



The Digital Examiner

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“A new report says that dogs can sniff out prostate cancer with almost 98% accuracy. The report also finds that cats can sniff it out with 100% accuracy, but they prefer to watch you die.” Conan O’Brien

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Next General Meeting:

Tuesday, October 12th, 2021

@ 7:30 p.m., via ZOOM

**“Optimizing Bone Health in Patients with
Prostate Cancer”**

Please RSVP to program.director@prostaid.org

Guest Speakers: Lori Styner, Bone Health Specialist, PCC and Dr. Mariko Shibata, Bone Health Consultant, PCC

Prostate cancer negatively affects bone health, not only due to the disease but its treatment. This presentation will provide an overview of risks associated with bone fractures, tips to keep your bones strong, prevention of skeletal related events, & clinical practice guidelines.

Lori Styner, RN BN is the Bone Health Specialist at the Prostate Cancer Centre (PCC). In 2018 she developed a new program at the PCC to improve patient care by optimizing bone health. For the past several years she has worked on streamlining the program to provide patients with timely access to educational materials, assessments, and medical consultations. She is grateful for the wonderful collaboration she has with Dr. Mariko Shibata, Bone Health Consultant.

Mariko Shibata completed her medical school and family medicine residency at the University of Alberta in 2011. She balances her family practice with being a mother to her two little ones. She started working with the PCC in the bone health program in January, 2020. She has been honored to help build this program as she feels it is a service that had been overlooked for prostate cancer patients in Calgary for many years.

SIDE BAR:

Of particular note:

Again, we had been preparing for an in-person meeting this month, but COVID

19 continues to interfere with our best intentions. We are hopeful for November.

- * So far, our Casino for December 28 & 29th is still a GO. If you are interested in volunteering for that fundraising event, please contact me. We have a few spots left to be filled.
- * Wild Wednesdays are now over for the summer. The weather was cooperative this year and we only had to cancel twice. Although events were held right to September 29th, due to concerns with COVID, we declined the last two weeks. We did raise approximately \$1,800 for PROSTAID Calgary.
- * If you have enjoyed reading the personal stories in the last few editions, consider sharing yours. Email me for details.

Regards,
Dorothy

**Dorothy Rodehutsors
Program Director
PROSTAID Calgary**



European Society for Medical Oncology (ESMO) Annual Congress Sept 16—21, 2021:

ESMO 2021: Final Results of Phase I/II Trial of Fractionated Dose ¹⁷⁷Lu-PSMA-617 for Metastatic Castration-Resistant Prostate Cancer (mCRPC)

- Dr. Scott Tagawa reported results of a phase I/II study of dose-escalation study of a fractionated (dose-dense) treatment regime of ¹⁷⁷Lu-PSMA-617 for metastatic castration-resistant prostate cancer (mCRPC). Previously reported, the initial phase I data from this study demonstrated no evidence of short-term dose-limiting toxicity.

ESMO 2021: Bipolar Androgen Therapy (BAT) Plus Olaparib in Men With Metastatic Castration-Resistant Prostate Cancer

- Dr. Schweizer described a single-center phase II trial testing olaparib in combination with Bipolar Androgen Therapy (BAT) for men with metastatic castration-resistant prostate cancer (mCRPC). BAT leads to a rapid fluctuation in testosterone (T) between near-castrate and supraphysiologic levels and has shown promise in mCRPC. Additionally, it's postulated that BAT effects may be mediated through induction of DNA damage. Thus, preclinical studies suggest synergy in combination with the PARP inhibitor olaparib.

ESMO 2021: Quality of Life and Long-Term Comorbidities

- Dr. Heather Payne discussing quality of life and long-term comorbidities. Dr. Payne started by highlighting what quality of life means for our patients. Indeed, quality of life has multiple definitions, including the patient's subjective report of their health status, their overall enjoyment of life, a measure of an individual's sense of well-being and ability to carry out various activities, and the extent to which hopes and ambitions are matched by experience. Quality of life also has multiple domains, including physical, emotional/psychological, social functioning, level of independence, environmental (ie. financial resources, home, freedom), spirituality/religion, and others.

ESMO 2021: Patient-Reported Outcomes in Prostate Cancer Patients Receiving PSMA-Targeted Radionuclide Therapy

- presentation by Dr. Brian Gonzalez discussing patient-reported outcomes in prostate cancer patients receiving prostate-specific membrane antigen (PSMA) radionuclide therapy. PSMA targeted radionuclide therapy is a promising investigational therapy for patients with progressive metastatic castration-resistant prostate cancer (mCRPC), conjugating a radionuclide emitting alpha radiation (e.g., Actinium-225) or beta radiation (e.g., Lutetium-177) to a small molecule ligand (e.g., PSMA-617) or a monoclonal antibody (e.g., J591) that has an affinity for PSMA.



Articles of Interest:

For Newly Diagnosed:

[Perceptions of wellbeing and quality of life following participation in a community-based pre-operative exercise programme in men with newly diagnosed prostate cancer: A qualitative pilot study](#)

* Men with a newly diagnosed prostate cancer are often treated by surgery. The time window between cancer diagnosis and surgery causes high levels of uncertainty and stress, which negatively impact quality of life (QoL). The aim of the current pilot study was to get an insight into men's perceptions of wellbeing and QoL following completion of the pre-operative exercise program.

* June 2021

[Association of Bone Metastatic Burden With Survival Benefit From Prostate Radiotherapy in Patients With Newly Diagnosed Metastatic Prostate Cancer A Secondary Analysis of a Randomized Clinical Trial](#)

* Two randomized clinical trials, HORRAD and STAMPEDE, confirmed that prostate radiotherapy (RT) improves survival in newly diagnosed, low-metastatic-burden prostate cancer.¹⁻³ These results have established a broad consensus for addition of prostate RT to standard of care (SOC) for first-line treatment in men with newly diagnosed, low-metastatic-burden disease.

* February 2021

For Everyone:

[Novartis Reports Positive Health-Related Quality of Life Data for 177Lu-PSMA-617 Radioligand Therapy in Patients with Advanced Prostate Cancer at ESMO 2021](#)

* Novartis announced positive health-related quality of life (HRQoL) data from its Phase III VISION study evaluating 177Lu-PSMA-617, an investigational targeted radioligand therapy, plus standard of care for metastatic castration-resistant prostate cancer (mCRPC) versus standard of care alone. Many patients with mCRPC live with reduced physical functioning as well as significant pain.

* September 2021

For Care-givers & families:

[The Mediating Effect of Depression on the Relationship between Social Support, Spirituality and Burnout in Family Members of Patients with Cancer](#)

* When the treatment process of cancer patients changes to outpatient treatment, the burden on family members increases and they often experience burnout. Burnout not only affects the family members themselves but may also have a negative effect on the health of the cancer patient. Therefore, healthcare providers should evaluate burnout in the family members of cancer patients and actively make efforts towards their burnout management.

* February 2021

[Understanding the Psychological Impact of COVID-19 Pandemic on Patients With Cancer, Their Caregivers, and Health Care Workers in Singapore](#)

* The coronavirus disease 2019 (COVID-19) pandemic has had a global impact, and Singapore has seen 33,000 confirmed cases. Patients with cancer, their caregivers, and health care workers (HCWs) need to balance the challenges associated with COVID-19 while ensuring that cancer care is not compromised.

* November 2020

Research Participants needed (Online interview):

CRC Research is conducting a market research study on the topic of Metastatic Castration-Resistant Prostate Cancer (mCRPC) and we are looking to connect with patients **aged 18 years above who are diagnosed with mCRPC**. The purpose of this study is to discuss about the patients' journey in dealing with this condition and the treatments around it. There is no attempt to sell you anything now or later, it is strictly for market research purposes only. An honorarium is being offered. Contact: program.director@prostaidd.org if interested.

Videos:

Biomarkers Webinar

- * Biomarkers are measurements that give information about the activity of cancer and potential response to therapy. These can be measured in blood, but also include imaging findings. The use of biomarkers may help men personalize therapy more effectively and may contribute to understanding response to treatment.
- * Recorded May 2021

Imaging Webinar

- * Continuing advances in imaging technology and usage can mean more accurate testing and diagnosis related to prostate cancer, and can help guide patients toward the best treatment options for them. Hear the latest from the experts on this very important topic.
- * Recorded June 2021

3 Future Prostate Cancer Treatment Advancements

- * Public health expert Mark Moyad, MD, MPH asks medical oncologist Mark Scholz, MD, about the future of prostate cancer treatment. Dr. Scholz answers that he is most excited about advances in imaging, immunotherapy, and research into microRNA, but they both agree that living a healthy lifestyle may be just as exciting and effective for a man's general health than any upcoming advances in the treatment of prostate cancer.
- * Excerpts from 2020 Patient Conference Livestream



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.

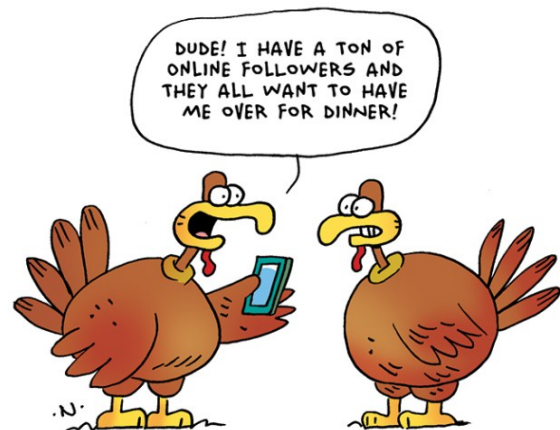
From our Video Library (YouTube):

"I Thought I was Indestructible" Bret Hart on Prostate Cancer"

- * personal story of his experience here in Calgary
- * April 2019

A Wife's Story from Stephanie Washington-Hart

- * a wife's perspective
- * April 2019



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