

# The Digital Examiner

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



Greetings PROSTAID  
Calgary members and  
friends.



October 2018 Number 229

## Meeting Schedule

**Tuesday October 9, 2018**

Monthly meetings are hosted at  
The Kerby Centre, 1133 7th Ave SW.

**7:30-9:00PM** **General Meeting (GM)**  
**Guest Speaker:**  
**Saif Lalani**  
Room 205 (Lecture Room)

## Support Group Meetings

**6:30-7:30PM** **Warriors**  
Advanced & Recurrent Disease  
Facilitator: Frank Altin  
Room 208 (2nd Floor)

**6:30-7:30PM** **Wives, Partners & Caregivers**  
No Facilitator this month.  
Join us for a cuppa tea and great  
conversation.  
Room 313 (Third Floor)

**6:30-7:30PM** **Newly Diagnosed**  
Facilitator: Tom Shindruk  
Room 311 (Third Floor)

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

## GM Presenter



When Saif Lalani discovered his innate ability to understand the field of finance, he took the plunge into the field of accounting and

along the way obtained three accounting designations from three countries. During this time he also started his own accounting business which he currently manages on a full time basis.

Saif is a member of the PROSTAID Board of Directors and he recently attended the PCRI conference in Los Angeles. Saif will present his take-aways from the conference.

## Save the Dates!

**Thursday, November 22**

PROSTAID Calgary is hosting our 3rd Annual Wine Festival fundraiser. This year, the theme is South America. The fundraiser will once again be hosted at Willow Park Wines & Spirits and tickets are \$50. More information is included on page 4.

**Tuesday, December 11**

Pathfinder's Award Celebration  
Congratulations Dr. Nicole Culos-Reed, our 2018 Pathfinder's Award recipient. The Pathfinder's Award is given to individuals who have made a significant contribution to the education, research, treatment, and support for men and their families dealing with prostate cancer. More information is available on page 4.

PROSTAID Calgary is proud to announce we've partnered with Western University to develop exciting new practicum program. The practicum is an unpaid placement with PROSTAID Calgary and designed to provide students with practical work experience and emphasize the importance of learning by doing. We look forward to working with our first practicum student, Jessica Yuck.

Jessica will be compiling data for PROSTAID Calgary's Advocacy Portal. When completed, the Portal will document all prostate cancer procedures, treatments and descriptions available to the global prostate cancer community. Additionally, the Portal will include treatment wait times, costs, and locations. Phase I of the practicum will focus on Canada and detail a province to province analysis.

PROSTAID Calgary is supported by the community and exists for the community. Donations are graciously accepted via Visa, Master Card, American Express, and cheque. [Click here to reach our On Line Donation Page for credit card donations.](#) If a donation is meaningful to you, it's meaningful to us.

Warm wishes,

*Kelly Fedorowich*

Executive Director,  
403-455-1916



## Contacts

**President**  
**Brad Sterling**

[president@prostaidcalgary.org](mailto:president@prostaidcalgary.org)

**Executive Director**

Kelly Fedorowich  
403 455 1916

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

**Chairman**

Ron Gorham

[ron.gor45@gmail.com](mailto:ron.gor45@gmail.com)

**Past President**

Dave Lunn

[dlunn@shaw.ca](mailto:dlunn@shaw.ca)

## Support Group Facilitators

**Warriors**

Frank Altin

[faltin@telusplanet.net](mailto:faltin@telusplanet.net)

**Newly Diagnosed**

Tom Shindruk

[tomshindruk@shaw.ca](mailto:tomshindruk@shaw.ca)

**Wives, Partners & Caregivers**

Linda Maslechko

[partners@prostaidcalgary.org](mailto:partners@prostaidcalgary.org)

## Mailing Address

**PROSTAID Calgary**

PO Box 72126

RPO Glenmore Landing

Calgary, Alberta

T2V 5H9

403 455 1916

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

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## Prostate cancer breakthrough as new drug keeps men with previously 'untreatable' cases alive

Men with previously “untreatable” prostate cancer are being kept alive by a new drug in what experts believe may be a breakthrough for patients with the worst form of the disease.

A British trial has for the first time shown that state-of-the-art immunotherapy can be used to target prostate tumours. The study at the Royal Marsden Hospital in London found more than a third of men who had run out of existing options were still alive and one in ten had not seen their tumours grow after a year of taking Pembrolizumab, which targets a gateway and helps the immune system to attack cancer cells. For some in the group, the drug even caused their tumours to shrink.

Funded by the Institute of Cancer Research, the team will now set out to identify the genes that will tell them which people are most likely to benefit from the drug.

Previous trials using immunotherapy in prostate cancer have been unsuccessful but the latest research examined the genetics of the tumours and found particular groups of patients may benefit. While only 5 per cent of men in the trial saw their tumours shrink or disappear after treatment, many of those had mutations in genes involved in repairing DNA. The researchers suggest these mutating cancer cells may be easy for the immune system to recognize and attack because they look different from healthy cells. Data from some other cancer types, such as bowel, has similarly shown tumours with defects in DNA repair mutations are more susceptible to immunotherapy.

Professor Johann de Bono, Director of the Drug Development Unit at The Institute of Cancer Research, said: "I have these men who are basically dying, with weeks to months to live, who we gave this drug to and had complete responses. Their cancers shrunk, disappeared actually, with minimal cancer left on scans." He added: "These are amazing results, and these are men whose cancers had all the treatments, they had everything possible, they've got no treatments left, and they are in trouble. They have very short life spans left." He added: "In the last few years immunotherapy has changed the way we treat many advanced cancers – but up to now no one had demonstrated a benefit in men with prostate cancer. Our study has found that

immunotherapy can benefit a subset of men with advanced, otherwise untreatable prostate cancer, and these are most likely to include patients who have specific DNA repair mutations within their tumours.

"It's exciting that immunotherapy could offer some men more time with their loved ones where they have such advanced disease that they have run out of existing treatment options."

*The Telegraph, Written By Henry Bodkin*

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

## New Data on Quality of Life (QoL) with Apalutamide in Prostate Cancer

The SPARTAN study has already shown that adding apalutamide (Erleada, Janssen Biotech) to standard treatment with androgen-deprivation therapy (ADT) improves metastasis-free survival (MFS) in men with nonmetastatic castration-resistant prostate cancer (nmCRPC). These data led to US approval of the drug, described as a second-generation ADT, earlier this year.

Now new data from the same trial shows that the addition of apalutamide does not reduce health-related quality of life (HRQoL), say researchers. The latest analysis, led by Fred Saad, MD, professor and chief of urologic oncology at the University of Montreal, Hospital Centre, Quebec, Canada, was published online [September 10 in The Lancet Oncology](#).

It shows that HRQoL was maintained after the addition of apalutamide to ADT in patients with nmCRPC undergoing salvage radiotherapy following radical prostatectomy. In patients randomized to ADT plus placebo, HRQoL deteriorated from baseline, the researchers say.

"The decrease in HRQoL for patients treated with apalutamide was delayed, consistent with the longer time to symptomatic progression identified in the SPARTAN study," they write.

In a statement by Janssen, Saad emphasized the importance of monitoring and measuring the impact of new treatments on patients' overall health and well-being. "The fact that a treatment such as apalutamide can be added to current standard of care, prolonging MFS without significantly impacting HRQoL, is a significant advance for patients with nmCRPC and for clinicians who treat them," he said.

It is critical to delay the onset of metastasis in patients with nmCRPC, and these results are "extremely reassuring," Saad told Medscape Medical News. "Patient-reported outcomes data are gaining importance as healthcare systems place greater emphasis on patient experience with treatment. Among men in this patient population, maintaining QoL is an important endpoint."

*Medscape.com, Written by Kristin Jenkins  
Article has been abridged. Click here to read in its entirety.*

**Pivotal Trial:** [Click here to read more about the SPARTAN Trial.](#)

### What are Some Causes of a High PSA?

So you've had your PSA test, and it came back higher than normal for your age. Your doctor did a DRE (Digital Rectal Exam) and ran a few more tests, and assures you that prostate cancer is very unlikely. Still, you're worried. What are some other causes of a high PSA?

First, what does PSA mean?

PSA: prostate specific antigen. A protein released by prostate cells. A healthy prostate releases only small amounts of this protein, but when some cancer has begun to develop, the affected cells release more. A simple blood test can detect PSA and serves as an effective screening test for prostate cancer.

Here are 7 common things that can affect your PSA level.

#### 1. Age

Older men's normal PSA levels run a little higher than those of younger men. Normal levels tend to vary a little between different ethnic groups, but in general...

If you are in your....	Your normal PSA range
40s or younger	0–2.5 ng/mL
50s	0–3.5 ng/mL
60s	0–4.5 ng/mL
70s or older	0–6.5 ng/mL

What is a high PSA level and what is a normal PSA level vary by demographic factors. Your doctor will evaluate your test results, factor in your age, ethnicity, and any other relevant factors, and let you know whether your results suggest more testing.

#### 2. Prostate size

Because PSA is naturally produced at a very low level by the healthy prostate, a man with a larger-than-usual prostate may have a higher-than-usual PSA level. Your doctor will be able to detect this with a DRE, and will take this into consideration when looking at your PSA test results.

#### 3. Prostatitis

Prostatitis is a painful condition in which the prostate is inflamed, swollen, and tender. It can be caused by a bacterial infection or just simply be inflamed. In some cases, an elevated PSA level may be another effect of this illness.

#### 4. Benign prostatic hyperplasia (BPH)

BPH is an enlarged prostate. It's somewhat common among men over 50, and it may make urination or ejaculation difficult, which could send you to the doctor to have it checked. Along with the swelling, a prostate with BPH may produce more PSA than usual. Your doctor may recommend additional tests to confirm BPH.

#### 5. Urinary tract infection or irritation

An infection of the urinary tract, as well as irritation caused by medical procedures involving the urethra or bladder, may irritate the prostate and cause it to produce more PSA. If you have experienced any of these, be sure to let your doctor know. You'll need to give the area some time to heal and calm down before running a PSA test.

#### 6. Prostate stimulation

Any prostate stimulation can trigger the release of extra PSA. This may include riding a bicycle, some sexual activity, including ejaculation, but even having a DRE can raise PSA levels. For this reason, doctors usually draw blood before performing the DRE to avoid affecting the PSA test results.

#### 7. Medications

Some medications can artificially lower the PSA, such as finasteride (Proscar or Propecia) or dutasteride (Avodart). Be sure to remind your doctor of any and all medications you may be taking, so they can factor them in when assessing your PSA test results.

PSA levels can fluctuate, and they can be influenced by a number of different factors. Your normal PSA levels might just be a little higher than most men in your demographic category. The important thing is to have regular PSA blood tests and DRE's so your doctor can assess your scores and so you can monitor them over time.

*Prostate Cancer Foundation*

### 3rd Annual Wine Festival Fundraiser "South America"

WHEN: Thursday, November 22, 2018, 7:00 - 9:00 pm  
WHERE: Willow Park Wines & Spirits  
10801 Bonaventure Drive SE Calgary, Alberta  
COST: \$50 / person and will include a \$25 charitable tax receipt.

Join us to enjoy a great selection of South American wines in the Festival Cellar at Willow Park Wines and Spirits. As well as an offering of many notable wines, you'll be treated to some delicious light snacks for pairing.

Tickets can be purchased via Visa and Master Card and American Express. [Please visit www.ProstaidCalgary.org](http://www.ProstaidCalgary.org)

### Congratulations Dr. Nicole Culos-Reed PROSTAID Calgary's 2018 Pathfinder's Award Recipient

#### Pathfinder's Award Celebration

WHEN: Tuesday, December 11, 7:30pm - 9pm  
WHERE: The Kerby Centre  
1133 t Ave SW Calgary, Alberta  
COST: Open to the public and free to attend

The Pathfinder Award is given to individuals who have made a significant contribution to the education, research, treatment, and support for men and their families dealing with prostate cancer.

PROSTAID Calgary wishes to recognize the numerous contributions Dr. Culos-Reed has made to the education of our members through the presentations she has given and the [THRIVE program](#).

For more information visit [www.ProstaidCalgary.org](http://www.ProstaidCalgary.org)



### Why attend a PROSTAID Calgary Support Group or General Meeting?

Prostate cancer is stressful and even the best relationships are challenged by a cancer diagnosis. It can strengthen a relationship or strain it—or both. It's important that you and your spouse receive the support that you need as you navigate this journey.

Our meetings are free to attend and open to newly diagnosed patients, patients currently undergoing treatment, prostate cancer survivors, their spouses/partners, and family members and friends who are interested in sharing information and learning more about prostate cancer.

Our meetings provide a safe space for you to express your emotions and they impart a unique sense of community, unconditional acceptance, and information about cancer and its treatment. Contrast that to the isolation, rejection, and lack of knowledge about prostate cancer often experienced outside the group.

Our meetings are about friendship and camaraderie. Let us welcome you with the love and compassion that can only stem from knowing a person's journey first hand.

We hope you'll attend!

Please call Kelly if you have any questions. 403-455-1916

### Thank you to our Sponsors and Community Partners

