



The Digital Examiner

www.prostaidcalgary.org

Hello Members and Friends

January 2020 Number 244

PROSTAID Calgary

invites you and your spouse or a friend to

Celebrating Men's Health & Our 2019 Pathfinder Award Winner Dr. Shelley Spaner, MD

Who: Everyone Welcome! This is a public meeting.

When: 7:30 - 9:00 pm, Tuesday, January 14, 2020.

Where: Kerby Centre.

1133 7th Ave SW, Calgary, AB.

Parking: FREE in lots on both sides of 7th Ave SW.

Contacts

Information

Phone: 403-455-1916

info@prostaidcalgary.org

Brad Sterling

President

president@prostaidcalgary.org

Dave Lunn

Past President

dlunn@shaw.ca

Support Groups

Frank Altin

Warriors

faltin@telusplanet.net

Wives, Partners & Caregivers

info@prostaidcalgary.org

Newly Diagnosed

info@prostaidcalgary.org

Mailing Address

PROSTAID Calgary

PO Box 72126

RPO Glenmore Landing

Calgary, Alberta

T2V 5H9

Phone: 403-455-1916

To subscribe to The Digital Examiner

info@prostaidcalgary.org

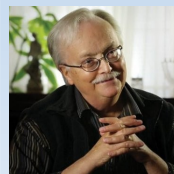
PROSTAID Calgary is self-funded.

To make an on-line donation, please visit

www.pccncalgary.org

PROSTAID Calgary

is a proud member of the Prostate Cancer Canada Network of support groups.



Our General Meeting (GM) on Tuesday, January 14 will be special celebrating the great work of Calgary's own Dr. Shelley Spaner of Mayfair Diagnostics to:

- Research and apply 3-T MRI technology for the diagnostic imaging of prostate cancer.
- Start the program "Women for Men's Health".

We sincerely hope to see **You and Your Friends** on January 14, 7:30-9:00 pm at the Kerby Centre to:

- Honour Dr. Spaner with PROSTAID Calgary's 2019 Pathfinders Award, and to
- Hear Shelley speak about 3-T MRI imaging of PCa and Women's for Men's Health.

PROSTAID Calgary strongly advocates for "smart screening" of men at mid-life (40 - 50 years of age) for the assessment of their risk of prostate cancer.

With all the scientific evidence gained in the past 10 years, it seems certain that the benefits of catching prostate cancer early far outweigh the:

- Risks of possible over-diagnosis and over-treatment, and the
- Family, societal and health care system costs and burdens of delayed diagnosis and the curse of incurable metastatic disease.

NOTE: Warriors, Newly Diagnosed and Ladies & Caregivers will meet at 6:30 pm prior to the GM.



Dr. Spaner is a specialist in diagnostic radiology at Mayfair Diagnostics where she became a partner in 2003. She provides medical imaging and specialized radiology services in Calgary, Southern Alberta, Saskatchewan, Yukon and North West Territories.

Shelley completed her Medical Degree at the University of Alberta in Edmonton in 1996. In 2001, she completed a Fellowship in Diagnostic Imaging, and was appointed to the medical staff of Alberta Health Services, a position she continues to hold. In 2002, she began teaching at the University of Calgary, and was appointed clinical assistant professor in 2003.

Shelly is a member of the Alberta Society and the Canadian Association of Radiologists, the Society of Abdominal Radiologists, along with the Radiological Society of North America. Shelley joined the Board of the Prostate Cancer Center in Calgary in 2015.

In 2017, Dr. Spaner founded "Women for Men's Health". Motivated by the visible gap in the current system, which frequently sees men "fall through the healthcare cracks", the primary goal of the program is to shift men's behaviour towards preventing treatable disease and maintaining good health, as well as mobilizing women in this effort.

The Merger of Prostate Cancer Canada & Canadian Cancer Society

On Dec 12, 2019, Prostate Cancer Canada (PCCanada) approved an amalgamation with the Canadian Cancer Society (CCS). PCCanada is joining forces with CCS so as to strengthen and grow its mission to save and improve even more lives.

PCCanada's new strategic plan was launched before PCCanada had any idea that CCS would approach about a merger. The plan will provide CCS with a solid blueprint to carry on PCCanada's mission under the CCS banner.

The intention is that all initiatives of PCCanada will continue, but within CCS, which has an extensive regional structure. Under the amalgamation agreement, funding for prostate research projects will continue. In addition, PCCanada's educational initiatives and work to influence government policy and health system practices to improve patient outcomes will continue.

Both CSS and PCCanada found the fundraising landscape to be competitive and crowded. Their intent is that joining forces will ensure that important causes are not just sustained but that they thrive moving forward.

Peter Coleridge, President and CEO of PCCanada stated that since PCCanada's founding:

- Canadians are talking about prostate cancer more than they ever have.
- People affected by the disease have more support.

These are tremendous achievements that have changed lives and saved lives.

We've come a long way, but to continue to grow, Coleridge believes amalgamation is the best option. The profile, reach and presence of the prostate cancer cause will be increased because we'll be able to build on the local structure that CCS has across Canada.

Coleridge understands this might come as a surprise and many are naturally wondering about the future of the cause. He emphasizes that CCS wants the benefit of the service and passion provided by our key stakeholders including you. This decision was not taken lightly. Coleridge emphasized that the benefits to the cause and to the many Canadians and their families impacted by prostate cancer was uppermost in their minds.

Joining forces is the best way to ensure that PCCanada and CCS's collective missions continue and grow.

Although this agreement needs federal government approval, PCCanada issued a news release today announcing its intention to amalgamate. Approval is expected to be a formality, but it could take a few months.

Andrea Seale, CEO of the Canadian Cancer Society, will lead the amalgamated CCS organization.

Reference: Abstracted from a PCCanada press release.

Some Thoughts about the Merger

PROSTAID Calgary has been supporting men and their families in Calgary and the surrounding area since 1993. For 26 years, we have been the "**Local Voice of Prostate Cancer**".

These are definitely exciting times in the prostate cancer research field, with new developments happening daily. At the same time, the fund raising landscape has been changing and continues to evolve.

PROSTAID Calgary has enjoyed working with Prostate Cancer Canada. We are excited to be part of this changing landscape and look forward to working with the Canadian Cancer Society which has a strong presence in communities across the country. We are anxious to learn how the Prostate Cancer Canada Network of more than 70 Support Groups will be able to contribute to making the amalgamated organization and support groups stronger together."

Brad Sterling
President, PROSTAID Calgary

I was surprised and initially disappointed to hear that Prostate Cancer Canada was to be folded into the Canadian Cancer Society. PCCanada provided a focused and strong national voice for prostate cancer. That national focus was missing in the prostate cancer community 15 years ago. Since then, times changed for PCCanada, particularly with Movember coming on the scene, and numerous provincial and clinical-based fund raising foundations gaining strength. It is probably fair to say there were too many organizations chasing the prostate cancer research dollar.

By contrast, PCa Support Groups are local, community-based and independent. They typically are led by volunteers who are survivors, those living with prostate cancer, or family and friends from the local community. Their forté is their experience living with the disease, peer-to-peer support, the currency of their information, and advocacy for a cure at a local and provincial level. They are locally funded and need your support.

Personally, I know that PCa Support Groups serve an important function. After I was diagnosed with high risk advanced PCa more than 12 years ago, there was nothing more comforting for me than to enter a room of men and women to learn of their experience with PCa. Many of these men and their partners became best friends as we together learned to cope with prostate cancer.

New relationships and partnerships will be in the cards for PROSTAID Calgary and PCa support groups across the country. We do look forward to helping to build, together with Canadian Cancer Society, a stronger community to confront this disease that none of us knowingly signed up for.

My more passionate thoughts today however are with the families of two of our PROSTAID Calgary Warriors who passed away from PCa just last Friday. Rest in peace, my friends.

Stewart Campbell, PROSTAID Calgary Warrior.

Role of mpMRI and PSA density in patients with an initial negative prostatic biopsy

Introduction:

While an elevated PSA significantly increases the risk of men harboring prostate cancer, many men with a persistently elevated PSA have negative prostate biopsies. More recently, multiparametric MRI (mpMRI) has had promising implications for the diagnosis of prostate cancer. This article reports on the diagnostic role of mpMRI in predicting the future diagnosis of prostate cancer in patients with an initial negative biopsy.

Methods:

The study included all men with negative biopsies, elevated PSA and mpMRI. All patients had their age, PSA, and PSA_d (PSA density) recorded. mpMRI lesions were classified using the PI-RADS 2 scoring system.

Results:

- mpMRI imaging was performed in 336 men with an initial negative biopsy, of whom 108, 111, 76 and 41 men underwent single, two, three and four biopsies, respectively.
- Of the 228 men with more than one biopsy, 115 patients were diagnosed with PCa on further biopsies.
- Older patients and men with higher PSA, PSA_d and PI-RADS score had a significant risk to progress to cancer but only higher PSA_d and higher PI-RADS score were significantly associated with clinically significant cancers.
- For clinically significant cancer, sensitivity and specificity of PI-RADS scoring was 86 and 45%, respectively, and a NPV of 87.6%. When combined with PSA_d, NPV was 93%.

Conclusion:

Men with benign prostatic biopsy and both PSA_d < 0.15 and low PI-RADS score may avoid second biopsy. PI-RADS scoring system has a high sensitivity to diagnose clinically significant prostate cancer and repeat biopsy should be recommended in men with benign biopsy and high score.

Reference: Ahmed Fouad Kotb, Shelly Spaner, Trafford Crump & Mathew Eric Hyndman. World Journal of Urology. Volume 34, pages 2021–2025(2018).

For Peer Support about Prostate Cancer

- Attend a general meeting for live presentations and Q&A provided by leading prostate cancer specialists.
- Join one of our private focus groups i.e. Newly Diagnosed, Warriors, Ladies and Caregivers.
- Borrow publications from our Library.
- View > 120 videos on our YouTube channel.

Website: www.prostaidcalgary.org
400,493 hits since Feb 27, 2008

YouTube Channel: [pccncalgary](https://www.youtube.com/channel/UCpccnclg). 1090 subscribers.
232,976 viewings since Dec 15, 2011.

Continuing the Momentum with Patient Advocacy

Elisabeth Heath, MD from the Karmanos Cancer Institute joins Alicia Morgans, MD in a passionate conversation on the importance of patient advocacy, education, and the impact advocacy have on a cancer patient's journey.

- What resources are out there?
- How do we really help patients do the best that they can?
- How do you find advocacy organizations in your community?
- How do you get involved?

Drs. Heath and Morgans provide answers to these questions highlighting that advocacy:

- Bridges the gap between research, community efforts, government efforts, and one's personal journey following a cancer diagnosis, and
- Pushes the barriers towards better patient care and ultimately better cancer diagnosis outcomes.

This video and a transcript of their conversation may be viewed at <https://www.urotoday.com/video-lectures/navigating-cancer/video/mediaitem/1515-players-brightcove-net2019-10-09-01-50-09.html>

Biographies

Elisabeth Heath M.D., FACP, Associate Center Director for Translational Sciences, Medical Director of the Infusion Center, Lead of the Prostate Cancer Research Team and Genitourinary Oncology Multidisciplinary Team, Karmanos Cancer Institute.

Alicia Morgans, MD, MPH, Associate Professor of Medicine in the Division of Hematology/Oncology at the Northwestern University Feinberg School of Medicine in Chicago, Illinois.

Clinical Validation of ClarityDX Prostate

Nanostics Inc. of Edmonton, Alberta announced today that from the launch of its clinical validation study for ClarityDX Prostate, recruitment of men increased significantly in November, pushing the number of men enrolled over 200.

This coincided with the "Grow a Mo" (mustache) campaign from the global charity Movember and Alberta Cancer Foundation's Giving Tuesday 2019 campaign.

Funding to develop Nanostic's novel blood screening test for early diagnosis of clinically significant prostate cancer comes from generous donors through the Alberta Cancer Foundation. Additional funding for the clinical study comes from the Alberta Innovates-ASBIRI program, Bird Dogs for Prostate Cancer Research, Movember and the University of Alberta.

The clinical validation study is co-sponsored by the Alberta Prostate Cancer Research Initiative (APCaRI) and DynaLIFE Medical Labs and will recruit 2,800 men in Canada and USA with elevated prostate specific antigen (PSA) levels.

Reference; Nanostics Inc. Press Release December 3, 2019.

Key Books in Our Library - Available at our Monthly General Meetings

Managing Urinary Incontinence After Prostate Cancer

Jacek Mostwin, MD, D. Phil.

Dr. Mostwin is a Professor of Urology at Johns Hopkins and the former director of the Division of Reconstruction and Neurological Urology. As a urological surgeon, he has performed more than 3,000 radical prostatectomies and implanted more than 400 artificial urinary spincters in incontinent men. Most of Dr. Mostwin's scientific publications deal with lower urinary tract problems.

The Impact of Prostate Surgery

Upon hearing the words "you've got prostate cancer", many men fail to hear anything else during their consult with their urologist. Thoughts of impending death block out any additional information. And if they undergo surgery, many men focus on erectile dysfunction as the major complication from radical prostatectomy.

According to Dr. Mostwin, there're wrong!

- Recovery of urinary control is far more important, and if that happens slowly, or never at all, incontinence can cast a far greater shadow on a man's life than impotence.
- Many men are surprised and embarrassed by the urinary incontinence they typically encounter after prostate surgery.
- Prostate surgery is a shock to the system, and incontinence - the inability to contain urine - affects quality of life and self-esteem.
- Incontinence isn't life threatening. However the stigma attached to wet clothing and offensive odor can have profound consequences that may lead to humiliation and social withdrawal.

"Managing Urinary Incontinence After Prostate Cancer Surgery" by Jacek Mostwin, MD is well worth reading.

Life on Androgen Deprivation Therapy

This educational program is ideal for PCa patients (and their partners) who will be on ADT for at least 6 months. Patients are encouraged to join the program before they start ADT or as soon as possible after starting on ADT.

Online classes are available monthly. All classes are held at 4:00 PM Mountain time. **Upcoming dates:** Monday, January 13 and Tuesday, February 18, 2020. **To Register:** visit www.lifeonadt.com

The team that developed *lifeonadt* was the recipient of the 2019 Canadian Association of Psychosocial Oncology (CAPO) Innovation Award. Team members were Drs. Richard Wasserug, Erik Wibowo, John Robinson, Lauren Walker, Andrew Mathew and Deborah McLeod.

Dr. Walker's PhD studies under Dr. Robinson starting in 2007 became the basis for the team's book "*Androgen Deprivation Therapy: An essential guide for prostate cancer patients and their loved ones*". More than 60,000 copies of this book have been printed. Their book is available to borrow from PROSTAID Calgary's Library.

Videos of presentations about ADT and Sexuality by some of these same team members recorded at PROSTAID Calgary General Meetings have been viewed more than 20,000 times on our YouTube channel at pccncalgary.

Mind-Body Intervention Research

Researchers at Alberta Health Services are studying how to implement a mind-body exercise intervention among prostate cancer patients and their caregivers, to reduce distress and improve physical reserve in preparation for cancer treatment and survivorship.

To guide their research, they would like you to complete a short survey that asks about your psychosocial and physical experience during the prostate cancer journey, and your perception and preferences on mind-body exercise such as Tai Chi. Your responses will inform the team's research so that it is meaningful and likely to be successful!

No identifiable information will be collected and you will not be contacted by PROSTAID Calgary or the study team again in relation to your responses without your consent.

To complete the survey, please use this link: <https://survey.albertahealthservices.ca/TakeSurvey.aspx?SurveyID=PEAK>

Thank you in advance for considering to help this research team. If you have any further questions, please feel free to contact Lin Yang at Lin.Yang@ahs.ca

Thank you to our Sponsors and Community Partners

