

Manitoba Prostate Cancer SUPPORT GROUP

Newsletter

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MPCSG – active since 1992.

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Medical Oncologist

Thanks!

Next Meeting

Date: Wednesday, November 15, 2023

Xmas Potluck

Join us for music and food

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

Time: 7-9 pm

Free Admission Everyone Welcome Plenty of free parking Door Prizes



Thought of The Day

"We don't even know how strong we are until we are forced to bring that hidden strength forward."

Isabel Allende

Prostate cancer trial: Radiotherapy doses can be cut safely

Men undergoing treatment for prostate cancer could be safely given far less radiotherapy, a major trial has found.

Doses can be cut by three-quarters meaning five higher doses is enough, instead of the 20 or so given now.

The international trial involved nearly 900 men with medium-risk prostate

cancer that had not spread.

Lead researcher Prof Nicholas van As from the Royal Marsden Hospital said the results were "outstanding" and "fantastic" for patients.

Prostate Cancer UK said the finding had the potential to save time and money for the NHS, while still giving men the best outcomes.

Hopes MRI scans can screen men for prostate cancer
Turnbull saved lives, says prostate cancer charity
It means thousands of men could be given larger doses of radiotherapy - also known as multi-beam radiotherapy - at each hospital visit, but less overall.

The study found that after five years, 96% of the men

(Continued on page 2)



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.

(Continued from page 1)

who received five doses of the multi-beam radiotherapy were cancer-free, compared to 95% who received at least 20 doses of standard radiotherapy.

Side effects, such as needing to pass urine more often, were low in both groups.

The top-line results of the PACE-B trial will be released at the American Society for Therapeutic Radiation and Oncology (Astro) conference in San Diego.

Prof van As said he expected the results to lead to "enormous change" in the way radiotherapy was delivered.

'I was treated so rapidly'

Alistair Kennedy-Rose had five radiotherapy sessions in one week, saying it was all over very quickly. Alistair Kennedy-Rose, 64, from the West Midlands, was diagnosed with prostate cancer in 2014 after a blood test which showed his prostate-specific antigen (PSA) levels were raised.

"I had no symptoms at all so it was a shock to find I had cancer," he told the BBC.

He was treated at the Royal Marsden as part of the trial using Cyberknife, a robotic radiotherapy machine, and had all five sessions in the same week and did not receive hormone therapy.

"The treatment was pretty easy. There were no side effects and it was all over

very quickly, allowing me to continue living my life to the full," he said.

"I was treated so rapidly it's hard to come to terms with the fact that I ever had cancer."

He has annual tests for his PSA levels, which remain extremely low, and says doctors have told him his treatment is likely to have cured him.

Doses saved

Prof van As said he expected that the NHS would "rapidly adopt" the lower-dose treatment.

"Across the whole NHS that's hundreds of thousands of doses of radiotherapy that are going to be saved," he said.

"And in a system which is quite under pressure, that's going to be very welcome."

Prof van As says an estimated 8,000 men a year might meet the criteria of having intermediate risk prostate cancer which had not spread.

They could therefore benefit from the change by having all their treatment in a week rather than spread over at least a month.

In the UK, 20 doses of radiotherapy are the standard treatment, but in other countries like the US they use up to 40 doses.

Another key element of the trial was that none of the 874 men were given any hormone therapy to block testosterone, a driver of prostate cancer.

Hormone therapy has multiple side effects including severe tiredness, hot flushes and low libido.

Simon Grieveson, assistant director of research at Prostate Cancer UK, said:

"It's fantastic to see that this new type of multi-beam therapy appears to be just as effective as traditional radiotherapy, and could help men get treated more quickly, and with far fewer visits to the hospital."



Mr Kennedy-Rose encouraged other men to get checked out.

"It's vital that men over 50 have a routine PSA test, or, if their doctor deems it necessary, an MRI scan," he said.

"Then, if cancer is found early they can have easy treatment with the fewest side effects, which I fortunately have benefited from."

By Fergus Walsh
Medical editor
October 1, 2023

Source: www.bbc.com/news/health-66946336

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Learning the basics about prostate cancer

As part of our outreach activity we provide speakers available to any community service group interested in learning about and upgrading their knowledge about prostate cancer. If you are part of a group that would like to learn, or review, the important basics

that everyone should know about this disease, presented at an easy-to-understand layperson level, please contact Pat Feschuk at 204-654-3898 to schedule a presentation.

It takes about an hour and allows for active engagement between speaker(s)

and audience to explore a variety of interests and concerns. There is no cost for this service. Size of the group doesn't matter, but the more the merrier. You provide the audience and we'll provide the speaker.

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Research finds that targeting certain molecular interactions could yield new strategies for treating prostate cancer



Research led by Mays Cancer Center at The University of Texas Health Science Center at San Antonio (UT Health San Antonio) has discovered that altering certain molecular interactions could yield new strategies for treating prostate cancer and related diseases.

The study focuses on androgen receptors (AR), which are protein molecules that help direct the development of male sexual characteristics, essentially by turning genes on or off as necessary.

The researchers determined that an optimum level of androgen receptor "multivalent interactions" likely is required for proper function. Multivalent interactions involve a simultaneous binding of multiple molecules on the same regulatory chromatin sites to control gene expression. (Chromatin refers to a mixture of DNA and proteins that form the chromosomes found in cells.) The scientists also concluded that alterations of these interactions might

underlie the cause and development of disease.

"Our results provide molecular insights for potential therapeutic strategies to treat prostate cancer and other AR-involved diseases by targeting AR multivalent interactions," said Zhijie "Jason" Liu, Ph.D., associate professor and CPRIT Scholar in Cancer Research with Mays Cancer Center and the Institute of Biotechnology of the Department of Molecular Medicine at UT Health San Antonio.

He is lead author of the article titled, "Hormone-induced enhancer assembly requires an optimal level of hormone receptor multivalent interactions," published Sept. 21 in *Molecular Cell*. Other researchers are from the Sam and Ann Barshop Institute for Longevity and Aging Studies at UT Health San Antonio; the California Institute of Technology; and the Duke Cancer Institute at Duke University.

They observed that androgen receptors form local high-concentration

"condensates"—membrane-less subunits that carry out specialized cell functions—through protein-clustering interactions. These are driven by certain multivalent interactions in response to androgen hormone stimulation.

The researchers determined that disturbing those condensates impairs androgen receptor function in the assembly of "enhancers," referring to DNA sequences that activate transcription independently.

"Our work using AR as an example provides evidence for the importance of maintaining precise levels of multivalent interactions to achieve beneficial hormone-induced enhancer assembly events," Liu said.

"Collectively, our results suggest that disruption of the fine-tuned AR protein multivalent interactions might underlie AR-related human pathologies.

"AR multivalent interactions," he concluded, "could be pharmacologically targeted to treat prostate cancer and other AR-involved diseases."

More information: Zhijie Liu, Hormone-induced enhancer assembly requires an optimal level of hormone receptor multivalent interactions, *Molecular Cell* (2023). DOI: 10.1016/j.molcel.2023.08.027. [www.cell.com/molecular-cell/fulltext/S0092-7656\(23\)00690-1](http://www.cell.com/molecular-cell/fulltext/S0092-7656(23)00690-1)

Provided by University of Texas Health Science Center at San Antonio

OCTOBER 6, 2023

by Steven Lee, University of Texas Health Science Center at San Antonio

Source: <https://medicalxpress.com/news/2023-10-molecular-interactions-yield-strategies-prostate.html>

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Predicting prostate cancer recurrence 15 months faster

A Purdue University mechanical engineer and his international collaborators have developed a patent-pending method and algorithm to predict the recurrence of prostate cancer in patients treated by radiation therapy.-

Hector Gomez, a professor in Purdue University's School of Mechanical Engineering, said data indicates the model-based predictors can identify relapsing patients a median of 14.8 months earlier than the current clinical practice.

Gomez said radiation is an effective treatment for patients of all ages to treat tumors ranging in risk from low to very high. According to Johns Hopkins Medicine, between 20% to 30% of patients will experience a recurrence after the five-year period, post-therapy.

"The detection of prostate cancer recurrence after radiation relies on the measurement of a sustained rise of the serum levels of a substance called prostate-specific antigen, or PSA," Gomez said. "However, the recurrence may take years to occur, which delays the delivery of a secondary treatment to patients with recurring tumors."

Gomez and his collaborators at the University of Pavia in Italy and the University of Castilla — La Mancha in Spain have developed novel, patient-specific forecasts of PSA dynamics to predict cancer recurrence. Their research has been published online in *iScience*, an open access journal.

The algorithm is based on a patient-specific mechanistic model, informed by the periodic PSA measurements for an individual patient. These measurements are part of the standard monitoring for prostate cancer patients who have undergone radiation.

"The PSA data is used in conjunction with the model to obtain patient-specific parameters that determine the PSA dynamics and serve as classifiers for recurrence," Gomez said. "In addition to recurrence identification, our model can be used for designing personalized PSA monitoring strategies. It can tell physicians the right time to investigate tumor recurrences and maximize the window of curability."

Gomez and his collaborators tested the method using retrospective data from a cohort of 166 patients.

"For each of these patients, we compared the time when our model first identified the recurrence with the standard medical practice," Gomez said. "We found that our method predicted recurrence a median of 14.8 months earlier."

Gomez said the model will be further developed to expand the population of patients who can benefit from it.

"Our current model can be used only for patients who do not receive any treatment additional to radiation," Gomez said. "Some patients receive radiation and hormone therapy simultaneously and cannot benefit from our method right now. We plan to extend the method to make it applicable also to patients who receive radiation and hormone therapy simultaneously."

Gomez disclosed the innovation to the Purdue Innovates Office of Technology Commercialization, which has applied for a patent from the U.S. Patent and Trademark Office to protect the intellectual property. Industry partners interested in developing and commercializing the innovation should contact Patrick Finnerty, senior business development and licensing manager in life sciences, at

pwfinnerty@prf.org.

Hector Gomez is among the Purdue University faculty whose work is supported by the Purdue Institute for Cancer Research.

"There is an important need for prognostic technology like Hector's to be further developed to begin to predict which prostate cancer patients are at high risk so they can be followed more closely and monitored to verify the recurrence," said Timothy Ratliff, former director of the Purdue Institute for Cancer Research and Distinguished Professor of Comparative Pathobiology in the College of Veterinary Medicine. "I am proud that Purdue University has outstanding organizations like the Institute for Cancer Research that bring together faculty to generate new technologies that impact people's lives."

Facts about prostate cancer

In its Cancer Facts & Figures 2023 report, the American Cancer Society estimates that more than 288,000 new cases of prostate cancer will be diagnosed in the United States in 2023.

- ◇ It estimates more than 34,000 American men will die from prostate cancer in 2023.
- ◇ Early-stage prostate cancer usually shows no symptoms. The five-year survival rate of men with distant-stage disease is 32%.

The American College of Surgeons reports 1 in 8 men will be diagnosed with prostate cancer in their lifetime. Prostate cancer is the No. 2 cause of cancer-related death among men.

About Purdue University

Purdue University is a public research institution with excellence at scale. Ranked

(Continued on page 5)

(Continued from page 4)

among top 10 public universities and with two colleges in the top 4 in the United States, Purdue discovers and disseminates knowledge with a quality and at a scale second to none. More than 105,000 students study at Purdue across modalities and locations, with 50,000 in person on the West Lafayette campus. Committed to affordability and accessibility, Purdue's main campus has frozen tuition 12 years in a row. See how Purdue never stops in the persistent pursuit of the next giant leap, including its first comprehensive urban campus in Indianapolis, the new Mitchell E. Daniels, Jr. School of Business, and Purdue Computes, at <https://www.purdue.edu/president/strategic-initiatives>.

About Purdue Innovates Office of

Technology Commercialization

The Purdue Innovates Office of Technology Commercialization operates one of the most comprehensive technology transfer programs among leading research universities in the U.S. Services provided by this office support the economic development initiatives of Purdue University and benefit the university's academic activities through commercializing, licensing and protecting Purdue intellectual property. In fiscal year 2022, the office reported 157 deals finalized with 237 technologies signed, 379 disclosures received and 169 issued U.S. patents. The office is managed by the Purdue Research Foundation, which received the 2019 Innovation and Economic Prosperity Universities Award for Place from the Association of Public

and Land-grant Universities. In 2020, IPWatchdog Institute ranked Purdue third nationally in startup creation and in the top 20 for patents. The Purdue Research Foundation is a private, nonprofit foundation created to advance the mission of Purdue University. Contact otcip@prf.org for more information.

Writer/Media contact: Steve Martin,
sgmartin@prf.org

Source: Hector Gomez,
hectorgomez@purdue.edu

October 9, 2023

Source: <https://www.purdue.edu/newsroom/releases/2023/Q4/predicting-prostate-cancer-recurrence-15-months-faster.html>

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Prostate Cancer and Depression

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A prostate cancer diagnosis can be devastating and terrifying. Not just to the man who receives the results, but to the family and friends around him. The word "cancer"

alone can bring about uncertainty, fear, anger and stress – what now? Who do I talk to? What are the options? What's my prognosis? Depression and stress often occur together, and depression has been linked to shorter survival times for cancer patients. So, dealing with the

depression associated with a prostate cancer diagnosis is a helpful step in recovery and treatment; not just for the men, but also for those who are also affected by depression caused by a prostate cancer diagnosis.

Today, even with the seriousness of a diagnosis, new and promising

treatments and a possible cure make living with prostate cancer more possible than it was just five or ten years ago. That's the good news. We haven't cured prostate cancer. Yet. And



while those treatments for prostate cancer can remove the disease almost entirely, the effects can be tough on a man both physically and mentally. Extended treatments like ADT (Androgen deprivation therapy) can leave man drained and unenergetic. Other treatments like removal of the prostate can lead to side effects like ED

(erectile dysfunction).

After treatment, the recovery process can be tough as men try to return to their normal lives. Only recently has the effect on wives and family been addressed. In a study published and presented at the European Association of Urology (EAU) conference earlier this month, it was revealed that many wives of advanced prostate cancer sufferers feel that their lives are being undermined by their husband's illness, with nearly half reporting that their own health suffered. Many felt increasingly socially isolated. Their husbands were fatigued both by the illness and by the treatment, which meant that they couldn't socialize as a couple, which made the women feel cut off from social support.

(Continued on page 6)

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RN Jeanne Avlastenok continued, “They also gradually developed a real fear of being alone, even within the relationship. They felt that they had to be strong, which meant that they couldn’t share the burden of the illness.”

Commenting, Professor Hein van Poppel (Leuven, Belgium), EAU Adjunct Secretary General for Education, said:

“Many prostate cancer patients have a hard time, both physically and emotionally, and this work shows that this stress can spill over and affect wives and partners. This is good for neither of them. Good mental and emotional health needs to be part of how we judge a treatment, and we need to try to ensure that both patients and their partners get the support they both need”.

No matter why you have depression, whether from a personal diagnosis of prostate cancer or being close to

someone who has prostate cancer, don’t worry. You are not alone.

And, there are ways to combat its effects:

- ◇ Seek medical attention for changes in attitude
- ◇ Find and join a support group – If you need help in finding a support group, you can check out our list of prostate cancer support groups and organizations
- ◇ TALK to family and friends
- ◇ Write expressively – writing about your experience can lessen the mental effects

And if you are looking to get information or learn from the experience of others in a private setting, join one of our amazing Facebook support groups at www.facebook.com/pcf.org/groups.

Everyone there is going through or has gone through the same thing and they are there to help and encourage everyone through side effects of prostate cancer, including depression.

March 29, 2018

Source: www.pcf.org/blog/prostate-cancer-depression

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If you think you may have depression, talk to your health care provider. Primary care providers routinely diagnose and treat depression and refer individuals to mental health professionals, such as psychologists or psychiatrists.

If you or someone you know is thinking about suicide, call Talk Suicide Canada at 1-833-456-4566. Support is available 24 hours a day, 7 days a week.

For residents of Quebec, call 1-866-277-3553 or visit suicide.ca.

In Manitoba

Klinik Crisis Line
204-786-8686
or 1-888-322-3019
TTY 204-784-4097

Manitoba Suicide Line
1-877-435-7170
(1-877-HELP170)

Scientists Discover a Simple Way To Combat One of Prostate Cancer Treatment’s Most-Common and Devastating Side Effects

Therapy can significantly affect a patient’s quality of life because of side effects including sexual dysfunction. However, a recent long-term clinical trial has unveiled a treatment to combat this aspect of fighting the disease.

Prostate cancer ranks among the world’s most common cancers, posing not only a significant threat to the lives of those diagnosed but also potentially diminishing their quality of life due to treatment-related side effects.

One notable side effect is sexual dysfunction. However, recent findings from a long-term clinical trial headed by Edith Cowan University (ECU) and

showcased at the American Society of Clinical Oncology Breakthrough Meeting in Japan have revealed there is a therapy that may help combat this aspect of battling the disease:

Exercise.

ECU Exercise Medicine Research Institute (EMRI) Director and study lead Professor Daniel Galvao said nearly half of patients with prostate cancer report having unmet sexual health care needs.

“Sexual dysfunction is a common, distressing, and persistent side effect of prostate cancer treatment, with both physical and psychological effects,”

Professor Galvao said.

“Our study shows these patients can immediately benefit from supervised exercise interventions to improve their sexual health.”

It comes after previous EMRI studies found exercise can help produce cancer-fighting proteins called myokines, which act to suppress tumor growth even in late-stage, terminal prostate cancer patients.

“This is just the latest piece of evidence showing exercise should be considered an integral part of treatment for prostate cancer,” Professor Galvao said.

(Continued on page 7)

(Continued from page 6)

Hit the exercise training

Spanning four years, the study split more than 100 prostate cancer patients into three groups.

One group undertook supervised resistance and aerobic exercise, while another did the same exercise program but also underwent psychosexual therapy.

The third group received standard treatment without any exercise or therapy component.

The psychosexual therapy resulted in no improvements in erectile function or intercourse satisfaction – however, the exercising patients reported a big improvement in both.

Those who exercised saw erectile function increase by 5.1 points, compared to 1.0 points for the usual care group, while intercourse satisfaction increased by 2.2 points with exercise and 0.2 points with usual care.

Exercise also prevented an increase in fat mass and improved physical function outcomes, as well as upper and lower body muscle strength compared to usual care.

Professor Galvao said more research was needed to investigate how exercise may impact prostate cancer patients' sexual health and other symptoms and side effects of the disease and its treatment.

This study shows exercise can have a positive effect on erectile dysfunction as a treatment side effect, which is a primary concern men report," he said.

"In the broader sense, we also know self-reliance, physical strength, and wellbeing is important to men's health and important in the context of an aging patient group prone to comorbid chronic illness; an exercise program speaks directly to strength and wellbeing."



Time to get moving

Prostate Cancer Foundation of Australia CEO Anne Savage said the organization hoped to see the findings rapidly translated into practice.

"This research is a call to action for men and their partners impacted by prostate cancer and adds weight to the recommendation that exercise should be routinely prescribed for men affected by the disease," she said.

"The loss of erectile function is a major life stress for many thousands of Australian men being treated for prostate cancer each year. This study proves the power of exercise in helping restore sexual function while improving overall health, building on earlier research which has found that

exercise can also help to reduce the risks of recurrence in men with prostate cancer."

Cancer Council WA has awarded almost \$1.8 million to Professor Galvao's team since 2007 — grants made possible due to the generosity of the WA community.

Cancer Prevention and Research Director Melissa Ledger said it was exciting to see the research recognized internationally.

"Cancer Council WA is committed to achieving the best outcomes for cancer patients and their families, so it's important for us to support research such as Professor Galvao's that has the potential to improve and save lives," Ms Ledger said.

"We're delighted to learn our early support laid the foundations for further research projects — and the results speak for themselves."

Reference: "Effects of supervised exercise and self-managed psychosexual therapy on sexual health in men with prostate cancer: A randomized clinical trial." by Daniel Abido Galvao, Suzanne K Chambers, Dennis R Taaffe, Prue Cormie, Oliver Schumacher, Robert Alexander Gardiner, Nigel Spry, Pedro Lopez, David John Joseph, Colin Tang, Dickon Hayne and Robert Usher Newton, 3 August 2023, JCO Global Oncology.

DOI: 10.1200/GO.2023.9.Supplement_1.71

BY EDITH COWAN UNIVERSITY SEPTEMBER 7, 2023

Source: <https://scitechdaily.com/scientists-discover-a-simple-way-to-combat-one-of-prostate-cancer-treatments-most-common-and-devastating-side-effects>

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Receive this newsletter by email ~ Please notify us and we'll make the changes. *Thank-you*

FUTURE MEETINGS 2023

20 Dec No meeting in December.

Regular meetings begin in January 2024

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