

The Digital Examiner

www.prostaidcalgary.org

November 2020 Number 253

“The ultimate measure of a man, is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

Martin Luther King Jr

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Next General Meeting:
Tuesday, November 10th, 2020
@ 7:30 p.m., via Zoom
Demonstration included
Gather everyone and get ready to move!

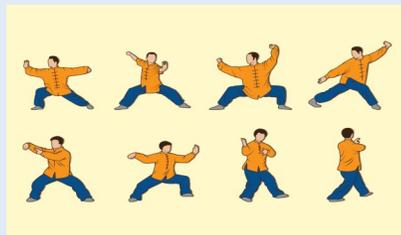
[Please RSVP to program.director@prostaid.org](mailto:program.director@prostaid.org)



Guest Speaker: Dr. Lin Yang— Energetics in Cancer Prevention and Survivorship

Dr. Lin Yang is an epidemiologist in the Department of Cancer Epidemiology and Prevention Research with AHS. Her research primarily focuses on the role of energy balance in cancer prevention and survivorship.

She has recently obtained funding to conduct a pre-habilitation trial examining the effect of Tai Chi exercise to reduce anxiety and improve physical function prior to radical prostatectomy. She also actively seeks advice from the community members to develop new projects that address important unmet needs in people facing prostate cancer.



SIDE BAR:



Of particular note:
Gentlemen—grow those mustaches! We would like to see photos of our members and their fancy ‘staches to feature in the December newsletter. Send me a before and after photo of yourself by **NOV 25th, to be included in our line-up.** Prizes will be awarded and donations gratefully accepted. This is a great chance to see some of your fellow members “face to face”.

The date for the Casino has been set at December 28 & 29th. VOLUNTEERS ARE NEEDED. If you are able and willing, please contact me and a form will be sent. Remember this is the major fund-raising event for PROSTAID Calgary and we encourage everyone to spread the word.

Looking forward to Dr. Yang’s presentation on her new research project around the benefits of Tai Chi on surgical outcomes. Wear comfortable clothing, there will be a demonstration.

Regards,
Dorothy Rodehuts Kors
Program Director
PROSTAID Calgary

Related Articles of Interest: exercise for survivorship

[Effects and moderators of exercise on quality of life and physical function in patients with cancer](#)

- Science Direct, January 2017
- This individual patient data meta-analysis aimed to evaluate the effects of exercise on quality of life (QoL) and physical function (PF) in patients with cancer, and to identify moderator effects of demographic (age, sex, marital status, education), clinical (body mass index, cancer type, presence of metastasis), intervention-related (intervention timing, delivery mode and duration, and type of control group), and exercise-related (exercise frequency, intensity, type, time) characteristics.

[Which exercise prescriptions improve quality of life and physical function in patients with cancer during and following treatment? A systematic review and meta-analysis of randomized controlled trials.](#)

- British Journal of Sport Medicine, July 2017
- Objective: Certain exercise prescriptions for patients with cancer may improve self-reported quality of life (QoL) and self-reported physical function (PF). We investigated the effects of exercise on QoL and PF in patients with cancer and studied differences in effects between different intervention-related and exercise related characteristics.

[Exercise is medicine in oncology: Engaging clinicians to help patients move through cancer](#)

- A Cancer Journal for Clinicians, October 2019
- This article addresses barriers to oncology clinicians making exercise referrals standard practice, including the provision of straightforward tools intended to make it easier for clinicians to recommend and refer patients to safe, effective, and appropriate exercise programming. Other professionals can then take over for further assessment, triage, referral, or intervention, as appropriate.



[Molecular Mechanisms Linking Exercise to Cancer Prevention and Treatment](#)

- Science Direct, January 2018
- the benefits of exercise training for patients with cancer are becoming increasingly evident. Physical exercise has been shown to reduce cancer incidence and inhibit tumor growth. This article provides the status of the current molecular understanding of the effect of exercise on cancer.

[One-day Prehabilitation Program Before Robotic Radical Prostatectomy in Daily Practice: Routine Feasibility and Benefits for Patients and Hospitals](#)

- European Association of Urology, June 2020
- Pre-habilitation is an emerging field of research that can help in improving patients' physiological and psychological perception of surgery. For the majority of patients, interventions dedicated to minimizing side effects are restricted to the postoperative period and focused on continence and potency issues. However, patients are more likely to capitalize on advice and physical condition improvements during the preoperative period.

[Effects of a Group-Mediated Exercise and Dietary Intervention in the Treatment of Prostate Cancer Patients Undergoing Androgen Deprivation Therapy: Results From the IDEA-P Trial](#)

- Annals of Behavioral Medicine, May 2018
- Although androgen-deprivation therapy (ADT) is the foundation of treatment for prostate cancer, the physiological impacts of ADT result in functional decline and enhanced risk of chronic disease and metabolic syndrome.
- The Individualized Diet and Exercise Adherence Pilot Trial (IDEA-P) is a single-blind, randomized, pilot trial comparing the effects of a group-mediated, cognitive-behavioral (GMCB) exercise and dietary intervention (EX+D) with those of a standard-of-care (SC) control during the treatment of prostate cancer patients undergoing ADT.

Articles of Interest:

For Newly Diagnosed:

Disease-specific and general health-related quality of life in newly diagnosed prostate cancer patients: the Pros-IT CNR study

- BiomedCentral, June 2018

- The National Research Council (CNR) prostate cancer monitoring project in Italy (Pros-IT CNR) is an ongoing study that is monitoring a sample population of Italian patients who were enrolled at the time they were diagnosed as new cases of prostate cancer. It aims to analyze the quality of life and general psychological and physical health parameters in real-world treatment situations during a 60 month study period. The current article reports on the health and quality of life registered at the study's baseline when the patients were newly diagnosed with prostate cancer.

A clinician-centred program for behaviour change in the optimal use of staging investigations for newly diagnosed prostate cancer

- British Journal of Urology International, January 2018

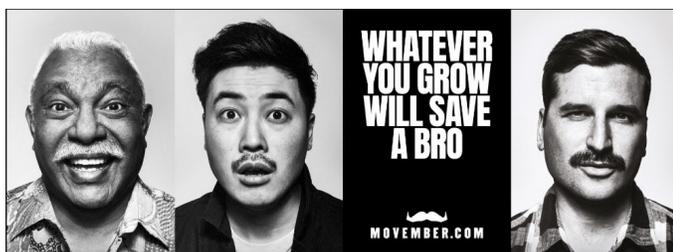
- It has been widely demonstrated that clinicians over-utilize diagnostic imaging investigations in staging for patients with newly diagnosed low- to intermediate-risk prostate cancer. This leads to patient fear and anxiety, financial cost, unnecessary radiation exposure and a cascade of further investigations and procedures as a result of incidental findings.

For Care-givers & families:

Relationship intimacy processes during treatment for couple-focused interventions for prostate cancer patients and their spouses

- Journal of Psychosocial Oncology, September 2019

- Along with the emotional and practical stressors that accompany cancer, the unique long-term treatment effects of prostate cancer such as impaired sexual, urinary, and bowel functioning, can adversely affect relationship outcomes for both patient and partner.



Current Statistics:

Prostate cancer statistics

Prostate cancer is the most common cancer among Canadian men (excluding non-melanoma skin cancers). It is the third leading cause of death from cancer in men in Canada.

To provide the most current cancer statistics, researchers use statistical methods to estimate the number of new cancer cases and deaths until actual data become available.

Incidence and mortality

Incidence is the total number of new cases of cancer. Mortality is the number of deaths due to cancer.

It is estimated that in 2020:

- 23,300 men will be diagnosed with prostate cancer. This represents 20% of all new cancer cases in men in 2020.
 - 4,200 men will die from prostate cancer. This represents 10% of all cancer deaths in men in 2020.
 - On average, 64 Canadian men will be diagnosed with prostate cancer every day.
- On average, 11 Canadian men will die from prostate cancer every day.

Canadian Cancer Society, Prostate Statistics



"Good news.
Your cholesterol has stayed the same,
but the research findings have changed."

Videos:

[Low Carbohydrate Diets in Men with Recurrent Prostate Cancer: The CAPS2 Study](#)

- April 2020
- A discussion about the CAPS2 trial explaining what it is, why it's so important, and then thinking about what the implications might be.

[Radical Prostatectomy for Patients with Oligometastatic Prostate Cancer](#)

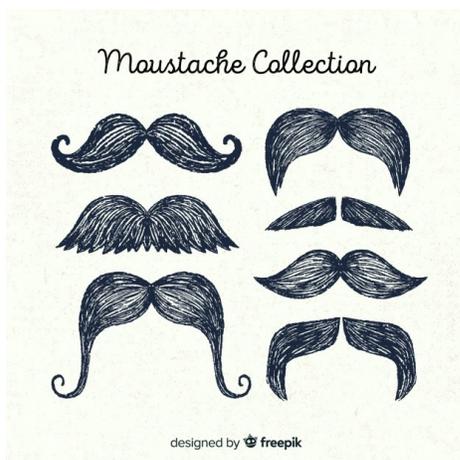
- March 2018
- Dr. Robert Hamilton from Princess Margaret Cancer Centre in Toronto discusses radical prostatectomy in the oligometastases setting and highlights the role of novel imaging.

[Recurrent Disease After Radiation Therapy, the Role of the Radiation Oncologist](#)

- September 2019
- Discussion around the role of the radiation oncologist with regards to recurrent disease after radiation therapy. Two radiation oncologists debate the different approaches of treating patients who have a local recurrence compared to patients who have regional distant metastasis.

[Exercise vs. Usual Care Among Men Opting for Active Surveillance for Prostate Cancer](#)

- Prostate Cancer Foundation, 2019
- From the 26th Annual Scientific Retreat, discuss lifestyle modification for patients on active surveillance (AS).
- Data suggests that exercise after diagnosis could help delay or deter prostate cancer recurrence or progression



New in Our Library

Look for all the new material on the library table at our next in-person meeting. The resources are physically located at the Kerby Centre and not accessible at this time.

If you require assistance in locating online resources, please contact us and someone will be happy to help.

[From our Video Library:](#)

[Dr. Lin Yang—Move More, Sit Less](#)

[Cancer Survivorship Symposium— Movember Foundation 2018](#)

[Cancer Survivorship Symposium 2015— Exercise and Cancer Survivorship: Truth, Myths and Logistics - Dr. Nicole Culos-Reed](#)

PROSTADID Calgary On-Line



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