

# The Digital Examiner

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**“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships, and decide not to surrender, that is strength.”**  
Unknown

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**Next General Meeting:**  
**Tuesday, February 9th, 2021 @ 7:30 p.m., via Zoom**

**Guest Speaker: Dr. Tarek Bismar**  
[Please RSVP to program.director@prostaid.org](mailto:program.director@prostaid.org)



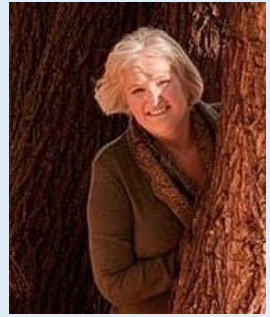
Dr. Tarek Bismar is Professor of Pathology at the University of Calgary and Alberta Precision labs. He has partnered with Dr. Eric Hyndman at the Prostate Centre in Calgary to investigate and characterize novel molecular signatures to be implemented in men with Prostate Cancer enrolled in Active Surveillance Program.

The aim is to develop clinical signatures that could guide urologists on how often to re-biopsy patients on active surveillance and when to implement definite therapy, thus establishing “Precision Active Surveillance guidelines”. The hope that such signatures will decrease unnecessary repeat biopsies and avoid potential complications.

Dr. Bismar’s research also targets nonendocrine prostate cancer to understand the molecular underlying events implicated in increased risk for such differentiation post hormonal and radiotherapy. Dr. Bismar has published more than 115 peer reviewed publications mostly in prostate cancer biomarkers and genomic signatures. He currently has active collaborations with several national and international investigators.

### SIDE BAR:

**Of particular note:**



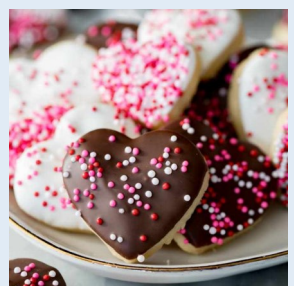
Dr. Dana Male provided an updated list of resources after her presentation last month. If you would like to receive a copy, please email me.

Prostate Cancer Support—Toronto has been doing their presentations via Zoom, similar to ours. In the spirit of sharing, I am including the link to their December speaker:

[“There IS Sex after Prostate Cancer!”](#)

On page two, I have included some articles that are related to the work that Dr. Bismar is involved with, including one article that is co-authored by him.

Regards,  
Dorothy  
**Dorothy Rodehutsors**  
Program Director  
PROSTAID  
Calgary



## Related Articles of Interest:

### [Five-year Outcomes of Magnetic Resonance Imaging-based Active Surveillance for Prostate Cancer: A Large Cohort Study](#)

- \* Although the use of multiparametric magnetic resonance imaging (mpMRI) in active surveillance (AS) for prostate cancer is of increasing interest, existing data are derived from small cohorts. Described here is the clinical, histological, and radiological outcomes from an established AS program, where protocol-based biopsies were omitted in favour of MRI-led monitoring.
- \* September 2020

### [Active surveillance for prostate cancer: a systematic review of contemporary worldwide practices](#)

- \* In the last decade, active surveillance (AS) has emerged as an acceptable choice for low-risk prostate cancer (PC), however there is discordance amongst large AS cohort studies with respect to entry and monitoring protocols. This is a systematic review of worldwide AS practices in studies reporting five (5) years or more of follow-up.
- \* February 2018

### [Involvement of the MEN1 Gene in Hormone-Related Cancers: Clues from Molecular Studies, Mouse Models, and Patient Investigations](#)

- \* *MEN1* mutation predisposes patients to multiple endocrine neoplasia type 1 (MEN1), a genetic syndrome associated with the predominant co-occurrence of endocrine tumors. Intriguingly, recent evidence has suggested that MEN1 could also be involved in the development of breast and prostate cancers, two major hormone-related cancers.
- \* October 2020

### [The role of serum neuron-specific enolase in patients with prostate cancer: a systematic review of the recent literature](#)

- \* In this systematic review, they evaluated the value of serum concentrations of neuron-specific enolase (NSE) in patients with prostate cancer (PCa) in order to clarify the possible role of NSE in the diagnosis, management, treatment and monitoring of PCa.
- \* Prostate tumors range from slowly growing lesions to aggressive tumors, which metastasize rapidly. The subtype with neuroendocrine (NE) features represents a highly aggressive variant of PCa that is increasingly recognized. Although rare as a primary diagnosis, the NE phenotype often emerges during progression of the disease, especially in the castration-resistant stage .
- \* February 2017

### [Metabolomics Contributions to the Discovery of Prostate Cancer Biomarkers](#)

- \* Prostate cancer (PCa) is one of the most frequently diagnosed cancers and a leading cause of death among men worldwide. Despite extensive efforts in biomarker discovery during the last years, currently used clinical biomarkers are still lacking enough specificity and sensitivity for PCa early detection, patient prognosis, and monitoring. Therefore, more precise biomarkers are required to improve the clinical management of PCa patients. In this context, metabolomics has shown to be a promising and powerful tool to identify novel PCa biomarkers in biofluids.
- \* March 2019

### [Validation of the Decipher Test for predicting adverse pathology in candidates for prostate cancer active surveillance](#)

- \* Many men diagnosed with prostate cancer are active surveillance (AS) candidates. However, AS may be associated with increased risk of disease progression and metastasis due to delayed therapy. Genomic classifiers, e.g., Decipher, may allow better risk-stratify newly diagnosed prostate cancers for AS.
- \* Dec 2018, TA Bismar, Co-author

## Articles of Interest:

### For Newly Diagnosed:

#### [Multi-Disciplinary Tumor Master Games - Early Stage Prostate Cancer](#)

- \* This discussion examines controversial aspects of the care of patients with early-stage prostate cancer.
- \* November 2020

#### [The Role of Prostate-Specific Membrane Antigen \(PSMA\) Scanning in Prostate Cancer \(Up\)Staging](#)

- \* Discusses the role of prostate-specific membrane antigen (PSMA) scanning in prostate cancer staging and its use as an obvious challenger to conventional imaging.
- \* December 2020

#### [Clinical Implications of Germline Testing in Newly Diagnosed Prostate Cancer](#)

- \* Germline testing (GT) is increasingly impacting prostate cancer (PCa) management and screening, with direct effects in urology, medical oncology, and radiation oncology. The majority of testing indications and recommendations center on men with metastatic disease, although guidelines now encompass newly diagnosed, early-stage PCa and entail assessment of personal history, pathologic features, and family history to determine eligibility for testing.
- \* January 2021

#### [Researcher's work to increase exercise among cancer survivors expands across Canada](#)

- \* Project EXCEL, led by Dr. Nicole Culos-Reed, PhD, a member of the O'Brien Institute for Public Health, is funded by the Canadian Institutes of Health Research (CIHR), Canadian Cancer Society (CSS), and Alberta Cancer Foundation. The study aims to increase levels of physical activity in cancer survivors who live in rural areas. By providing access to physical activity programming via EXCEL, participants may improve their fitness and overall well-being, enhancing their quality of life.
- \* December 2020

### For Everyone:

#### [Multi-Disciplinary Tumor Master Games - Advanced Prostate Cancer](#)

- \* Discussion on the care of patients with advanced prostate cancer, including the role of imaging, the role of focal therapy, treatment options, and symptom management.
- \* November 2020

#### [Oligorecurrent prostate cancer treated with metastases-directed therapy or standard of care: a single-center experience](#)

- \* The optimal treatment for oligorecurrent prostate cancer (PCa) is a matter of debate. We aimed to assess oncologic outcomes of patients treated with metastasis-directed therapy (MDT) vs. androgen deprivation therapy (ADT) for oligorecurrent PCa.
- \* December 2020

#### [Surgical Delay and Pathological Outcomes for Clinically Localized High-Risk Prostate Cancer](#)

- \* Is delayed radical prostatectomy for high-risk prostate cancer associated with negative outcomes? Findings suggest that prostate cancer surgery can be safely delayed up to 6 months and should be considered as low priority compared with other emergent and cancer surgeries when health care resources need to be prioritized during special times, such as the coronavirus disease 2019 pandemic.
- \* December 2020

#### [Efficacy and safety of cabazitaxel therapy in elderly patients with castration-resistant prostate cancer: A multi-institutional study](#)

- \* There is little data on the outcome of cabazitaxel (CBZ) treatment of elderly patients with castration-resistant prostate cancer (CRPC). This study assessed the efficacy and safety of CBZ chemotherapy in patients with CRPC aged 75 years or older in a multiinstitutional study.
- \* December 2020

## Videos:

### [Radiation Safety with Targeted Radionuclide Therapy](#)

- \* Another presentation in the series on precision medicine titled "PSMA Targeted Therapies in Progressive Metastatic Prostate Cancer". This session talks about radiation safety with targeted radionuclide therapies, which is a topic that often creates fear in the community.
- \* June 2020

### [Focal Therapy in Prostate Cancer](#)

- \* Discussion around when patients are recommended to active surveillance, versus when they must receive more complex treatment regimes. They discuss the research done to identify and test focal therapies for prostate cancer.
- \* April 2020

### [Patients with Metastatic Castration-Resistant Prostate Cancer \(mCRPC\) Can Be Preselected to Maximize Benefit of Olaparib](#)

- \* Precision medicine and targeted therapy are possible in prostate cancer. Unmet needs have included more focused treatment and novel modes of action to counter resistance to hormonal and cytotoxic therapies.
- \* October 2020

### [Preliminary Efficacy of AMG 160 in Metastatic Castration-Resistant Prostate Cancer, Interim Results From the Phase 1 Study](#)

- \* In this conversation, the panelists provide insights into the patient population of this study, the percentage of patients which remained on treatment at the time of data evaluation, the adverse events (AEs) associated with treatment, and key efficacy data reported at ESMO 2020. AMG 160 is a targeted half-life extended, bispecific T-cell engager (BiTE®) immune therapy that engages a patient's own T cells to kill prostate cancer cells via binding of CD3 on T cells and PSMA on cancer cells.
- \* November 2020

## New in Our Library

Look for all the new material on the library table at our next in-person meeting. The resources are physically located at the Kerby Centre and not accessible at this time.

If you require assistance in locating online resources, please contact us and someone will be happy to help.

### [From our Video Library \(YouTube\):](#)

- If you missed the January meeting, the video has now been posted, featuring Dr. Dana Male, [Mental Wellness during the Pandemic.](#)
- [Blood Biomarkers in the Management](#) of PCa, Dr. Tarek Bismar
- [Robotic Surgery and What is next,](#) Drs. Tarek Bismar and Eric Hyndman
- [Diagnosis, Prognosis & Therapeutic Targeting,](#) Dr. Tarek Bismar

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