



# The Digital Examiner

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

Hello PROSTAID Calgary members and friends.

February 2019

Number 233



*Where did the month go?* January was a whirlwind of meetings and phone calls, and I have some exciting updates to share.

I caught up with my friend Justin Ferguson in January. Justin and his lovely fiancée Whitney Hunter are marathon runners who believe deeply in giving back to the community. I'm happy to announce that Justin and Whitney are hosting their Second Annual Marathon Fundraiser for PROSTAID Calgary. This year the fundraiser will be hosted in conjunction with the Chicago Marathon, October 13. More information will be included in the March DE.

Another highlight of the month was meeting with Lauren MacNeil, Executive Director at the Canadian Mental Health Association (CMHA), and touring their beautiful new facility. Lauren and her team are incredible. Like PROSTAID Calgary, CMHA exists to be of service to the community. By becoming community allies, we hope to work together to build stronger communities. It was an exciting first step.

### *Prostate Cancer and mental health*

A cancer diagnosis presents emotional and psychological challenges for patients and caregivers, and prostate cancer has some unique challenges. Consider consulting an experienced mental health professional for emotional symptoms such as anxiety, depression, or insomnia.

Reach out for help by contacting CMHA—Calgary Region 403-297-1700 or email [info@cmha.calgary.ab.ca](mailto:info@cmha.calgary.ab.ca)

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

## Meeting Schedule

**Tuesday February 12, 2019**

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

7:30-9:00PM

**General Meeting (GM)  
Room 205 (Lecture Room)**

**Guest Speaker: Gary Bobrovitz shares his personal prostate cancer journey.**



## 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**  
Room 313 (Third Floor)  
No facilitator this month. Drop in for a cuppa tea.

6:30-7:20pm

**Newly Diagnosed**  
Room 311 (Third Floor)  
No facilitator this month. Drop in.

**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 Presentation Topic:

Gary Bobrovitz has been a Broadcast Journalist at Global Television for more than 40 years. He reported on Politics and covered the Calgary Olympic Games from the first bid application in 1980 to the opening day in Feb 1988. Gary was born and raised in Brantford Ontario and came to Calgary in early 1978 during the first Oil Boom.

## Contacts

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**Support Group Facilitators**

**Warriors**

Frank Altin  
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**Wives, Partners & Caregivers**

Volunteer Facilitator Needed

**Newly Diagnosed**

Volunteer Facilitator Needed

## Mailing Address

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Proud member of the Prostate Cancer Canada Network  
PCCN Calgary



He was diagnosed with Prostate Cancer on his 50th birthday in 2002 following a routine physical exam and blood test. Gary underwent a radical prostatectomy 3 months later and made a full recovery. He is cancer free. Gary used that experience to give back to the community and support men facing this challenge by producing a 1 hour TV Documentary entitled "Living with Prostate Cancer". The Documentary won the Canadian Association of Broadcasters National Gold Medal Award and aired across the Global Television Network.

Gary is also a competitive international Powerlifter with more than 15 World Records in 2 weight classes.

Gary recently retired from Global TV and is now working as the Director of Communications for the Alberta Liberal Party. He has 2 adult children and is in a relationship.

### Smart cancer pills track patients with tiny sensors in their medicines

In a first, a digital medicine firm has created 'smart' cancer pills that track patients with tiny sensors embedded into their medications, making cancer treatment easier.

Silicon Valley-based Proteus Digital Health has recently launched 'smart pills', a digital cancer treatment that are versions of regular medications embedded with a tiny sensor that can tracked by a patch worn on a patient's stomach.

For the study, seven patients with stage 3 and 4 colorectal cancer at the University of Minnesota Health and Fairview Health Services were treated with digital capecitabine, a common chemotherapy drug prescribed with Proteus' ingestible sensor. The digital pills work with a tiny sensor that can either be stamped into a pill or included along with a traditional medicine and then encased in a translucent shell that breaks down when a patient swallows it. Then patients attach a credit card-sized adhesive sensor anywhere on their stomach that tracks when the pill is ingested, reported Business Insider.

The program captures, records, and shares data about the patient's time, dose, and type of oral chemotherapy medication taken. Along with this data, information regarding patient on rest, activity, and resting heart rate was also recorded, which is then shared with the patient's consent with their physician, pharmacist, or caretaker.

The information can only be seen by the patient and their designation individuals on a secure, mobile-friendly platform developed by Proteus. One of the researchers Edward Greeno said, "Proteus has given us a great opportunity to take our passion for better care management of patients receiving oral oncolytics and move that forward."

"Currently, providers make decisions about oral chemotherapy based on patients' best knowledge of their medication taking," said Andrew Thompson, CEO and Co-founder of Proteus. "For the first time, digital oncology medicines give providers and caregivers new insights and ability to engage with more specific information in the remote care of colorectal cancer patients.

"Based on our data around the use of digital medicines in other treatment areas, we believe this will enable oncology patients to stay on their therapy longer, avoid hospital admissions, and have better response to therapy overall," he added.

*Business Recorder by Shazma Khan*

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

### Scientists identify gene responsible for spread of prostate cancer

A Rutgers study has found that a specific gene in cancerous prostate tumors indicates when patients are at high-risk for the cancer to spread, suggesting that targeting this gene can help patients live longer.

The study, which was published in the journal Nature Communications, identified the NSD2 gene through a computer algorithm developed to determine which cancer genes that spread in a mouse model were most relevant to humans. The researchers were able to turn off the gene in the mice tumor cells, which significantly decreased the cancer's spread.

"Currently, when a patient is diagnosed with prostate cancer, physicians can determine how advanced a tumor is but not whether the patients' cancer will spread," said lead author Antonina Mitrofanova, an assistant professor at Rutgers School of Health Professions and a research member of Rutgers Cancer Institute of New Jersey. "If we can determine whether a patient's cancer is likely to spread at the time of diagnosis, we can start them on a targeted treatment plan as soon as possible to decrease the likelihood of their cancer spreading."

Mitrofanova and collaborators are researching a potential drug to target NSD2, but she encourages doctors to begin incorporating NSD2 screening so they can start high-risk patients on anti-metastatic treatment as soon as possible.

While the algorithm used in the study focused on prostate cancer, Mitrofanova said it can be applied more broadly to study other cancers to better understand what findings can be translated to people.

*Medical Express by Rutgers University.*  
[Click here to access article and links.](#)

### Rapid Access Clinics at Calgary's Prostate Cancer Centre: RAC II

RAC II—ACCESS TO TREATMENT SPECIALISTS  
Bi-monthly information sessions are offered to men newly diagnosed with prostate cancer. The seminar format gives participants the opportunity to hear from a urologist, radiation oncologist and medical oncologist who explain prostate cancer, treatment options and their side effects.

Sessions take place at the Prostate Cancer Centre on Tuesday evenings in the Conference Room from 5:00pm—6:30pm. Family members are welcome. These free sessions are available to you and your partner by registration with your Urologist only.

The Prostate Cancer Centre has 6 Rapid Access Clinics:  
RAC I - ACCESS TO A SPECIALIST;  
RAC II - ACCESS TO TREATMENT SPECIALISTS;  
RAC III - ACCESS TO POST-OP CARE;  
RAC IV - ACCESS TO SUPPORT FOR INCONTINENCE AND ERECTILE DYSFUNCTION;  
RAC V - ACTIVE SURVEILLANCE;  
RAC VI - ANDROGEN DEPRIVATION THERAPY (ADT)

[Click here for more information about RAC](#)  
[or visit the Prostate Cancer Centre webpage](#)

**Canadian Urological Association recommendations on prostate cancer screening and early diagnosis**  
[Click here to read the CUA Guideline](#)

Identifying and treating men with clinically significant prostate cancer while avoiding the over-diagnosis and

overtreatment of indolent disease remains a significant challenge. Several professional associations have developed guidelines on prostate cancer screening and early diagnosis, but there are conflicting recommendations on how best to approach these issues. With recent updates from several large, randomized, prospective trials, as well as the emergence of several new diagnostic tests, the Canadian Urological Association (CUA) has developed these evidence-based recommendations to guide clinicians on prostate cancer screening and early diagnosis for Canadian men. The aim of these recommendations is to provide guidance on the current best prostate cancer screening and early diagnosis practices and to provide information on new and emerging diagnostic modalities.

**Prostate Cancer Canada** endorses the CUA's PSA testing recommendations summarized below:

**THE PSA TEST**  
TO DETECT PROSTATE CANCER

Prostate Cancer Canada endorses the Canadian Urological Association's PSA testing recommendations summarized here.

**What is it?**  
• A blood test measuring amount of the prostate specific antigen (PSA) protein  
• It's normal to have PSA in your blood, but high levels can mean something is wrong - potentially prostate cancer

**Should I get tested?**  
• Before deciding to be tested, discuss advantages and disadvantages with your doctor

**Am I at risk?**  
• Age  
• Family history of the disease  
• Black men

**When should I start being tested?**  
• Age 50  
• Age 45 if at high risk

**How often should I be tested?**  
• It depends on your PSA levels and can be different for each man

**When should I stop testing?**  
• It depends on your PSA level, age and general health  
• Usually at age 70  
• In your 60s if PSA levels are low

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FOR MORE INFORMATION  
[prostatecancer.ca/PSA](http://prostatecancer.ca/PSA)

[Click here for more information about Prostate Cancer Canada and The PSA Test.](#)



[www.facebook.com/pccncalgary](http://www.facebook.com/pccncalgary)

## Volunteer Call Out Volunteers, Support Group Facilitators and Board Members

Please contact Kelly for more information  
403-455-1916 or [info@prostaiddcalgary.org](mailto:info@prostaiddcalgary.org)

**Volunteers Needed 53rd Annual World of Wheels,**  
February 22—24, 2019 Stampede Park BMO Centre  
Day and evening shifts.

**Volunteers Needed PROSTAID Calgary Casino,**  
April 15 & 16, 2019  
Cash Casino, 4040 Blackfoot Trail SE  
Day and night shifts.

### Facilitator for Wives, Partners, and Caregivers Group

Prostate cancer is a couples disease. We are currently looking for an individual with a sincere interest in helping others through the often difficult journey of prostate cancer. A level of personal understanding of caregiver challenges and confidence in the role is important but not mandatory. Talking to someone who understands exactly what you are going through may help to relieve some of a caregiver's greatest fears and worries. You can assist caregivers in learning what to expect after prostate cancer treatments and throughout their journey.

Meetings are held on the second Tuesday of each month from 6:30 to 7:30PM.

### Facilitator for Newly Diagnosed Group

We are currently looking for an individual with a sincere interest in helping others through the often difficult journey of prostate cancer. A level of personal understanding of a prostate cancer diagnosis is valuable but not mandatory. PROSTAID Calgary's Newly Diagnosed Group provides information, support and camaraderie to men and their families after receiving a diagnosis of Prostate Cancer. As a facilitator you would also be responsible to help men learn about PROSTAID Calgary and the many valuable services that are available to Calgary's prostate cancer community.

Meetings are held on the second Tuesday of each month from 6:30 to 7:30PM.

## New Board Members Needed

PROSTAID Calgary will be electing several new members to our board in 2019. We're looking for board members who believe in our mission and are willing to be active in their role.

Formed in 1993, PROSTAID Calgary's mission to help men and their families deal with prostate cancer. We do this by:

- Providing peer-to-peer mutual support for men and their families on their journey with prostate cancer.
- Educating and informing our members about prostate cancer
- Increasing public awareness of the disease.
- Advocating for a strong provincial voice in matters relating to prostate cancer.

Directors are responsible for overseeing the mission and purpose of the organization. Duties include participation in strategic planning and making policy decisions, then securing the financing of them and the monitoring of their execution. Members must be willing to attend monthly meetings, follow through on commitments, and participate fully in the decision-making process. The board also presents the organization's image to the community and solicits its support in achieving PROSTAID Calgary's goals.

The next several years promise to be exciting ones for PROSTAID Calgary. The organization will continue to have a positive impact on the communities we serve and the Board of Directors will play a central role in this important work.

PROSTAID Calgary Board of Directors meet on the first Thursday of every month at the Kerby Centre from 12PM until 2PM.

## Thank you to our Sponsors and Community Partners

