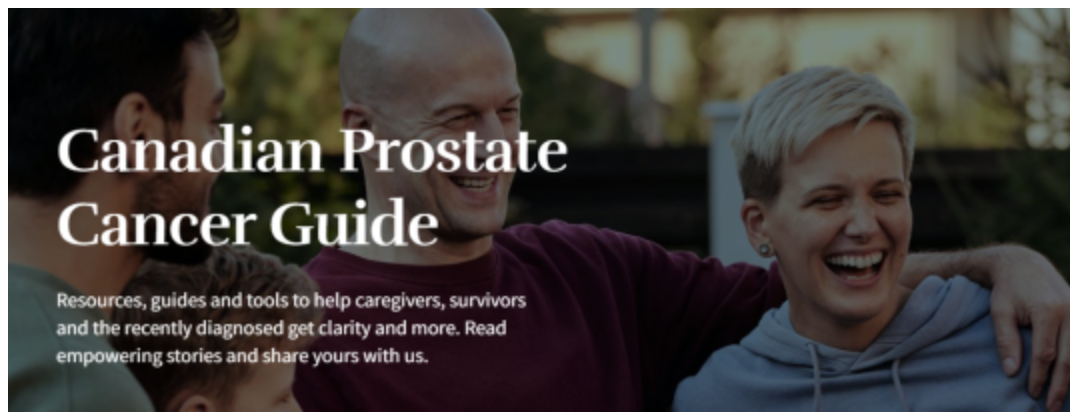
Healthy Lifestyle Choices May Reduce Risk of Death in Prostate Cancer Patients

To evaluate lifestyle, the researchers used the 2021 Prostate Cancer Behavior Score, which incorporates body mass index, total physical activity, and smoking status. The researchers also conducted analyses incorporating this score along with dietary factors, including intake of saturated fat, whole milk, alcohol, and processed meat.

More Info Here

March 2025
Renal+Urology

Healthy Lifestyle



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](#)



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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