Manitoba Prostate Cancer SUPPORT GROUP

Newsletter

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Shorter Course of Radiation Therapy Effective In Treating Men With Prostate Cancer: Study

A new UCLA-led study shows that men with low- or intermediate-risk prostate cancer can safely undergo higher doses of radiation over a significantly shorter period of time and still have the same, successful outcomes as from a much longer course of treatment.

This type of radiation, known as stereotactic body radiotherapy, is a form of external beam radiation therapy and reduces the duration of treatment from 45 days to four to five days. The approach has been in use since 2000, but has not yet been widely adopted because of concerns over how safe and effective this approach would be in the long term.

"Most men with low- or intermediate-risk prostate cancer undergo conventional radiation, which requires them to come in daily for treatment and takes an average of nine weeks to complete," said lead author Dr. Amar Kishan, assistant professor of radiation oncology at the David Geffen School of Medicine at UCLA and researcher at the UCLA Jonsson Comprehensive Cancer Center. "That can be very burdensome on a patient and be a huge interruption in their life. With the improvements being made to modern technology, we've found that using stereotactic body radiotherapy, which has a higher dose of radiation, can safely and effectively be done in a much shorter timeframe without additional toxicity or compromising any chance of a cure."

(Continued on page 2)

Medical Advisors

Paul Daeninck M.D.
Medical Oncologist

Darrel Drachenberg M.D. Urologist

Arbind Dubey M.D.
Radiation Oncologist

Piotr Czaykowski M.D.
Medical Oncologist

Thanks!

Next Meeting:

Wednesday, May 15, 2019

Speaker: Dr. Sean Ceaser, ND

Topic: "*Naturopathic medicine and prostate cancer*"

Location: The First Unitarian Universalist Church of Winnipeg, 603 Wellington Crescent

Time: 7 – 9 pm.
(First hour for general discussion; second hour for expert guest speaker)

Free Admission Everyone Welcome
Plenty of free parking ☆ Door prizes ☆

SHARING IS CARING SHARING IS CARING

The Manitoba Prostate Cancer Support Group offers support to prostate cancer patients but does not recommend any particular treatment modalities, medications or physicians ; such decisions should be made in consultation with your doctor.

MPCSG – active since 1992.

Thought of The Day

If you're going through hell, keep going.

Winston Churchill

(Continued from page 1)

The UCLA research team analyzed data from 2,142 men with low- or intermediate-risk prostate cancer across multiple institutions who were treated with stereotactic body radiotherapy for prostate cancer between 2000 and 2012.

The men were followed for a median of 6.9 years. Just over half of the men had low-risk disease (53 percent), 32 percent had less aggressive intermediate-risk disease and 12 percent had a more aggressive form of intermediate-risk disease.

The recurrence rate for men with low-risk disease was 4.5 percent, the recurrence rate for the less aggressive intermediate-risk was 8.6 percent, and the recurrence rate for the more aggressive intermediate-risk group was 14.9 percent. Overall, the recurrence rate for intermediate-risk disease was 10.2 percent. These are essentially identical to rates following more conventional forms of radiation, which are about 4 percent to 5 percent for low-risk disease and 10 percent to 15 percent for intermediate-risk disease.

"What is remarkable about this very large study is how favorably stereotactic body radiotherapy compares to all other forms of radiation treatments, both in terms of effectiveness and side effects," said senior author Dr. Christopher King, professor of radiation oncology and scientist at the UCLA cancer center. "With such long-term follow-up data, we can now offer this approach to patients with full confidence."

The research team at UCLA had previously found that stereotactic body radiation therapy was more cost effective because of the fewer treatments involved. Other research has also suggested psychological benefits such as less regret about undergoing treatment. The current study now provides long-term data regarding the safety and clinical efficacy of this approach.

Kishan said the data show that the majority of the men followed are free of prostate cancer seven years after treatment. He added that there was no evidence that this therapy caused worse toxicity in the long term. "In fact," Kishan said, "we not only confirm that this method is both safe and effective, but we provide significant evidence that this could be a viable treatment option for men with low- and intermediate-risk of prostate cancer."

The study was published in JAMA Network Open.

Story Source:
Materials provided by University of California - Los Angeles Health Sciences. Note: Content may be edited for style and length.

Journal Reference:
Amar U. Kishan, Audrey Dang, Alan J. Katz, Constantine A. Mantz, Sean P. Collins, Nima Aghdam, Fang-I Chu, Irving D. Kaplan, Limor Appelbaum, Donald B. Fuller, Robert M. Meier, D. Andrew Loblaw, Patrick Cheung, Huong T. Pham, Narek Shaverdian, Naomi Jiang, Ye Yuan, Hilary Bagshaw, Nicolas Prionas, Mark K. Buyyounouski, Daniel E. Spratt, Patrick W. Linson, Robert L. Hong, Nicholas G. Nickols, Michael L. Steinberg, Patrick A. Kupelian, Christopher R. King. Long-term Outcomes of Stereotactic Body Radiotherapy for Low-Risk and Intermediate-Risk Prostate Cancer. JAMA Network Open, 2019; 2 (2): e188006 DOI: 10.1001/jamanetworkopen.2018.8006

University of California - Los Angeles Health Sciences. "Shorter course of radiation therapy effective in treating men with prostate cancer: study." ScienceDaily, 8 February 2019.

University of California - Los Angeles Health Sciences

Source: https://www.sciencedaily.com/releases/2019/02/190208115259.htm

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How Electricity Can Effectively Kill Cancer

OFFENBACH, GERMANY ACCESSWIRE

Prostate cancer is the most common cancer in men, affecting 25% of all men. The standard treatments are time-consuming and associated with significant side effects. A new retrospective study shows: Irreversible Electroporation (IRE) makes it possible to treat prostate cancer more efficiently, more specifically and with fewer side effects.

Prostate cancer, with an estimated 307,000 annual deaths worldwide, is the fifth leading cause of death from cancer in men (6.6% of total deaths). Standard treatments are the surgical removal of the prostate (radical prostatectomy = RPE) and radiation therapy. These are, however, associated with severe side effects, including impotence and incontinence, and post-treatment rehabilitation is often required.

Focal Therapy as an alternative

In a new scientific article, the outcome of 429 prostate cancer patients who were treated with Irreversible Electroporation (IRE), a focal and minimally-invasive therapy, was evaluated and presented. The remarkable result was: IRE of prostate cancer is safe, fast and just as effective as established treatments.

The data was published in the "international scientific Journal PlosOne" and presents the results of the 429 patients that were treated with IRE, comprising all stages and grades of prostate cancer. The study shows that the efficacy of the treatment is not impaired by the inclusion of higher cancer stages and grades.

(Continued on page 3)

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IRE Treatment is just as effective as cutting the prostate out

In comparison to RPE, the surgical removal of the prostate, IRE treatment showed similar recurrence rates over the course of up to 6 years. This result indicates a similar efficacy of both therapies. However, the data also showed a much lower toxicity profile of IRE: the impotence rate was about 10%, while none (0%) of the patients became incontinent. For comparison, the rate of impotence after RPE is about 80% and incontinence about 10% (see New England Journal of Medicine 2013).

According to the authors, these positive results were not only achieved through the effectiveness of the treatment but are also attributable to the many years of experience of the physicians carrying out the treatments. "In recent years, we have refined the application of IRE for prostate cancer treatment" explains Dr. Michael Stehling, Head of the VITUS Prostate Center and Principal Investigator of this retrospective study. The VITUS Prostate Center has now treated over 900 patients, making the center not only a pioneer in the field, but also the clinic with the largest number patients treated with IRE for prostate cancer worldwide.

Dr. Stehling considers novel, personalized therapies as the future. "The goal is to treat each patient individually and to tailor the therapy to his/her specific needs. VITUS Prostate Center's priority is to promote and facilitate innovative cancer therapies by developing more effective and better-tolerated treatment options for those affected."

On Irreversible Electroporation

Irreversible Electroporation (IRE) is a novel focal therapy that is minimally invasive. During IRE, fine needles are placed through the skin and around the prostate via image guidance. The needles are then connected to a medical device, called the NanoKnife, which gives off high-frequency high-voltage pulses. The entire treatment takes about 90 minutes. After just one day, the patient can be discharged. Rehabilitation is not necessary.

Tuesday, April 16, 2019

For more detailed information on early detection, treatment and aftercare of prostate cancer, consult VITUS Prostate Center at www.vitusprostate.com

SOURCE: VITUS Prostata Center Offenbach

https://www.accesswire.com/542124/VITUS-Prostata-Center-Offenbach-How-Electricity-Can-Effectively-Kill-Cancer

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Radio interview (April 21, 2019) with Tom Dercola of Nostalgia Radio community service station.

Left photo: Tom Dercola, host interviewer with CJNU. *Right photo*: Jos Borsa (left) and Pat Feschuk (right)

MPCSG board members speaking about the Manitoba Prostate Cancer Support Group activities and its involvement with the Manitoba Ride-For-Dad organization.
CJNU is on the air at 93.7 FM, on MTS Channel 725, and around the world at www.cjnu.ca.

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Prostate Cancer Diagnoses, Deaths Decreasing Worldwide, Study Says

Prostate cancer, one of the deadliest forms of cancer for men in the United States and worldwide, is on the decline, according to new research.

Researchers looked at World Health Organization data from five continents from 1980 to 2012 and saw an encouraging trend. In most parts of the world, the rate of men diagnosed with and dying of prostate cancer decreased or stabilized, according to the study, presented Tuesday at the American Association of Cancer Research meeting in Atlanta.

A walnut-shaped gland under the bladder, the prostate secretes seminal fluid, which provides nutrition for and allows the transport of sperm.
Dr. Alex Krist, vice chairman of the US Preventive Services Task Force and professor of family medicine and population health at Virginia Commonwealth University, who was not involved in the study, explained that prostate cancer "is one of the most common cancers that affects men. Usually, prostate cancer grows slowly."

The survival rate of patients with prostate cancer depends on factors such as how far it has spread.

The new study notes that prostate cancer is the second leading cause of cancer diagnoses and sixth most common cause of death from cancer among men worldwide. The authors also note that, since 2012, prostate cancer has led male cancer incidence, or new diagnoses, in 96 countries, and it is the most common cause of death among men in 51 countries.

"By comparing rates from different countries, we can assess differences in detection practices and improvements in treatment," MaryBeth Freeman, lead study author and senior associate scientist of surveillance research at the American Cancer Society, said in a statement. "Previous studies have indicated significant variation in prostate cancer rates, due to factors including detection practices, availability of treatment, and genetic factors."

Prostate cancer diagnosis rates decreased in seven countries from 2008 to 2012, and 33 countries showed a stabilization in diagnosis rates, the study found. From 2008 to 2012, the United States had the greatest decrease in the number of men diagnosed with prostate cancer.

Freeman and her colleagues found these results encouraging and believe that the research supports the use of prostate-specific antigen screening.

This test was approved by the US Food and Drug Administration in 1986 to monitor prostate cancer, and Freeman says its increased use resulted in a decline in diagnoses from the 2000s to 2015. In low-income countries, where screening is less available, later diagnoses and increased mortality rates are more common, she noted.

Countries with the most cases of prostate cancer from 2008 to 2012 were Brazil, Lithuania, and Australia. The highest mortality rates from prostate cancer included Caribbean countries such as Barbados, Trinidad and Tobago, and Cuba as well as South Africa, Lithuania, Estonia and Latvia.

Although prostate-specific antigen screening has revolutionized prostate cancer management, it is not perfect. There is a risk of overdiagnoses and overtreatment.

"The current recommendations from the US Preventive Services Task Force say that the decision of whether or not to screen for prostate cancer in men ages 55 to 69 should be an individual one, made only after a discussion of the benefits and harms with their doctor," Krist said. "Men age 70 and above should not be screened for prostate cancer, as the harms outweigh the benefits for this age group."

While Freeman acknowledges limitations in the scope of the data and how it was collected, she argues that overall, the research provides a more comprehensive look at prostate cancer globally.

"Further studies should monitor trends in mortality rates and late-stage disease to assess the impact of reduction in [prostate-specific antigen] testing in several countries," she said.

By Denise Powell, CNN
Tue April 2, 2019

Source: https://www.cnn.com/2019/04/02/health/prostate-cancer-global-rates-study/index.html

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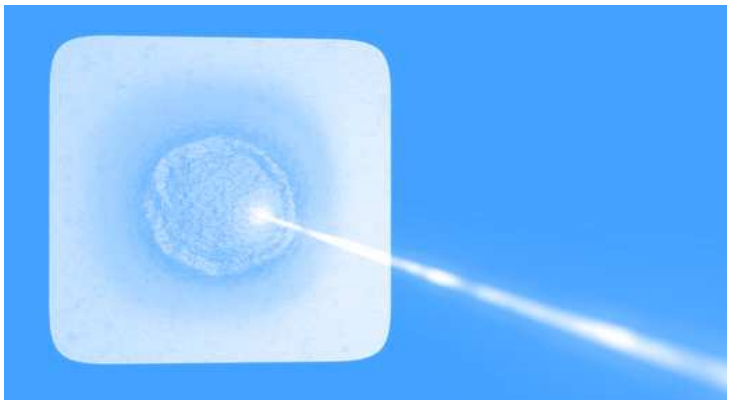
Morbidity Low With Focal Laser Ablation of Prostate Cancer

Focal laser ablation (FLA) of low- to intermediate-risk prostate cancer is associated with low morbidity and good oncologic outcomes, according to a study published in the March issue of the Journal of Vascular and Interventional Radiology.

Eric Walser, M.D., from the University of Texas Medical Branch in Galveston, and colleagues conducted transrectal FLA in 120 patients with low-risk to intermediate-risk prostate cancer. Ablation was controlled by magnetic resonance imaging (MRI) thermometry. At six and 12 months, clinical and MRI follow-up was performed with biopsy of suspicious areas. Sexual and urinary function were surveyed.



The researchers found that 30.8, 46.7, and 22.5 percent of patients had a Gleason score of 3+3=6, 3+4=7, and 4+3=7, respectively. Tumor stage was T1c, T2a, and T2b in 74.2, 21.7, and 4.2 percent of patients, respectively. Seventeen percent of patients had additional oncologic therapy one year after FLA when cancer was confirmed by biopsy following abnormal MRI. No difference was seen in functional scores before and after ablation. At 12 months, median prostate-specific antigen levels decreased significantly to 3.25. The only significant predictor for positive MRI after treatment was tumor diameter above the median (odds ratio, 3.36).

"Data from this group of 120 patients who had FLA for prostate cancer show promising early oncologic results without significant changes in quality of life and acceptable morbidity in patients with low- to intermediate-risk disease," the authors write.

Source: https://medicalxpress.com/news/2019-04-morbidity-focal-laser-ablation-prostate.html

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"You Can Help Spread The Word About Prostate Cancer"

Prostate cancer is one of the most common cancers in men. Discovered early, it can be successfully treated in the majority of cases. Such early discovery is dependent on men being aware of the facts about this disease and getting checked. *Early discovery saves lives.*

To help raise awareness and encourage "getting checked" the Manitoba Prostate Cancer Support Group is happy to provide speakers to make presentations to interested groups in the community. There is no charge for this service and the size of the group doesn't matter. If you are involved with a group that would like to learn more about prostate cancer, and perhaps save some lives in the process, please contact Pat Feschuk (tel: 204-654-3898; email: lizpat@shaw.ca).

Remember that if a man has prostate cancer the sooner he learns about it the better. Not knowing about it simply allows it to grow and spread. **So do something about it** ….. help spread the word.

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'Seek-and-Destroy' Therapy May Help Treat Prostate Cancer: Study

A new 'seek-and-destroy' gene therapeutic system may potentially treat prostate cancer in the future, according to a study.

A new 'seek-and-destroy' gene therapeutic system may potentially treat prostate cancer in the future, according to a study. The system halted the majority of prostate tumours in the laboratory models, according to researchers at the University of Strathclyde and the Beatson Institute in the UK.

The system was used against two types of prostate tumour, causing 70 per cent of one type and 50 per cent of the other to vanish over a period of one month. These results, published in the journal Drug Delivery, are a promising start for the system as it continues its progress towards the clinic. Prostate cancer is the fourth most widespread cancer in the world, the second most common in men and the most commonplace in Europe and North America, researchers said.

It causes the death of 300,000 patients worldwide each year and its incidence has continually increased over the last two decades, they said. "Although some treatments, including chemotherapy and radiotherapy, can be effective against localised tumours, there is still no effective treatment for patients whose cancer recurs or spreads," said Christine Dufes, a Senior Lecturer at the University of Strathclyde.

This means that new therapeutic approaches are urgently needed for these patients. "Gene therapy could be highly promising for the treatment of prostate cancer, but its use is currently limited by the lack of delivery systems which can selectively deliver the therapeutic genes to the tumours without adverse side effects for healthy tissues," said Dufes.

"To address this, we develop a new 'seek-and-destroy' nanomedicine linked to an iron-carrying protein called lactoferrin, whose receptors are found in large amounts in many cancers. The results show that it is highly promising for the treatment of prostate cancer by gene therapy," she said.

The research was carried out on two prostate cancer cell lines, PC-3 and DU145, in laboratory settings. The intravenous administration of the nanomedicine treatment resulted in the complete disappearance of 70 per cent of the PC-3 tumours and half of the DU145 prostate tumours over one month. "We are delighted to see that this research is making the advances that could one day see gene therapy used to treat prostate cancer patients in the clinic," said Matthew Lam, Science Communications Manager at Worldwide Cancer Research, which funded the research.

"The clever chemistry employed in this study to enable the delivery of the treatment right at the heart of the tumour is a promising step forward," Lam said.

London, PTI Friday, April 19, 2019

Source: https://www.newsnation.in/lifestyle/health-and-fitness/seek-and-destroy-therapy-may-help-treat-prostate-cancer-study-article-221189.html

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Please help us to serve you better……

We are working on improving our ability to reach all of you in a timely, cost-effective and convenient manner. To do this we need to update our contact information and go electronic as much as possible. Towards that end, if you are not yet connected to us via email, please provide us with your email address. It's easy… .. simply send us an email (addressed to manpros@mts.net) with "contact info" in the subject line. After that you'll receive your newsletter electronically, saving us the printing and mailing costs. If you don't have an email address you'll still be able to rely on a hardcopy of the newsletter delivered via surface mail for your updates on what's happening at MPCSG, but you will not be able to receive any rapid reminders or alerts. And of course the e-version is in full color, so switch today.

Coffee Chemicals Could Curb Prostate Cancer

Following a series of experiments, researchers conclude that two compounds found in coffee might help slow the growth of prostate cancer cells. Although the findings are preliminary, they are encouraging.

Coffee is one of the most popular drinks on the planet and is a complex cocktail.

In fact, coffee can contain more than 1,000 nonvolatile chemical compounds and in excess of 1,500 volatile ones. The type and concentrations of these chemicals can vary wildly, depending on several factors, including how the makers prepare the beans.

Scientists have been intrigued by coffee's potential impact on health for many years. A drink that contains so many active ingredients — and one that people consume so widely — is likely to have an effect on the population at large.

Some studies have concluded that, overall, coffee might be a force for good. However, questions remain.

Recent studies have started identifying links between coffee consumption and lower prostate cancer risk. As evidence mounts, people are directing more attention to this relationship.

According to the Centers for Disease Control and Prevention (CDC) in the United States, prostate cancer is one of the leading causes of cancer death in men. If chemicals from coffee can help reduce the risk, it is a line of investigation worth pursuing.

Coffee and prostate cancer

Scientists are now delving deeper into coffee's chemical makeup to understand how its constituent parts might work against cancer.

Recently, researchers from Kanazawa University Graduate School of Medical Science in Japan tested a range of coffee compounds against prostate cancer in mice. Specifically, they used cells that were resistant to standard cancer drugs, such as cabazitaxel.

This week, the scientists presented their results at the European Association of Urology congress in Barcelona, Spain. In December 2018, they also published their findings in the journal The Prostate.

Initially, the scientists looked at the effects of six coffee compounds. Then, they narrowed their focus to just two: kahweol acetate and cafestol. Both chemicals are hydrocarbons that naturally occur in Arabica coffee.

In their preliminary experiments, they showed that when they added kahweol acetate and cafestol to prostate cancer cells in a petri dish, the cells grew less rapidly.

Next, they tested the two compounds on prostate cancer cells that they had transplanted into mice. In all, they used 16 mice: four were controls and had no treatment; they gave a further four kahweol acetate; four had cafestol, and they treated the remaining four with both kahweol acetate and cafestol.

> "We found that kahweol acetate and cafestol inhibited the growth of the cancer cells in mice, but the combination seemed to work synergistically, leading to a significantly slower tumor growth than in untreated mice," explains study leader, Dr. Hiroaki Iwamoto.

The effects were striking, and Dr. Iwamoto continues:

> "After 11 days, the untreated tumors had grown by around [3.5] times the original volume (342 percent), whereas the tumors in the mice treated with both compounds had grown by around just over [1.5] (167 percent) times the original size."

Much more work is needed

It is important to remember that the scientists conducted this study on mouse cells. Also, as they explain, this is a pilot study. Consequently, they will need to carry out more work before they can ascertain whether the compounds are safe and effective in humans.

However, the researchers remain confident, and they are excited about the findings.

> The scientists are already planning on expanding their work. Dr. Iwamoto explains that "we are currently considering how we might test these findings in a larger sample, and then in humans."

The fact that preparation alters the chemical makeup of coffee opens up another important line of investigation, and it is still not clear whether brewing or filtering might remove kahweol acetate and cafestol from the final drink.

Although these results are exciting, there are still many questions that need answers.

As Dr. Iwamoto says, "These are promising findings, but they should not make people change their coffee consumption. Coffee can have both positive and negative effects ..." He remains upbeat, however, concluding that "if we can confirm these results, we may have candidates to treat drug-resistant prostate cancer."

By Tim Newman Monday 18 March 2019
Fact checked by Carolyn Robertson

Source: www.medicalnewstoday.com/articles/324730.php

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FUTURE MEETINGS 2019

15 May Speaker: **Dr. Sean Ceaser**, ND
Topic: "*Naturopathic medicine and prostate cancer*"

19 Jun. Speaker: **Sue Ostapowich**, RN, Psychiatric Nurse, Mindfulness practitioner
Topic: *"Stressed out about your prostate cancer diagnosis? De-stress via the mindfulness approach"*

17 Jul. Panel discussion with **patients** who have chosen different treatment modalities. Comparison of their experiences.

21 Aug. Speaker: **Dr. Shantanu Banerji**, MD, FRCPC
Topic: *"Genomics: what it is and the promise it offers for better prostate cancer treatment"*

All meetings (except September) will be held at :
The First Unitarian Universalist Church of Winnipeg, 603 Wellington Crescent

All meetings are 7 – 9 pm.
(First hour for general discussion;
second hour for expert guest speaker)

Everyone Welcome Plenty of free parking

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For general information please contact Jos Borsa at number listed above