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“Do not pray for an easy life. Pray for the strength to endure a difficult one.”

Bruce Lee

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Next General Meeting:

Tuesday, January 12, 2021 @ 7:30 p.m., via Zoom

“Maintaining emotional and mental wellness during and beyond the COVID-19 pandemic”

Please RSVP to program.director@prostaid.org

Guest Speaker:



Dr. Dana Male is a Registered Provisional Psychologist with the Tom Baker Cancer Centre, Department of Psychosocial Oncology Department.

Dana works with patients and their loved ones to support them through their experiences of cancer, through counselling and education. Her research interests include developing and evaluating psychosocial programs that meet the evolving needs of those affected by cancer, and she hopes to make these services more widely available and accessible.

Dana is passionate about empowering others to participate authentically and intentionally in their care, relationships, and lives more generally.

*This will be Dana’s first time presenting to the group, so please join us in welcoming her. Bring your questions to the meeting.

SIDE BAR:

Of particular note:

Happy New Year!



- Very excited for this month’s General Meeting to hear from Dr. Dana Male with tips for staying mental well as we continue to deal with CV19.
- On page 2 you will find additional articles related to that topic; including some FREE virtual sessions from AHS coming up in Jan/Feb.
- There are other articles that may be of interest on page 3; I have tried to include something for everyone.
- As always, the last page is for links to videos, podcasts, and discussions.
- I have included a link to Cheryl Oberg’s presentation from a few years back, because who couldn’t use a good laugh right now?

Regards,
Dorothy

Dorothy Rodehutsors
Program Director
PROSTAIID Calgary

Related Articles of Interest:

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

-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. This study aimed to evaluate the psychological effect of COVID-19 on these groups and the prevalence of burnout among HCWs.
- October 2020

[Epidemiology of mental health problems among patients with cancer during COVID-19 pandemic](#)

- Cancer diagnosis and treatment can give rise to considerable mental health issues for individuals, such as anxiety and depression¹. Compared with healthy populations, cancer patients are at a higher risk of mental health problems
- July 2020

[Expert Q&A: Cancer, COVID-19 and Mental Health](#)

- Cancer patients and survivors had a lot to deal with before the COVID-19 pandemic began. Now, the stress of coping with a chronic condition *and* the threat of catching the infectious respiratory illness is creating additional anxiety for patients handling both.
- April 2020

[Uncertainty upon uncertainty: supportive Care for Cancer and COVID-19](#)

- People with cancer are already uncertain about their future, which is now exacerbated by uncertainty over the risk of contracting the infection and not being able to receive the recommended cancer treatment (3); COVID-19 is also likely to have adversely impacted their social support network including family members, spouses, children and friends. Pandemics thrive on social inequalities and for disadvantaged people with cancer, with or without COVID-19, huge social, psychological and physical consequences may persist for many months or maybe years.
- July 2020

[Perspectives of cancer patients and their health during the COVID-19 pandemic](#)

- The immunosuppressive nature of some cancers and many cancer-directed treatments may increase the risk of infection with and severe sequelae from Coronavirus Disease 2019 (COVID-19). The objective of this study was to compare concerns about COVID-19 among individuals undergoing cancer treatment to those with a history of cancer not currently receiving therapy and to those without a cancer history.
- October 2020

[Help in Tough Times We're here to help](#)

At some point in our lives we all have stressful times. We can be impacted by such things as financial pressures, unexpected difficulties, unemployment, or stressful situations such as the current outbreak of the [novel coronavirus \(COVID-19\)](#).

Support is available from Alberta Health Service Addiction and Mental Health, although how the services are provided may have changed.

Alberta Health Services has resources and services, such as [Text4Hope](#) and [Togetherall](#), available to help you or someone you know. Remember, if you are struggling you are not alone. There are supports in place to help you.

Free Virtual Stress Management Workshops

- Part 1 – Jan. 26, Feb. 10 & March 9
 - NEW Part 2 – Feb. 24, and March 30
- see [Public Service Announcement](#) for more information

Articles of Interest:

For Newly Diagnosed:

Men's Sexual Help-Seeking and Care Needs After Radical Prostatectomy or Other Non-Hormonal, Active Prostate Cancer Treatments - Beyond the Abstract

- Sexual difficulties are one of the most common, distressing, and persistent treatment-related challenges for men diagnosed with prostate cancer, often under-recognized and poorly managed.

- November 2020

Two Steps Forward and One Step Back for Precision in Prostate Cancer Treatment

- The recent US Food and Drug Administration approval of two poly (ADP-ribose) polymerase (PARP) inhibitors, rucaparib and olaparib, for men with metastatic castration-resistant prostate cancer (mCRPC) and mutations in homologous recombination (HR) repair genes has finally ushered in the era of precision medicine for advanced prostate cancer.

- November 2020

For Care-givers & families:

How Family Caregivers can Maintain Their Mental Health during COVID-19

- some helpful information in a brochure from UHN (ON)

- June 2020

For Everyone:

Freezing Prostate Cancer: Study Shows Notable Outcomes With Cryoablation

- A less-invasive treatment technique called hemi-gland cryoablation (HG Cryo)—destroying the areas of the prostate where cancers are located by freezing them—provides a high rate of effective prostate cancer control, according to a new study published in *The Journal of Urology*.

- November 2020

Creating a New Staging System for Prostate Cancer

- Although it is one of the most common cancers worldwide, prostate cancer remains one of the few major cancers for which the familiar, numerical staging system—ranging from stage 1 to stage 4—has not been adopted into national guidelines for treatment or for the testing of new medicines in clinical trials.

- November 2020

The Role of Neoadjuvant Therapy for Patients with Localized Prostate Cancer

- Discusses the outcomes of a study investigating randomized patients with high-risk prostate cancer (Gleason $\geq 4+3$, PSA >20 , T3 disease, and lymph nodes <20 mm)

- June 2020

An up-to-date evaluation of darolutamide for the treatment of prostate cancer

- Prostate cancer (PCa) is the most commonly diagnosed intraepithelial neoplasia among men in the Western world, and the second most frequent cause of death in men.

- Currently, in prostate cancer, an increasing number of novel drugs are being used to delay its advancement to metastatic castration-resistant prostate cancer (mCRPC). Apalutamide, enzalutamide, and most recently, darolutamide (novel androgen receptor antagonists) have been approved for nonmetastatic castration-resistant prostate cancer (nmCRPC).

- August 2020



Videos:

[DNA Repair and PARP Inhibitor Therapy in Prostate Cancer](#)

- * A roundtable discussion on DNA repair and Poly (ADP-ribose) polymerase (PARP) inhibitor therapy in prostate cancer
- * July 2020

[Study of Baseline PSA Screening of Men \(45 years old\)](#)

- * discusses his study of baseline PSA screening of young men across the nation of Germany. The study consists of 45-year-old men who are randomized in two cohorts, one group gets a PSA immediately and the other cohort has a delay of five years.
- * December 2019

[The Evolving Role of Lutetium-PSMA in the Era of Personalized Medicine](#)

- * Discussion of the evolving role of lutetium-PSMA in the highly personalized treatment strategy for metastatic castrate-resistant prostate cancer in the era of personalized medicine.
- * March 2020

[Complications of Androgen Deprivation Therapy for Prostate Cancer](#)

- * "ADT: The Tumor is Treated - What About the Rest of Him?". Life on androgen deprivation therapy for some patients is much, much harder than it is for others. There's quite a wide variety of the range of toxicities and changes in life that people will go through.
- * November 2020

[PSMA PET Diagnostic Imaging in the Current Era](#)

- * Discussion around the advantages of whole-body PSMA PET imaging in patients with presumed localized cancer, as well as those likely to have extra-prostatic disease.
- * March 2020

New in Our Library

Look for all the new material on the library table at our next in-person meeting. The resources are physically located at the Kerby Centre and not accessible at this time.

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

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

I think we can all use a good laugh right about now. Here is [Cheryl Oberg](#) to provide just that.

[Mindfulness and Cancer—What is it and how can it help?](#)

A survivor story—here is [W. Brett Wilson](#) on “My PhD in Prostate Cancer”.

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