



# The Digital Examiner

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

257 March 2021

**“Remember that sometimes not getting what you want is a wonderful stroke of luck.”**

Dalai Lama XIV

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## Next General Meeting:

**Tuesday, March 9th**  
**@ 7:30 p.m., via Zoom**

**“ Virtual Community Resource Fair: What is available during the pandemic”**

*Please RSVP to [program.director@prostaid.org](mailto:program.director@prostaid.org)*

## Guest Speakers:

### Kim Jeffrey

Registered Dietitian, Meals On Wheels  
[www.mealsonwheels.com](http://www.mealsonwheels.com)

Nancy Bilodeau  
Manager, Carma House  
[WellSpring Calgary](#)

### Karen Cuthbertson, MSc

Care Givers Alberta  
[CaregiversAlberta.ca](http://CaregiversAlberta.ca)

### Vineeta Kapoor

Manager of Information Resources, Kerby Centre  
[www.kerbycentre.com](http://www.kerbycentre.com)

- each speaker will have 10-15 mins for a presentation and time for questions.



## SIDE BAR:

### Of particular note:

With this issue I am attempting to bring the content of the DE more into balance. The number of research articles balanced with the articles of general interest for all our members. Please let me know if you I am getting closer or have the scales tipped too far.



To that end, on Page 2 this month, I have included articles from new sources (not just Oncology specific sources).

On Page 3, you will still find a few of the most recent research related articles and Page 4 includes a mix of research and general interest videos.

Our General Meeting next week will be a Virtual Community Resource Fair, to make you aware of what supports are still available and CV19 measures that are in place for your safety with those resources.

Regards,  
Dorothy

**Dorothy Rodehutsors**  
Program Director

## General Articles of Interest:

### [Prostate Cancer Prognosis](#)

- \* The overall prognosis for prostate cancer is among the best of all cancers.
- \* Approximately 80 percent to 85 percent of all prostate cancers are detected in the local or regional stages, which represent stages I, II and III. Many men diagnosed and treated at the local or regional stages will be disease-free after five years.
- \* Johns Hopkins Medicine

### [Clinical Trials](#)

- \* Website for recruiting, not yet recruiting, Prostate Cancer, Canada
- \* Searchable with filters

### [Dissemination of Misinformative and Biased Information about Prostate Cancer on YouTube.](#)

- \* YouTube is a social media platform with more than 1 billion users and >600000 videos about prostate cancer. Two small studies examined the quality of prostate cancer videos on YouTube, but did not use validated instruments, examine user interactions, or characterize the spread of misinformation.
- \* September 2020
- \* \*PROSTAID Calgary's YouTube Channel is made up of videos from our general meetings, providing information from qualified professionals.

### [High-Intensity Focused Ultrasound Technique Effectively Treats Intermediate-Risk Prostate Cancer with Minimal Side Effects](#)

- \* A technique that delivers high-intensity focused ultrasound to targeted tissue under MRI guidance effectively treats intermediate-risk prostate cancer with minimal side effects, according to a study published in *Radiology*.
- \* A class of treatments called focal therapy offers an alternative for some men with intermediate-risk disease that is still confined to the prostate.
- \* February 2021

### [Coffee consumption and risk of prostate cancer: a systematic review and meta-analysis](#)

- \* This study suggests that a higher intake of coffee may be associated with a lower risk of prostate cancer.
- \* September 2020

### [Malecare Prostate Cancer Patient Conference](#)

- \* Replays of all conference events on Malecare's YouTube Channel
- \* December 2020

### [For Care-givers & families:](#)

[Living Lessons, A Guide for Caregivers](#) — from Canadian Virtual Hospice

### [Prostate cancer and relationships: The partner's story](#)

- \* As with any disease, when prostate cancer strikes, its reach goes beyond the patient. Entire families feel the impact. But because treatment for prostate cancer can affect continence and sexual functioning, it can hit at the core of romantic, intimate relationships.
- \* Harvard Health, August 2009

### [Leveraging Social Media as a Thermometer to Gauge Patient and Caregiver Concerns: COVID-19 and Prostate Cancer](#)

- \* The COVID-19 pandemic dramatically impacted society and health care on a global scale. To capture the lived experience of patients with prostate cancer and family members/caregivers during the COVID-19 pandemic, a mixed-methods study of posts to two online networks was performed.
- \* March 2021

## Articles of Interest:

### For Newly Diagnosed:

#### 2020 Hindsight and 2021 Foresight

- \* By all accounts outside of our world of prostate cancer, 2020 was a pretty bad year. That much has been decided and agreed upon by just about everyone in the world. With that said, 2020 was *not* a horrible year in the progress against prostate cancer. Several new developments arose and progressed in the past year that can give us hope and new options for patients. Along those lines, it can give us an optimistic look at 2021 as well, as the developments of 2020 are but a precursor to some of the moments that may await us in 2021.
- \* January 2021

#### Mediterranean Diet May Affect the Progression of Prostate Cancer for Men on Active Surveillance

- \* In a study to examine a Mediterranean diet in relation to prostate cancer progression in men on active surveillance, researchers from The University of Texas MD Anderson Cancer Center found that men with localized prostate cancer who reported a baseline dietary pattern that more closely follows the key principles of a Mediterranean-style diet fared better over the course of their disease.
- \* January 2021

#### Most Diverse Analysis Ever Conducted for Prostate Cancer Shows Genetic Role in Health Disparities

- \* Some racial and ethnic groups suffer relatively more often, and fare worse, from common ailments compared to others. Prostate cancer is one disease where such health disparities occur: Risk for the disease is about 75% higher, and prostate cancer is more than twice as deadly, in blacks compared with whites. Yet whites are often overrepresented as research participants, making these differences difficult to understand and, ultimately, address.
- \* January 2021

### For Everyone:

#### Salvage Surgery in Patients with Local Recurrence After Radical Prostatectomy - Beyond the Abstract

- \* In prostate cancer (PCa), recurrences are frequently observed even after curatively intended primary treatment such as radical prostatectomy (RP). Since the introduction of prostate-specific membrane antigen (PSMA)-positron emission tomography (PET) imaging, these recurrences may be accurately delineated, even at very low prostate-specific antigen (PSA) levels
- \* January 2021

#### Overall Survival and Other Secondary Endpoint Data Gain FDA Approval for NUBEQA® (darolutamide) Label

- \* Bayer announced that the U.S. Food and Drug Administration (FDA) approved a supplemental New Drug Application (sNDA) to add overall survival (OS) and other secondary endpoint data from the Phase III ARAMIS trial to the NUBEQA® (darolutamide) Prescribing Information. NUBEQA significantly reduced the risk of death by 31%, offering men with non-metastatic castration-resistant prostate cancer (nmCRPC) extended survival for a greater chance of living longer.
- \* January 2021

#### Using Biomarkers to Guide Targeted Treatment in Advanced Prostate Cancer

- \* Lecture from Dr. Michael Cookson addressing the role of biomarkers to guide targeted treatment in patients with advanced prostate cancer
- \* January 2021

## Videos:

### [The Importance of Quality Information and Knowing Your Family History for Early Detection of Prostate Cancer](#)

- \* The importance of communicating with patients about the risks of prostate cancer, prostate cancer screening, diagnosis, and the accuracy of the information they are exposed to .
- \* September 2020

### [NCCN Guidelines Updated for Prostate Cancer M1 Systemic Therapy Based Upon The CARD Trial](#)

- Discussing recent updates to the NCCN guidelines for systemic therapies in the treatment of M1 prostate cancer. The CARD trial was a multicenter, randomized, open-label study that enrolled men with metastatic castration-resistant prostate cancer (mCRPC) between 2015 and 2018.
- \* January 2021

### [Phase 3 Trial on Adjuvant Radiotherapy Versus Early Salvage Radiotherapy Following Radical Prostatectomy](#)

- \* Discussing the RAVES trial, assessing adjuvant radiotherapy versus early salvage radiotherapy following radical prostatectomy.
- \* January 2021

### [Reliance on 'YouTube Medicine' May Be Dangerous for Those Concerned About Prostate Cancer](#)

- \* The most popular YouTube videos on prostate cancer often offer misleading or biased medical information that poses potential health risks to patients, an analysis of the social media platform shows.
- \* September 2018

## 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 \(YouTube\):](#)

#### [What Men Won't Talk About...and Women Need To Know - Glenda Standeven](#)

- \* Chilliwack author and inspirational speaker Glenda Standeven talks about her philosophy of "Choosing to Smile" despite being an amputee due to bone cancer and having a husband, Rick, who is a prostate cancer survivor.

#### ["Living Your Best Life While on Androgen Deprivation Therapy" - Lauren Walker & John Robinson PhDs](#)

- April 2015

## PROSTADID Calgary On-Line



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