



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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VOLUME 25 – ISSUE 8 – (NUMBER 282) – APRIL 2023

Last month our Kelowna Prostate Cancer Support & Awareness Group were very pleased to have Ms. Corinne Wade, a local Kelowna Physiotherapist and the proud owner of Kare Physiotherapy in Kelowna as our guest speaker. Corinne is a graduate of UBC’s School of Rehab. Sciences and has taken numerous postgraduate courses focusing on men’s and women’s health. She has also taken post graduate training in treating both men and women with pelvic floor dysfunction such as incontinence and pelvic pain. Corinne gave everyone a very interesting and informative presentation on incontinence and ideas on how to help with this problem, including the proper way to do kegel exercises. Corinne can be reached at her office by emailing her at info@karephysio.com. I recently received an email from Corinne indicating that there are now two other Physiotherapists in Kelowna who are helping men pre/post-op with pelvic floor strengthening related to treatments for prostate cancer. They are Kjersti Malinsky at, <https://redfearnphysio.com> and Melissa Dessaulles at <https://kelownahealthandwellness.ca>

If anyone knows of someone who would like to join our Support Group in Kelowna or would like to receive our newsletter, please let me know, and I can add them to our list.

Prostate Cancer Treatment: What to Do When it Stops Working

The following is an excerpt of some information from an article that appeared in *Everyday Health* and was written by Stephanie Watson and medically reviewed by Connor Steuer, MD.

Up to 85 percent of prostate cancers are diagnosed in the early stages, when they are still potentially curable, according to *Johns Hopkins Medicine*. However, if the cancer is more advanced or there is a recurrence the first line of treatment is often *Androgen Deprivation Therapy* (Hormone Therapy), which is good at slowing or stopping the cancer – at first. Eventually though most prostate cancer cells stop responding to it, according to the *National Cancer Institute (NCI)*.

When your prostate cancer treatment stops working, its time to discuss next steps with your oncologist.

How Does Prostate Cancer Become Resistant to Treatment?

Prostate Cancer relies on male hormones called androgens, which includes testosterone. These hormones are the fuel that helps the cancer grow. Hormone therapy either blocks or reduces the body's production of androgens. "If we cut off the supply, we can essentially starve the prostate cancer cells," says Monica Chatwal, MD, an assistant member in the Department of Genitourinary Oncology at Moffitt Cancer Center in Tampa, Florida.

The trouble is that prostate cancer cells are "smart," she adds. Eventually they develop workarounds that allow them to keep growing.

For example, androgens attach to special receptors on the surface of prostate cancer cells, which enables the cells to send the signals they need to grow. Drugs called androgen receptor blockers stop this process by clogging up the receptors so that androgens can't attach to them, note the NCI.

Eventually, though, the prostate cancer cells get wise. They sabotage their own receptor to prevent the drug from attaching to it and doing its job. "The cancer cell cuts off the binding site so the drug can't inhibit its growth," says Channing Paller, MD, associate professor of oncology at Johns

Hopkins Medicine in Baltimore. "And, so, the cells are able to keep dividing and making more prostate cancer cells."

How long does it take for the cancer to outwit hormone therapy? According to studies, the average response lasts 18 months. But in the real world, the length of time differs for each person, says Dr. Paller. "When you look at trials, they're averages or medians of how long it takes for patients to become resistant," she says. "It's really a wide range."

What Happens if Your Prostate Cancer Treatment Stops Working?

The answer to that is very different today than it was a couple of decades ago, Paller says. Back then, the only two options were hormone therapy and chemotherapy. Now there are four types of hormone therapy drugs that work by different mechanisms. So as your cancer cells become resistant to one type of drug, your doctor can switch you to another.

The four types of therapy include:

- **Luteinizing Hormone-Releasing Hormone (LHRH) Agonists** – These drugs interrupt signals to the testicles that tell them to produce testosterone. Examples of these drugs include leuprolide (Lupron, Eligard) Goserelin (Zoladex)
- **LHRH Antagonists** These drugs also stop the testicles

from producing testosterone, but they do it more quickly than LHRH Agonists. An example is degarelix (Firmagon)

- **Androgen Synthesis Inhibitors** These medications block Androgen production in other parts of the body. One example is abiraterone acetate (Zytiga)
- **Anti-Androgen Drugs** This category of drugs block androgens from attaching to proteins called receptors on the prostate cancer cell and helping it to grow. Examples of these drugs include enzalutamide (Xtandi) apalutamide (Erleada) and darolutamide (Nubeqa).

Along with these hormone therapy drugs, targeted therapy, radiation-based drugs, and immunotherapy are also available.

WITT'S WIT (ON THE LIGHTER SIDE)

6 Reasons Why English is Weird

1. - The bandage is wound around the wound.
2. - The dump was so full it had to refuse more refuse.
3. - He could lead if he would get the lead out.

4. - The soldier decided to desert his dessert in the desert.

5. - Since there is no time like the present, he thought it was time to present the present.

6. - When shot at, the dove dove into the bushes.

<h3>BC Cancer Kelowna is 25 Years Old This Month</h3>

It was on April 3, 1998, that what was then called the BC Cancer Agency opened its fourth cancer treatment centre in B.C. in Kelowna, at that time we were known as the *Centre for the Southern Interior (CSI)*. This was the first cancer treatment centre in B.C. outside of the lower mainland and Victoria. The third Cancer Centre in B.C. opened in Surrey in 1995.

When our Cancer Centre in Kelowna opened in 1998 it had the latest in equipment, including 4 Linear Accelerators with room for a fifth when needed, two CT simulators, a Chemo Suite, a Pharmacy, Library, and both Counselling services and Registered Dietitians on site. The fifth Linear Accelerator was added in 2010.

In 2011 Our Cancer Centre in Kelowna's name was officially changed to the *Sindi Ahluwalia Hawkins Centre for the Southern Interior*, named after our late MLA Sindi Ahluwalia Hawkins, who was first elected as the Liberal MLA for Okanagan West in 1996 and

then as the MLA for Okanagan Mission from 2001 to 2009. She helped raise nearly \$3 million for the BC Cancer Foundation and over \$20 million for cancer research and care in B.C. Unfortunately, in 2004 Sindi Ahluwalia Hawkins was diagnosed with an aggressive form of leukemia and passed away in 2010 shortly after her 52nd. birthday. It was because of this dedication to cancer research that our cancer centre in Kelowna was named in her honor and is known as ***BC Cancer – Kelowna the Sindi Ahluwalia Centre for the Southern Interior.***

2020 saw the opening of the PET/CT scanner at BC Cancer – Kelowna. This was the fourth publicly funded PET/CT unit in the province.

WOW, have things changed in the past 25 years, Our Cancer Centre in Kelowna now boasts as having some of the most modern Linear Accelerators in Canada, including the Varian Ethos Linear Accelerator the first of its type in Canada.

BC Cancer – Kelowna is performing both (LDR) low dose rate brachytherapy as well as (HDR) high dose rate brachytherapy in its own on-site operating room and patients recover from the anaesthetic in our on-site recovery room. We are doing things at our Cancer Centre in Kelowna that aren't being done in some of the larger Cancer Centres not only in B.C. but in Canada.

I don't think that any of the people who were working at our cancer centre in 1998 would have ever believed that it would be as busy as it is today.

Our Cancer Centre in Kelowna is at the present time really busting at the seams.

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 educational grants that go towards our newsletters and our support group.



UP COMING MEETING DATES FOR 2023 –

May 13 – June 10

Meeting Location:

Our meetings take place in the Harvest Room at Trinity Church located at the corner of Springfield Road and Spall Road. Please enter through the South Entrance off the main parking lot and follow the signs upstairs to the Harvest Room. Our meetings begin at 9:00 A.M. and the 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

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