



The Digital Examiner Issue #318 August 2026

August 19th Guest Speaker

Daniel Munns

Prostate Cancer and Mental Health



Daniel Munns MC, RCC

Daniel is a Registered Clinical Counsellor with a Master’s degree in Counselling from City University of Seattle, serving the Vancouver region. He has spent the last twenty years providing wellbeing through the interconnected modalities of counselling, mindfulness, yoga and somatic therapies. Prior to his work in Vancouver, Daniel spent 15 years in Asia, studying and teaching meditation and yoga. His private practice work covers a varied demographic of clients. In his work at the Prostate Cancer Supportive Care Program in Vancouver, he uses a person-centered, interrelation approach to support men and the unique emotional and

psychological challenges they experience as a result of their diagnosis and treatment.



Could You Be Our Next Board Member?

Time matters. Right now, someone is hearing the words "you have prostate cancer" for the first time. Right now, a family is trying to figure out what comes next. The need for support, education, and community doesn't wait — and neither can we.

Every person reading this newsletter is here for a reason. Maybe you or someone you love has faced prostate cancer. Maybe you believe, as we do, that no one should face this journey alone.

We're looking for passionate individuals to join our Board of Directors — now, not eventually. [We're filling 2 seats before our fall planning meeting, and we want the right people in the room when we do.](#) Men and women are equally welcome to apply. Whether your experience is in healthcare, finance, law, marketing, community outreach, or simply lived experience with prostate cancer, your perspective can make a difference today.

As a board member, you'll help guide our organization, build community connections, support awareness efforts, and contribute to important decisions. Most importantly, you'll help ensure more men and families receive the support, education, and community they need — without delay.

We are growing this movement one seat at a time, and we're actively filling seats now. Yours could be next.

If you're curious, reach out to us at info@prostaid.org — there's no obligation, just a conversation about whether it's the right fit. We'd love to hear from you, and we'd love to hear from you soon.

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, August 19th 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 August 4th 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.



We Were There — Thank You for Joining Us!

On July 18th, we set up at the Century Downs Casino and Racetrack for another education and awareness event, and what a day it was! Thank you

to everyone who stopped by, asked questions, shared their stories, and showed up for this cause.

A special thank you to everyone who picked up 50/50 tickets while they were there. Half the pot went home with one lucky winner — congratulations! — and the other half went straight back into supporting prostate cancer awareness and education. Win or not, everyone who bought a ticket helped us reach more men and families with the information and support they need.

Events like this remind us why we do this work. Every conversation, every question answered, every ticket sold brings us one step closer to a community where no one faces prostate cancer alone.

Thank you for being part of it. We'll see you at the next one!



Thank You to Everyone Who Made Our Warriors Picnic a Success!

What a wonderful day! Thank you to everyone who came out and joined us for the Warriors Picnic — your presence, energy, and team spirit made it a truly memorable event. It was great seeing everyone come together outside of our usual routine to relax, connect, and celebrate as a community.

A special shoutout to [Saffron](#) for catering an outstanding buffet. The food was delicious, beautifully presented, and clearly a hit with everyone — thank you for helping make the day even more enjoyable!

We appreciate everyone who took the time to attend, and we're already looking forward to the next gathering. Thanks again for making this event such a great success!

Warmly, Prostaaid Calgary

Where should we be next?



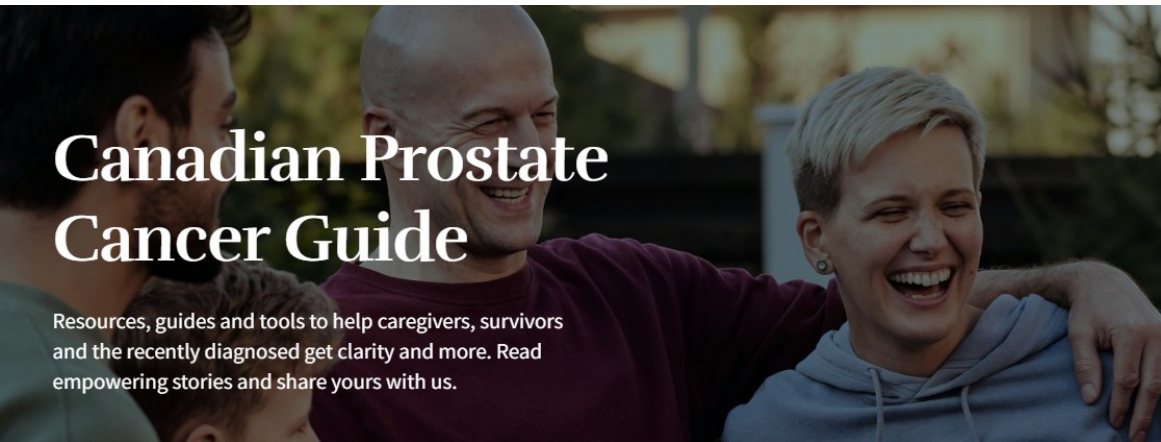
Every day, 80 men [\(CCS\)](#) in Canada hear the words "you have prostate cancer." Many of them had no idea they were at risk — because no one ever told them.

That's exactly why we show up. From the Stampede's Tailgate Party to World of Wheels, Century Downs, the Kerby Centre, and so many more — we've been out in the community sharing trusted information and connecting with men and families before a diagnosis changes everything. Not to sell anything. Just to help people know the facts and know their risk.

Do you know somewhere we should be?

A lunch-and-learn. A community fair. A men's group. A sports club. If people gather there, we can help.

If you know of a group, event, or workplace that could use what we do, we would love to be there. Reach out to Richard at info@prostaidth.org and let's make it happen.



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 This Month

August 4th Warriors Lunch 11:30 Bella Roma

August 19th ProstaID Calgary General Meeting



Connect With Us

**Phone 403 455
1916** info@prostaid.org

Brad Sterling

President

president@prostaid.org

Support Groups

Jim Richardson

Warriors jim.richardson@telus.net

Cheryl Wheat: Wives, Partners & Caregivers

cherriwh@yahoo.ca



Become a Monthly Donor for PROSTAID Calgary

A prostate cancer diagnosis affects more than one person — it affects families, partners, and caregivers too. Your monthly gift ensures that no one in our community has to face that moment alone.

It keeps our peer support and education programs completely free, helps men understand their options, and turns fear into clarity and isolation into community.

Every dollar stays local. Every gift matters. If you believe no one should face this journey alone, we'd love to have you with us every month.

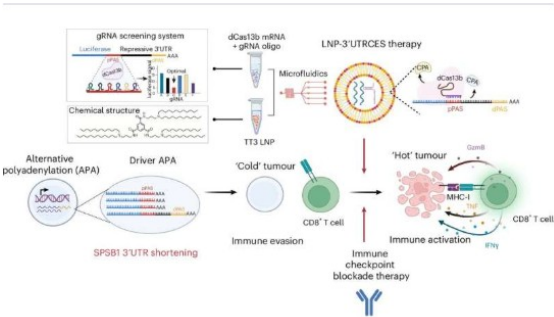
Become A Monthly Donor Today



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](#)

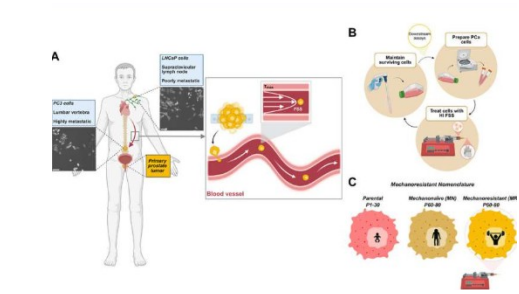


New tool makes immune therapy more effective in prostate cancer

Prostate cancer is often resistant to immunotherapy, which harnesses a person's immune system to recognize and destroy tumors. But a new technology that targets RNA in cancer cells gave immunotherapy new life, improving its ability to unleash cancer-killing cells in laboratory studies.

[LEARN MORE HERE](#)

Prostatepedia-07/2026



New mechanoresistant cancer cells show how they survive high stress environments

When a cancer cell leaves the original tumor to spread to a new, faraway location, it first has to survive what most cells cannot: periodic high-force moments in the vessels and heart of up to 5,000 dynes per centimeter squared as it circulates throughout the body.

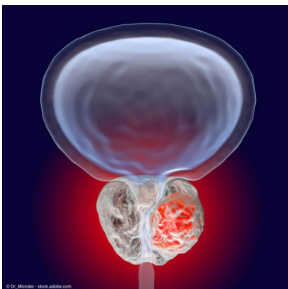
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MedicalXpress-07/2026



Second prostate-specific membrane antigen PET scan can change treatment for nearly half of prostate cancer patients

A second prostate-specific membrane antigen (PSMA) PET scan changed treatment plans for nearly half of patients whose first scan was negative, according to new research published in the July issue of The Journal of Nuclear Medicine. Findings from the repeat PSMA scans, which included both local and distant disease, resulted in a change in management for nearly



Focal HIFU/Cryotherapy Shows Durable 10-Year Control in Prostate Cancer

In an analysis of 3477 patients with nonmetastatic prostate cancer, focal high-intensity focused ultrasound (HIFU) or cryotherapy demonstrated a 10-year cumulative incidence of prostate cancer–specific mortality of 0.13% (95% CI, 0.027%-0.45%), according to findings published in European Urology.

[LEARN MORE HERE](#)

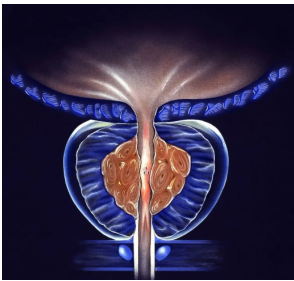
07/2026

Cancernetwork-

50% of these patients.

[LEARN MORE HERE](#)

Medicalxpress-07/2026



Study suggests tamsulosin
deprescribing may be
appropriate for select men with
BPH

Tamsulosin is widely prescribed,
but clinicians have little evidence to
support whether it is providing
meaningful benefit to an individual
patient several years after treatment
begins

[LEARN MORE HERE](#)

Urology Times-07/2026

Study reveals how networks of
switches in DNA, which regulate
gene expression, drive cancer
growth

A new study, which focused on the
DNA switches of prostate cancer
cells, reveals new insights into
enhancers that become active
during cancer development and turn
on genes linked to the disease.

[LEARN MORE HERE](#)

Medicalxpress-07/2026



Man Van

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

The MAN VAN® is Canada’s first mobile men’s health clinic offering FREE PSA (Prostate Specific Antigen) blood testing used for early detection of prostate cancer.

[MAN VAN TRACKER HERE](#)

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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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