



# KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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Unfortunately, our Kelowna Prostate Cancer Support & Awareness Group meetings are still cancelled due to the COVID-19 pandemic. Unfortunately, we feel that this may be a prolonged cancellation. We hope that everyone is staying safe and healthy during these stressful times.

On Wednesday April 22, a province wide virtual prostate cancer support group meeting was held using ZOOM, I believe that there were a many as eight people from our Kelowna group signed up for this meeting. The meeting had as its guest presenter Dr. Judy Tang from InspireHealth in Vancouver. I have posted a couple of her slides below -

## **STRESS FACTORS: EXAMPLES**

### **CANCER**

- Diagnosis and treatment:  
decision making, planning,  
coping with side effects
- Work, finances impacted by  
cancer
- Emotional intensity and range:  
"rollercoaster"
- Relationship stress

### **COVID-19**

- Health - fear and worry for  
self and loved ones
- Resources further impacted  
by COVID-19 economic  
consequences: self, partner
- Pandemic precautions adding  
to isolation, loneliness
- Additional shifting of  
roles/responsibilities

### **Prolonged Stress and Mind-Body Effects - Effects on our Mind and Mood -**

Short fuse, impatience - Feeling of being overwhelmed - Emotional Rollercoaster, Memory issues, inability to concentrate - Increased anxiety - Low mood/depression - Withdrawal and isolation.

**Physical Impacts:** - Increased blood pressure - Aches and pains - Indigestion, diarrhea, gastric complaints - Appetite changes (decrease or increase); weight change - Sexual dysfunction - Fatigue - Sleep problems - More frequent infections. - **Important to let your doctor know - Do Not assume that stress alone is the cause**

## More Metastatic Prostate Cancers Diagnosed Following USPSTF Screening Recommendations -

The following is an excerpt of information was obtained from the *Renal and Urology News* Website by Natasha Persaud. The following information is further to the article that appeared in last month's Newsletter.

Following the U.S. Preventive Services Task Force Recommendations against PSA screening in 2012, more aggressive prostate cancers (PCa) and fewer indolent cancers have been diagnosed, according to a new report based on *Surveillance, Epidemiology, and End-Results (SEER) data published in Cancer*.

During 2010 to 2015, metastatic PCa diagnoses, according to the American Joint Committee on Cancer stage definition, increased significantly from 6.2 to 7.1 per 100,000 persons among men aged 50 to 74 years, and from 16.8 to 22.6 per 100,000 persons among men aged 75 years or older, *Brandon A. Mahal, MD* of the Dana-Faber Cancer Institute/Brigham and Women's Hospital and Harvard Medical School in Boston, and colleagues reported. Concurrently, localized PCa diagnoses decreased significantly from 195.4 to 131.0 and from 189.0 to 123.4 per 100,000 persons among men aged 50 to 74 years and 75 years and older, respectively.

Localized cancers stratified by National Comprehensive Cancer

Network (NCCN) risk groups likewise showed declines. From 2010 to 2015, the annual incidence of low-risk disease dropped significantly.

"Overall, our results demonstrate disease 'reverse migration' away from indolent disease and toward more aggressive presentation following 2011-2012 USPSTF Grade D recommendations against PSA screening," Dr. Mahal and colleagues discussed.

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## WITT'S WIT (On the Lighter Side) -

An old lady offers the bus driver some peanuts.... So, the driver happily munches them.

Every 5 minutes she gives him a handful more peanuts.

Driver: "why don't you eat them yourself?"

Old Lady: "I can't chew... Look I have no teeth..."

Driver: "Then why do you buy them?"

Old Lady: "Oh, I just love the chocolate around them."

## Prostate Cancer Canada Now Part of Canadian Cancer Society-

On February 1, 2020 the Canadian Cancer Society (CCS) and Prostate Cancer Canada (PCC) finalized their amalgamation.

Andrea Seale, Chief Executive Officer of Canadian Cancer Society states the "Canadians facing prostate cancer will continue to have access to trusted information and education materials and will now benefit from CCS's nationwide support system."

CCS will be bringing together the strengths of two organizations that share many common goals: preventing cancer, funding life saving cancer research and ensuring no one faces cancer alone. We will be able to increase our impact on families facing prostate cancer, expanding awareness and activity around critical issues like early detection, treating advanced forms of the disease, and increasing survivor support.

We applaud the important work that PCC has done to increase awareness of PSA testing to help find prostate cancer early. CCS is committed to continuing these efforts. We believe Canadian families should have access to consistent information from trusted sources on how to detect prostate cancer early - and that starts with talking to your doctor about the PSA test.

PCC's excellent work in addressing prostate cancer in Canada will continue as part of CCS. Many of the former employees at PCC are now part of the staff at CCS, including *Dr. Stewart Edmonds* who was PCC's Vice President of Research, Health Promotion and Survivorship, is now the new Executive Vice President of Mission at CCS. Andrea Seale mentioned that she is thrilled to welcome him and the rest of PCC's staff to the CCS team.

## Prime Trial: - Reducing the Toxicity and Side Effects of ADT

The following is an excerpt of information that was published by Dr. Kim Chi, Medical Oncologist and CEO of BC Cancer - This was originally published in July 2019.

**M**en with prostate cancer receive androgen deprivation therapy (ADT), a standard first-line treatment that works by starving the cancer of the hormone testosterone which it needs to grow. Although ADT has long been known to improve survival, it comes with serious side effects and can be toxic if used for a long time. One of the main side effects is metabolic syndrome, a cluster of multiple conditions including abdominal obesity, elevated blood pressure, blood sugar and cholesterol.

As the patient's time on ADT increases, so does his risk of metabolic syndrome and complications such as diabetes, stroke, and heart attacks. In pursuit of a treatment that could lower the risk of complications, Medical Oncologist Dr. Bernie Eigl and his colleagues at BC Cancer have launched a new Phase III clinical trial called PRIME (Prevention and Intervention of Metabolic Syndrome).

The PRIME trial aims to prove that when given to men undergoing ADT treatment for advanced prostate cancer, Metformin (a common, safe and inexpensive drug typically given to people with type 2 diabetes) can:

1. Reduce the rates of metabolic syndrome; and
2. Potentially improve prostate cancer outcomes.

This is the first and largest trial of its kind. 23 patients are currently enrolled at 16 sites across Canada.

If Metformin is proven to be effective in reducing the incidence or severity of metabolic syndrome, it would represent a cost-effective and relatively simple intervention that could rapidly become the standard of care.

### Combination Therapy Improves Prostate Cancer Survival

The following is from the same article by Dr. Kim Chi

**A** new study, published in the *New England Journal of Medicine* in May 2019 proves that the addition of a drug to standard therapy reduces the risk of disease progression in men with metastatic, castration-sensitive prostate cancer (mCSPC) by 52% and the risk of death by 33%.

Results from the TITAN trial, led by Dr. Kim Chi, suggest that Apalutamide could be added to the regimen of androgen-deprivation therapy (ADT) for a broad range of patients with mCSPC, including those whose disease has spread or relapsed.

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 2020 -

**Due to the COVID-19 virus we are still NOT holding monthly Support group Meetings, hopefully we will be able to get back to normal sometime in the Fall.**

#### 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.

**NOTE:** Many of our past newsletters are available for viewing and printing through our website. - [www.kelownaprostate.com](http://www.kelownaprostate.com)

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

