



# KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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**T**his was our first meeting back for the Fall after our summer break. We had over 30 people in attendance for this meeting.

Our guest presenter at our Prostate Cancer Support & Awareness Group Meeting in September was Nancy Chapman. She gave everyone a very interesting presentation on a new exercise program for men who have been diagnosed with prostate cancer that is starting up in our area in mid-September. Nancy will be running this exercise program that is called the SIRvivor BC: Prostate Cancer Exercise Program.

The SIRvivor BC is a community-base exercise program for men who have been diagnosed with prostate cancer. SIRvivor BC is an adaption of a pre-established and successfully piloted community exercise program, the TrueNTH Lifestyle Management (LM) program. Between 2014 and 2017 the LM program, funded by the Movember Foundation and Prostate Cancer Canada, demonstrated the feasible implementation of a sustainable community-based exercise program for prostate cancer survivors in community centres in metropolitan and regional areas. This program was found to improve measures of physical function in this population.

The provincial implementation of a community-level exercise program for men with prostate cancer will increase access for prostate cancer survivors to supervised exercise programs. Supervised exercise programs have consistently been shown to be more effective than home exercise programs with respect to attendance, adherence and physical change resulting from the program. Currently, men diagnosed with prostate cancer have limited options that address their specific needs and requirements when they have interest in increasing their physical activity levels. The available options are either designed for the general population, delivered on a one-on-one basis at a much higher cost, or are only available in major metropolitan cities. This exercise program has been supported by Prostate Cancer Supportive Care, UBC, and the BC Recreation and Parks Association.

Following Nancy's presentation, we had some brief presentations on some of the speakers and programs that took place at a Prostate Cancer Conference in Vancouver that two couples from Kelowna and two couples from Vernon attended.

New drug helps extend survival rate of men with advanced prostate cancer: BC Cancer Study -

The following was obtained from the Internet and was written by *Pamela Fayerman, Postmedia News - In June 2019 - copyright Postmedia Network Inc., 2019* - I have also included information obtained from the *New England Journal of Medicine*, and other Internet sources.

**A** new drug has helped reduce the risk of death by 33 per cent in men with prostate cancer that has spread, according to the results of an international trial led by the BC Cancer's *Dr. Kim Chi*. In this double-blind, phase 3 trial, we randomly assigned patients with metastatic, castration sensitive prostate cancer to receive **Apalutamide** (240 mg per day) or placebo, added to ADT. Previous treatment for localized disease and previous docetaxel therapy were allowed. The primary endpoints were radiographic progression-free survival and overall survival.

The study took place in 23 countries at 260 cancer centres. It involved 1,052 men whose median age was 68. Of the 1,052 in the study a total of 525 patients were assigned to receive Apalutamide plus ADT and 527 to receive placebo plus ADT. The study was sponsored by Janssen, the drug company who makes Apalutamide.

At two years, those taking the treatment drug in addition to their

standard treatment had a 52 per cent lower risk of cancer spread or death.

The findings of the TITAN (Targeted Investigational Treatment Analysis of Novel Anti-androgen) trial which began in 2015 are published in the *New England Journal of Medicine (NEJM)*. Results were also recently presented by Dr. Chi at the annual meeting of the *American Society of Clinical Oncology*.

Chi, an oncologist, said overall survival rate is only about five years once prostate cancer has spread beyond the prostate so new treatments are desperately needed. The percentage of patients who took the drug whose cancer did not spread was 68.2 per cent, but in the placebo group the proportion was 47.5 per cent. There was a 33 per cent reduction in the risk of death for those who took the drug.

After about two years, 82 per cent of men in the investigational drug group were alive compared to 74 per cent on placebo. Men in both groups also took standard male hormone deprivation therapy showing that combination therapy helps improve survival. Male hormones (androgens) like testosterone feed prostate tumours and currently, men with metastatic cancer are put on hormone deprivation treatment that has been the standard of care for many decades. Apalutamide, also called Erleada, is said to more completely block male hormones.

Chi said the drug is "non-toxic" and there were no significant

differences in the proportion of study participants in the intervention or placebo groups who experienced side effects, but skin rashes were just over three times more common in the drug group.

The drug has already been approved in Canada for certain patients with hormone-resistant, non-metastatic cancer but Chi said now that it is showing benefit for patients whose cancer has spread, he expects the drug will be approved by Health Canada for those patients as well, perhaps later this year. After that approval, provinces will have to decide on whether to expand funding for the drug, which costs about \$3,000 a month. Chi said he expects more Canadian patients will have access to it next year.

"This is the next generation, better-designed androgen inhibitor and we really need better drugs for those with metastatic prostate cancer," Chi said.

"There's a critical need to improve outcomes for these patients and this study suggests this treatment can prolong survival and delay the spread of the disease."

One of the other investigators in the study *Dr. Neeraj Agarwal* stated, "The beauty of this oral pill is it's easy to prescribe, it's easy to take and the side effects are not more than what you see with standard therapy right now."

Those in the United States are also waiting for the approval of apalutamide from the U.S. Food and

Drug Administration for the use among those with newly diagnosed advanced prostate cancer.

Chi was also co-author on another drug trail, the results of which were published in the same issue of the NEJM medical journal. The ENZAMET trial, as it was called, is on a drug called enzalutamide (Xtandi). The results of that trial were similarly favourable.

About 2,700 men will be newly diagnosed with prostate cancer in B.C. this year. More than 600 men will die from it.

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

The children were lined up in the cafeteria for lunch.

At the head of the table was a large pile of apples.

The nun made a note and posted it on the apple tray: "Take only ONE, God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies.

A child had written a note.

"Take all you want. God is watching the apples."

The Canadian Cancer Society -  
2019 Canadian Cancer Statistics -

The following is some information as well as some of the 2019 Cancer Statistics relating to Prostate Cancer that were released by the Canadian Cancer Society on September 4th.

This year it is estimated that there will be approximately 22,900 new cases of Prostate Cancer diagnosed in Canada.

It is also estimated that 3,100 of these men will be from B.C.

The Canadian Cancer Society also estimates that in B.C. there will be approximately 104.3 new cases per 100,000 population.

Unfortunately, there is also some bad news and that is that these statistics also estimate that a total of 4,100 Canadian men will die from Prostate Cancer this year and an estimated 600 will be from B.C.

The prostate cancer incidence rate for males increased dramatically from 1984 to 1993 (6.3%), then levelled off, started to decline after 2001 (-1.6%), and then declined more steeply after 2011 (-9.1%). The incidence rate peaked in 1993 and 2001, which mirrored intensified use of prostate-specific antigen (PSA) testing in Canada.

The US Preventive Services Task Force advised against PSA screening in men over 75 years of age in 2008, and then in asymptomatic men of all ages in 2011. Canada released similar guidelines in 2014. The dramatic decline in prostate cancer following changes in PSA testing guidelines has also been reported in the U.S.

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.*



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**UP COMING MEETING DATES FOR 2019 -**

**Nov. 9 - Dec. 14 -**

**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 and follow the signs upstairs to the Harvest Room. 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. - [www.kelownaprostate.com](http://www.kelownaprostate.com)



