



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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At the May meeting of the Kelowna Prostate Cancer Support & Awareness Group Meeting I presented information on the staging of prostate cancer. I also quickly went over the Gleason Grading and Staging of prostate cancer cells that was also discussed in detail at our May meeting.

Even though we didn't have a guest speaker for this meeting there was a great deal of interaction and discussion at the meeting.

This issue of our newsletter is the last one until September, as I take the summer off for some R&R time and to recharge the batteries. I hope everyone who receives this newsletter have a great summer and can spend some quality time with family and friends. I hope to see everyone either in person at our Kelowna Support Group meetings or via email in September. Enjoy your summer and stay safe.

If anyone has any questions that I may be able to help with please feel free to contact me at the above phone number.

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

<p>Vancouver Clinic Earns Therapeutic License to Administer New Drug to Treat Prostate Cancer</p>
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The following information was obtained from the Internet originated with INITIO Medical Group and was published on March 7, 2023.

INITIO Medical Group is the first private nuclear medicine facility in Canada to be awarded a therapeutic license to administer Lutetium-177 – PSMA (prostate specific antigen) for the treatment of advanced prostate cancer, specifically “metastatic castration resistant prostate cancer” also known as “mCRPC”.

Lu-177 – PSMA, is an example of a new kind of cancer treatment called “RLT” (radioligand therapy), is a game-changer for those suffering from the advanced form of the most common cancer in Canadian men, and their third leading cause of death from cancer.

What makes Lu-177 – PSMA and the coming wave of RLT compounds cutting-edge treatments is that they target and destroy cancer cells precisely, while minimizing exposure to health tissue, often with fewer side effects than chemotherapy, traditional radiation, and other treatments.

“This therapeutic license allows us to offer this ground-breaking treatment to patients who may not have access to in otherwise,” says Dr. Kalevi Kairemo, President-Elect World Association of Radiopharmaceutical and Molecular Therapy (WARMTH) and Senior Scientific Advisor for INITIO Medical Group.

INITIO received the license from the Canadian Nuclear Safety Commission last week and will be begin offering patient treatments after March 15. INITIO will be the first private clinic in Canada to offer Lu-177 – PSMA treatment, following the approval of the compound by Health Canada in September 2022.

The compound is administered intravenously over about a minute, and it binds to cancer cells and destroys them with ultra short range “beta particles”. These particles travel a maximum of 2mm once emitted by the lutetium

nucleus, ensuring they selectively target cancer cells and spare healthy tissue. Any compound which does not bind to cancer tissue is primarily cleared from the body by the kidneys.

“Lutetium-177 has demonstrated the ability to meaningfully prolong life in the international VISION trial, involving patients with advanced cancer, many of whom otherwise would have very few therapeutic options. We’re excited to offer this treatment in Canada,” says Dr. Rob Tarzwell, Medical Director for INITIO Medical Group, and a Clinical Assistant Professor on the Faculty of Medicine at the University of British Columbia.

“The approval of this license was made possible by the tireless efforts of our team, who worked closely with regulatory agencies and other stakeholders to ensure that we meet all the necessary requirements and standards,” says Dr. Philip Cohen, INITIO Director and Division Head nuclear Medicine, Lions Gate Hospital in North Vancouver, adding there are plans for apply for licenses at other facilities across Canada.

At present, although Lu-177 – PSMA is health Canada approved and an effective prostate cancer treatment it is not publicly funded.

About INITIO –

INITIO is Western Canada’s only private PET/CT scan facility. With over 20 years experience we offer Rapid PET/CT and CT scans and nuclear medicine treatments with no wait list.

WITT'S WIT (ON THE LIGHTER SIDE) -

This man asked the kid the way to the Post Office, but his reply is hysterical

A little boy was waiting for his mother to come out of Morrison's Store.

As he waited, he was approached by a man who asked, "Son, can you tell me where the Post Office is?"

The little boy replied, "Sure, just go straight down the street and at the end, turn to your right."

The man thanked the boy kindly and said, "I'm the new minister in town. I'd like for you to come to church on Sunday. I'll show you how to get to heaven."

The little boy replied with a chuckle, "Awww, come on you don't even know the way to the Post Office."

COVID Can Mimic Prostate Cancer Symptoms –

The following was published in Medscape on March 21, 2023 by David King Keller, PhD.

If a patient's prostate specific antigen (PSA) spikes 2 points in just 90 days, what is your first thought? This patient has a strong likelihood of aggressive prostate cancer, right? If that same patient also presents with severe,

burning bone pain with no precipitating trauma to the area and over-the-counter pain killers are not helping, you'd think, "check for metastases," right? That patient was me in late January 2023.

As a research scientist member of the American Urological Association, I knew enough to know I had to consult my urologist ASAP. With the above symptoms, I'll admit I was scared. Fortunately, it that's the right word, I was no stranger to a rapid, dramatic spike in PSA. In 2021 I was temporarily living in a new city, and I wanted to form a relationship with a good local urologist. The urologist that I was referred to gave me a thorough consultation, including a vigorous digital rectal exam (DRE) and sent me across the street for a blood draw.

To my shock my PSA had spiked over 2 points, to 9.9 from 7.8 a few months earlier. I freaked. Had my 3-cm tumour burst out into an aggressive cancer? Research on PubMed provided an array of studies showing what could cause PSA to suddenly rise. Including a DRE performed 72 hours before the blood draw. A week later, my PSA was back down to its normal 7.6.

But in January 2023, I had none of those previously reported experiences that could suddenly trigger a spike in PSA, like a DRE or riding on a thin bicycle seat for a few hours before the lab visit.

The COVID Effect –

I went back to PubMed and found a new circumstance that could cause a surge in PSA: COVID-19. A recent study of 91 men with benign prostatic hyperplasia

by researcher in Turkey found that PSA spiked from 0 to 5 points during the COVID infection period and up to 2 points higher 3 months after the infection had cleared. I had tested positive for COVID-19 in mid-December 2022, 4 weeks before my 9.9 PSA reading.

Using Google translate, I communicated with the team from Turkey and found out that the PSA spike can last up to 6 months.

That study helps explain why my PSA dropped over 1.5 points to 8.5 just 2 weeks after the 9.9 reading, with the expectation of that it would return to its previous normal of 7.8 within 6 months of infection with SARS-CoV-2. To be safe, my urologist scheduled another PSA test in May, along with an updated multiparametric MRI, which may be followed by an in-bore MRI guided biopsy of the 3-cm tumour if the mass has enlarged.

COVID-19 Pain –

What about my burning bone pain in my upper right humerus and right rotator cuff that was not precipitated by trauma or strain? A radiograph found no evidence of metastases, thank goodness. And my research showed that several studies have found that COVID 19 can cause burning musculoskeletal pain, which I had per the radiology report. So, my PSA spike and searing pain were likely consequences of the infection.

To avoid the misdiagnosis after a radical spike in PSA, the informed urologist should ask the patient if he has had COVID-19 in the previous 6 months. Overlooking that question could lead to the wrong diagnostic

decisions about the rapid jump in PSA or unexplained bone pain.

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 –

– September 9, 2023 – October 14, 2023 -

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.*