



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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HAPPY NEW YEAR

At our meeting in December three of our support group members gave us very interesting views on their experiences on having the PSMA PET/CT scan. Two fellows had their scans done during the month following the very interesting presentation that Dr. Ross Halperin gave us on the PSMA PET/CT scan at our November meeting.

One fellow has had two PETC/T scans both done in Montreal, and these were done a few years ago. The fellows who had their scans done following our November meeting, one was done in Los Angeles, and the other fellow was accepted into a trial study at BC Cancer in Vancouver. All three fellows spoke on their personal experiences in having their PETC/T scans. All three either have had or are going through different stages of their cancer treatments and journey.

All three spoke about how much water they had to drink prior to the scan and that you had to void continually in order to have a completely empty bladder prior to the scan as the radioactive isotope used in the PSMA PET/CT scans will light up areas around the bladder and if there is anything left in the bladder it may mask out possible areas of cancer activity in and around the prostate gland. All three also mentioned how they had to remain perfectly still for the 30 minutes it took for the scanning process.

The fellow who had his scan done in Los Angeles was sent home with a disc of the scan and a full report was sent to the Oncologists at our Cancer Centre in Kelowna.

It was also mentioned by all three speakers that unless you have been accepted in to a clinical trial study the cost of a PSMA PET/CT scan is around \$3,000.00

We would like to thank Ron, Kal, and Rene, for stepping up to the plate in December and giving us very interesting and informative presentations on their personal experiences relating to having a PSMA PETC/T scan.

An Innovative New Study Advances Personalized Medicine for Prostate Cancer Patients -

The following information came from *Vancouver Coastal Health Research Institute* on November 27, 2018

A new clinical trial, opening across Canada, is considered a major advancement in precision medicine for prostate cancer and the first of its kind in the world. The IND.234 clinical trial, conducted by the Canadian Cancer Trials Group (CCTG), uses liquid biopsy technology to screen for genomic markers in prostate cancer patients.

After a blood test (liquid biopsy) analysis, patients with specific DNA markers are assigned to one of five new therapies that will treat their unique form of prostate cancer. Researchers want to see if the markers identified in the screening process can help predict which patients will be helped the most by the targeted treatments.

"There is an urgent need to find more effective therapies for men with advanced prostate cancer and an individual's cancer is unique, so a one-size-fits-all solution may not be the best," says *Dr. Kim Chi, Medical Oncologist, and Medical Director at BC Cancer* Leading the trial. "WE want to identify men whose cancers will have the best chance to respond to the experimental new drug therapies we are testing in this trial."

Jim, one of the first trial participants being treated at Ottawa Hospital Cancer Centre, shares his

experience, "When I was first diagnosed with prostate cancer, I understood that this type of cancer was not good. When my oncologist offered me the chance to receive a new potential treatment, I was willing to try anything that might make a difference. They sent my blood to be tested in B.C. and then I was enrolled, it was simple - now I take my pills and track any side effects."

Although tumour samples taken at diagnosis can be tested for DNA markers, in order to provide current genomic information patients would need an additional invasive biopsy - using a liquid biopsy to provide the information could remove the need for surgery.

"The technology and computation required to study a person's cancer using only a blood sample is very novel and experimental. This team has helped lead the charge for liquid biopsies to be part of prostate cancer clinical research," says *Dr. Alexander Wyatt* who is leading the DNA analysis and is a *Senior Research Scientist at the Vancouver Prostate Cancer and the Vancouver Coastal Health Research Institute*. "Few other research studies in the world are able to draw upon this combination of advanced prostate cancer focus and liquid biopsy tools."

"BC Cancer Foundation's passionate donors have enabled a world-first precision medicine trial using liquid biopsies to come to fruition, which will significantly improve patient outcomes," says Sarah Roth, President and CEO, BC

Cancer Foundation. "The brilliant minds at BC Cancer continue to move the dial in research and care, benefiting families across Canada facing cancer today."

"The IND.234 trial is a perfect example of Canadian excellence in research and innovation translating into new treatment approaches. The Canadian Cancer Society is committed to supporting the full range of cancer research - from basic laboratory science behind game-changing discoveries to the clinical trials that bring discoveries to patients," explains *Judy Bray, Vice - President Research, Canadian Cancer Society*. "Trials like this one would not be possible without the generosity of our donors, who enable us to fund the best cancer research and offer hope to patients across the country."

Canadian Research innovation and Collaboration -

IND.234 is the first trial that evaluates a precision medicine approach for patients with advanced prostate cancer using liquid biopsies for genomic testing. The trial is supported by a core grant from the Canadian Cancer Society, with the liquid biopsy testing supported by the BC Cancer Foundation and The Canadian Cancer Clinical Trials Network (3CTN) with liquid biopsy testing performed through the Vancouver Prostate Centre. Other partners are contributing to specific treatment (drug) arms of the study.

About the Canadian Cancer trials Group

The Canadian Cancer Trials Group is a cancer clinical trials research cooperative that runs phase I-III trials to test anti-cancer and supportive therapies in over 80 institutions across Canada and internationally. We are supported by core funding from the Canadian Cancer Society. From our centre at Queen's University in Kingston, Ontario, we have supported over 500 trials in over 40 countries aimed at improving survival and quality of life for all people with cancer.

WITT'S WIT (ON THE LIGHTER SIDE) -

Blonde Joke!

A blonde goes into a coffee shop and notices there's a "peel and win" sticker on her coffee cup.

So, she peels it off and starts screaming, "I've won a motorhome! I've won a motorhome!" The waitress says, "That's impossible. The biggest prize is a Free Lunch." But the blonde keeps on screaming, "I've won a motorhome! I've won a motorhome!"

Finally, the manager comes over and says, "Ma'am, I'm sorry, but you're mistaken. You couldn't have possibly won a motorhome because we don't have that as a prize. The blonde says, "No it's not a mistake. I've won a motorhome!"

And she hands the ticket to the manager and He reads....

"W I N A B A G E L"

Focusing on Men's Health Issues - All Year Long -

The following is an excerpt from an article by *Catherine Pegram, Bangor Maine.*

A couple of months ago we celebrated "Movember", a month-long effort in November dedicated to Men's Health.

Local health experts say men should actually pay attention to their health all year long.

The Prostate Cancer Foundation says prostate cancer is the most common non-skin cancer in America. In the United States, one in every nine men will be diagnosed in his lifetime. [In Canada that rate is one in seven.]

Unfortunately, there usually aren't any early warning signs for prostate cancer. The growing tumour does not push against anything to cause pain, so for many years the disease may be silent. That's why screening for prostate cancer is such an important topic for all men and their families.

A PSA screening can help detect the cancer. Normal PSA ranges can vary according to factors unique to each man, so the PSA test is just a part of the process of screening for prostate cancer.

Doctors look at the overall PSA number, as well as the rate at which it rises over time and repeated tests. As the PSA number goes up, the chance that cancer is present increases. Today most physicians will use age and race adjusted PSA levels. However, the PSA level does not mean that prostate cancer is definitely there, and some cancers may

be present even with very low PSA numbers.

Each time you see your doctor for a checkup, have a conversation about prostate health and prostate cancer screening. PSA levels can be influenced by many different factors. It's just one piece of the puzzle.

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 - manufacturer of Zytiga® - Abiraterone for their support in producing this newsletter.



UP COMING MEETING DATES FOR 2019 -

February 9, March 9, April 13, May 11, June 8.

Meeting Location:

Our meetings take place in the Harvest Room at the Trinity Baptist Church located at the corner of Springfield Rd. and Spall Rd. enter through the South Entrance. The meeting begins at 9:00 A.M. Doors open at 8:30 A.M.

NOTE: Many past issues of our Newsletters are available on our website.

