



# KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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**W**elcome to our November Newsletter, we hope everyone continues to enjoy our newsletter. Unfortunately, with everyone continuing to deal with the COVID-19 pandemic we are still unable to hold in person face to face Kelowna Prostate Cancer Support & Awareness Group meetings. However, I will try to keep everybody up to date with anything new through the newsletter.

If anyone has any concerns or questions that I may be able to help with please feel free to contact me at the above number, and I will try to help.

## Janssen Backs Big Data for Answers in Prostate Cancer

The following information was obtained from the Internet and originated with Janssen Pharma.

**A**t the Annual meeting of the *European Society of Medical Oncology* (ESMO), taking place virtually, Johnson & Johnson’s pharma arm Janssen hopes to raise the bar with quality of life data for Erleada (Apalutamide).

The firm also has a story to tell about the innovative use of AI- driven clinical trials, which it believes it could present new and exciting possibilities for the future of drug development.

### **Prostate Cancer**

Joaquin Casariego, who leads in this therapy for Janssen EMEA, tells The Pharma Letter new data from the SPARTAN study reflect the focus on “bringing years to life, but also life to years.”

Drawing on the Phase III trial; of people with ***non-metastatic castration resistant prostate cancer*** (nmCRPC), patient-reported outcomes for Erleada show the product offers better survival, without a negative impact on the experience of life.

Mr. Casariego says: "We assessed the quality of life using standard measures, and patients receiving apalutamide plus ADT kept their quality of life, with no deterioration."

He adds: "More importantly, the placebo patients did experience deterioration after about one year. This means that it is not just increasing survival, but quality of life remains."

Asked whether quality of life impact could be one way in which Erleada is able to differentiate itself from alternatives, he says: "Lets see what other alternatives bring to the scene. For the moment we are the only treatment that is able to provide a six-year survival, more than one year of survival compared to others."

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

### **The Trucker & Waitress**

A trucker came into a Truck Stop Café and placed his order. He said, "I want three flat tires, a pair of headlights and a pair of running boards." The brand new blonde waitress, not wanting to appear stupid, went to the kitchen and said to the cook,

"This guy out there just ordered three flat tires, a pair of headlights and a pair of running boards... What does he think this place is an auto parts store?"

"No," the cook said, "three flat tires means three pancakes; a pair of headlights is two eggs sunny side up; an a pair of running boards ... are 2 slices of crisp bacon!"

"Oh...Ok!" said the blonde. She thought about it for a moment and then spooned up a bowl of beans and gave it to the customer.

The trucker asked, "What are the beans for, Blondie?"

I LOVE THIS ONE...

She replied, "I thought while you are waiting for the flat tires, headlights and running boards you might as well gas up!"

FOR ONCE THE BLONDE GETS EVEN!!!

<h2><b>A Daughter on Why all Dads Need the PSA Test -</b></h2>
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The following is an excerpt of an article published by Prostate Cancer Canada in 2019 –

Kate Black cherishes the memory of dancing with her dad at her wedding in December 2017 to the *Barenaked ladies* "If I had a Million Dollars." A strange choice to some, but it represented their relationship. It was Kate's last dance with her dad Greg – he was lost to prostate cancer three weeks later.

"He was always the rock in our family," Kate says. "We were really close when I was growing up, and especially into my adult years. He was my soccer coach for my entire life, so I

was a bit of a daddy's girl as well as the coach's daughter."

When Greg was diagnosed with **Stage IV prostate cancer at 59** in 2017, Kate and her family were in shock. Nothing suggested he was sick. He was still active, playing soccer and hockey, and involved in local community organizations.

"My brother and I had been encouraging him for quite some time to get his annual checkup and the PSA test. With all the awareness that our generation has been exposed to around prostate cancer, it was something we always encouraged him to be careful of, as we have a family history," Kate says.

Because the cancer had spread to Greg's bones, he was treated with hormone therapy and chemotherapy, and eventually received a radiopharmaceutical drug, Radium 223. Initial results from the drug were positive, but unfortunately, his cancer had progressed too far, and he passed away December 22, 2017.

"Finding out about his diagnosis was hard but going through the therapies was harder. He started to change physically. I think because he was such a pillar in our family and always in such great shape, to see him knocked off his feet was hard."

Kate and her husband always knew they would get married. They had originally planned for a late winter wedding in 2018, but when Greg received troubling test results, they decided to move it up so Greg could attend.

"I just said, 'We're getting married and I'm not doing this without

you,' so he got on board pretty quickly," she says. "We planned a wedding in three weeks. Which was a bit chaotic, but I wouldn't have changed anything."

*If I had a Million Dollars* was one of the songs that Kate and her dad had enjoyed together. He regularly hosted dance after dinner with friends and family, so Kate chose it as her father-daughter dance at her wedding. "He actually walked me down the aisle, and we had our father-daughter dance, which was pretty incredible because he wasn't feeling his best at that point," she says.

#### **Lessons learned, and shared with others –**

Kate is now taking her knowledge and experience of the disease by consulting on health resources and other issues impacting those with prostate cancer, she's working to ensure no other daughter loses their dad to this disease.

She understands the importance of early detection, and wants men to be their own advocates when it comes to their health.

"There's a lot of knowledge out there, which is really empowering, but reaching the older generation – my dad's generation – is important. He didn't necessarily know the risks as well as he should have. We need to make PSA testing more accessible."

Her message to men? "It's okay to be vulnerable and admit you're not indestructible. It's something my dad definitely regretted because it tears families apart. And you can't get that time back."

Kate knows her dad would want men to hear that message, too. She hopes sharing her story will help other families and save men's lives. It's the legacy she's leaving for her dad.

## **Diet and Lifestyle in Prostate Cancer -**

The following is an excerpt of an article that was obtained from the Internet and was published by URO TODAY, Jan. 2020.

A variety of diet and lifestyle factors have been studied with respect to prostate cancer risk in large, prospective cohort studies. In spite of this work, and in contrast to other common cancers, few modifiable risk factors have been firmly established as playing a role in prostate cancer. There are several possible explanations for the lack of well-established risk factors. First, prostate cancer has among the highest heritability of all common cancers; second, early life exposures may play an important role in risk, rather than mid-life and later-life exposures assessed in most epidemiological studies. Finally, prostate-specific antigen (PSA) screening plays a critical role in prostate cancer detection and incidence rates, which has important implications for epidemiological studies. Among modifiable risk factors, smoking and obesity are constantly associated with higher risk specifically of advanced prostate cancer. There is also considerable evidence for a positive association between dairy intake and overall prostate cancer risk, and an inverse association between cooked tomato/lycopene intake and risk of

advanced disease. Results for other well-studied dietary factors, including fat intake, red meat, fish, vitamin D, soy and phytoestrogens are mixed. In practical terms, men concerned with prostate cancer risk should be encouraged to stop smoking, be as physically active as possible, and achieve or maintain a healthy weight. Reducing dairy intake while increasing consumption of fish and tomato products is also reasonable advice.

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.**

**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](http://www.kelownaprostate.com)

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



