



# The Digital Examiner

www.ProstaidCalgary.org

February 2017 Number 209

**Meeting Schedule**  
**Thursday February 9, 2017**  
Please note the change of date.

<b>7:30-9:00PM</b>	<b>General Meeting (GM)</b> Room 205 (Lecture Room) Kerby Centre
<b>Meetings resume March 14</b>	<b>Cancelled: Newly Diagnosed &amp; Active Surveillance</b> Room 311 Kerby Centre
<b>Meetings resume March 14</b>	<b>Cancelled: Warriors (Advanced Disease)</b> Room 318 (Board Room) Kerby Centre
<b>Meetings resume March 14</b>	<b>Cancelled: Wives, Partners &amp; Caregivers</b> Room 313 Kerby Centre. Everyone is welcome!



Greetings prostate cancer community, friends, and neighbours. Our first awareness event of the 2017 season will be the Calgary World of Wheels, being hosted at the BMO Centre February 24-26. This will mark the 4th consecutive year that PROSTAID Calgary attends the event with the Dark Side Racing team, and this year our display is going to be bigger and better than ever. Dark Side Racing has expanded their community outreach and, as a result, we are thrilled to welcome the City of Calgary Fire Department as a new community partner! My personal mission in 2017 is to become the first Canadian woman to be licensed to pilot a Top Fuel Dragster, and thereby claim the title of "Fastest Woman in Canada". The Calgary Fire Department will utilize the Fastest Woman in Canada campaign as a recruitment platform to attract more women to the Calgary Fire Department. We look forward to having them join us at our "Fire Up" for prostate cancer awareness events throughout the 2017 season.

Volunteers are needed at the PROSTAID Calgary World of Wheels booth. Please contact Kelly if you'd like to be part of the volunteer team. More information is included on Page 4.

I want to remind you of the important change of date for our February General Meeting. This month we are meeting on Thursday February 9 and we hope you will join us to welcome world renown Canadian urological oncologist and recipient of the Order of Canada: Dr. Laurence Klotz. Dr. Klotz was named to the Order of Canada in 2014 'for his contributions to the treatment of prostate cancer, notably for leading the adoption of Active Surveillance as a standard aspect of patient care'. The award highlights his pioneering work in the approach of Active Surveillance with Selective Delayed Intervention – a term developed by him, with the emphasis on close monitoring for men with low-risk prostate cancer, with selective definitive intervention for those who are diagnosed higher risk over time.

Please let me know if you have any questions about the February 9th General Meeting.

**PROSTAID Calgary** relies on the generosity of the community to keep our programs running.

**Donating is easy!**

Just give Kelly a call 403-455-1916 or email

[info@ProstaidCalgary.org](mailto:info@ProstaidCalgary.org)

or visit

[http://prostaidcalgary.org/c\\_donate.php](http://prostaidcalgary.org/c_donate.php)

Warm regards,

*Kelly Fedorowich*

Executive Director  
403-455-1916

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Prostate Cancer  
Canada Network  
Calgary

**Dr. Laurence Klotz** will be joining us as



our distinguished guest speaker on Thursday February 9.  
**GM Topic:** Active Surveillance, Imaging, and Molecular Biomarkers in

Prostate Cancer

Dr. Klotz is professor in the Department of Surgery at the University of Toronto, and a member of the Genitourinary Cancer Care team at Sunnybrook's Odette Cancer Centre. He is a strong proponent of Active Surveillance as a standard aspect of patient care and is widely considered to have been instrumental in its acceptance by the urological community worldwide. This approach is now a standard option for the first management of men with localized, well-differentiated prostate cancer, and is seen as the treatment of choice for men with very low risk prostate cancer.

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. A light snack and refreshments are served. Ladies, family members, and caregivers are always welcome!

### Prostate Cancer Team Cracks Genetic Code to show why inherited disease can turn deadly

Canadian and Australian prostate cancer researchers have discovered a key piece in the genetic puzzle of why men born with a BRCA2 mutation may develop aggressive localized cancers that resist treatment and become lethal for up to 50 per cent of patients within five years.

The findings, published online in Nature Communications, show that BRCA2-associated tumours are already pre-set to be aggressive, even before treatment. This is because the genes normally involved in regulating cell growth and division are abnormal in the BRCA2-associated cancers right from the get-go and therefore are resistant to therapy right up front, says co-principal investigator Dr. Robert Bristow.

In the Nature Communications study, Dr. Bristow and co-principal investigators Dr. Paul Boutros at the Ontario Institute for Cancer Research, and Prof. Gail Risbridger at Monash University, Melbourne, Australia, compared 15 patients with BRCA2-inherited prostate cancer with 500 prostate cancer patients from the general population with non-inherited ("sporadic") prostate cancer. In the related study of 500 tumours from Canadian men with non-inherited prostate cancer also published in Nature, Drs. Bristow and Boutros analyses led to the discovery of a new genetic fingerprint that identifies when curable disease may turn aggressive.

Although BRCA2-inherited disease affects less than 2 per cent of men with prostate cancer, Dr. Bristow says the research sets the stage to rethink ways to use other drugs differently to personalize treatment for more men. "The pathways that we discovered to be abnormal in the localized BRCA2-associated cancers are usually only found in general population cancers when they become resistant to hormone therapy and spread through the body," says Dr. Bristow. "These include pathways related to the repair of DNA damage, cell division, the receptor for the male hormone testosterone and cell-to-cell signalling.

"This is an exciting time in prostate cancer research in which the genetics of individual men and their cancers are beginning to dictate precise and customized treatment," he adds. "It is an example of the power of international collaboration and team science to crack the genetic code even in the rarest of tumours."

Funding was provided by the Movember Foundation through Prostate Cancer Canada, the Ontario Institute for Cancer Research, CPC-GENE, and The Princess Margaret Cancer Foundation.

[Article has been abridged. Click here to read in its entirety.](#)

### Radium-223 Reduces Hospital Usage for Skeletal Events

Radium-223 reduces the use of healthcare resources for treating symptomatic skeletal events among patients with castration-resistant prostate cancer (CRPC) who have bone but no visceral metastases, according to a new study.

In a post-hoc analysis of the randomized, phase 3 ALSYMPCA (Alpharadin in Symptomatic Prostate Cancer Patients) trial involving 901 patients, Christopher Parker, MD, and colleagues, compared the effect of radium-223 and placebo on hospitalizations before and after a first symptomatic skeletal event. They defined an event as the need for external beam radiation therapy for bone pain, symptomatic pathologic vertebral or non-vertebral bone fractures, spinal cord compression, or tumor-related orthopedic surgical intervention.

The investigators previously reported that radium-223 offered a survival advantage and was associated with lower odds of a first and second skeletal event by 34% and 35%, respectively. Now they add that fewer patients who received radium-223 as 6 monthly injections had a hospitalization within a year of treatment initiation (37.0% vs 45.5%). The number of hospitalizations per patient was similar for treated and untreated patients, however (0.69 vs 0.79), possibly due to the 1-month difference in follow-up times.

Radium-223 recipients spent fewer days on average in the hospital (4.44 vs 6.68). This trend followed for drug recipients before the first symptomatic skeletal event (2.35 vs 3.36 days) and after it (7.74 vs 9.19 days). All told, the data suggest that radium-223 not only provided a survival benefit but delayed skeletal events and reduced hospital stays, potentially improving health-related quality-of-life in patients with CRPC accompanied by symptomatic bone metastases.

The investigators acknowledged that they did not examine the possible effects of bisphosphonate treatment, although a similar proportion of both the radium-223 and placebo groups took bisphosphonates. They also could not directly examine pain and its management.

Note: The study was funded by Bayer, Inc. Several authors disclosed fees from Bayer and other pharmaceutical companies.

[Article has been abridged. Click here to read in its entirety.](#)

## PROSTAID Calgary partners with ExDee and Wellness Computational Introducing Ease™ - Personal Health Navigator™

**PROSTAID Calgary is excited to launch an exciting and unique membership initiative that enables members to put their hands on the wheel of their own health care.**

In partnership with, ExDee Ltd. and Wellness Computational Ltd. (2 Calgary software companies supporting patient-activated care), we are bringing the world's first Personal Health Navigator™ in prostate cancer care, and for any disease for that matter. PROSTAID Calgary received a presentation at our January 10<sup>th</sup> General Meeting from Richard LeBlanc, CEO and Founder of ExDee Ltd. and Wellness Computational Ltd. Richard and his group that includes medical students, physicians, researchers, industry partners, and patient groups have developed **Ease™ - Personal Health Navigator™** (currently for iPhones, iPads and MAC iOS). The app gives the user the opportunity to record, track, analyze, report, and share (solely at your discretion) your personal health information. Some examples may include:

1. Answers to medically-validated patient-reported outcomes (PRO) in real-time and continuously;
2. Questionnaires that you are required to complete (often repeatedly) at clinics for nurses, physicians, oncologists, hematologists, etc). These forms are filed and are not shared with you *or among* your healthcare professionals;
3. You will have the ability to know your health in real-time and continuously (you decide the frequency), whether you are 'up, down, or nice and steady'. If there is a change in your data, perhaps suggesting a problem, you can notify others, such as your physician and hospital admission to mitigate a crisis;
4. Your physician could act on this information if it were provided to them, as it is far more representative of your health than just a clinic visit.

***"With Ease, patient-specific data collected by patients will:***

- ***enable patients and their caregivers to be fully engaged in their health care***
- ***capture more comprehensive and representative health data than can be done solely by a clinic visit***
- ***improve outcomes for everyone, including physicians who can tailor and improve care to their patients."***

*Colum Smith, MD, FFR, Radiation Oncologist (retd.)  
former Dean, College of Medicine, University of  
Saskatchewan;*

5. Images and history of your CT scans and X-rays (other medical interventions will be available in future releases) on your device in a format you can view, explore, and understand;
6. The program may be amended to include any chronic health condition (such as diabetes, epilepsy, or depression). It includes prostate cancer health and you can add other conditions for \$10/year; and
7. This includes two (2) scans uploaded to your profile (each a \$20 fee). Scans may be X-ray and CT (MRI, PET in future releases). Additional scans may be up-loaded at a cost of \$20/scan.

Future versions will include integration with:

1. Specific data from blood and urine tests: PSA, cholesterol (High Density and Low Density lipoproteins), glucose, etc.,
2. Blood pressure, heart rate, and data from your exercise activities, and
3. Medications and the dosages you are using.

PROSTAID Calgary is being given the exclusive and generous opportunity to share in the revenue generated through its membership. The charge for the full premium version of the app is \$50 for the first year of which \$25 goes to PROSTAID Calgary and \$25 to ExDee Ltd. ExDee has also extended this offer for a second year if PROSTAID chooses to renew.

In addition to member benefits with better understanding, decisions and outcomes, PROSTAID receives organizational benefits in having data and analytics from its membership to influence policy, increase fundraising potential, and be Ease's (indeed the world's) first medical membership platform™. No other organization has this, we can blaze a trail for others follow.

The iOS version will be available for distribution the week of January 23, 2017.

An Android version will be available in the Spring of 2017. Your data remains privately stored on your iPhone, iPad, or Mac device unless you wish to share it with your family or medical professionals. A free companion app is included and you have the option to share anonymously your data to advance research that could benefit you and other men with prostate cancer.

Note: There are 2 versions of the app available: Freemium and Premium. Below is a description of both.

Ease™ - Personal Health Navigator™

What features are included in Ease Freemium vs. Premium?

Continued on Page 4.....

**Ease Freemium Includes**

**\*Please contact Kelly for more info**

- Daily data capture
- 10-day running view of data (daily / weekly format)
- One complete disease / condition
- Graph aggregate condition health score
- Aggregate alerts
- No share with doctor / other capability
- Apple Health integration
- Basic community statistics (V1.5)
- Participate in targeted patient trials (V2)
- Companion app (V2)
- Meta comparison (V1.5)
- Smart usage reminders (V1.5)

**Ease Premium Includes**

**\*Please contact Kelly for more info**

- Full view of data (daily, weekly, monthly, yearly, full history)
  - 5 diseases / conditions\*
  - Full data graphing - aggregate, groups, details
  - Online back-up
  - Export data
  - Share data reporting (practitioners V1.5)
  - Treatment tracking (V1.5)
  - Detailed community statistics (V1.5)
  - Smart alerts – alert and resource engagement (text, voice, call V2)
  - Wearable integration (V2)
  - BuyMyGenome – personal genomic data (V2)
  - Partner data integration (sleep, accelerometer, weather, etc... V2)
- 1 included, addition \$10/year

**PROSTAID Calgary at the World of Wheels Volunteer Callout**

Are you interested in being part of the PROSTAID Calgary Volunteer Team at the World of Wheels? The World of Wheels is being hosted February 24-26 at the BMO Centre.  
 Fri February 24 4pm—9pm  
 Sat February 25 10am—9pm  
 Sun February 26 11am—5pm

This is an indoor awareness event. Volunteers are needed to hand out PROSTAID Calgary brochures and promotional material, and help raise awareness to prostate cancer and the programs and initiatives offered by PROSTAID Calgary. Shifts are flexible and can be scheduled for 2-5 hours. If you're interested in volunteering, please contact Kelly, 403-455-1916 or [info@prostaidcalgary.org](mailto:info@prostaidcalgary.org)  
 PROSTAID Calgary could not exist without the time and energy contributed by our dedicated volunteers.  
 Thank You!

**University of Calgary: Faculty of Kinesiology**

Do you have prostate cancer? Do you want to join an exercise program? We are seeking participants for a randomized trial comparing 2 exercise programs for prostate cancer patients on ADT (hormone therapy). Participation includes:

- A complimentary personalized fitness assessment
- An individualized exercise program for 6 months designed by certified exercise specialists
- Reimbursement for travel costs
- Complimentary in-centre training

If you are interested in learning more about this study, please contact [Jill Baxter](mailto:Jill.Baxter@ucalgary.ca) 403-210-8482

**Thank you to our Sponsors and Associates**



**Join us as we kick off the season at the Calgary World of Wheels Feb 24-26 BMO Centre**

**DARKSIDE Racing**  
*Get ready to Go Loud!*

Meet Kelly Fedorowich  
 On a mission to become the Fastest Woman in Canada

Nitro Nik David

Visit our display and help support our sponsors and community partners

PROSTAID CALGARY  
 Providing awareness and advocacy and education and outreach to men and their families on the journey with prostate cancer. PROSTAID Calgary believes that no man should face prostate cancer alone.  
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PLAID  
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