



# The Digital Examiner

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**“Christmas is not a time, nor a season, but a state of mind. To cherish peace and good will, to be plenteous in mercy, is to have the real spirit of Christmas.”**

**Calvin Coolidge**

### Connect with us:

**Information**  
Phone: 403-455-1916  
[info@prostaidcalgary.org](mailto:info@prostaidcalgary.org)

**Brad Sterling**  
President  
[president@prostaid.org](mailto:president@prostaid.org)

### Support Groups

**Frank Altin**  
Warriors  
[faltin@telusplanet.net](mailto:faltin@telusplanet.net)

**Wives, Partners & Caregivers**  
[info@prostaidcalgary.org](mailto:info@prostaidcalgary.org)

**Newly Diagnosed**  
[info@prostaidcalgary.org](mailto:info@prostaidcalgary.org)

### Mailing Address

**PROSTAID Calgary Society**  
PO Box 72126  
RPO Glenmore Landing  
Calgary, Alberta  
T2V 5H9  
Phone: 403-455-1916

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

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**Next General Meeting:**  
**Tuesday, January 11th, 2022 @ 7:30 pm via ZOOM**  
  
*Please RSVP to [program.director@prostaid.org](mailto:program.director@prostaid.org)*

Speakers for our 2022 regular meetings are still being finalized. We intend to bring you a mix of cutting edge research that is being conducted here in Calgary. Mixed in will be general speakers of interest on topics like nutrition, travel, living with cancer, and focus on living a new normal life.

January, to start things off, will be Dr. Sangjune Lee and his colleague Dr. Harvey Quon. They are both radiation oncologists at the Tom Baker Cancer Centre, as well as the leads for Precision Oncology research at the Arnie Charbonneau Cancer Research Institute here in Calgary.

February, we hope to hear from Linda Carlson, who has just recently been appointed as the Enbridge Research Chair in Psychosocial Oncology.

March hasn't been finalized yet, but I am in discussion with a known motivational speaker who is willing to do a session for FREE, possibly as a fundraiser for PROSTAID Calgary Society. Stay tuned!



### SIDE BAR:

Wow! This year has been quite the ride, hasn't it? From the political mess that our neighbors to the south found themselves dealing with in January, to a worldwide vaccine rollout, to historic weather all summer.

PROSTAID Calgary has weathered it all and we remain focused on supporting our members in whatever capacity and through whichever medium available. We will get back to in-person meetings this coming year, I feel it.

I would like to take this opportunity to wish all of you the very best of the holiday season, being grateful for the advances in science and a brighter outlook for 2022.

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

## Greetings from your Board:

### Message from the President:

Whether you have recently celebrated Diwali, are celebrating Hanukkah or are preparing for Christmas or Kwanza, they all have something in common ... they all celebrate light and goodness in the world by bringing people together through food and fellowship.

2021 was another challenging year in so many ways, but the season reminds us we have many reasons to celebrate. Despite the challenges, there continue to be incredible advancements in medicine in a variety of fields. We have learned new ways to connect or reconnect and we have learned how important the small things in life truly are.

As we look forward with optimism to 2022, let's celebrate the small wins, let's continue to support each other and let's look at how we can make a difference in someone else's life.

PROSTAIID Calgary continues to work hard to support men and their families, and we have already secured some great speakers for the new year. We are looking forward to getting back to regular meetings where we can once again be in the same room and engage in social activities as soon as it is safe to do so.

To all our members, Board of Directors, past presenters, sponsors, donors, family, and friends, you are the bright lights of the Holiday Season no matter how you celebrate.

Best wishes for health and happiness in 2022,  
Brad Sterling  
President  
PROSTAIID Calgary Society



**"Feliz Navidad!"**

**"Dróspero año y felicidad!"**

**"I wanna wish you a merry Christmas from the bottom of my heart!"**

**Antonio Martin,  
Board Member**



***MERRY CHRISTMAS AND A VERY HAPPY NEW YEAR!***

***FOUAD AZIZ, BOARD MEMBER***

***Wishing you the quiet beauty of a peaceful Christmas Season.***

***Terry Yuck, Board Member***

***Best Wishes for the Season!***

***Leslie Kaechele, Treasurer***

***Chris Phone, Secretary***

***David Lunn, Board member***

***Bob Phillips, Board Member***

***Ron Gorham, Board Member***

## Articles of Interest:

## Warriors:

### For Newly Diagnosed:

#### Surgery for Very High Risk to Oligometastatic Prostate Cancer

- \* Highlighting the NCCN clinical practice guidelines in oncology which emphasize that surgery may be considered appropriate initial therapy for patients with high-risk, very high risk, or N1 disease in patients who have anticipated survival of at least 5 years or are symptomatic.
- \* 2021

#### New drug delivery could significantly improve treatment outcomes for localised prostate cancer

- \* Researchers at Queen's University Belfast have developed a new treatment to be used in combination with radiotherapy that could significantly improve treatment outcomes for men with locally advanced prostate cancer.
- \* November 2021

#### Be a Man... Get a PSA Test!

- \* Since African American men are 1.5 times more likely to get prostate cancer than white and Latin men my advice to all men is not to wait until it's too late. The prostate exam and blood test are quick and easy, and necessary. Don't let your ego stop you.
- \* [A Patient Journey](#)

### For Family and Care Givers:

#### The value of information and support; Experiences among patients with prostate cancer

- \* Prostate cancer is one of the most prevalent cancers in men worldwide. Treatment causes side effects such as urinary incontinence, bowel changes and erection problems influencing sex life and manhood. Cancer pathways are designed to give patients and their relatives a predictable and as stress-free as possible treatment trajectory and minimise waiting time.
- \* February 2021

#### Tumor Board Reviewing pT3N1M0 Locally Advanced Prostate Cancer

- \* In this Clinical Case-Based Learning Educational Program, a Virtual Tumor Board in Advanced Prostate Cancer, a case of a 71-year-old man with a history of hypertension and locally advanced (pT3N1M0) prostate adenocarcinoma is presented, evaluated, and his treatment plan addressed.
- \* October 2021, videos, a total of four cases are reviewed

#### Should Lutetium-prostate specific membrane antigen radioligand therapy for metastatic prostate cancer be used earlier in men with lymph node only metastatic prostate cancer?

- \* Lutetium labelled prostate-specific membrane antigen radioligand therapy has shown pleasing early results in management of high-volume metastatic castration resistant prostate cancer (mCRPC), but its role in the early treatment of men with only lymph node metastasis (LNM) is unknown.
- \* November 2021

#### Who Needs Germline Testing – Prostate Cancer

- \* The Advanced Prostate Cancer Consensus Conference (APCCC) 2021 virtual meeting session discussing PARP inhibitors and beyond included a presentation by Dr. Dana Rathkopf regarding who needs germline testing and what should be tested.
- \* October 2021

#### Leveraging Social Media as a Thermometer to Gauge Patient and Caregiver Concerns: COVID-19 and Prostate Cancer

- \* The COVID-19 pandemic dramatically impacted society and health care on a global scale. To capture the lived experience of patients with prostate cancer and family members/caregivers during the COVID-19 pandemic, we performed a mixed-methods study of posts to two online networks.
- \* March 2021

## Videos:

### Some of our incredible speakers from 2021:

#### January

[Dr. Dana Male](#), joined us to talk about mental health and the steps to take to think positive and feel good about yourself during more challenging times like our current situation during COVID-19. Asserting yourself and investing in your well-being are the takeaways, along with a lively Zoom chat that followed.

#### February

[Dr. Tarek Bismar](#), Professor of Pathology at the University of Calgary and Alberta Precision labs joined us again for an update on new research on biomarkers in prostate cancer. Dr. Bismar and his team have been undertaking to help us predict disease progression in the active surveillance population.

#### May

[Carrie Scarff, PhD](#) of Audiology Innovations gives us all an earful on hearing loss - how it happens, who it affects most and the things we can do today to improve how we listen. She recommends hearing aids, best practices and new innovations that are changing how those with hearing loss are being given better outcomes.

#### June

[Dr. Richard Baverstock](#), Urologist from the Southern Alberta Institute of Urology returns to Prostaïd Calgary to talk about erectile and urinary dysfunction solutions in 2021. From medications to injections to surgical options, Dr. Baverstock talks about the pros and cons about each and how to determine which is the best for your situation.

## In Our You Tube Library:

### August

[Julianna Dreger and Mannat Bansal](#) from University of Calgary's Health and Wellness Lab join us to discuss the health benefits of exercise, creating an exercise plan and oncology programs available to Southern Albertans. They finish the session off with a live stretching and exercise session that was more challenging than expected.

### September

[Dr. Stephen Yip](#), University of Calgary's Clinical Assistant Professor and Medical Oncologist, gives a detailed presentation on a number of prostate cancer topics including: advanced prostate cancer management, precision oncology, DNA mutations as an indicator of PC, and genetic testing to improve outcomes.

Find many more interesting speakers on our You Tube channel.



## PROSTAÏD Calgary On-Line



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