



# KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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**VOLUME 21 - ISSUE 7 - (NUMBER 241) - MARCH 2019**

**W**e began this meeting by welcoming a couple of new fellows our support group. At the present time we are the only Prostate Cancer Support & Awareness Group in the Okanagan, with the Vernon group closing down last spring. New comers are always welcome.

I then briefly discussed Prostate Cancer Canada's latest recommendations on prostate cancer screening and early diagnosis that were released on January 21, 2019. Prostate Cancer Canada endorses the Canadian Urological Association's (CUA) recommendations. The CUA and now Prostate Cancer Canada suggests offering PSA screening to men with a life expectancy greater than 10 years, and that for those men electing to undergo PSA screening, they suggest starting PSA testing at age 50 in most men and at age 45 in men at an increased risk of prostate cancer. I will have much more on these recommendations in future issues of this newsletter.

Prostate Cancer Canada mentioned that there are only two provinces in Canada that don't offer free PSA screening tests. Ontario and B.C., they indicated that they will be attempting to lobby these provinces to cover these screening tests.

We then asked some of the fellows in attendance to talk about their personal diagnosis and treatment for prostate cancer. Several fellows stood up and told their stories, this was a great exercise as for those newly diagnosed, they can see that they are not alone in both their diagnosis and treatment and that there is a life after prostate cancer diagnosis.

***The Father's Day Walk for Prostate Cancer Awareness will be taking place again this year at Rhapsody Plaza - The Dolphins on Sunday June 16th. We will be looking for volunteers to help us out with this event.***



## Crohn's, Colitis May be Tied to Prostate Cancer -

The following information was from a Northwestern University news release, Dec. 7, 2018 and was obtained from the Internet and from WebMD and *HealthDay*

**M**en with inflammatory bowel disease have a significantly greater risk of prostate cancer, as new study finds.

About 1 million men in the United States have inflammatory bowel disease, which includes Crohn's disease and ulcerative colitis.

"These patients may need to be screened more carefully than a man without inflammatory bowel disease," said lead author Dr. Shilajit Kundu.

Screening for prostate cancer begins with a blood test called a prostate-specific antigen (PSA) test. PSA is a substance made by the prostate gland.

"If a man with inflammatory bowel disease has an elevated PSA, it may be an indicator of prostate cancer," said Kundu, an associate professor of urology at Northwestern University Feinberg School of Medicine in Chicago.

For the study, researchers looked at more than 1,000 men with inflammatory bowel disease and a "control group" of more than 9,300 men without the disease. The men were followed for 18 years.

Men with inflammatory bowel disease had higher PSA levels and were four to five times more likely to develop prostate cancer than those in the control group, the investigators found.

The research doesn't show that inflammatory bowel disease causes prostate cancer, however, only that the two are linked.

Kundu noted that many men with inflamed digestive tracts have elevated PSA levels. He said their doctors shouldn't dismiss those numbers as simply the result of inflammation.

"Many doctors think their PSA is elevated just because they have an inflammatory condition," Kundu said in a university news release.

For now, however, until more research is underway, "there is no data to guide how we should treat these men," he added.

The study was published Dec. 7, 2018 in the journal *European Urology*.

## Prostate Cancer Radiotherapy: An Evolving Paradigm That Should Also Include High-Dose Rate Monotherapy-

The following is an excerpt of information from *The Journal of Clinical Oncology*. It was obtained from the ASCO website.

**I**n a recent article in *Journal of Clinical Oncology* Dr. C.N. Catton et al provided an excellent summary of radiation options for treatment of

intermediate-risk prostate cancer. We believe, however, that high-dose-rate (HDR) monotherapy should also be included as a treatment option for patients with intermediate-risk prostate cancer. Doing so would be consistent with the 2018 National Comprehensive Cancer Network guidelines. Published data on HDR monotherapy with longer than 5-year median follow-up demonstrate prostate-specific antigen control levels greater than 90%, with limited significant late-term genitourinary or GI toxicity. These results compare favorably with those from low-dose-rate (LDR) monotherapy series. There are also some suggestions that the toxicity profile of HDR is more favorable than LDR. A prospective comparison of LDR versus HDR is ongoing.

One can debate whether HDR monotherapy does or does not have sufficient level 1 evidence to support it as a standard treatment option. However, we believe that it should have at least been mentioned as an option, perhaps with similar caveats as those mentioned for stereotactic body radiotherapy.

**Editor's Note:** ASCO is the *American Society of Clinical Oncology*.

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## WITT'S WIT (ON THE LIGHTER SIDE) -

I recently called an old Engineering buddy of mine and asked what he was working on these days.

He replied that he was working on

*"Aqua-thermal treatment of ceramics, aluminum and steel under a constrained environment."*

I was impressed, until further inquiry, I learned that he was washing dishes with hot water under his wife's supervision.

## Mount Sinai and Man Cave Health Launch Sports-Themed Resource Centre -

The following information is an excerpt of information that was obtained from the Internet and originated with *Mount Sinai.org*

The Department of Urology at Mount Sinai Health System has partnered with the nonprofit organization Man Cave Health to launch a first-of-its-kind sports-themed resource centre for men that will provide educational resources on prostate health.

According to the American Cancer Society, one in seven men will be diagnosed with prostate cancer in their lifetime, making it the most common cancer among men other than skin cancer. While it is a serious disease, prostate cancer is treatable if caught early.

"Men take better care of their cars than they do their bodies, and that needs to change," says Ash Tewari, MBBS, MCH, Chair of the Department of Urology at the Mount Sinai Health System and the Kyung Hyun Kim, MD Professor of Urology at the Icahn School of Medicine at

Mount Sinai. "Man Cave Health offers a new way to start a conversation about health issues that men avoid discussing."

The sports-themed center sponsored by Man Cave Health is located in the Department of Urology's midtown practice. The center will have educational resources on prostate health, memorabilia from local sports teams including the Knicks, Rangers, Yankees, Mets, Giants and Jets; 65" televisions tuned to sports programming; a free coffee bar; and access to Man Cave Health's toll-free hotline.

#### **Tips for Prostate Cancer Prevention**

- **Diagnosing cancer early:** Speak to your physician about the benefits of screening. For men at high risk, screening should be considered at 40.
- **Screening Tests:** Screening consist of a blood test to measure the PSA level and a digital rectal exam, which can uncover physical abnormalities of the prostate that may be a sign of cancer.
- **Age is the greatest risk factor:** The average age at diagnosis of prostate cancer in the United States is 69.
- **Family history is important:** Having a father or brother with prostate cancer more than doubles a man's risk.
- **Race is a factor:** Prostate cancer occurs more often in African-

American men, and they have more than twice the risk of dying from it.

- **Keep a healthy diet:** Eat more low-fat, high-fiber foods such as fruits and vegetables; limit intake of red or processed meats. Avoid smoking

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 -**

**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 off the main parking lot. The meeting begins at 9:00 A.M. Doors open at 8:30 A.M. There is elevator access if needed

**NOTE:** Many of our past newsletters are available for viewing and printing through our website.



