



The Digital Examiner
www.prostaaid.org

“Issue #309” September 2025



Guest Speaker September 17
Navigating Sexual Relationships After Cancer

Description:
Mindfulness for Managing Cancer-Related Stress
Prostate cancer doesn't just test your body — it tests your mind. Learn from Dr. Linda Carlson how mindfulness can build resilience, reduce stress, and help you live with greater strength and ease



Dr. Linda Carlson

Dr. Linda Carlson has held the Enbridge Research Chair in Psychosocial Oncology since 2007, is Full Professor in Psychosocial Oncology in the Department of Oncology, Cumming School of Medicine at the University of Calgary, and Adjunct Professor in the Department of Psychology. She is the Director of the Alberta Complementary Therapy and Integrative Oncology (ACTION) Centre (ACTION Centre | My Site (action-centre.ca)), and is Director of Research and continues to work as a Clinical Psychologist at the Department of Psychosocial Resources at Cancer Care Alberta, where she has provided clinical service since 1997.

Dr. Carlson has received a long line of prestigious national and international research and teaching awards throughout her career, highlighted by the Kawano New Investigator Award from the International Psycho-Oncology Society (IPOS) in 2006, the inaugural Research Excellence award from the Canadian Association of Psychosocial Oncology in 2010, the Bernard Fox Memorial Award from IPOS in 2019, a Distinguished Scientist award from the Society of Behavioral Medicine in 2023, and the Dr. Rogers Prize in Complementary and Alternative Medicine in 2023. She was the President of the Society for Integrative Oncology from 2021-2023, and is Co-Editor-in-Chief for the official IPOS journal: The Journal of Psychosocial Oncology Research and Practice.

Dr. Carlson's research in Psychosocial Oncology, Integrative Oncology and Mindfulness-Based Cancer Recovery has been published in many high-impact journals and book chapters, and she published a patient manual in 2011 with Michael Speca entitled: Mindfulness-Based Cancer Recovery: A step-by-step MBSR approach to help you cope with treatment and reclaim your life, in addition to a professional training manual in 2009 (2nd Edition 2017) with Shauna Shapiro entitled The Art and Science of Mindfulness: Integrating mindfulness into psychology and the helping professions. She has published over 250 peer-reviewed research papers and book chapters, holds several millions of dollars in grant funding and is regularly invited to present her work at international conferences.

Starting July 16th, our progressive 50/50 raffle will run each month and the final draw will be held at our 2025 Pathfinder Award event on December 3.

Pool Total To Date Is \$240



This will be a 6 month consecutive sale of tickets at all of our General meetings. You must buy a ticket in person at one or all of these meetings. All tickets sold will be recorded so that if for any reason you are unable to attend the final draw, you will still be eligible. We will have an electronic paying option as well as cash. The ticket price is 1 for \$5 or 3 for \$10.

THERE WILL BE NO ONLINE SALES AT ALL ONLY IN PERSON SALES AND ALL SALES ARE FINAL

AGLC Licence# 733539



Warriors Lunch

Reminder to all of our Warriors that our next pizza lunch at Bella Roma Pizza in Lakeview is scheduled for **Tuesday September 2nd starting at 11:30 am.**

Confirm your attendance and don't forget to bring \$20 to help cover the cost.

[RSVP jim.richardson@telus.net](mailto:jim.richardson@telus.net)

Bella Roma Pizza #17 6449 Crowchild Tr. SW.

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)

If you are unable to attend in person, you can always join us via Zoom please sign up [HERE](#)

Important Notice Please Read

Warriors & Wives Partners and Caregivers

Join us on Wednesday, September 17th. We are meeting at CKE starting at 6:00 pm for both the warriors and wives, partners and caregivers in their designated areas.

We then will meet in the main hall for our social gathering until our main meeting which starts at 7:30 pm.

We are in Urgent Need of a Vice President.

You can play a vital role in our impactful mission. Your skills and dedication can help shape a brighter future.

We will help you grow into this position and "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

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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[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 50 to 70 years of age

- No appointment necessary
- Testing ages 40 to 70
- Find the next community clinic near you
- 15 minutes can save your life!

[MAN VAN UPCOMING CLINICS](#)



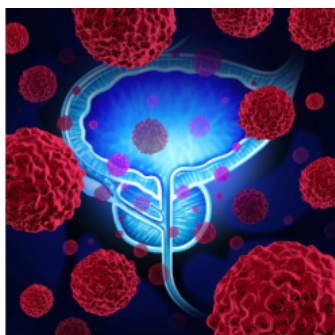
Novel alpha particle therapy holds promise in prostate, bladder cancer

Alpha particles are highly effective at destroying tumor cells, but their therapeutic use has been limited by the short range in which these particles can travel in tissue. A novel mechanism called Alpha DaRT is exploring the possibility to diffuse atoms that emit alpha particles directly within solid tumors, thus overcoming the short travel distance limitation.¹ This opens the door to new therapeutic approaches in radiation therapy beyond conventional modalities that rely on beta or gamma emissions.

More Info

August 2025
Urology Times

Alpha



HLD-0915 Earns FDA Fast Track Designation in Metastatic CRPC

HLD-0915 is engineered by developers as a bifunctional small molecule therapy holding together a tumor-specific intracellular targeting protein and effector protein to selectively target prostate cancer tumor cells. Bypassing an essential function within cancer cells, the agent's ternary complex drives the formation of neomorphic protein-protein interactions, resulting in an antitumor effect. Preclinical prostate cancer models revealed that oral HLD-0915 resulted in reductions in tumor size as well as prostate-specific antigen (PSA).

Trial Info

August 2025
Cancernetwork

HLD-0915



The perks of combining extension and Gleason score of positive surgical margins after robot-assisted radical prostatectomy

The role of positive surgical margins' (PSM) features in terms of cancer control outcomes is unclear. We aimed to test the association between PSM extension combined to highest Gleason score (GS) at margin and PSA persistence, biochemical recurrence (BCR) and clinical recurrence (CR) in prostate cancer (PCa) patients undergone robot-assisted radical prostatectomy (RARP).

Study Overview

August 2025
URO Today

Gleason



Metastasis-Directed Tx Plus ADT Slows Progression in Oligometastatic Prostate Cancer

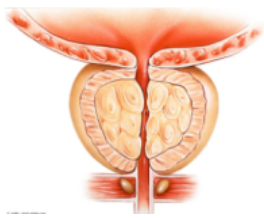
Metastasis-directed therapy added to ADT helps slow the progression of metastatic prostate cancer, a phase 2 trial finds.

The addition of metastasis-directed therapy (MDT) to androgen deprivation therapy (ADT) in patients with oligometastatic prostate cancer (omPC) is associated with improved progression-free survival (PFS) compared with the use of ADT alone, a phase 2 trial finds.

Trial Info

August 2025
Renal+Urology

Tx-Plus ADT



Irreversible Electroporation Appears Effective for Intermediate-Risk Prostate Cancer

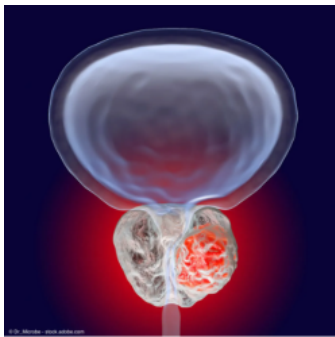
Irreversible electroporation using the NanoKnife System provided effective focal therapy option for intermediate-risk prostate cancer, with mostly favorable oncologic and functional outcomes.

For patients with intermediate-risk prostate cancer (PCa), irreversible electroporation (IRE) using the NanoKnife System appears safe and effective for prostate tissue ablation, trial results show.

[More Info Here](#)

August 2025
Renal+Urology

Irreversible



Study offers insights into optimal patient selection for HIFU in prostate cancer

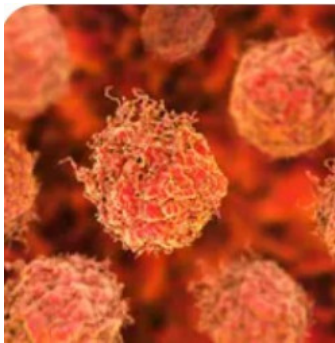
Data published in *European Urology Focus* shed light on factors associated with recurrence following high-intensity focused ultrasound (HIFU) for prostate cancer. These data point to the importance of careful patient selection for HIFU, as the therapy was shown to be an effective and tolerable treatment option for patients with intermediate-risk localized prostate cancer.

Focal therapies such as HIFU are an exciting and rapidly evolving option for localized prostate cancer, offering meaningful cancer control while preserving urinary and sexual function.

[More Info](#)

August 2025
Urology Times

HIFU



Preclinical data show promise of ATNM-400 for prostate cancer

According to Actinium Pharmaceuticals, ATNM-400 is “a novel Actinium-225 antibody radioconjugate for advanced prostate cancer” that “targets a non-PSMA [prostate-specific membrane antigen] protein overexpressed in [castration-resistant prostate cancer].”² The company also noted that “unlike PSMA-targeted agents that primarily serve as imaging and targeting tools, the ATNM-400 target is directly implicated in tumor progression, survival signaling, and resistance to androgen receptor pathway inhibitor (ARPI) therapy.”

August 2025
Urology Times

ATNM-400



Platinum Chemotherapy in Biomarker-Selected Metastatic Castrate Resistant Prostate Cancer

Metastatic castrate resistant prostate cancer (mCRPC) represents the terminal and most lethal form of prostate cancer. Patients with mCRPC often have limited responses to anticancer therapies, and survival is typically <2 years. In recent years, precision medicine has gained traction in mCRPC, particularly through detecting DNA damage repair (DDR) deficiencies. DDR proteins, such as BRCA1/2, ATM, and PALB2 among others, are essential in protecting and repairing double-stranded DNA breaks.

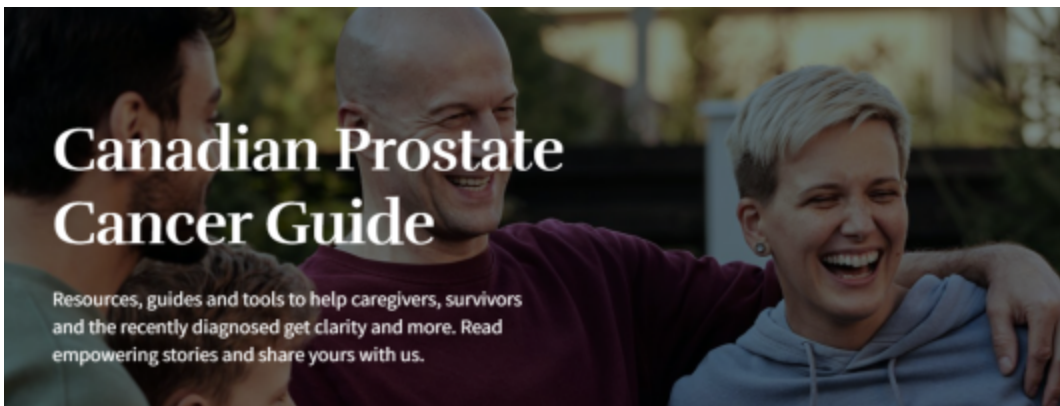
Trial Info

August 2025
JCO Precision Oncology

Platinum

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](#)

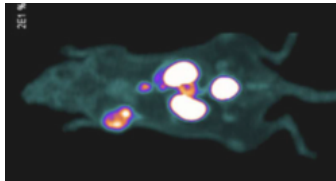
Read about these articles below

- 1-Dual-mode tracer enable surgeons to see and 'hear' prostate cancer
- 2- A Novel Core Needle Biopsy Instrument
- 3-Cancer drug eliminates aggressive cancers
- 4-Positive data on BOTRESO and MCS-8
- 5-ArteraAI Prostate for Localized Prostate Cancer Prognostication
- 6-Diet and prostate cancer
- 7-Some low-grade prostate cancers carry higher risks
- 8-Inactivation of key pathway boosts the body's immune response
- 9-ClarityDX
- 10-Personalizing Treatment for Patients With Metastatic Castration-Resistant Prostate

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Articles For Everyone



Dual-mode tracer could enable surgeons to see and 'hear' prostate cancer

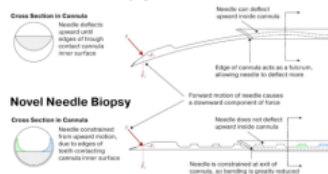
A preclinical evaluation of a new "dual-mode" tracer agent shows promise in not only helping surgeons image and plan prostate cancer procedures, but also provide them with much more consistent and targeted guidance during surgery.

"Our tracer provides high-resolution visual guidance, but would also allow a surgeon to use a hand-held Geiger counter probe to 'hear' areas of high radiation density that would accumulate in cancerous tissue not immediately visible—whether it's a lymph node, or distant metastasis, or local invasion in the bowel or the gut."

August 2025
MedicalXpress

[Tracer](#)

Standard of Care Biopsy



A Novel Core Needle Biopsy Instrument Designed for Targeted Biopsy

Adoption of targeted prostate biopsy is accelerating due to increased detection of clinically significant prostate cancer. However, two significant phenomena with the existing standard of care needles impede maximum sampling of the target: needle deflection and tissue displacement.

August 2025
URO Today

Biopsy



Cancer drug eliminates aggressive cancers in Phase I trial

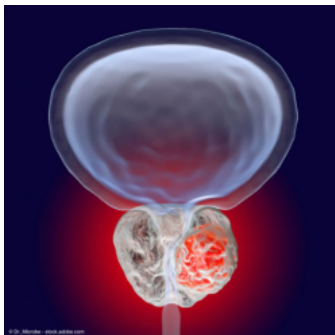
"Seeing these significant shrinkages and even complete remission in such a small subset of patients is quite remarkable," says first author Juan Osorio, a visiting assistant professor in Ravetch's Leonard Wagner Laboratory of Molecular Genetics and Immunology and a medical oncologist at Memorial Sloan Kettering Cancer Center.

Notably, the effect wasn't limited to tumors that were injected with the drug; tumors elsewhere in the body either got smaller or were destroyed by immune cells.

More Info

August 2025
MedicaXpress

Aggressive



Positive data on BOTRESO and MCS-8 highlight dual advances in prostate health

In the US-based pivotal trial, data showed comparable efficacy between the BOTRESO and placebo groups in the intent-to-treat populations (those who received at least 1 dose of treatment). However, in the Asian (Taiwan) subgroup and in the pooled Taiwan-US population, patients in the BOTRESO arm experienced a statistically significant improvement in LUTS compared with patients in the placebo arm.

[More Info Here](#)

August 2025
Urology Times

Botreso



ArteraAI Prostate for Localized Prostate Cancer Prognostication Now Approved

The ArteraAI Prostate tool analyzes a patient's digitized biopsy images and clinical data to produce a laboratory report of non-metastatic prostate cancer aggressiveness to support risk-based decisions. The software compares the individual patient with a pool who have similar disease characteristics.

August 2025
Renal+Urology

ArteraAI



Diet and prostate cancer

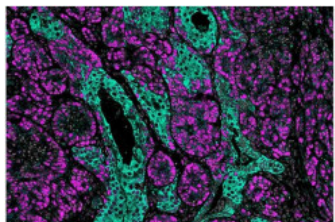
You should try to have a healthy diet when you have prostate cancer. This is important for your general health as well as helping you recover from cancer. It can also help you stay at a healthy weight and lower your risk of developing other conditions.

There isn't any strong evidence that you should eat or avoid particular foods. Instead, you can make some changes to improve your overall health.

Treatment for prostate cancer can cause problems with your diet, such as diarrhoea after radiotherapy. And some men might find it difficult to maintain a healthy weight. You might be over or underweight. Your doctor might refer you to a dietician if you have problems.

Cancer Research UK

Diet

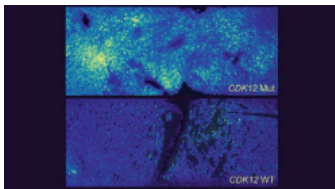


Some low-grade prostate cancers carry higher risks than biopsy suggests

The researchers conclude that relying on biopsy grade alone can lead to underestimating disease risk and misclassifying individuals who may benefit from definitive treatment with either surgery or radiation. Biopsies test only small areas of the prostate, so they can miss more advanced or aggressive cancer cells, providing an incomplete picture.

July 2025
MedicalXpress

Low-Grade



Inactivation of key pathway boosts the body's immune response against tumors

Immunotherapy uses the body's immune system to recognize and destroy cancer cells. One way to do this is through immune checkpoint inhibitors.

Immune checkpoints are a normal part of the immune system, and they help prevent the immune response from destroying healthy cells in the body. Therapeutic drugs that set up an immune checkpoint blockade inhibit proteins that prevent the immune system from attacking cancer cells. As a result, T cells can more effectively target and destroy tumors.

However, many patients are resistant to this therapy, which poses a challenge to their treatment.

[More Info Here](#)

August 2025
MedicalXpress

Immune

There's a lot riding on your prostate health...
KNOW THE SCORE.

ClarityDX
prostate

ClarityDX Prostate uses clinical and blood-based biomarkers to determine a patient's risk of having clinically significant prostate cancer to help patients and their physicians make more informed healthcare decisions.

ClarityDX technology can be used to predict the risk of disease.

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



Personalizing Treatment for Patients With Metastatic Castration-Resistant Prostate Cancer

Until recently, the treatment of metastatic castration-resistant prostate cancer (mCRPC) relied exclusively on hormonal therapies and taxane chemotherapy. The advent of modern molecular profiling methods applied in the clinic, namely, next-generation sequencing and advanced positron emission tomography (PET) imaging, has allowed for the development of biomarker-driven therapeutics including anti-PD-L1 therapy for microsatellite instability-high or tumor mutation burden-high disease, poly(ADP-ribose) polymerase (PARP) inhibitors for patients with DNA damage repair mutations, and lutetium 177 vipivotide tetraxetan (^{177}Lu -PSMA-617) for patients with prostate-specific membrane antigen (PSMA) PET-avid disease.

March 2025
ASCO Publications

Personalizing

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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