



The Digital Examiner

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“Strength does not come from winning.

Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength .”

Arnold Scharzenegger

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Next General Meeting: Tuesday, August 10, 2021

@ 7:30 p.m., via Zoom

“ Exercise, Physical Activity, and Living Well”

Please RSVP to program.director@prostaid.org



Guest Speakers for the Thrive Centre:

Julianna Dreger is a Clinical Exercise Physiologist (CEP) at the University of Calgary’s Health and Wellness Lab. She is the research coordinator for EXCEL: EXercise for Cancer to Enhance Living Well and also assists with other exercise oncology projects in the lab, as a CEP.

Mannat Bansal is a Masters Student in the University of Calgary’s Health and Wellness Lab heading into her second year. Her thesis work revolves around the topic of equity, diversity, and inclusion in exercise oncology. She is also involved in many projects in the lab, including EXCEL (EXercise for Cancer to Enhance Living Well), as a research assistant.



SIDE BAR:

Of particular note:

- * Please note that the August General Meeting will still be via ZOOM. Also, there will be an interactive/moving portion, so be sure to wear comfortable clothes.
- * We have been in attendance at two Wild Wednesdays so far and turn out is “roaring” for the participants, while we continue to look for volunteers. (See note on Page 2)
- * We are hoping to return to in-person meetings starting in September. With consideration for our members who might not be comfortable attending just yet, we anticipate that the meeting will continue to be on Zoom as well as a recording posted to our YouTube Channel.



Here’s to a enjoyable summer and everyone staying safe and well.

Regards,

Dorothy

Dorothy Rodehutsors
Program Director
PROSTAID Calgary



Latest News:

[Is Nuclear Medicine Taking over the Treatment of Metastatic Prostate Cancer? PRLT Could Do Much More If Applied Earlier and Repetitive](#)

- * The European Association of Urology (EAU) 2021 Virtual Annual Meeting included a joint session of the EAU and the Canadian Urological Association and a presentation by Dr. Christian La Fougere discussing prostate radioligand therapy and its use earlier in the disease process.
- * July 8, 2021

[Prostate Cancer in 2020 and Beyond: Re-Imagining Survivorship](#)

- * The joint session of the European Association of Urology and the Urological Society of Australia and New Zealand at the 2021 European Association of Urology annual meeting included a presentation by Dr. Suzanne Chambers discussing prostate cancer survivorship.
- * July 8, 2021

[The Role of the Nurse in End-of-Life Counseling](#)

- * How do you talk with patients about end of life, and how do you help them plan for a peaceful death?
- * July 5, 2021

[It's all in the name: Does nomenclature for indolent prostate cancer impact management and anxiety?](#)

- * Despite consensus guidelines, many men with low-grade prostate cancer are not managed with active surveillance. Patient perception of the nomenclature used to describe low-grade prostate cancers may partly explain this discrepancy.
- * June 22, 2021

[First Participant Dosed in Pfizer's Pivotal Phase 3 TALAPRO-3 Combination Study of Talazoparib and Enzalutamide in Metastatic Castration-Sensitive Prostate Cancer \(mCSPC\)](#)

- * Study explores combination in patients with DNA damage response alterations before prostate cancer becomes castration resistant
- * June 23, 2021

Wild Wednesday - Volunteer Call Out

Showcasing Calgary's Finest Wheels

We are looking for volunteers: man the table and 50/50 sales, every Wednesday @ New Horizon Mall, 5 —8 pm

This is our chance to SPIKE UP our donations!

Contact: Program.director@prostaidd.org to volunteer

Articles of Interest:

For Newly Diagnosed:

[Lantheus Receives U.S. FDA Approval of PYLARI-FY® \(piflufolastat F 18\) Injection, the First and Only Commercially Available PSMA PET Imaging Agent for Prostate Cancer](#)

- * The FDA approved another highly sensitive imaging compound specifically for prostate cancer called 18F-DCFPyL. This pioneering new scanning tool will revolutionize prostate cancer detection. The imaging agent is used to “light up” PET scans to help doctors find smaller tumors earlier.
- * May 2021

For Everyone:

[Healthy Lifestyle May Offset Risk of Lethal Prostate Cancer in Men With High Genetic Risk](#)

- * Prostate cancer is the most common non-skin cancer detected in men, and the second leading cause of cancer deaths in men, after lung cancer. Genetic factors account for approximately 58 percent of the variability in prostate cancer risk. Men who had a high genetic risk of developing prostate cancer were less likely to develop a lethal form of the disease if they maintained a healthy lifestyle.
- * April 2021

[Risk of prostate cancer in relatives of prostate cancer patients in Sweden: A nationwide cohort study](#)

- * Evidence-based guidance for starting ages of screening for first-degree relatives (FDRs) of patients with prostate cancer (PCa) to prevent stage III/IV or fatal PCa is lacking in current PCa screening guidelines. The aim is to provide evidence for risk-adapted starting age of screening for relatives of patients with PCa.
- * June 2021

[The power of connections: How a novel Canadian men’s wellness program is improving the health and well-being of Indigenous and non-Indigenous men](#)

- * Indigenous and men’s health represent challenging policy issues around the world. The DUDES Club, a men’s health organization founded in 2010 in Vancouver, B.C., attempts to address these issues.
- * 2021

[ASCO 2021: Abstract Recommendations From Dr. Alan Bryce for Prostate Cancer](#)

- * Offers highlights of the Poster sessions with Take Home messages
- * June 2021

[ASCO 2021: Targeted radiotherapy offers new treatment option for patients previously treated for metastatic castration-resistant prostate cancer](#)

- * The investigational therapy 177Lu-PSMA-617 significantly improved radiographic progression-free survival (rPFS) and overall survival (OS) when added to standard of care treatment in patients with metastatic castration-resistant prostate cancer (mCRPC) compared with standard of care alone, according to new research. The study was presented at the 2021 American Society of Clinical Oncology (ASCO) Annual Meeting.
- * June 2021

[Results from a Canadian consensus forum of key controversial areas in the management of advanced prostate cancer: Recommendations for Canadian healthcare providers.](#)

- * The Genitourinary Research Consortium (GURC) conducted its second Canadian consensus forum to address areas of controversy in the management of PCa and provide recommendations to guide treatment.
- * June 2021

For Care-givers & families:

[Masculinities of prostate cancer survivors: a qualitative metasynthesis](#)

- * There are several modalities of treatments for PC, among them the main strategies used are the surgical removal of the prostate gland, radiotherapy, brachytherapy and hormonal therapy(3). However, such techniques contribute to increased survival, complications such as erectile dysfunction, loss of libido, reduction of sexual potency, and adoption of female characteristics such as decreased body hair, fat distribution and gynecomastia continue to be problems commonly encountered by men survivors of the disease, which threaten their physical and behavioral characteristics socially related to the male gender .
- * February 2019

Videos:

[Guiding First Line Treatment Decisions for mCRPC After ADT + Docetaxel or AR Pathway Inhibitor](#)

- * Presentation highlights on first line treatment of **metastatic castration-resistant prostate cancer (mCRPC)** after patients have received either docetaxel or abiraterone, enzalutamide, or apalutamide and the lack of data to guide treating physicians in this treatment setting.
- * September 2019

[mCRPC: Latest developments in diagnostics and combination therapies](#)

- * Discussion of the latest developments in diagnostics and combination therapies for mCRPC.
- * June 2021

[Latest on PARPi and other treatments for mCRPC](#)

- * Discussion about the role of PARP inhibitors for mCRPC. including the efficacy of olaparib, cabazitaxel and talazoparib and then mention a study dealing with differential responses to taxanes and PARP inhibitors (PARPi) in ATM- versus BRCA2-mutated metastatic castrate-resistant prostate cancer (mCRPC) patients.
- * June 2021

[Transforming The Standard of Care for Men With Advanced-Stage PSMA-Positive mCRPC, Published Results from the Phase III VISION Trial](#)

- * A conversation about the New England Journal of Medicine publication "Lutetium-177-PSMA-617 for Metastatic Castration-Resistant Prostate Cancer" known as the VISION trial.
- * June 2021

[Prostate Cancer Under 60 -Young Faces Of Prostate Cancer](#)

- * Many men between age 30 and 60 are diagnosed with prostate cancer. Prostate cancer is not an "old mans disease." Unfortunately, most psycho-social and economic support is focused on men older than age 60.
- * February 2021

New in Our Library

Look for all the new material on the library table at our next in-person meeting.

If you require assistance in locating online resources, please contact us and someone will be happy to help.

[From our Video Library \(YouTube\):](#)

[Exercise and Cancer Survivorship: Truth, Myths and Logistics - Dr. Nicole Culos-Reed](#)

- 1st Annual Cancer Survivorship Symposium, May 2015

[Nicole Culos-Reed - Living Well with Prostate Cancer](#)

- Canadian Prostate Cancer Network Conference, 2008, Calgary, AB

[Christine Friedenreich - Physical Activity in Cancer Prevention & Control](#)

- Prostate Cancer Network Conference, September 2012, Calgary, AB

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