



Greetings prostate cancer community, friends, and neighbours.

December 2017 Number 219

**Tuesday December 12, 2017**  
Room 205 (Lecture Room) Kerby Centre

From all of us at PROSTAID Calgary, we wish you and yours the happiest of holidays, a Merry Christmas, Happy Hanukkah, and health and happiness for the coming New Year!



Christmas is considered the season of gratitude and beyond the gratitude that I have for my family, I am incredibly grateful for the friendships that I've made and mentors that I've met through my involvement with PROSTAID Calgary. Thank you for inspiring me to think and feel in new and deeper ways.

Dealing with a prostate cancer diagnosis at Christmas can be tough. While those around you are making preparations for holiday celebrations, you may be juggling appointments or struggling emotionally and or physically. I've included some tips on page 2 that may help you navigate through the festive season during this difficult time.

PROSTAID Calgary's 3rd Annual Pathfinder's Award Celebration might be just what the doctor ordered to lift your spirits and help beat the holiday blues. We hope you'll join us on Tuesday December 12 at the Kerby Centre as we celebrate Dr. Dean Ruether and his many contributions to the prostate cancer community.

**Reminder:** For those of you who receive monthly issues of The Digital Examiner via Canada Post delivery, your renewal is now due. PROSTAID Calgary requires a minimum donation of \$25 to cover the associated production/delivery costs. Please mail your cheque to PROSTAID Calgary, PO Box 72126, RPO Glenmore Landing, Calgary, AB T2V 5H9, and write "2018 DE delivery" in the memo line.

PROSTAID Calgary relies on the generosity of the community to keep our programs running. **Donating is easy!** Just give us a call 403-455-1916 or email [info@ProstaidCalgary.org](mailto:info@ProstaidCalgary.org) or visit [www.ProstaidCalgary.org](http://www.ProstaidCalgary.org). Online Donations are graciously accepted via [Visa](#) and [MasterCard](#).

Warm wishes,  
*Kelly Fedorowich*  
Executive Director, 403-455-1916

## Congratulations Dr. Dean Ruether 2017 Pathfinder's Award Recipient



**6:30-7:30PM** **Pathfinder's Award Meet & Greet**

**7:30-9PM** **Pathfinder's Award Celebration**

The event is open to the public and there is no cost to attend. Refreshments and appetizers will be served. See page 4.

**December Support Groups are cancelled.**

**6:30-7:30PM** **Warriors (Advanced Disease)**  
Join us in the Lecture Room for the Pathfinder's Celebration.

**6:30-7:30PM** **Wives, Partners & Caregivers**  
Join us in the Lecture Room for the Pathfinder's Celebration

**6:30-7:30PM** **Welcoming Group**  
Join us in the Lecture Room for the Pathfinder's Celebration.

**Kerby Centre** is located at 1133 7th Ave SW. Parking is FREE in lots on both sides of 7th Ave. Remember to register your vehicle license plate number at reception to avoid ticketing. 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!

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### Dealing with a cancer diagnosis at Christmas

If you've just been diagnosed with cancer, undergoing cancer treatment, or working through the grief of losing a loved one to cancer this coming Christmas may be different for you in many ways. Below are some tips that may help you navigate through the festive season.

#### Make a list of hospital appointments, medication and emergency contacts

If you're in the middle of treatment, be sure to check in with your healthcare team to confirm which treatments or follow up appointments will be impacted by Christmas or New Year's breaks.

Take stock of your supply of medication to ensure you have enough of everything for the Christmas period. This is particularly important if you are planning to go away as certain cancer medications may not be readily available at retail pharmacies.

It's also a good idea to put together a list of emergency contacts for the Christmas break. Speak with your nurse to understand who will be working through Christmas and the best way to get in touch with them. Make sure your carer and close family members are given a copy of this list together with your patient identification number.

#### Plan for a different Christmas

It's important to prepare yourself mentally and emotionally for a different Christmas. You may have physical concerns like fatigue, loss of appetite, pain or emotions like anxiety, worry, grief, or fear. Much of this can at times be overwhelming, but give yourself time to work through everything.

If Christmas is something you wish would come and go quietly and quickly, be honest and open about your feelings with your friends and family. They will understand. If you don't say anything, loved ones may assume the celebrations may be a good distraction for you.

#### Keep a Christmas tradition and make a new one too

Christmas and New Year are often times of building upon traditions like family reunions, giving presents and making resolutions. This may be a time to think about creating new traditions for causes which are now closer to your heart. You could ask family and friends to consider making your Christmas gift a donation to your treating hospital or a cancer charity.

If you've lost a loved one to cancer, feelings of grief and loss can seem more pronounced during family

celebrations. If you're comfortable, share your feelings with your family. Ask for ideas to sensitively and respectfully incorporate an item or activity which is strongly linked to your memory of your loved one into your present and future Christmas celebrations.

#### Be kind to yourself

Take care of yourself. December is often a busy time of the year with work commitments, Christmas preparations and social events. If you aren't feeling up to it, it's important to give yourself permission not to get into 'the holiday spirit'.

Chose events you feel up to attending and try not to feel guilty if you have to accept invitations with a 'maybe' instead of a firm 'yes'. If you have to say 'no', even at the last minute, people will understand. If your energy levels are low, don't hesitate to only stay for a short time. Your health and wellbeing are much too important!

*The Blue Room—Written by Tracy McBeth*

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

### Prostate Cancer: Université de Sherbrooke Researchers Make Major Breakthrough

Prostate cancer, the most common cancer in men, affects one out of seven Canadian men. Professor Robert Day and his team have just discovered a major biochemical mechanism that could hold the key to the disease's progression. The breakthrough appears so promising that the team is already beginning to work on diagnostic and therapeutic applications.

The group had already identified the PACE4 enzyme, a protein that is overexpressed in certain individuals. Inhibition of the PACE4 protein blocks the progression of prostate cancer. Nevertheless, the protein's mechanism of action has remained poorly understood...at least until now.

Professor Robert Day (research professor in the Faculty of Medicine and Health Sciences (FMSS) Department of Surgery, Division of Urology, and at Centre de recherche clinique du CHUS) and his team have made a completely unexpected discovery. They found that the PACE4 enzyme, in fact, has a small twin in an alternative form. This isoform protein, referred to as alternative PACE4, is produced as the result of PACE4 undergoing internal transformation. Unlike PACE4, which is found in all body cells, alternative PACE4 only occurs in cancer cells.

"All our research efforts were focused on the PACE4 protein in prostate cancer, so finding an alternative form was quite a surprise," revealed Day. "This chance discovery has proven very significant because we now know that it's the alternative form that plays an important role in the progression of cancer cells." Alternative PACE4 is also found in other cancers such as the thyroid, pancreatic, and lung cancer.

Biochemistry doctoral student Frédéric Couture—a member of the research team and first author of the article published in *Cancer Research*—was also amazed by this breakthrough. Couture pointed out that "the discovery will lead to the development of optimal therapeutic targets, which is a considerable source of hope for prostate-cancer patients. It also opens the way for new avenues in terms of diagnosis and more personalized treatment. There is reason to have high hopes for the future!"

This research—primarily funded by the Movember Foundation and Prostate Cancer Canada—wouldn't have come about without the valuable collaboration of surgeon and urologist Robert Sabbagh.

Sabbagh, an active contributor to the biobank and database for cancer research, has worked with Day from the outset of his research. This coalescence of scientific and clinical expertise produces an incomparable perspective of the reality of patients and research.

"We at Prostate Cancer Canada along with our men's health partner The Movember Foundation are delighted with the incredible work being done by Dr. Day and his team," said Dr. Stuart Edmonds, Vice President of Research, Health Promotion and Survivorship at Prostate Cancer Canada. "This publication, in a prestigious journal no less, signifies a significant stride forward in our collective efforts to identify therapeutic targets to not only treat men with advanced prostate cancer, but cancer more generally."

"The way I see it," stated Day, "the discovery of alternative PACE4 and its role in prostate cancer are major breakthroughs. The next steps are critical in effectively neutralizing this protein, which is essential to tumor progression. We are on the right track!"

*News provided by Université de Sherbrooke*  
*Article has been abridged. [Click here to read in its entirety.](#)*

### FDA Approval Sought for Apalutamide in Prostate Cancer

Janssen Biotech, Inc. announced that it has submitted a New Drug Application (NDA) to the U.S. Food and Drug Administration (FDA) for apalutamide, an investigational, next generation oral androgen receptor (AR) inhibitor for men with non-metastatic castration-resistant prostate cancer (CRPC). Currently, there are no FDA approved treatments for patients with non-metastatic CRPC.

This submission is based on Phase 3 data from the pivotal ARN-509-003 (SPARTAN) clinical trial, which assessed the safety and efficacy of apalutamide versus placebo, in men with non-metastatic CRPC who have a rapidly rising prostate specific antigen (PSA) despite receiving continuous androgen deprivation therapy (ADT). Men with non-metastatic CRPC with a rapidly rising PSA are at high-risk for developing metastatic disease. The primary endpoint of this study was metastasis free survival (MFS). MFS is the time from randomization to first evidence of confirmed metastasis, or time to death. The SPARTAN study results will be presented at a future medical meeting.

"The SPARTAN data lead the path towards a new approach to treating men with prostate cancer earlier in the disease course. We have demonstrated that treating patients before the disease has metastasized improves outcomes," said Peter Lebowitz, M.D., Ph.D., Global Therapeutic Area Head of Oncology at Janssen. "We are thrilled to have completed our submission of the SPARTAN data to the FDA and we look forward to a promising treatment that can provide new hope and expectations for men facing this disease."

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

[Click here to access A Study of Apalutamide \(ARN-509\) in Men with Non-Metastatic Castration-Resistant Prostate Cancer \(SPARTAN\).](#) Available at:  
<https://clinicaltrials.gov/ct2/show/NCT01946204>.



**Congratulations Dr. Dean Ruether  
2017 Pathfinder's Award Recipient**

**PROSTAID Calgary is very proud to announce that Dr. Dean Ruether is the recipient of this year's Pathfinder's Award.**



*"Established in 2014, the Pathfinder's Award recognizes individuals who have contributed significant service to helping men and their families deal with prostate cancer. "*

Dr. Ruether is a Medical Oncologist at the TBCC who has worked in the GU program for over 20 years. His undergraduate training was done at the University of Calgary and medical school completed at the University of Alberta. Post graduate training in internal medicine, hematology and medical oncology was completed at the University of Calgary with focus on clinical trials in GU, endocrine and neuroendocrine malignancies and patient education. He is an active member of the medical oncology training program, serves on a number of administrative capacities, as the lead for local tumour group teams and is responsible for bringing clinical trials for the endocrine and NET and prostate patient population in Alberta. Dr. Ruether is also the current Medical Director, Community Oncology, CancerCare Alberta for 4 regional and 11 community sites whose directive is to bring cancer care closer to home for Albertans.

In previous leadership roles for the local and provincial GU and endocrine & neuroendocrine programs in Alberta, Dr Ruether played a pivotal role in bringing clinical trials for patients affected by GU and Endocrine malignancies to Alberta. Results of some of these trials have changed practice in both of these subspecialty areas of oncology. Dr Ruether has also been involved in a series of clinical trials looking at the benefits of providing consultation recordings to patients affected by GU, Breast, CNS and Neuroendocrine tumors. Results of these trials have been instrumental in establishing a consultation recording service in Cancer Care Manitoba and work to establish a similar service as part of standard operations is underway here in Alberta. As the Medical Director for Community Oncology, Dr. Ruether has been successful in obtaining funding from the ACF to support the development of the

necessary clinical infrastructure needed to provide access to clinical trials in 3 of our 4 regional cancer centers. Dr. Ruether has been involved as the local principal investigator in multiple phase 2 and 3 trials in the GU, Endocrine, Breast, and malignant hematology as well as a phase 1 trial in bladder cancer over a career spanning 22 years and is coauthor on more than 50 peer reviewed publications that have come out of participation in clinical research trials.

Join us on Tuesday, December 12 as we celebrate Dr. Dean Ruether and his many achievements and contributions to the prostate cancer community.

**PROSTAID Calgary Pathfinder's Award Celebration**

**Date:** Tuesday, December 12, 2017

**Location:** Kerby Centre, 1133 7th Ave SW. Lecture Room, Room 205

**Agenda**

6:30pm - 7:30pm Meet & Greet

7:30pm - 7:45pm Opening/Welcoming remarks by Dave Lunn

7:45pm - 8:15pm Award Ceremony

8:15pm - 8:20pm Closing remarks by Dave Lunn

8:20pm - 9pm Wine and appetisers

The Pathfinder's Award Celebration is open to the public and there is no cost to attend.

**\*[Donations graciously accepted via Visa, MasterCard, Debit, Cheque](#) & Cash**

**Thank you to our Sponsors and Community Partners**

