



# KELOWNA PROSTATE CANCER SUPPORT & AWARENESS GROUP

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**J**ennifer Taylor was our guest speaker at our last meeting of the year held in June. Jennifer has a Bachelor of Human Kinetics; she is also a Registered Clinical Exercise Physiologist. She gave everyone a very interesting and education presentation on exercise.

Some of the items covered in Jenn's PowerPoint presentation included - What is Exercise, - Why should you exercise, - How much exercise is recommended, - Specific exercise to reduce side effects, - How to get started safely, - and Support through the Prostate Cancer Supportive Care Program.

The following are just a couple of the items from her presentation.

## **Why Exercise?**

- The leading cause of death in men from prostate cancer is cardiovascular disease.
- Exercise can reduce and manage the adverse side-effects of prostate cancer treatment.
- Exercise is the most effective and evidence-based non-pharmaceutical intervention for prostate cancer.

## **THE MOST IMPORTANT MESSAGE FROM THE INFORMATION WAS!!!**

The following recommendations are the international exercise-oncology guidelines.

### **AEROBIC EXERCISE**

- 150 minutes of moderate to vigorous aerobic exercise per week
- This can be accumulated in bouts of 10+ minutes
- The intensity of the exercise is very important
- Examples include walking, biking, swimming, cardio machines in a gym

### **RESISTANCE TRAINING**

- 2+ weight training sessions per week for all major muscle groups
- The goal should be to aim for 2-4 sets of 8-12 reps of each exercise
- Resistance training can be done with bands, weights, body weight, machines, etc. and can be performed at home, a gym or outside.

## Two New Prostate Cancer Trials taking Place at BC Cancer -

In the January issue of this newsletter I had an article on **Liquid Biopsy**. The following is a copy of an article that appeared in the Spring 2019 issue of *Breakthrough published by the BC Cancer Foundation*, on a Liquid Biopsy study, as well as information on another trial study, both taking place at BC Cancer.

One in seven Canadian men will be diagnosed with prostate cancer in their lifetime. Two recently launched clinical trials at BC Cancer are aiming to reduce side effects and improve treatment options for men facing this common and deadly disease.

### **The CTDNA Trial: Liquid Biopsies Reveal Prostate Cancer Clues**

A clinical trial has opened across Canada and is considered a major advancement in precision medicine for men facing prostate cancer.

Also, the first of its kind in the world, the **Prostate Cancer Biomarker Enrichment and Treatment Selection (PC-BETS)** clinical trial, led by *Dr. Kim Chi*, Medical Oncologist at BC Cancer, and conducted by the Canadian Cancer Trials Group, will screen people with advanced prostate cancer using liquid biopsies.

Dr. Kim Chi stated that, "There is an urgent need to find more effective therapies for men with

advanced prostate cancer. We want to identify men whose cancers will have the best chance to respond."

Standard protocol often requires a biopsy of a metastatic lesion to genetically profile a person's cancer in order to understand what is driving the cancer to grow. Liquid biopsies, performed via a simple blood test, offer a much less invasive but effective approach to do the same thing.

For the PC-BETS trial:

1. - patient's liquid biopsies will be analyzed;
2. - based on specific DNA markers in their blood, patients will be assigned to one of five new experimental targeted therapies.

Researchers want to see if the markers identified by the screening process can help predict which patients will be helped the most by the targeted treatments.

### **The Prime Trial: Reducing Toxicity and Side Effects**

Men with prostate cancer receive androgen deprivation therapy (ADT), a standard first-line treatment that works by starving the cancer of the hormone testosterone which it needs to grow. Although ADT has long been known to improve survival, it comes with serious side effects and can be toxic if used for a long time. One of the main side effects is metabolic syndrome, a cluster of multiple conditions including abdominal obesity, elevated blood

pressure, blood sugar and cholesterol.

As the patient's time on ADT increases, so does his risk of metabolic syndrome and complications such as diabetes, strokes and heart attacks. A recent analysis suggests that prostate cancer patients have a 75% increased risk of metabolic syndrome, which often goes undetected until it appears on annual screening assessments.

In pursuit of a treatment that could lower the risk of complications, *Medical Oncologist Dr. Bernie Eigl* and his colleagues at BC Cancer have launched a new phase III clinical trial called **PRIME (Prevention and Intervention of Metabolic Syndrome)**.

The PRIME trial aims to prove that when given to men undergoing ADT treatment for advanced prostate cancer, metformin (a common, safe and inexpensive drug typically given to people with type 2 diabetes) can:

1. - Reduce the rates of metabolic syndrome;
2. - Potentially improve prostate cancer outcomes.

This is the first and largest trial of its kind. "If metformin is proven to be effective in reducing the incidence or severity of metabolic syndrome, it would represent a cost-effective and relatively simple intervention that could rapidly become standard of care," says Dr. Eigl. "The wide utilization and proven safety of metformin would

allow its use to be expedited and if the anti-cancer effects of metformin are confirmed, these could also translate to improved outcomes."

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

Best Knock Knock Joke Ever -

Three brothers age 92, 94 and 96 live in a house together.

One night the 96-year-old draws a bath, puts his foot in and pauses. He yells down the stairs, "Was I getting in or out of the bath?"

The 94-year-old yells back, "I don't know, I'll come up and see. "He starts up the stairs and pauses, then he yells, "Was I going up the stairs or coming down?"

The 92-year-old was sitting at the kitchen table having coffee listening to his brothers. He shakes his head and says, "I sure hope I don't get that forgetful. He knocks on wood for good luck. He then yells, "I'll come up and help both of you as soon as I see who's at the door."

Prostate Cancer Screening is Critical for Metastatic Cases -

The results were devastating. The 2012 U.S. Preventive Services Task Force recommendation that men not be screened for prostate cancer resulted in a sharp decline in prostate

cancer screening, a reduction in diagnosis of early curable disease and an increase in diagnosis of advanced, metastatic disease.

Two reasons for these results: First, many men found the recommendation a welcome excuse to stop testing and second, The American Academy of Family Physicians adopted the recommendation, so many doctors stopped authorizing the test.

A metastatic prostate cancer diagnosis has a five-year survival rate of nearly 100 percent, whereas local or regional disease has a five-year survival rate of nearly 100 percent with 10 and 15-year relative survival rates of 98 percent and 96 percent, respectively.

Oregon Urology Institute urologists recommend men get a PSA test in their early 40s to establish a baseline and then start annual PSA testing at age 50. As the leader of the Us TOO Florence Prostate Cancer Education/Support Group for 17 years (and a cancer survivor), I've seen metastatic prostate cancer rob families of "their man" way too many times.

Men who cherish their lives and loved ones will strongly consider the recommendation of our urologists.

The above opinion article was obtained off Google Alert - Prostate Cancer Internet information and originated with *The Register-Guard* newspaper *Eugene Oregon, April 8, 2019* and was written by *Bob Horney*.

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 their educational grants towards our newsletters and our support group.*



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## **UP COMING MEETING DATES FOR 2019 -**

**Oct. 12 - Nov. 9 - Dec. 14**

### **Meeting Location:**

Our meetings take place in the Harvest Room at the Trinity Baptist Church located at the corner of Springfield Rd. and Spall Rd. enter through the South Entrance off the main parking lot and follow the signs upstairs to the Harvest Room. The meeting begins at 9:00 A.M. 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)



