



# KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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I hope by now most Prostate Cancer Support Groups in Canada are now able to hold in-person meetings again. It is hard to believe that the first case of COVID-19 was diagnosed just over three years ago. Who would have thought at that time that this pandemic in all its various forms would still be with us three years later. I encourage everyone reading this newsletter to please remain vigilant and keep safe.

WOW! Our area and much of Canada just went through another COLD spell, hopefully, that will be it and we will begin to see the weather improve over the next couple of months, no matter what the groundhogs said and predicted.

Yonne and I would like to take this opportunity to wish everyone receiving our Newsletter a Very Happy Valentines Day.

If anyone knows someone who would like to receive this newsletter please forward their name, email address etc. to me and I will add them to the email list for the newsletter. If anyone wishes to have their name and contact information removed from this mailing list please contact me and I will remove your contact information.

## **Fluorine F 18 DCFPyL may be a ‘one-stop shop’ in detecting recurrence**

The following information has been obtained from several sources including *BC Cancer*, the *Urology Times*, and other Internet Sources.

**A**t the present time BC Cancer at their treatment facility in Vancouver is undertaking a trial study using a radiotracer 18F-DCFPyL and a PET/CT for the Assessment of Recurrent Prostate Cancer.

This study is investigating the usefulness of an alternative test with a positron emission tomography/computerized tomography (PET/CT) scan using a radioactive tracer called F18-DCFPyL. F18-DCFPyL is an agent that binds to a special protein in the human body called Prostate Specific Antigen (PSMA).

Studies have shown that PSMA is found in many prostate cancer cells, especially when the cancer comes back following treatment. This radioactive tracer will be made at the BC Cancer facility in Vancouver. It is considered investigational but has been used safely in preliminary human research studies without serious undesirable side effects.

The FDA in the United States approved the 18F-DCFPyL for prostate specific membrane antigen (PSMA) targeted positron emission tomography (PET) imaging in 2021.

The 18F-DCFPyL was the first commercially available PSMA PET imaging agent for prostate cancer, working to identify suspected metastasis or recurrence in patients with prostate cancer.

The purpose of this study at BC Cancer is to determine how accurate a 18F-DCFPyL PET/CT scan is in detecting prostate cancer recurrence. The participants that are eligible to take part in this study include those men with findings on other examinations (such as plain x-ray, CT, MRI or bone scan and others) that are suspicious for metastatic disease but not conclusively diagnostic of metastatic disease.

Most patients with prostate cancer can be successfully treated with surgery or radiation therapy, however, a small proportion of patients will develop recurrence of disease at some time during their life.

It is the understanding by BC Cancer that someone's treating doctor is trying to determine if there is a recurrence of that person's prostate cancer. This can sometimes be difficult to detect on imaging studies such as computed tomography (CT) or bone scan. Therefore, BC Cancer is inviting some participants to participate in this research project called "18F-DCFPyL Positron Emission Tomography/Computerized Tomography (PET/CT) for the assessment of Recurrent Prostate Cancer and is hoping to determine how accurate a 18F-DCFPyL PET/CT scan is in detecting sites of recurrent prostate cancer, in patients who have negative or equivocal findings on conventional imaging.

The radioactive 18F-DCFPyL agent is delivered intravenously to the subject, who rests in a comfortable chair for about 120 minutes and then the subject will be taken to the PET C/T scanner for the scan.

This study started several years ago has a long wait time for enrollment and is expected to be completed by June 2023.

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

A man went to visit his 90-year-old grandfather. While eating breakfast of eggs and bacon prepared for him, he notices his plate isn't clean. So, he says,

"Grandfather, are these plates clean?"

His grandfather replies, "Those plates are as clean as cold water can get them, so go on and finish your meal."

That afternoon, while eating the hamburgers his grandfather made for lunch, he noticed many little black specks around the edge of his plate so again he asked, "Grandfather are you sure these plates are clean?"

Without looking up from his burger, the grandfather says, "I told you those dishes are as clean as cold water can get them, now don't ask me about it anymore."

Later that day, they went out to get dinner. As he was leaving the house, the man's grandfather's dog who was lying on the floor started to growl and would not let him pass.

His grandfather shouts, **"Coldwater, get out of the way!"**

Edmonton Clinical Trial Aims to Help Doctors Target Prostate Cancer

The following is an excerpt of information was obtained off the Internet and originated

with the *Edmonton Journal* Nov. 27, 2022. The author of the article is Madeline Smith

**A** new Edmonton based clinical trial could help doctors find and target prostate cancer.

Surgeon-scientist Dr. Adam Kinnard, an assistant professor at the University of Alberta, is helping lead research aimed at moving toward precision treatment for prostate cancer.

A key part of the current diagnosis process is taking several samples from different parts of the prostate to check for cancer cells. However, if they're found doctors don't have a clear sense of where they are. The subsequent treatment affects the whole prostate, either surgically removing it or using radiation therapy.

Both options are very effective, but the treatment can lead to erectile dysfunction or incontinence issues, since the prostate sits just below the bladder and plays a key role in producing seminal fluid.

Kinnard is currently recruiting patients for a clinical trial that's testing the effectiveness of a locally produced experimental tracer that can be injected into a patient's bloodstream where it binds to prostate cancer cells so they're visible on a positron emission tomography (PET) scan. Doctors can then see exactly where the tumour is and ideally treat only those areas.

Kinnard said catching the disease before it spreads is key because once it moves beyond the prostate to lymph nodes or bones, it's no longer considered curable.

“It’s all about diagnosing prostate cancer not only early but accurately so that we can treat it accurately and have good outcomes,” he said.

PET scans are sometimes currently used when there are concerns about prostate cancer recurring in men who have already had treatment. But the trial could help guide its potential use during diagnosis.

The trial is set to include 150 men over three years, and Kinnard said he’s seen double the anticipated interest for enrollment within the past several months. The study sees patients who are opting to have their prostates removed get both an MRI and PET scan and then, after their surgery, a pathologist checks exactly where the cancer is and compares it to the imaging so see which was more accurate.

So, if we can do this clinical trial and say, “Ok, you’ve had your workup, we know you’ve got prostate cancer. And, by the way, now we have a potentially even better way to assess where the prostate cancer is in your body and what stage it’s at. Would you like to participate?” Many men are really wanting to participate.

The hope is to move toward less invasive treatment that continues to save lives.

“It’s a fundamentally different way of thinking about the disease, being something where we can pinpoint exactly where it is,” Kinnard said.

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 –**

**March 11 – April 8 – 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](http://www.kelownaprostate.com)

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