



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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By the time this issue of our Newsletter is distributed either locally or to many others across Canada many of us will have had either our first vaccination shot, and some may have even had their second shot.

We have had some major issues with our email provider TELUS, however, after moving to the new TELUS GOOGLE email server I am finding that everything is working much better. If you have asked me to remove your name from this email list and you are still receiving the newsletter, I apologize, please let me know again and I will insure that your name is removed as I have tried to update and correlate all my contacts which is several hundred.

Yvonne and I hope that everyone is keeping well and haven't been affected by the virus. If anyone has any questions or concerns that I may be able to help with, please feel free to contact me at the above numbers. If you wish to have your name removed from this contact list, please let me know and I will remove our contact information.

Apalutamide Plus ADT Improves Long-Term Survival in Metastatic Castration-Sensitive Prostate Cancer –

The following is an excerpt of an article that was obtained off the Internet and originated from the *Journal of Clinical Pathways* and was published Feb.20, 2021 –

Kim Chi, MD, FRCP, BC Cancer and the Vancouver Prostate Centre, discusses the 4-year efficacy and safety results from the Phase 3 TITAN trial, evaluating apalutamide vs placebo in patients with metastatic castration-sensitive prostate cancer receiving androgen deprivation therapy (ADT).

Transcript

Hello, I am Dr. Kim Chi, medical Oncologist at the BC Cancer, Vancouver Cancer Centre and at the Vancouver prostate Centre. I am pleased to talk to you about

the TITAN trial, the final results which we presented at the 2021 GU Cancer Symposium.

The TITAN study is an international randomized, double-blind, placebo-controlled, phase 3 study that enrolled a broad population of patients with metastatic, castration-sensitive prostate cancer. 1,052 patients were randomized one-to-one to receive either apalutamide or a placebo in addition to standard androgen deprivation therapy.

The dual primary points were radiographic progression-free survival. We reported on the primary analysis in 2019, which were published in the *New England Journal of Medicine*, where both the PFS (progression free survival) and OS (overall survival) met statistical significance.

Because of these positive results, the TITAN study was unblinded at that time on the recommendation of the independent data safety monitoring committee, and 40% of patients in the placebo group who had not progressed crossed over to receive open-label apalutamide.

At the 2021 GU Cancer symposium, we presented the final event-driven overall survival analysis, which is conducted at a median follow-up of 44 months. In the final analysis, the risk of death with apalutamide was reduced by 35%.

After adjusting for crossover in a preplanned sensitivity analysis, the effect of apalutamide on overall survival increased, indicating a reduction in the risk of death by 48%, compared with placebo.

The treatment effect on overall survival favored apalutamide across all the prespecified subgroups. Treatment with apalutamide was also favored in a variety of other endpoints, including significantly prolonging second progression-free survival, and delaying development of castration resistance.

Quality of life was not different between apalutamide plus ADT and placebo plus ADT groups, and there was no new safety signals. Importantly, the curative incidence of adverse events were also similar between the apalutamide and placebo groups, except for rash, which is a known side effect with apalutamide.

What this final analysis confirms is that there is a substantial long-term survival benefit of apalutamide added to ADT across a broad spectrum of patients with metastatic, castrate-sensitive prostate cancer, even with 40% of patients crossing over from placebo.

The true benefit may even be greater, with a hazard ratio of 0.53 identified in a sensitivity analysis accounting for that crossover. This is one of the highest benefits among the studies ADT-intensified therapy to date.

This data reinforces that ADT therapy alone is no longer a standard of care for patients with metastatic, castration-sensitive prostate cancer, and apalutamide is one of the treatments of choice, given its efficacy, ease of use, and tolerability.

WITT'S WIT (ON THE LIGHTER SIDE) -

Why We Love Children

Nudity -

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my five-year-old shout from the back seat, "Mom, that lady isn't wearing a seat belt!"

Dress-Up

A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit." "And why not, darling?" "You know it always gives you a headache the next morning."

Cardio

I just got 30 minutes of Cardio trying to pick up an ice cube from the kitchen floor

Statins Tied to Better Outcomes in Men with Prostate Cancer Starting Androgen Deprivation -

The following is an excerpt from an article that appeared in the February 2021 Us Too International Hot Sheet -

Statin therapy is associated with improved outcomes in men initiating androgen-deprivation therapy (ADT) for prostate cancer (PCa), new research suggests.

"Interest in statins as a potential chemo preventive agent has grown, and there exist biological rationale, and laboratory and clinical data supporting our findings," the study team writes in a manuscript online in *European Urology*.

Observational studies examining statin use and PCa risk have shown a modest but statistically significant overall risk reduction and a more clinically meaningful reduction in advanced or high-grade disease. Whether statin use at the time of primary treatment is associated with improved outcomes is unclear.

To evaluate the association between statin use and outcomes, Dr. Robert Hamilton with Princess Margaret Cancer Centre in Toronto, and colleagues did a post hoc secondary analysis of a randomized controlled trial of men initiating intermittent androgen deprivation versus continuous ADT.

The 1,364 men in the trial had PSA levels >3ng/mL more than one year after primary/salvage radiotherapy (RT). The 585 (43%) statin users were younger than non-statin users and are less likely to have PSA >15ng/mL, a statistically significant difference.

After adjusting for potential confounders, statin therapy was associated with a 36% reduction in risk of death.

As an exploratory endpoint the researchers examined whether statin use was associated with time off ADT among 681 men in the intermittent androgen deprivation therapy (IAD) group. They found that statin users in the IAD group had longer time off treatment.

The authors say limitations of their study include the potential for residual confounding between statin users and nonusers and confounding by indication.

They conclude, "This study supports the benefit of statins in men on ADT. A prospective trial is warranted."

Reuters Health January 11, 2021

One more Witt's Wit -

Police 2

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring at me. "Is that a dog you got back there?" he asked. "It

sure is," I replied. Puzzled the boy looked at me and then towards the back of the van. Finally, he said. "What'd he do?"

The Kelowna Prostate Cancer Support & Awareness group does not recommend treatment modalities or physicians: However, all information is fully shared and is confidential. The information contained in this newsletter is not intended to replace the services of your health professionals regarding matters of your personal health.

The Kelowna Prostate Cancer Support & Awareness Group would like to thank Janssen - and TerSera for their support and their educational grants towards our newsletters and our support group.



UP COMING MEETING DATES FOR 2021 -

Due to the COVID-19 virus we are still NOT holding monthly Support group Meetings.

NOTE: I will be in touch with everyone whenever it is safe to get back to holding regular meetings.

NOTE: Many of our past newsletters are available for viewing and printing through our website. - www.kelownaprostate.com

- A big *Thank You to Doris at Affordable Web Design for all her work on our website.*

