



The Digital Examiner Issue #313 March 2026

March 18 Guest Christine Hentschel Meals on Wheels



Bio: Christine Hentschel is the Manager of Strategic Initiatives and Partnerships at Calgary Meals on Wheels. She leads community partnerships, supports collaborative sector projects, and drives internal initiatives to improve operational efficiency. A nonprofit professional her entire career, she has spent over a decade with Calgary Meals on Wheels.

SUMMARY: When life brings challenges, nutrition is often the first thing that suffers. Malnutrition delays healing, increases the risk for chronic disease, and decreases quality of life and independence. While recovering from illness or surgery or managing the demands of caregiving, Calgary Meals on Wheels is here to ensure everyone is able to access quality, nutritious, and affordable meals. Nutrition is vital to our health and well-being, so please join us to learn more about different programs that might be helpful to you, a neighbor, a friend or loved one. Whether short-term or long-term, we have meal options to help!

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

Next Meeting Details:

Wednesday, March 18th 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.

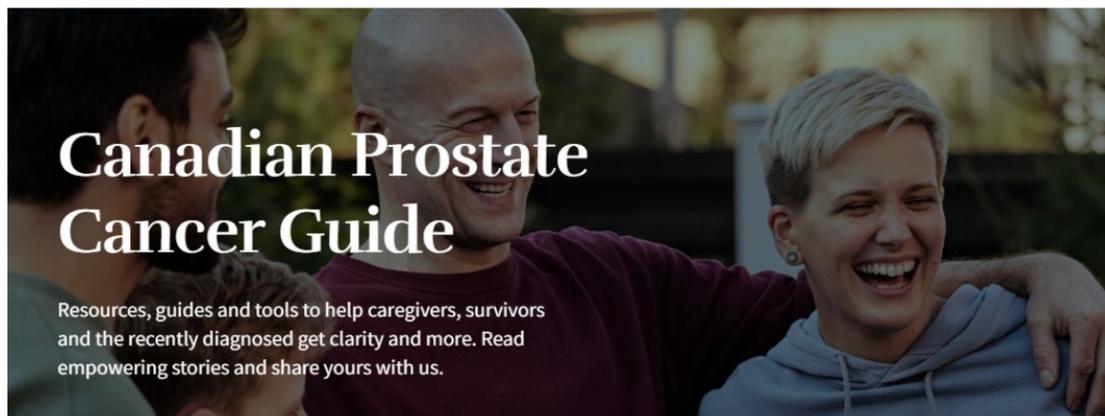
Ongoing Events

Reminder to all of our Warriors that our next pizza lunch at Bella Roma Pizza in Lakeview is scheduled for Tuesday March 3rd 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

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](#)

Upcoming Events Next Month

March 3rd Warriors Lunch 11:30 Bella Roma

March 14th Prostaidd BOD Meeting 9am-12pm CKE

March 18th General Meeting 6pm CKE With Christine Hentschel from Meals on Wheels

March 27 to 29th World of Wheels Awareness & Education Event

We're looking for volunteers to help in our booth at this event
Contact Richard at program.director@prostaidth.org if you can help out



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President

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Support Groups

Jim Richardson

Warriors

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Cheryl Wheat: Wives, Partners & Caregivers

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The Far-Reaching Effects of a Prostate Cancer Diagnosis

A prostate cancer diagnosis is not just a personal event—it resonates throughout families, affecting partners, loved ones, and caregivers. This challenging moment can feel overwhelming, but support makes all the difference. By contributing, you help ensure that no one in our community faces the journey alone.

How PROSTAID Calgary Makes a Difference

At PROSTAID Calgary, we are committed to providing free peer support, reliable education, and practical guidance from those who have experienced the realities of prostate cancer themselves. We empower men to understand their treatment options, offer a network of support for caregivers who may be struggling in silence, and advocate for early detection to reduce unexpected diagnoses for families.

Your Gift's Lasting Local Impact

Every donation remains in our community, helping us keep our vital programs accessible to everyone in need. Your generosity transforms uncertainty into understanding and helps move individuals from isolation to a supportive community. Together, we reinforce the message that no one has to walk this path alone.

[Donate Here Today](#)



ClarityDX Prostate is an Alberta-developed, machine-learning blood test, based on research at the University of Alberta since 2012, that combines clinical data and biomarkers to identify men who truly need prostate cancer intervention while safely ruling out low-risk cases. It could prevent up to 50% of unnecessary biopsies, reduce urology wait times, and improve care. Internationally validated in studies of more than 3,500 men, it is now part of a Genome Canada–supported national study, with the Institute of Health Economics estimating \$8 million in annual healthcare savings across Canada.

[LEARN MORE HERE](#)

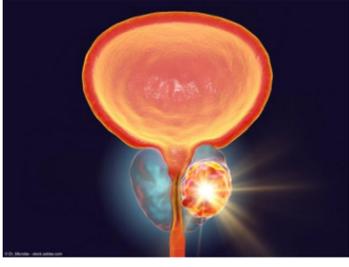


New characteristics of aggressive prostate cancer identified

For the first time ever, NTNU researchers have identified new characteristics of aggressive prostate cancer. The research lays a foundation for the possibility that aggressive prostate cancer can probably be detected through a few drops of semen or blood in the long term.

[LEARN MORE HERE](#)

Medicalxpress-02/2026

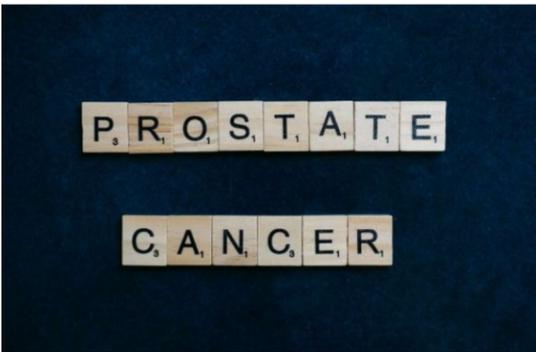


PSMA PET/CT–Guided Radiation Exhibits Favorable Prostate Cancer Outcomes

A 5-year OS rate of 97.1% was observed among patients who received PSMA PET/CT restaging at first biochemical recurrence following prostatectomy.

[LEARN MORE HERE](#)

Cancernetwork-02/2026



Study shows strong evidence for effectiveness of metastasis-directed radiation therapy in prostate cancer

The study is a first-of-its-kind meta-analysis of individual patients across all available randomized clinical trials evaluating the addition of metastasis-directed radiation therapy to standard-of-care treatment.

[LEARN MORE HERE](#)

Medicalxpress-02/2026



New study unlocks important information about how to treat recurring prostate cancer

New research appearing in the Journal of the National Comprehensive Cancer Network found that incorporating information from prostate-specific membrane antigen (PSMA) PET/CT scans may be able to predict progression-free survival (PFS) and guide treatment planning in patients with rising prostate-specific antigen (PSA) levels following removal of the prostate.

[LEARN MORE HERE](#)

Medicalxpress-02/2026

Vanquish Water Vapor System used in first commercial prostate ablation

Francis Medical recently announced completion of the first commercial procedure using the Vanquish Water Vapor System for prostate tissue ablation in a patient with intermediate-risk, localized prostate cancer.

[LEARN MORE HERE](#)

Urology Times-02/2026



Head-to-head analysis shows OS benefit with apalutamide vs darolutamide in mCSPC

Apalutamide significantly improves overall survival in mCSPC patients compared to darolutamide without concurrent docetaxel, showing a 51% reduction in death risk at 24 months.

[LEARN MORE HERE](#)

Urology Times-02/2026



Man Van

Join us in raising awareness and encouraging PSA testing for men.

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.

getchecked.ca

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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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