



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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Wow! It is hard to believe that this is the 300th issues of this Newsletter. I hope you enjoy my efforts in producing this Newsletter. If you have any ideas or information for future issues of the Newsletter, please let me know, and I will try to include it in a future issue.

In December it was suggested that we go around the room a see what type treatments those in attendance had had for their prostate cancer this was very interesting as I believe every treatment available in B.C. was represented in the room. At our meeting last month, we again went around the room this time asking what type of side effects those present had following their treatment for prostate cancer. This again was a very interesting exercise. The most common side-effect following treatment seemed to be urinary incontinence and this varied individual to individual, some fellows found that working with a physiotherapist who specializes in male urinary incontinence, helped, however, if someone has major incontinence there may be a surgical option. One of our attendees had an artificial urinary sphincter installed a couple of years ago and he is very happy with the results of the surgery. One of those in attendance had the opposite side effect following treatment and that was urinary retention he had to learn to self catheterize in order to urinate.

If you wish to have your name removed from this contact list please let me know and I will remove your contact information.

Dietary adjustments may help control prostate cancer in men undergoing active surveillance

The following is information from the *University of California – Los Angeles Health Sciences* published on Dec. 14, 2024 –

A new study published by UCLA Health Jonsson Comprehensive Cancer Center investigators offers new evidence that dietary changes may help reduce cancer cell growth in patients undergoing active surveillance, a treatment approach that involves regular monitoring of the cancer without immediate intervention.

The findings, published in the *Journal of Clinical Oncology*, show that a diet low in omega-6 and high in omega-3 fatty acids, combined with fish oil supplements, significantly reduced the growth rate of prostate cancer cells in men with early-stage prostate cancer.

“This is an important step toward understanding how diet can potentially influence prostate cancer outcomes. Many men are interested in lifestyle changes, including diet, to help manage their cancer and prevent the progression of their disease. Our findings suggest that something as simple as adjusting your diet could potentially show cancer growth and extend the time before more aggressive interventions are needed,” said Dr. William Aronson, Professor of Urology at the David Geffen School of Medicine at UCLA and first author of the study.

Many men with low-risk prostate cancer choose active surveillance over immediate treatment, however, within five years about 50% of these men eventually need to undergo therapy with either surgery or radiation. Because of this, patients are eager to find ways to delay the need for treatment, including thorough dietary changes or supplements. However, specific dietary guidelines in this area have yet to be established. While other clinical trials have looked at increasing vegetable intake and healthy diet patterns, none have found a significant impact on slowing cancer progression.

To determine whether diet or supplements can play a role in managing prostate cancer, the UCLA-led team conducted a prospective clinical trial, called CAPFISH-3, that included 100

men with low risk or favorable intermediate risk prostate cancer who chose active surveillance. Participants were randomly assigned to either continue their normal diet or follow a low omega-6, high omega-3, supplemented with fish oil, for one year.

Participants in the intervention arm received dietary personalized counseling by a registered dietitian nutritionist, either in-person, through telehealth or by phone. Patients were guided on healthier, lower fat alternatives. For high fat/high calorie foods (such as olive oil or lemon and vinegar for salad dressings), and on reducing consumption of foods with higher omega-6 content (such as, chips, cookies, mayonnaise and other fried or processed foods). The goal was to create a favorable balance of their intake of omega-6 and omega-3 fats and make participants feel empowered to control how they change their behavior. They were given fish oil capsules for extra omega-3s. The control group did not get any dietary counseling or take fish oil capsules.

The researchers tracked changes in a biomarker called the Ki-67 index, which indicates how fast cancer cells are multiplying, a key predictor of cancer progression, metastasis and survival.

Same site biopsies were obtained at the start of the study and again after the one-year mark, using an image fusion device that helps track and locate the cancer sites.

Results showed that the low omega-6, omega-3 rich diet and fish oil group had a 15% decrease in the Ki-67

index, while the control group saw a 24% increase.

“This significant difference suggests that the dietary changes may help slow cancer growth, potentially delaying or even preventing the need for more aggressive treatments,” said Aronson.

While the results are promising, researchers did not find any differences in other cancer growth markers, such as Gleason grade, which are commonly used to track prostate cancer progression.

The investigators caution that further research is necessary to confirm the long-term benefits of omega-3 fatty acids and lowering omega-6 in managing prostate cancer. The findings support further, larger trials to explore the long-term impact of dietary changes on cancer progression, treatment outcomes and survival rates in men on active surveillance.

WITT'S WIT (ON THE LIGHTER SIDE)

You only need two tools in life. WD-40 and Duct Tape. If it doesn't move and should, use WD-40. If it moves and shouldn't, use Duct Tape.

I was horrified when my wife told me that my six-year-old son wasn't actually mine. Apparently, I have to pay more attention during school pick-up

Why is Prostate Cancer on the Rise?

The following information was obtained from the internet and originated from *Hackensack Meridian Health*.

The number of new prostate cancer cases is projected to double across the globe by 2040, according to a recent report. This follows an ongoing increase in the U.S., with rates climbing by 3% annually since 2014. So, what's behind this resurgence after years of declining numbers.

An Aging Population

The prostate a small gland located near the bladder, is a common site for cancer in men. In fact, one in eight men will be diagnosed with prostate cancer in their lifetime. “A major reason for the increase in prostate cancer is the aging population,” says Scott Wheeler M.D., a urologist at *Southern Ocean Medical Center*. “Baby boomers, who make up a large share of the population, are the most at-risk group. Assuming they live long enough, it's common for men to get prostate cancer.”

As medical advancements extend lifespans, more men are reaching the age where prostate cancer becomes a concern. Regular screenings are recommended for men starting at age 55.

Screening Controversy

Dr. Wheeler also points to a controversial 2007 study that questioned how effective prostate-specific antigen (PSA) tests for screening. This led to a decline in screenings, which has had lasting consequences.

“Although the study is highly criticized by the cancer community, it has led to delayed diagnosis for many people,” says

Dr. Wheeler. Detection is now on the rise because most physicians are getting back to proper screening. And the cases we are seeing are commonly more advanced because of this delay, highlighting the importance of screenings for early detection.”

Take Charge of Your Prostate Health

Although there’s no guaranteed way to prevent prostate cancer, maintaining a healthy lifestyle and balanced diet can support your overall health. Regular screening and early detection are also key to living a long and healthy life.

“Prostate cancer screening is key to improving survival rates,” emphasizes Dr. Wheller. “Despite ongoing debates about screening guidelines, men within the recommended age range should discuss PSA tests and rectal exams with their doctor.”

Conservative MP Luc Berthold Prostate Cancer –

It was announced on Sunday February 5th that Conservative MP has prostate cancer but still plans to run in the next federal election.

“My prostate is sick, and it has cancer. In the next few weeks, I’ll have to get rid of it to prevent the disease from spreading elsewhere in my bones and organs,” he wrote.

“I will, however, need to take a few weeks off to recover from the operation that will rid me of my sick prostate. This could happen at any time, the sooner the better, and perhaps even during the upcoming election campaign,” he said.

Editor’s Note – It is great to see people coming forward and being more open about their diagnosis of prostate cancer.

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 2024 – 2025

NOTE: - March 8 – April 12 – May 10 – June 14

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*