



KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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We hope those who receive this newsletter had a very festive Thanksgiving and were able to spend time with family or friends.

Our September meeting was our first meeting back after our two-month summer break. We had four new people out to attend this meeting; it is always great to have new attendees out to our meetings. The more information and support we can give to those who have either been newly diagnosed with prostate cancer, or even to those who have been treated and are looking for support. It is very important to talk to family and friends about this disease that is affecting far too many men. As we know, the vast majority number of men who are newly diagnosed with early-stage prostate cancer have no symptoms at the time of their diagnosis.

NOTE: ‘Vinni’ is here. Our new state of the art DaVinci robot has arrived in Kelowna. I am hoping that we will be seeing robotic assisted Prostatectomies taking place locally before the end of the year.

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

Radium-223: Long Term Safety Confirmed in Prostate Cancer

This article was originally published on June 12, 2025, in *Targeted Oncology*.

In an Interview with Targeted Oncology, Fred Saad, MD, professor and chairman of urology and director of Genitourinary Oncology at the University of Montreal Hospital Centre, discusses the 7-year follow-up of the largest prospective global study of radium-223 (Xofigo) therapy for prostate cancer.

One of the primary questions surrounding radium-223, an infused form of radiation therapy, has been its long-term safety, according to Saad. Specifically, there has been concern about the potential development of secondary malignancies years after treatment.

This apprehension stems from historical experiences, such as the prophylactic radiation therapy for stage I seminoma in testicular cancer, which after 2 decades, was found to induce secondary cancers in younger patients. Therefore, investigating the long-term safety if radium-223 was and imperative.

This study provides the longest-term follow-up to date for radium-223, encompassing over 1,400 patients with a 7-year follow-up period. The patient cohort largely reflects real-world demographics, with a median age of 73, which is older than typically seen in clinical trials. Approximately 80% of patients presented with bone-only disease, while nearly 20% had extramedullary disease, including small lymph node involvement, offering valuable insights into outcomes in a broader patient population.

An encouraging finding was that 67% of patients received 5 or more cycles of radium-223. This suggests improved understanding and management of the therapy, emphasizing the importance of not delaying treatment until patients are overly symptomatic, which can limit the number of cycles received, notes Saad. Optimal benefits from radium-223, including long-term survival improvements, are cumulatively achieved with a greater number of cycles, ideally 5 or 6.

“That was reassuring, that in the real world we’re seeing about 70% of patients getting 5 or 6 cycles,” Saad said in the interview.

Regarding the critical concern of secondary malignancies, the study reported a rate of only 2%. For this older

patient population, this low incidence is positive, indicating that radium-223 does not appear to significantly increase the risk of secondary malignancies beyond what would be expected over time in this age group.

WITT’S WIT (ON THE LIGHTER SIDE) -



Health Screening Task Force

The following came from the *Canadian Press* – by Sara Ritchie June 13, 2025

A panel of experts is calling on the Public Health Agency of Canada to modernize and reform the task force responsible for preventive health guidelines for things like cancer screening.

The Task Force for Preventive Health Care provides clinical guidelines for family doctors about screening and prevention measures for cancer and other diseases.

Health Minister Marjorie Mitchell says she's asked the public health agency to work on the panel's recommendations and ensure the modernized task force is fully operational by next April.

Then Health Minister Mark Holland suspended the task force's work in early March while the review is underway.

The expert report says the task force needs a clear mandate and should adopt a "living guidelines" model that takes into account the latest research.

Editor's Note: Hopefully the new task force will update the guidelines regarding PSA testing for prostate cancer. The former task force stated in 2014, that too many men were being over diagnosed and over treated for prostate cancer and the PSA blood test was not recommended. Their recommendation had never been changed or updated since 2014.

PSMA PET/CT and Salvage Radiotherapy in Recurrent Prostate Cancer

The following is an excerpt of information that was obtained from the Internet and originated with ASCO on August 15.

The use of prostate-specific membrane antigen (PSMA) PET C/T before undergoing salvage radiotherapy was associated with an improved overall survival and biochemical recurrence – free survival compared to those who did not receive

PSMA PET/CT scanning in male patients with biochemically recurrent prostate cancer following radical prostatectomy.

These real-world findings from Denmark, published in *The Journal of Nuclear Medicine*, highlight how valuable PSMA PET C/T scanning can be for pinpointing patients who are likely to benefit from salvage radiotherapy or not.

According to lead study author *Anna W. Mogensen, MSc*, Department of Nuclear Medicine, Aalborg University Hospital, Aalborg, Denmark, the study findings show that PSMA PET C/T scans can help clinicians select patients most likely to be sensitive to salvage radiotherapy, ultimately leading to fewer patients receiving unnecessary treatment and more patients receiving a more personalized treatment protocol.

Study methods and Patient Population

Ms. Mogensen noted that PSMA PET C/T was first introduced in Denmark in 2015, but adoption of the imaging modality has been slow in some regions.

The research obtained real-world data from routine clinical practice and Denmark's nationwide health registry of patients with biochemical recurrent prostate cancer after radical prostatectomy who were treated with salvage radiotherapy between 2015 and 2023. Only patients with a prostate-specific antigen of 0.2 -1.0 ng/ml were eligible for the final analysis.

The study included 844 patients treated with salvage radiotherapy, who were then categorized based on whether or not they received a pretreatment PSMA PET C/T scan. Only 36.5% had undergone PSMA PET C/T scanning prior to treatment.

Key Study Findings –

Editor's Note - The following is a brief excerpt of her findings –

At 1 year the overall survival for patients who underwent a pretreatment PSMA PET C/T was 100% compared to 99% in patients who did not get a PSMA PET C/T scan. At 2 years the overall survival rates were 99.5% versus 97.8%.

At 3 years, the biochemical recurrence-free survival in patients who received pretreatment PSMA PET C/T was 74.9% compared with 69.4% in patients who did not receive the scan.

Ms. Mogensen said the findings support the broader use of nuclear medicine techniques to guide treatment decisions. She suggested that nuclear imaging early on should become a standard practice for cancer care.

More Witt's Wit (On the Lighter Side)



"Are you for real? Look at this! The worm's dead. And you made no effort to conceal the hook. I mean, do I have 'stupid' written all over my face?"

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 - 2025 – 2026

Nov. 8th., December 13th., January 10th.

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