

The Digital Examiner

www.ProstaidCalgary.org



Greetings PROSTAID
Calgary members and
friends.



It's hard to believe, but 2018 is quickly coming to a wrap. The days have gotten noticeably shorter and the chill of autumn nights reminds us that fundraising season is once again upon us.

PROSTAID Calgary has two big events on the horizon and we invite you to come out and show your support at both! Make time to attend our Wine Festival Fundraiser and our Pathfinder's Award Celebration. Support your team and be part of the celebration!

PROSTAID Calgary's Wine Festival is being hosted Thursday November 22 at Willow Park Wines & Spirits. It's an important fundraiser for our Society because the funds raised help ensure the smooth operations of our community focused programs and initiatives. **Tickets are \$50 and can be purchased online with Visa, MasterCard and Debit.**

The Pathfinder's Award celebration is being hosted December 11 at The Kerby Centre and is presented to individuals who have made a significant contribution through education, research, support, and leadership afforded to men and their families who are dealing with prostate cancer. This year, we proudly celebrate Dr. Nicole Culos-Reed. Much of Nicole's work deals with physical activity for cancer survivors, the psychological factors that they experience, and focuses on improving their quality of life. The event is free to attend and everyone is welcome. Light refreshments and snacks are served. ***Information for both events is included in this month's Digital Examiner.***

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



November 2018 Number 230

Meeting Schedule

Tuesday November 13, 2018

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

7:30-9:00PM **General Meeting (GM)**
Guest Speaker:

Dr. Jun Kawakami
Room 205 (Lecture Room)

Support Group Meetings

6:30-7:20PM **Warriors**
Advanced & Recurrent Disease
Facilitator: Frank Altin
Room 208 (2nd Floor)

6:30-7:20PM **Wives, Partners & Caregivers**
Facilitator: Linda Maslechko
Special guest Brandie Sedore will
speak about emotional resiliency
and stress management.
Room 313 (Third Floor)

6:30-7:20PM **Newly Diagnosed**
Facilitator: Tom Shindruk
Tom's mission is to help newly
diagnosed get through their
cancer journey. His journey is
one of inspiration and he has
helped many get through their
battle and are now living a most
fulfilling and productive life.

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 Guest Speaker
Dr. Jun Kawakami

Presentation Topic:

Dr. Kawakami has reviewed the first 300 patients that he performed robotic assisted

Contacts

President
Brad Sterling
president@prostaidcalgary.org

Executive Director
Kelly Fedorowich
403 455 1916
info@prostaidcalgary.org

Chairman
Ron Gorham
ron.gor45@gmail.com

Past President
Dave Lunn
dlunn@shaw.ca

Support Group Facilitators

Warriors
Frank Altin
faltin@telusplanet.net

Newly Diagnosed
Tom Shindruk
tomshindruk@shaw.ca

Wives, Partners & Caregivers
Linda Maslechko
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

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Dr. Jun Kawakami

radical prostatectomy on and returns to give an update on his experience.

Bio: Dr Jun Kawakami graduated from Queen's University medical school in 1998. He then completed residency in Kingston, Ontario in 2003 and became a

fellow of the Royal College of Physicians and Surgeons of Canada.

Afterwards he pursued a Master's Degree in Community Health and Epidemiology while doing his Urologic Oncology fellowship at UCSF (University of California, San Francisco). He became a Society of Urologic Oncology member in 2005.

Prostate Cancer Canada and the Movember Foundation announce \$4 Million in research grants

Funding goes to three Canadian researchers to predict how well prostate cancer will respond to treatment, based on men's biological markers, specifically in their tumour cells and blood – opening a path to more personalized care with fewer side effects and a better chance of survival.

The grants have been awarded to **Dr. Tarek Bismar from the University of Calgary**, Dr. Hansen He from University Health Network and Dr. Kim Chi from BC Cancer. This research aims to determine how we can use a man's tumour biology to offer better care to men at three critical stages of their prostate cancer journey.

Dr. Tarek Bismar, University of Calgary will study low-risk prostate cancer that has not spread outside the prostate and is likely to be slow growing. Active surveillance can allow men to delay or avoid aggressive treatments like radiation and surgery and their subsequent side effects. However, many men choose these invasive treatments because they fear their cancer will become aggressive. Dr. Bismar's goal is to see if individual biological factors tested at diagnosis can determine which men will develop aggressive prostate cancer, giving men on active surveillance clear information with which to make their treatment choice.

Dr. Hansen He, University Health Network will study men

diagnosed with cancer which has not spread outside the prostate and is classified as intermediate-risk, meaning there is a higher likelihood it will grow more quickly than the low-risk disease. He will use genetic markers to determine if these men should be treated with aggressive treatments like surgery or can opt for less invasive active surveillance.

Dr. Kim Chi, BC Cancer will study men with advanced prostate cancer, which has spread to other parts of the body, and is currently incurable. Using an approach called liquid biopsy, Dr. Chi will use markers from blood tests, to determine which treatment option will work best for men with advanced prostate cancer. In its final testing stages, if this trial is successful, the results could have an immediate impact on how men are treated.

News provided by [Movember Foundation](#)

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

IRONMAN Registry: A Global Landmark Trial in Advanced Prostate Cancer

WHAT'S THE IRONMAN REGISTRY?

IRONMAN is an international registry for men with advanced prostate cancer.

IRONMAN currently operates across Australia, Brazil, Canada, Ireland, South Africa, Switzerland, Sweden, United Kingdom and U.S.A.

Many men with prostate cancer sign up for a registry. The IRONMAN registry collects information about a man's type of prostate cancer, their treatment and what side effects they may be experiencing. Collecting and researching this information will enable doctors and researchers to better understand what causes prostate cancer, how to stop or slow its progression, and how to provide the best possible care to enable men to live the best quality life possible.

THE PROJECT SEEKS TO IMPROVE THE LIVES OF MEN WITH ADVANCED PROSTATE CANCER BY:

- Discovering which treatments work best in the real world, for real people. New therapies are on the rise, but we need more information to make good judgements.
- Identifying which treatments or combinations of treatments, are associated with the highest rates of survival and quality of life.

- Determining if treatments are associated with side effects and other diseases or conditions.
- Developing a collection of blood samples, to allow research on different types of prostate cancer.
- Creating an international partnership to work together and identify what men with advanced prostate cancer need most to thrive.

FOR THE REGISTRY, IRONMAN WILL COLLECT: Patient's medical history; treatment information; blood samples. They'll also send health surveys to men, so they can measure their quality of life over time.

IRONMAN IS A MOVEMBER FOUNDATION TrueNTH INITIATIVE.

For more information visit IRONMANREGISTRY.ORG

Endocyte

The Swiss pharmaceuticals giant Novartis is beefing up its cancer treatment portfolio with the purchase of Endocyte, a U.S. firm, for \$2.1 billion. Endocyte, a West Lafayette based company is currently conducting clinical trials for radiopharmaceuticals—essentially, radioactive drugs that help diagnose and target tumors—that could be used to treat men with metastatic castration-resistant prostate cancer. The global reach and expertise of Novartis in developing and commercializing therapies will be critical in efforts for patients to benefit from these therapies as quickly as possible.

The specific molecule being developed by Endocyte is called Lu-PSMA-617. This molecule binds directly to Prostate Specific Membrane Antigen, or, PSMA, a protein highly expressed on the cell surface of most prostate cancer cells but absent on most normal cells. Attached to this molecule are therapeutic radioactive atoms called Lutetium-177 (177Lu), which releases an energetic beta particle to precisely deliver cell killing radiation to the site of disease. Unlike traditional external beam radiotherapy, 177Lu-PSMA-617 is administered as a systemic injection where it can directly target multiple sites of PSMA-positive prostate cancer throughout the body, including the bone and soft tissue, while bypassing the PSMA-negative healthy cells. The expression of PSMA prior to treatment with 177Lu-PSMA-617 can be determined using whole body PSMA-directed imaging, allowing for personalization of treatment so that the best course of

therapy might be selected. It is estimated that approximately 80% of men with metastatic castration-resistant prostate cancer (mCRPC) express PSMA on their cancer cells.

Article Contributor: Saif Lalani, PROSTAIID Calgary Director

Radiotherapy treatment for prostate cancer could extend lives of thousands of men, major trial finds

Radiotherapy can provide extended survival time for thousands of men with prostate cancer, a major trial has shown.

A study in London demonstrates for the first time that adding the treatment to standard hormone therapy in men with a locally-advanced form of the disease significantly holds back their cancer.

Up until now doctors have thought it pointless targeting the main tumour itself once the disease has begun to spread to nearby lymph nodes and bones.

But the new approach, reported in [**The Lancet**](#), significantly increased the proportion of patients who were alive after three years, despite the local spread.

Two thousand patients were involved in the trial which took place at University College London and The Royal Marsden Hospital.

While 70 per cent of those given hormone therapy alone survived for three years, around 80 per cent of those in the study who received hormone therapy and radiotherapy were alive after the same period. This study proves the benefit of prostate radiotherapy for these men.

Dr. Chris Parker, lead researcher of the study based at The Royal Marsden believes these findings could and should change the standard of care worldwide. Unlike many new drugs for cancer, radiotherapy is a simple, relatively cheap treatment that is readily available in most parts of the world. The research team stressed that the benefit was restricted to men with locally-advanced prostate cancer and was not seen in patients whose cancer had spread to other organs or distant bones.

The Telegraph, By Henry Bodkin

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

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, 7:00pm - 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.

Dr. Culos-Reed is a Professor in Health and Exercise Psychology in the Faculty of Kinesiology, and a Professor in the Department of Oncology in the CUMMING SCHOOL of Medicine, University of Calgary. She is a Research Associate with the Department of Psychosocial Resources at the Tom Baker Cancer Centre.

Much of her work deals with physical activity for cancer survivors, the psychological factors that they experience, and focuses on improving their quality of life.

Nicole leads the Health and Wellness Lab, which focuses on delivering community-based, 12-week physical activity programs. For prostate cancer survivors and their families, this has included the TrueNTH Lifestyle Management Program.

Dr. Culos-Reed along with Dr. Lauren Capozzi, also founded the Thrive Centre, where many of the research programs begin. This currently includes the Alberta Cancer Exercise (ACE), program, which is offered at the Thrive Centre, Wellspring Calgary, City of Calgary Recreation Centres, and the YMCA.

Nicole is no stranger to PROSTAID Calgary having given several presentations to our meetings. Many of our members are beneficiaries of Nicole's programs for which we are most grateful.

For more information visit www.ProstaidCalgary.org

Congratulations Nicole!



Thank you to our Sponsors and Community Partners

