



## ***The Digital Examiner "Issue #310 December 2025"***

***Wishing You a Merry Christmas& a Happy New Year***

*As we approach the holiday season, PROSTAlD Calgary extends our warmest wishes to all our members, supporters, and their families. May this Christmas bring peace, comfort, and joy, and may the New Year bring renewed hope, good health, and meaningful connections.*

*We are deeply grateful for your involvement and continued support throughout the year. Your participation—whether through meetings, outreach, volunteering, or donations—helps strengthen our community and ensures that no one faces prostate cancer alone.*

*From our PROSTAlD family to yours, we wish you a wonderful holiday season and a bright and healthy year ahead.*

**Pathfinder & Volunteer Appreciation night on**

**December 3rd Is SOLD OUT!**

## Meetings Information



All of our monthly General meetings are held on the third Wednesday of every month

Location for in person is:

**CKE Community Centre (1015 73 Ave SW, Calgary, AB)**

If you are unable to attend in person we offer a Zoom option as well.

Sign up [HERE](#) to join us online

[Zoom Link](#)

### Next Meeting Details

Wednesday, January 21st at CKE Community Center

6:00 The warriors and wives, partners and caregivers in their designated areas.

7:00 pm Everyone is welcome in the main hall for social gathering time.

7:30 pm General Meeting and feature presentation.

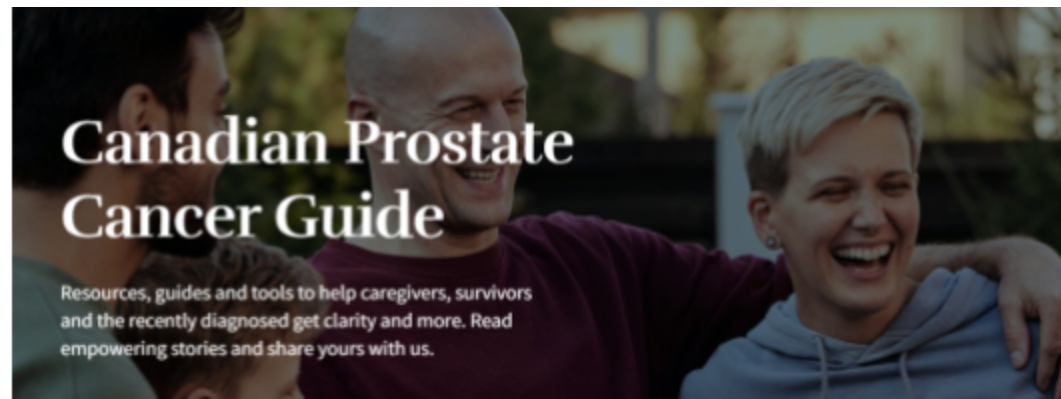
[Details](#)

## Ongoing Events

Reminder to all of our Warriors that our next pizza lunch at Bella Roma Pizza in Lakeview is scheduled for **Tuesday January 5th** 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.



**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](#)



## **Research Study for Men Diagnosed with Prostate Cancer**

**Seeking Canadian men (18+) diagnosed with mCSPC/mHSPC or mCRPC for a confidential market research study. Recently diagnosed (last 6 years) preferred, but others may still qualify.**

**For details or to see if you're eligible, contact:**

**Pat Manclark**  
**Phone: 888-886-9265**  
**Email: [pat.manclark@logitgroup.com](mailto:pat.manclark@logitgroup.com)**

[CCSN Website](#)

### **Upcoming Events Next Month**

**January 5th Warriors Lunch 11:30 Bella Roma**

**January 15th Prostaid BOD Meeting 11:30 Legion**

**January 21st General Meeting 6pm CKE**



## Connect With Us

### Information

Phone 403 455 1916  
[info@prostaaid.org](mailto:info@prostaaid.org)

Brad Sterling  
President

[president@prostaaid.org](mailto:president@prostaaid.org)

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## Support Groups

Jim Richardson  
Warriors  
[jim.richardson@telus.net](mailto:jim.richardson@telus.net)

Cheryl Wheat  
Wives ,Partner  
&Caregivers  
Newly Diagnosed  
[cherriwh@yahoo.ca](mailto:cherriwh@yahoo.ca)

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## Donate Today

Donations support *The Digital Examiner*, our free video library, website, and outreach and awareness programs.

Tax receipts are issued for contributions over \$20.

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## Articles



### Benign prostatic hyperplasia linked to depression and anxiety

BPH significantly increased depression and anxiety risk in a subgroup analysis, especially among those aged younger than 60 years.

MedicalXpress-11/2025

BPH

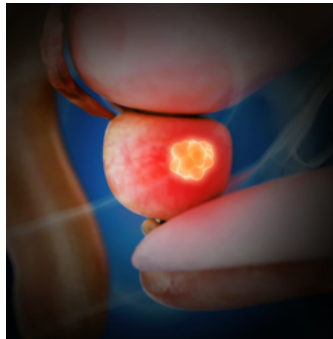


## SBRT Yields Improved DFS in Resectable HCC

DFS (disease-free survival) rates at 2 years were improved with cemiplimab plus SBRT vs cemiplimab alone in patients with resectable hepatocellular carcinoma.

Cancernetwork-11/2025

SBRT

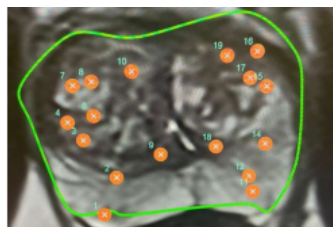


## $^{177}\text{Lu}$ -PSMA-I&T/ $^{223}\text{Ra}$ Display Safety and Feasibility in Metastatic CRPC

The PSA response rate and radiographic PFS were similar with the  $^{177}\text{Lu}$ -based combination regimen vs the radiotracer alone in metastatic CRPC.

Cancernetwork-10/2025

PSMA



## Focused ultrasound offers safe and effective prostate cancer treatment

A multicenter clinical study in Austria has shown that a new, highly precise ultrasound approach can successfully target and treat early prostate cancer while preserving patients' quality of life

Medicalxpress-11/2025

Focused



## Neuromodulation therapy for erectile dysfunction after radical prostatectomy

The study is assessing the safety and tolerability of the CaverSTIM device for ED after surgical removal of the prostate.

Urology Times-10/2025

ED



## Darolutamide + Androgen-Deprivation Therapy Provides Chemotherapy-Free Option for Metastatic Hormone

Study results indicate darolutamide plus ADT significantly improved median rPFS compared with placebo plus ADT in hormone-sensitive prostate cancer, and the risk of radiologic progression or death was reduced by 46%, which was found to be consisted across subgroups.

Renal+Urology-11/2025

Darolutamide



## Have You Made Your Personalized List of Health/Medical Information? If Not, Why Not?

My point in sharing this is that it not only provides your health care provider with important information that may hasten your treatment, but just as important, it shows the health provider that you are wanting to help them understand your medical information both past and present.

Watch The Video Here



## Raising Awareness

Join us in raising awareness and encouraging PSA testing for men. PROSTAID Calgary is proud to partner with the Man Van to provide free PSA tests, and your support helps fund mobile clinics across Alberta. Thank you for making a difference.

[Donate Here](#)

## Man Van

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.

**You will be redirected from this page**

[Man Van Tracker](#)

## 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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