



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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Welcome, as mentioned in previous emails I was unable to publish a Newsletter in September as I was recovering from recent knee replacement surgery.

Dr. Hamid Raziee, Radiation Oncologist at BC Cancer Kelowna was our guest presenter at our June meeting. Dr. Raziee gave us a very interesting presentation on *Stereotactic Radiotherapy* and *Adaptive Radiotherapy*. Standard radiation therapy is generally delivered by giving the patient 2 units of radiation a day, 5 days a week over 20 weeks, whereas SBRT (Stereotactic radiotherapy) is delivered by giving 8 units of radiation a day over 5 days, so a patient would receive 2 doses of radiation a week over 2 ½ weeks.

There is a new trial study underway called the *Simplified Trial* which would mean only one day of treatment for prostate cancer patients.

Dr Raziee next spoke on *Adaptive Radiotherapy* using our new ETHOS Linear Accelerator, which was put into use at BC Cancer Kelowna in early January 2023. BC Cancer Kelowna was the first Cancer Centre in Canada to get ETHOS. ETHOS uses artificial intelligence (AI) to adapt and customize daily radiation treatments in as little as 15 minutes by adjusting to the changing shape and position of cancer tumors.

Then Dr. Raziee took questions for those in attendance, it was a great meeting with lots of input from those present.

Drugging the undruggable: Scientists achieve million-fold leap in targeting elusive cancer proteins

The following is an excerpt of an article published April 28, 2026; and originated with the Faculty of Medicine UBC.

Researchers at the University of British Columbia (UBC) and BC Cancer have developed a new way to target proteins long considered “undruggable,” opening the doors to new treatments for prostate cancer and other serious diseases.

Known as Intrinsically Disordered Proteins, these molecular shapeshifters are extremely difficult to target with medications due to their flexible and ever-changing structure. They play a central role in a wide range of diseases – including cancer – yet only a handful of medications currently exist that can target them.

Dr. Marianne Sadar in a study published in *Nature Signal Transduction and Targeted Therapy*, the researchers demonstrate a new approach for designing drugs that bind more strongly to these proteins and block their disease-causing activity. In some cases, the compounds they developed bound up to a million times more tightly than any previously reported.

“This study shows that proteins previously thought to be undruggable can be drugged with remarkable efficacy,” said principal investigator Dr. Marianne Sadar, professor of pathology and laboratory medicine at UBC faculty of medicine and distinguished scientist at BC Cancer. “The findings could have profound implications for the treatment of cancer and other diseases, providing a roadmap for the development of new treatments.”

“Most drug discovery is like designing a key for a specific lock,” said Dr. Sadar. “But disordered proteins don’t behave like locks at all, they’re more like moving strands of spaghetti.”

Dr. Sadar and her team have spent decades studying how to target these proteins. In 2008, they developed the first compound capable of binding to them and have since advanced two such drugs into clinical trials – another world-first milestone in the field.

A new strategy against prostate cancer

The new study focused on a specific protein, the androgen receptor, which fuels the growth of most prostate cancers.

Rather than fitting into a single spot, the researchers developed compounds that interact with the moving region of the protein, freeze it in an inactive state, and prevent it from turning on genes that drive cancer growth.

The researchers now aim to advance the most promising candidates toward clinical trials, with the goal of developing prostate cancer drugs that can be used earlier in treatment and with fewer side-effects. Because disordered proteins are involved in many diseases, they say the approach could have a much broader impact.

“If the approach continues to prove successful, it could dramatically expand the number of proteins that scientists can target with medicines – turning what was once considered a dead end into a promising new frontier for drug discovery,” said Dr. Sadar.

This Month Marks a Milestone for our Newsletter

It was on August 1, 1997, that the first issue of our Kelowna Prostate Cancer Support Group Newsletter was published. I have attached a copy of page 1 of this Newsletter on the next page of this month’s newsletter. NOTE: in the beginning we met 12 months a year but changed to 10 months after several years.

KELOWNA PROSTATE CANCER SUPPORT GROUP

You Can **DEAL** WITH IT!

NEWS LETTER

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It was suggested at our last meeting that we attempt to put out a Newsletter. This is something that I had been thinking of for a couple of months.

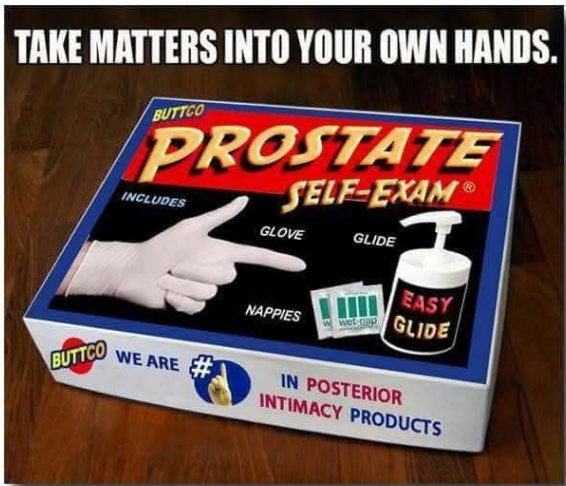
Welcome to our first edition, I have borrowed items from the "US TOO" publication, as well as other publications and the INTERNET.

We are a newly formed group with a lot of potential to grow. At our first meeting in November, 1996 we had approximately 22 people in attendance. At the present time I am contacting over 50 men and some women. I am including my phone list with this first edition of our Newsletter.

I feel that a support group is there not only to offer support to our group but to also offer education in order that no one is left in the dark, or thinks that there is no help out there for them. I also feel that a support group has to be involved in awareness. We must attempt to get the message out to all men in order to make them aware of the Prostate and the problems that can arise. There is a light at the end of the tunnel and I hope that we as a group can make a difference for all men.

I have been extremely pleased at how open everyone has been about their conditions and treatments. I have been trying to keep up with everyone, however, I may miss someone who has gone for treatment or has had surgery. Please call me at any time to up date me on your progress, we want to be there for you.

WITT'S WIT (ON THE LIGHTER SIDE)



Editors Note:

If any of you who receive my newsletter see any information that may be of interest to those reading the Newsletter please send me the information directly or the link to the information, as I am always looking for interesting information for the newsletter.

I would like to thank those who have sent me information in the past as well as links to very interesting information. Thank You.

I am always looking for information that may be of interest to those who receive my Newsletter.

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



UP COMING MEETING DATES FOR - 2026 – 2027

November 14, December 12, 2027 – January 9, February 13.

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

