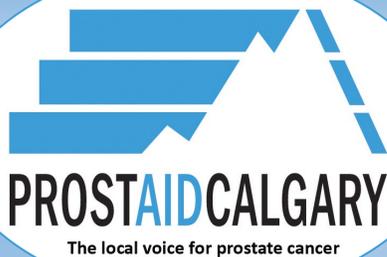


# The Digital Examiner

[www.ProstaidCalgary.org](http://www.ProstaidCalgary.org)



Greetings PROSTAID  
Calgary members and  
friends.



September is prostate cancer awareness month, a month dedicated toward engaging and connecting the public around a disease that affects us all on some level.

### Break the cycle of silence

Sons and nephews, family friends and neighbors...Do you talk to the men in your life about prostate cancer? Did you know that the biggest risk factors include family history and race. Men with a close relative with the disease, African Americans, veterans, and farmers are all at increased risk.

Did your father talk to you openly about prostate cancer or men's health concerns? Depending on your age, the answer is probably no. Reasons for avoiding these discussions run the gamut from tradition to embarrassment. Many men say they stay silent because they don't want to cause the family unnecessary worry; many fear appearing weak.

Take comfort in knowing that it's completely normal to feel awkward saying certain words like "penis" and "rectum". There's no rational reason for this discomfort; it's only social taboo that stops you. I guarantee the more often you speak these words, the easier it gets.

You may have to dig deep to find the words, but ultimately, their health—and yours— is more important.

PROSTAID Calgary is supported by the community and exists for the community. Donations are graciously accepted via Visa, Master Card, American Express, and cheque. [Click here to reach our On Line Donation Page for credit card donations.](#) If a donation is meaningful to you, it's meaningful to us.

Warm wishes,

*Kelly Fedorowich*

Executive Director,  
403-455-1916



September 2018 Number 228

### Meeting Schedule

**Tuesday September 11, 2018**

Monthly meetings are hosted at  
The Kerby Centre, 1133 7th Ave SW.

<b>7:30-9:00PM</b>	<b>General Meeting (GM)</b> <b>Guest Speaker:</b> <b>Dr. Carrie Scarff</b> Room 205 (Lecture Room)
<b>Support Group Meetings</b>	
<b>6:30-7:30PM</b>	<b>Warriors</b> Advanced & Recurrent Disease Facilitator: Frank Altin Room 208 (2nd Floor)
<b>6:30-7:30PM</b>	<b>Wives, Partners &amp; Caregivers</b> Facilitator: Linda Maslechko Guest Presenter: Diane Smith Topic: Qi Gong (Info on page 4) Room 313 (Third Floor)
<b>6:30-7:30PM</b>	<b>Newly Diagnosed</b> Facilitator: Tom Shindruk Room 311 (Third Floor)

The Kerby Centre is located at 1133 7th Ave SW. Parking is FREE in lots on both sides of 7th Ave. The WEST LRT conveniently stops at the front doors of the Kerby Centre.

Our General Meetings are open to the public and free to attend. A light snack and refreshments are served. Ladies, family members, and caregivers are always welcome!

### GM Presenter Bio & Topic



**Dr. Carrie Scarff,**  
**Registered**  
**Audiologist, PhD**

Dr. Carrie Scarff completed her Master of Science in Audiology at Dalhousie

University, clinical Audiology internships at Georgetown Medical Centre in Washington DC and The IWK Grace hospital in Halifax, and her PhD and PostDoc in Auditory Behavioural Neuroscience at the University of Calgary in the area of brain plasticity and hearing research. She has publications in

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### Support Group Facilitators

**Warriors**

Frank Altin

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**Newly Diagnosed**

Tom Shindruk

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### GM Presenter Bio & Topic con't

the areas of early identification of hearing loss and auditory cortical plasticity following hearing loss with her colleagues at The University of Calgary and Dalhousie University.

Dr. Scarff currently practices at and manages her multi-site clinics 'Audiology Innovations Ltd'. in the Mission and Glenbrook areas of Calgary with her colleagues. She sits on the Board of Directors with the Deaf and Hear Alberta non-profit organization in Calgary, and is involved in educating and informing agencies, the general public and the government about hearing loss issues, new research and treatments. She takes a particular interest in brain plasticity and advancements in hearing loss treatment. She has therefore implemented newly developed listening in noise test procedures and 'LACE' listening and communication enhancement training to individuals who have difficulty hearing in noise. She and her colleagues provide the latest advancements in technology to treat sensorineural hearing loss such as with 'Lyric' implantable hearing aids, Bluetooth enabled hearing devices and rechargeable hearing devices. Dr. Scarff and her team offer thorough hearing care for their patients that goes beyond hearing aids, providing educational training, brain training and hearing assistive devices to their patients.

### The cause of prostate cancer progression to incurable stage has likely been uncovered

What separates the prostate cancers that remain confined to the primary site from the hyper aggressive ones that spread? What allows one set of prostate cancers to be cured while others keep coming back? Researchers at the University of Oulu, Finland, have solved perhaps one big part of that question. In a ground breaking paper published in Cell, one of the highest caliber journals, researchers found that a tiny change in a person's DNA can make them far more susceptible to developing the aggressive form of prostate cancer. Tiny in this case means that change in a single base pair (we have 3 billion base pairs) in the human DNA at the region of chromosome 19. This is sufficient to create an aggressive form of prostate cancer. Individuals with a change at the RS1162691 position produced higher levels of several proteins such as HOXA2 and CEACAM21 and these proteins stimulate prostate cancer cells become more

aggressive and resistant to chemotherapy. The 10 year survival rate following prostate cancer diagnosis in this group of individuals was roughly 40% lower than in men who did not have this DNA change.

#### What this means for the future

At a fundamental level knowing which sets of patients are more likely to develop an aggressive disease will allow doctors to better target the available therapies. The gene in question also now becomes a potential target for development of new drugs or gene therapies. Turning this gene off might "starve" prostate cancer cells of necessary survival proteins needed for growth.

*Article has been edited for style and length.*

*Source: Academy of Finland*

**[Click here to read Science Daily article in its entirety.](#)**

### A Less Invasive Route to Test for Prostate Cancer

Catalina Vasquez thinks about an Alberta man whose story she heard earlier this year. He'd undergone a biopsy for prostate cancer. The results came back negative, but he developed a blood infection, followed by sepsis, from the biopsy. It's not the first case like this that Vasquez knows of. Up to four per cent of men who undergo a rectal prostate biopsy may develop sepsis, that can be deadly.

Vasquez is an Edmonton-based microbiologist who has spent the last decade trying to find a test that could spare men from having to undergo invasive biopsies for prostate cancer. Now, she and colleagues at Nanostics Inc., a University of Alberta spin-off, are close to making this test a reality.

The company has started clinical trials for Clarity-DX Prostate, a blood biopsy for prostate cancer. Based on results to date, Clarity-DX Prostate is 40 per cent more accurate than the prostate-specific antigen (PSA) test that is typically used in prostate cancer screening.

If clinical trials confirm the accuracy of Clarity-DX Prostate and the test is adopted throughout Alberta, more than 1,000 men a year in this province alone may be able to avoid the typical rectal prostate biopsy. Currently, more than 4,000 prostate biopsies are done in Alberta annually.

The road to this test began a decade ago, when Dr. John Lewis' lab discovered that prostate cancer cells shed small particles that migrate into the blood as a primary tumour spreads. Using a micro-flow cytometry machine developed

in the United Kingdom to test soldiers' blood for exposure to biological weapons, Lewis' research team learned they could detect these particles in the blood. From that knowledge, they developed a blood test to identify these particles, with the support of Alberta Cancer Foundation donors.

But they needed a large biobank, or biorepository, with blood and urine samples from humans to validate their test. So, five years ago, Lewis and his team put together an in-house solution: the Alberta Prostate Cancer Registry and Biorepository. Men across the province are recruited, usually through the province's urology clinics and cancer centres, to submit blood and urine samples, along with demographic information and family histories, to the registry. This information helps researchers test new biomarkers that can better diagnose cancer and predict outcomes.

To date, the Alberta Prostate Cancer Registry and Biorepository has collected samples from more than 3,500 men diagnosed with prostate cancer. Using the repository, Lewis and staff have been able to demonstrate that they can detect if a drop of blood comes from a patient with aggressive or non-aggressive cancer.

The next step is to assess the real-world accuracy of Clarity-DX Prostate for men who are also undergoing prostate biopsies in Alberta — clinical trials began this past July. Based on the results, Nanostics could apply to Health Canada and the US Food and Drug Administration to have the test commercially approved next year, says Lewis.

Ultimately, researchers hope the test will be used in two ways: to help in the diagnosis of prostate cancer and, in men who are already diagnosed with this cancer, to monitor disease progression and help select therapies.

*Article has been abridged.*

[Click here to read in its entirety.](#)

*Source: Leap Magazine by Christina Frangou*

## **New technique treats prostate cancer in just five radiotherapy sessions**

A new clinical trial shows the benefits of an innovative form of radiation therapy, which delivers the radiation in only five sessions instead of the usual 37.

The Canadian Cancer Society estimates that 21,300 Canadian men were diagnosed with prostate cancer in 2017 and 4,100 men died from the disease. As with most forms of cancer, treatment options range from surgery to radiation therapy, hormone therapy, and chemotherapy. Usually, radiotherapy involves 37 sessions. That said, a new clinical trial tests a radical form of radiotherapy that could reduce that number down to just five.

The trial examined the effects of stereotactic ablative radiotherapy (SABR), a highly targeted form of radiotherapy that uses several beams of radiation at once. The beams intersect at the tumor, delivering a high dose of radiation to the malignancy but a very low dose to the surrounding healthy tissue. However, SABR may have some side effects, including tiredness, itchy or dry skin, and soreness or swelling where the treatment was applied. In the case of prostate cancer, radiation therapy may cause urinary problems, bowel problems, and even impotence.

In the new trial, however, the participants also benefited from SpaceOAR, which is a hydrogel previously shown to minimize the side effects of radiation therapy in prostate cancer.

### **Spacer improves high-dose treatment**

SpaceOAR is a minimally invasive hydrogel rectal spacer. One of the complications from using radiotherapy is the potential damage that can be inflicted on neighboring tissues. In this trial, they are evaluating the performance of the SpaceOAR hydrogel which is inserted between the prostate gland and the rectum of the patient.

The trial tested the tolerability and toxicity of inserting this spacer in six people living with prostate cancer. The researchers used computed tomography (CT) scans to plan the insertion, delivered local anesthetic, and used CT scans again to assess the position of the spacer. Inserting the spacer minimized the probability of side effects and reduced rectal bleeding. Observed dose sparing of the rectum is predicted to result in meaningful clinical benefit.

The trial was jointly led by Suneil Jain, a clinical senior lecturer at Queen's University in Belfast, United Kingdom, together with Ciaran Fairmichael, a clinical research fellow also at Queen's University.

The researchers published the results of the trial in the *British Journal of Radiology*.

*Article has been abridged. Click here to read in its entirety. Medical News Today, by Ana Sandoiu*

**4th Annual Tailgate for PROSTAID Calgary  
Friday Sept. 28 McMahon Stadium  
Calgary Stamps VS Toronto Argonauts**

September is prostate cancer awareness month and PROSTAID Calgary is proud to once again partner with the Calgary Stampeders for the 4th Annual Tailgate for PROSTAID Calgary prostate cancer awareness event.

**Volunteer Callout**

Time: 4pm—7pm  
(Game starts at 7pm)



**\*Volunteers receive free tickets to the game!**

Volunteers are needed to roam the tailgate grounds and distribute PROSTAID Calgary brochures, collect donations in our Donation Cash Boxes, give away PROSTAID Calgary branded noise makers, and help raise awareness to prostate cancer and the programs and initiatives offered by PROSTAID Calgary.

Calgary is home to the best tailgating parties in the CFL and this is a fun and easy way to give back to your community.

**If you're interested in volunteering, please contact**

**Kelly. 403-455-1916 or [info@prostaيدcalgary.org](mailto:info@prostaيدcalgary.org)**  
PROSTAID Calgary could not exist without the time and energy contributed by our dedicated volunteers.

Thank You!

**Wives, Partners and Caregivers  
Introduction to Qi Gong with Diane Smith  
Tuesday Sept 11 at The Kerby Centre  
6:30pm—7:30pm, Room 313**

Diane teaches a form of meditation called Spring Forest Qi Gong. This is an ancient Chinese practice that is based on gentle, simple movements and guided meditation to help open up your Meridians much like Acupuncture does. Just with no needles. It helps to reduce pain, swelling, bring a sensation of peacefulness, boost immune system as well as bring a sensation of feeling more happiness in your life and so much more.

As with almost every form of meditation it is for everyone. The movements are similar to Tai Chi and what is great with our practice is you can do standing, sitting or even lying down.



**Why attend a PROSTAID Calgary Support Group or General Meeting?**

Prostate cancer is stressful and even the best relationships are challenged by a cancer diagnosis. It can strengthen a relationship or strain it—or both. It's important that you and your spouse receive the support that you need as you navigate this journey.

Our meetings are free to attend and open to newly diagnosed patients, patients currently undergoing treatment, prostate cancer survivors, their spouses/partners, and family members and friends who are interested in sharing information and learning more about prostate cancer.

Our meetings provide a safe space for you to express your emotions and they impart a unique sense of community, unconditional acceptance, and information about cancer and its treatment. Contrast that to the isolation, rejection, and lack of knowledge about prostate cancer often experienced outside the group.

Our meetings are about friendship and camaraderie. Let us welcome you with the love and compassion that can only stem from knowing a person's journey first hand.

We hope you'll attend!

Please call Kelly if you have any questions. 403-455-1916

**Thank you to our Sponsors and  
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