

KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP NEWSLETTER



**OKANAGAN PROSTATE
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Okanagan Prostate Resource Centre

To make an Appointment Call –

250-712-2002

E-mail – oprc@telus.net

www.okanaganprostate.com

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HAPPY NEW YEAR

We had a great speaker at our December meeting. *Lisa Aschenbrenner*, a Holistic Nutritionist at InspireHealth in Kelowna gave all of us a presentation on how the digestion system in our bodies work. This presentation was both extremely interesting as well as very educational. A couple of interesting items mentioned in her presentation were that for every cell in our body we have 9 cells of bacteria. And "Good" bacteria thrives on vegetables, fruits and healthy fats and protein. The "Bad" bacteria thrive on refined sugar, refined grains, and undigested food particles. She also had handouts for everyone in attendance that included digestive health tips as well as some great recipes.

Yvonne and I would like to take this opportunity to wish everyone a Very Happy New Year, and all the best in 2016.

More Information Regarding Dr. Marianne Sadar's Research -

This is an excerpt of the information that was sent to me by Dr. Sadar, in November as well as information from various news media reports including the Vancouver Sun from her News Conference held on December 2nd. in Vancouver.

The original press release announcing Health Canada's approval to start clinical trials with EPI-506 in Canada was released on the morning of Nov. 5, 2015. Dr. Kim Chi at the BC Cancer Agency is the contact person in Canada who will be running the trial. Enrolment at the BC Cancer Agency began on December 2nd.

The Health Canada letter gave permission to ESSA Pharma Inc. to include Canadian sites in its ongoing Phase 1/2 clinical trial of its novel agent EPI-506, for the treatment of metastatic castration resistant prostate cancer ("mCRPC") in patients who have failed current therapies.

The company announced in late September that the U.S. Food and Drug Administration had approved its Investigational New Drug application to initiate a Phase 1/2 clinical trial study in the United States where site initiation and patient enrollment is now ongoing.

"We are excited to initiate this clinical trial with EPI-506 at sites in Canada." said Dr. Marianne Sadar, ESSA's Chief Scientific Officer. "The novel mechanism of action of EPI-506 holds potential to successfully

treat prostate cancer patients who have failed existing therapies."

In its planned Phase 1/2 clinical trial, ESSA intends to demonstrate the safety, tolerability, maximum tolerated-dose, and the efficacy of EPI-506 in patients. The study will evaluate the benefit of once-daily oral dosing with EPI-506, in single - and multiple-dose escalations (Phase1). The study will then evaluate activity in three patient cohorts: post-enzalutamide mCRPC, post-abiraterone mCRPC, and post-enzalutamide and abiraterone mCRPC (Phase 2) The trial is expected to enroll approximately 166 patients in total from The U.S. and Canada including about 50 patients from Canada.

How the New Drug Works

Five things to Know about Advanced Prostate Cancer and EPI-506

1.- Prostate cancer tumour cells are driven by androgens (male hormones like testosterone). Hormone suppression therapy is often used against prostate cancer to cause cancer cell death, however, resistant cells may remain and grow again within a few years. Some men become resistant to hormone withdrawal more quickly than others.

2. - Current hormone therapies target what is called the C-terminus of androgen receptors, the region where androgen binds. But the C-terminus can be bypassed (by cancer cells) to cause resistance to all known hormone suppression therapies.

3. - This new drug targets the opposite end - the engine of the androgen receptor called the N-terminus - which is what is called a disordered region responsible for driving prostate cancer growth. [Editor: I personally refer to it by going through the back door rather than the front door].

4. - This drug reportedly blocks the protein interactions that are required for cancer to keep growing.

5. - Pre-clinical research has shown that when EPI-506 is bound to the androgen receptor, it cannot turn on the genes that are involved in the proliferation of prostate cancer cells.

The EPI-506 drug that has been developed by Dr. Sadar and her team was originally derived from a particular marine sponge found in the waters around Papua New Guinea.

Dr. Sadar said that marine sponges contain numerous chemical defences so they have been a rich source for drug development during the [past few decades. There are already a number of chemotherapy and other pharmaceuticals developed from sponges or their synthetic versions.

All the work done by Dr. Sadar and her team over the last 18 or so years has been done at the BC Cancer Agency labs in Vancouver.

It's taken close to 18 years of experimentation to get to where Oncologists can begin to recruit patients into the clinical trial study using EPI-506.

The Eureka moment for her research came when she saw photos of drastically shrunken tumours in mice she'd treated with a promising new drug then called EPI-002.

"I remember running around the building (BC Cancer Agency) and showing everyone those photographs in sheer delight," Dr. Marianne Sadar said about that day in 2006. "I could not sleep for two weeks I was so wound up. It was such an exciting moment."

At the news conference on December 2, Dr. Sadar praised her collaborator, University of B.C. chemistry professor Raymond Andersen, for helping her to identify anti-tumour properties in the Geodia Indgreni sponge and then isolate, reproduce and synthesize it into a drug.

Dr. Kim Chi, the co-principal investigator for the North American trial, said in the past five years, there have been a handful of new drugs approved that buy men with metastatic prostate cancer more time, but not a cure. "This is a very exciting development," Dr. Chi said. "This is a novel way of targeting prostate cancer, it hasn't been done before.

EPI-506 targets the back of a protein on prostate cancer cells to make them more vulnerable to hormones such as testosterone, Dr. Sadar mentioned at the December 2, news conference

While the effectiveness of earlier trial drugs that focus on the protein's front quickly waned as cells

developed resistance techniques. Lab research suggests the new mechanism slows tumour growth past the early stages of treatment.

"This part that we're directing our drug to is the Achilles heel," Dr. Sadar said at the news conference. "It's our hope and our expectation that this drug may actually work where all the other drugs fail.

Dr. Sadar described EPI-506 as a first-in-class drug, meaning it isn't a copy of a previously engineered substance. She said it's also the first of its kind to identify its target no matter what shape the protein takes to disguise itself.

Dr. Sadar's research has been aided by a great many donations including a group of golfers who raised \$1,000,000.00 over the last 15 years, as well as donations to the BC Cancer Foundation and grants from the U.S. National Cancer Institute, the U.S. Department of Defense Prostate Cancer Research Program and the Canadian Institutes of Health Research.

The next big thing is; does this drug work in humans the way it does in the lab and in the mice? Lets keep our fingers crossed that it does with very few if any significant side effects.

About ESSA Pharma. Inc.

ESSA Pharma is a development-stage pharmaceutical company focused on developing novel and proprietary therapies for the treatment of **castration resistant prostate cancer ("CRPC")** in

patients whose disease is progressing despite treatment with current therapies. ESSA believes that its product candidate, EPI-506, can significantly expand the interval of time in which patient suffering from CRPC can benefit from hormone-based therapies. ESSA was founded in 2009 by Dr. Marianne Sadar and others, and has offices located in Vancouver British Columbia and Houston, Texas.

WITT'S WIT (ON THE LIGHTER SIDE) -

A Love Story -

I will seek and find you.

I shall take you to bed and have my way with you I will make you ache, shake & sweat until you moan and groan.

I will make you beg for mercy, beg for me to stop.

I will exhaust you to the point that you will be relieved when I'm finished with you.

And when I'm finished, you will be weak for days.

All my love,

Signed :

The Flu

Now, quit thinking about sex and go get your flu shot.

New Blood Test Improves Screening for Prostate Cancer -

the following article was obtained off the Internet and originated in Stockholm, Sweden

A new test is better at detecting aggressive prostate cancer than measuring prostate-specific antigen (PSA) levels. The new test discovers aggressive cancer earlier and reduces the number of false positives and unnecessary biopsies. The results were published in *The Lancet Oncology* ([doi:10.1016/S1470/2045\(15\)00361-7](https://doi.org/10.1016/S1470-2045(15)00361-7)).

Prostate cancer is the second most common cancer among men worldwide, with more than 1.2 million diagnoses in 2012. As the number with prostate diagnoses increases, the number of diagnoses per year is estimated to be more than 2 million within 20 years. PSA tests are used to diagnose the disease, but use of the procedure is controversial.

"PSA can't distinguish between aggressive and benign cancer," principal investigator *Henrik Gronberg, MD, Ph.D*, professor of cancer Epidemiology at Karolinska Institutet in Stockholm, Sweden.

"Today, men who don't have cancer or who have a form of cancer that doesn't need treating must go through an unnecessary, painful, and sometimes dangerous course of treatment. On top of this, PSA misses many aggressive cancers. We therefore decided to develop a more precise test that could potentially replace PSA."

The STHLM3 test is a blood test that analyzes a combination of 6 protein markers, more than 200 genetic markers, and clinical data (age, family history, and previous prostate biopsies). The test has been developed by researchers at Karolinska Institutet in collaboration with *Thermo Fisher Scientific*, which

provided the protein and genetic marker assays used in the clinical study.

The study included 58,818 men from Stockholm age 50 to 69 years was conducted between 2012 and 2014. All participants underwent the STHLM3 test and PSA and results were compared.

The results show that the STHLM3 test reduced the number of biopsies by 305 without compromising patients safety. In addition the STHLM3 test found aggressive cancers in men with low PSA values (1-3ng/mL), which are cancers currently going undetected.

"This is indeed promising results. If we can introduce a more accurate way of testing for prostate cancer, we'll spare patients unnecessary suffering and save resources for society," said Gronberg. "The STHLM3 tests will be available in Sweden in march 2016, and we will now start validating it in other countries and ethnic groups.

Editors Note: The above article is information from Sweden, and we don't know if this particular test will become a standard test Worldwide.

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 - 2016

February 13th - March 12th - April 9th - May 14th June 11th.

Meeting Location:

Our regular monthly meetings are held on the second Saturday of each month (September to June) in the Orchard Rooms at the Parkinson Recreation Centre - 1800 Parkinson Way. Our meetings begin at 9:00 A.M. and are generally over by 11:00 A.M. Everyone is welcome to attend

Thank you for helping us "Win the War Against Prostate Cancer."

The Okanagan Prostate Resource Centre operates on donations. We would like to thank the Companies, Service Clubs, Organizations and Individuals that have made donations in order to help us operate this very valuable center. If you wish to make a donation please feel free to fill out the form below. Your support is gratefully appreciated. Our official Registered Charitable Number is - 89269 1718 RR0001

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