



# The Digital Examiner

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

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**“Genuine wisdom is usually conspicuous through modesty and silence.”**

**Napoleon Hill**

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**Next General Meeting:**  
**Tuesday, February 8th, 2022 @ 7:30 pm via ZOOM**  
**“On being a caregiver, when you didn’t plan on it.”**  
**Please RSVP to [program.director@prostaid.org](mailto:program.director@prostaid.org)**

### Guest Speaker: Don Wood, Patient & Family Advisor with Cancer Care Alberta

Don Wood was a caregiver for his late wife Sherry, who battled Stage 4 metastatic cancer for 3 years, before losing her battle in early 2020. Don also lost his only brother Ken as a young adult who battled Leukemia briefly. Don has lived his life with Cancer - face to face. Don started volunteering shortly after Sherry’s treatments began as a way to give back, sharing his experiences as a caregiver.

He is currently, the Co-chair for the Cancer Strategic Clinical Network (C-SCN) Alberta Cancer Diagnosis Initiative (ACDI) and a member of the Core SCN Committee for Alberta Health Services. He is also on the Patient and Family Advisory Council (PFAC) for the Calgary Cancer Centre/Tom Baker Cancer Centre and the (PFAC) group for the University of Calgary (Cuthbert Lab and Oncology Outcomes).

Don is a very active member on a National and Provincial basis with 3CTN (Canadian Cancer Clinical Trials Network) and locally with the University of Calgary, Kaye Edmonton Clinic (KEC), and Alberta SPOR SUPPORT Unit. Don is also on the Technical Board of Advisors for the Calgary based health care company Qualisure Diagnostics Inc.

Don has 3 children and 2 Grandchildren and is an entrepreneur and philanthropist for Cancer initiatives.



## What's new in RESEARCH:

### Could More Testosterone Be the Hidden Key to Fighting Prostate Cancer?

- \* Androgen deprivation therapy (ADT) has been the bedrock of treatment for advanced prostate cancer for more than half a century. But investigators at Johns Hopkins are rethinking it – in a way that sounds counterintuitive – and driving new approaches to tackle treatment resistance. They're discovering that shaking up prostate cancer with high-dose testosterone makes it more vulnerable to other treatments.
- \* January 2022

### State-of-the-Art Lecture – The Changing Face of Advanced Prostate Cancer and Implications for Evidenced Based Medicine

- \* In a podium presentation in the Prostate cancer IV - Advanced disease session at the 19th Meeting of the EAU Section of Oncological Urology, Dr. Cookson presented on the changing face of prostate cancer, with important implications for our practice of evidence-based medicine.
- \* January 2022

### Mobile Audio Recording Technology to Promote Informed Decision Making in Advanced Prostate Cancer

- \* Men with metastatic castration-resistant prostate cancer increasingly encounter complex treatment decisions. Consultation audio recordings and summaries promote patient informed decision making but are underutilized. Mobile recording software applications may increase access. Little is known regarding the feasibility of implementation in clinical encounters.
- \* December 2021

## What's new in WELLBEING:

### How Much Should You Eat?

- \* Two key pieces of eating well are 1) the best foods and 2) the optimal amount of food. #1 has some variation among individuals, but research has consistently shown that a variety of brightly-colored vegetables supplies the body with the cancer-fighting, immune-boosting nutrients everyone needs. Whole grains, high-quality, plant-based proteins, and healthy fats such as olive oil round out a healthy eating plan.
- \* January 2022

### Improvement of Urinary Tract Symptoms and Quality of Life in Benign Prostate Hyperplasia Patients Associated with Consumption of a Newly Developed Whole Tomato-Based Food Supplement

- \* Benign prostatic hyperplasia (BPH), frequently affecting elderly men, is associated with bothersome lower urinary tract symptoms (LUTS) and represents a growing nosological entity in terms of health care costs and morbidity.
- \* June 2021

### Caregivers & Cancer - Who Are They and What is Their Role in the COVID-19 Era?

- \* Caregivers of cancer patients provide a pivotal role, spend considerable time and effort, and are at risk of burn out.
- \* October 2021



## Articles of Interest:

## Everyone:

### For Newly Diagnosed:

#### Exploring predictors of and barriers to online prostate cancer community use: A cross-sectional survey of users and non-users.

\* Prostate cancer survivors are increasingly turning to online communities for support. This study explored predictors of and barriers to use. A prospective survey of 141 Australian prostate cancer survivors assessed sociodemographic, clinical, psychosocial, and attitudinal characteristics associated with intention to use, and subsequent use of online communities.

\* January 2022

#### New Endoscopic In-Office Surgical Therapies for Benign Prostatic Hyperplasia: A Systematic Review - Beyond the Abstract

\* A variety of minimally invasive surgical therapies for the treatment of benign prostatic hyperplasia (BPH) have been introduced in recent years with a significant shift towards outpatient procedures. Early studies suggest that these therapies provide adequate symptomatic relief while minimizing some of the disadvantages associated with standard surgical approaches. However, understanding their unique roles in the treatment landscape for BPH requires an appreciation of the varied protocols and outcomes that comprise these studies.

\* July 2021

#### Outcomes of a Noninferiority Randomised Controlled Trial of Surgery for Men with Urodynamic Stress Incontinence After Prostate Surgery

\* Persistent stress urinary incontinence (SUI) following surgery for prostate cancer is the strongest negative predictor of health-related quality-of-life after radical prostatectomy. Post-prostatectomy incontinence (PPI) is highly prevalent based on validated patient-reported outcome measures and 5% of all patients ultimately require surgical treatment.

\* January 2022

### Role of Survivorship Program in Urologic-Oncologic Care

\* A survivorship program aims to address the unmet needs of patients with cancer during and beyond their treatment. The investigators conducted a quality-improvement study in their center to evaluate the functioning of the institutional prostate cancer survivorship program. In this patient-survey evaluation, both patients (n = 88) and their respective partners (n = 70) were included. Most patients (91%) and their partners (84%) advocated for having pre- and postoperative survivorship support following surgery.

\* January 2022

### Standing Variations Modeling Captures Inter-Individual Heterogeneity in a Deterministic Model of Prostate Cancer Response to Combination Therapy

\* We take as a case-study, the treatment of metastatic, castration-resistant prostate cancer with the live cell vaccine, sipuleucel-t (Provenge). Only a fraction of patients benefited from Provenge; that is, clinical success is a rare event. It remains an open question why **Provenge** conferred such a modest survival benefit.

\* February 2021

### Statement from PCF CEO Charles J. Ryan, MD on ACS Cancer Facts & Figures 2022

\* The American Cancer Society's annual Cancer Facts & Figures released this week shows some encouraging trends: death rates for cancer overall continue to decline for both men and women. For prostate cancer that is confined to the prostate or the region around it at diagnosis, five-year survival rates remain close to 100%.

\* January 2022



## Other Reading:

### EVENT:

#### [ZERO Prostate Cancer Summit](#)

The most impactful event in the movement to end prostate cancer is BACK!

- \* March 4-8, 2022
- \* VIRTUALLY Everywhere.
- \* Go to the website to register and discover the speakers.

### Clinical Trials:

#### [Canadian Cancer Trials](#)

In partnership with cancer programs across Canada

- \* Patients may wish to consider taking part in a clinical trial when they are offered treatment for their cancer. All new treatments must be tested in a clinical trial before they are approved by Health Canada.
- \* This site was created by the Canadian Partnership Against Cancer and its partners to help you learn about clinical trials for cancer.

### Book Suggestion:

#### [The Cancer Code—A revolutionary new understanding of a medical mystery.](#)

- In The Cancer Code, Dr. Jason Fung offers a revolutionary new understanding of this invasive, often fatal disease—what it is, how it manifests, and why it is so challenging to treat. In this rousing narrative, Dr. Fung identifies the medical community's many missteps in cancer research—in particular, its focus on genetics, or what he terms the "seed" of cancer, at the expense of examining the "soil," or the conditions under which cancer flourishes.

## Videos:

#### [High Risk Prostate Cancer and Genomics](#)

- \* Dr. Nguyen discusses the role of genomics to risk-stratify high-risk prostate cancer patients and the role of Decipher at the time of biopsy.
- \* November 2021

#### [Minimally Invasive Treatment in Benign Prostatic Hyperplasia \(BPH\)](#)

- \* Dr Steven Kaplan presents minimally invasive options for treating benign prostatic hyperplasia (BPH). Dr. Kaplan's presentation is fueled by a low adherence rate to medications, long-term side effects with medication use, and the importance of minimally invasive treatments for long-term overall quality of life.
- \* December 2021



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