

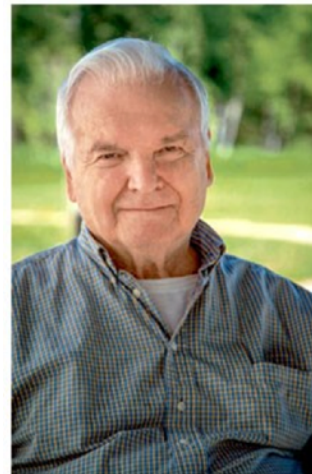
Prostate Examiner Summer Newsletter

Visit us at www.prostatecancersupporttbay.org



Prostate
Cancer
Support
Thunder bay

In Memoriam



Mr. Jerry Victor Blazino passed away peacefully on May 2, 2023 at Hogarth Riverview Manor with his family by his side.

Jerry was a dedicated member of our support group for many years until his health prevented him from coming to our meetings.

You may have known Jerry as a sheet metal worker who had his own business, Colossal Metals Industries or as part owner of Galaxy Lanes Bowling Alley, or as a casual travel agent who loved the perks of worldwide adventure that went along with it. You may have known Jerry and Anita from their boat "Get-Away" on Lake Superior.

Our thoughts and prayer are with his family, wife of 59 years, Anita, his daughter Sheri Nickerson (Rob), his sons Darryl (Michelle) and Steve (Phuong), 8 grandchildren and 2 great-grandsons and other family.

Looking for Support Local men available to talk to you

Gary Allen 621-0552

Grant Arnold 933-4214 or
519-584-5125

Marc Breton 628-9944
(en francais)

Bill Everitt 767-5768

David Everitt 628-5287

Marcel Girouard 705-362-8154
(en francais)

Bill Horde 767-1490

Ed Long 628-6915

Milton Marion 475-0760

Dez Stolz 577-9515

Women available to talk to you

Beth Long 629-4774

Carmen Marion 475-0760

Lise Pollard 623-3102(en français)

Northwestern Ontario Region

Atikokan

Ron Speck 807-597-2219

Dryden

Horst Lang 808-223-5516

Fort Francis

need a contact

Hearst

Marcel Girouard 705-362-8154
(en français)

Kenora

need a contact

Terrace Bay/ Schreiber

Mike Regis 807 825 9696

Geraldton

Ron Adams 807 854 1476

Email us at

info@prostatecancersupporttbay.org

Bipolar Androgen Therapy and the Immune System

Part Three: The Potential of Combination Therapy

February 15, 2022/ By Janet Farrar Worthington

Some men are exceptional responders to Bipolar Androgen Therapy (BAT). Its pioneer, medical oncologist Samuel Denmeade, M.D., Co-Director of the Johns Hopkins Prostate Cancer Program, has a few patients who have remained on BAT alone for several years. But for many men, the response is temporary; just a few months. Why? Could it have something to do with mutated genes? What about the immune system?

“One of the things observed in the lab by our colleague Dr. Sushant Kachhap is that when we give testosterone, the prostate cancer cells get stressed and turn on all these immune factors,” says Denmeade. “Testosterone activates immune pathways.” When three men who had participated in BAT trials later had “dramatic” responses to immunotherapy – 100-percent decreases in PSA, and one man remains in long-term remission – “we thought that might be the secret: androgen plus immunotherapy.”

COMBAT, a small, phase 2 study supported by PCF, co-led by Hopkins investigators Mark Markowski, M.D., Ph.D., and Emmanuel Antonarakis, M.D., (now Director of Genitourinary Oncology at the University of Minnesota) tested the combination of BAT and immunotherapy in 45 men with metastatic castration-resistant prostate cancer (mCRPC). The men were treated with BAT in combination with nivolumab (an immunotherapy at <https://www.pcf.org/science-impact/gent>). “We saw an impressive clinical response rate of 40 percent,” says Markowski. “We also observed a durable benefit, lasting over a year, in a few patients who had received extensive prior therapies.” The results suggested that BAT alone has significant efficacy, while nivolumab improves

The combination of BAT with nivolumab was safe and well tolerated by the participants. Markowski and Antonarakis are designing a randomized Phase 3 study to compare combined BAT plus nivolumab versus standard treatments for patients with mCRPC.

In the COMBAT trial, “we treated a group of incredible men who agreed to have tumor biopsies before and after three cycles of BAT,” says Denmeade. “We are studying the heck out of these biopsies,” looking for specific biomarkers or gene mutations that might help predict who will have the deepest and longest-lasting responses. The team is also performing additional studies of the interactions between BAT and the immune system to discover how this treatment can be improved.



About Janet Farrar

Janet Farrar Worthington is an award-winning science writer and has written and edited numerous health publications and contributed to several other medical books. In addition to writing on medicine, Janet also writes about her family, her former life on a farm in Virginia, her desire to own more chickens,

UPCOMING EVENTS

Wednesday, June 7, 7:00 PM , **Annual General Meeting** will be held at 55 Plus Centre, 700 River Street, Thunder Bay. **Must be a member to vote.** Membership can be paid at the meeting, by e-transfer to infor@prostatecancersupporttbay.org, or by mail. We will be voting on board members. We need board members and someone willing to be treasurer. Please let Marc know by calling our phone number 807-627-0333.

Thursday, June 15, 7:00 PM **Monthly meeting** at 55 Plus with guest speaker Ashley Ortis on Dementia.

Sunday June 25, 4:00 PM , **Walk for Dad.** Come join the walk starting at Boulevard main parking lot. We welcome donations to Marc and Ed's Thunder Team. ½ of the donations get returned to us directly for our use. ½ gets used in ways that benefit us directly, like the many Reef Knot Kits that are worth approximately \$30 each that we give to newly diagnosed men. It helps fund the specialized support groups and speakers that are available across Canada and beyond. Some men in Thunder Bay participate in these groups. Click here to donate online. <https://www.thefathersdayrun.ca/>

Thursday, July 6, 5:00 PM **Beef-on-a-bun Social** at 55 Plus Centre. Must be a member to participate. Partners are welcomed and encouraged to attend. You will be called before June 29 so we can get a count of who is attending. Please bring a salad or desert to share.

Plant-based diets cut risk of prostate cancer progression and recurrence by over 50%

By Janet Fricker

Prostate cancer patients who consume the highest intakes of plant-based foods lower their risk of progression and recurrence. The study, [abstract 392](#) presented at the 2023 American Society of Clinical Oncology (ASCO) Genitourinary Cancer Symposium, held in San Francisco, February 16–18, found that men with prostate cancer who reported the highest intakes of plant-based foods had a 52% lower risk of progression and 53% lower risk of recurrence in comparison to those with the lowest intakes.

“We’ve known that diets that include vegetables, fruits, legumes, and whole grains are associated with numerous health benefits, including a reduction in diabetes, cardiovascular disease, and overall mortality. We can now add benefits in reducing prostate cancer progression to that list,” says Vivian Liu, the lead author from Osher Center for Integrative Health, University of California, San Francisco.

While observational studies have reported that plant foods, such as tomatoes (containing lycopene) and cruciferous vegetables (eg cauliflower, broccoli), appear to reduce prostate cancer incidence and mortality, less is known about plant-based dietary patterns and prostate cancer survivorship. To the investigators’ knowledge, the current study is the first to evaluate plant-based dietary patterns among survivors of prostate cancer.

For the current study, 2,038 men diagnosed with T1–3a stage (with no spread of disease or limited spread), who were enrolled in the Cancer of the Prostate Strategic Urologic Research Endeavor (CaPSURE) study, completed a food frequency questionnaire at a median of 31.5 months post-diagnosis. Diet indices were then scored according to the healthful plant-based diet index (hPDI) with composite sums of positive or negative values assigned to plant-based or animal-based food groups in the diet.

To prevent bias, investigators adjusted for factors including days since diagnosis until the first questionnaire was given, age at diagnosis, year diagnosed, total energy intake, CaPSURE clinical site, race, walking pace, smoking status, Gleason risk score at diagnosis, prostate-specific antigen (PSA) level at diagnosis, and primary treatment.

Results showed 10% of participants ($n=204$) experienced progression over a median of 7.4 years of observation. Men in the highest quintile of the hPDI had a lower risk for progression in comparison to those in the lowest quintile (HR 0.48; P -trend <0.001) and a lower risk for recurrence (HR 0.47; P -trend <0.001) in comparison to those in the lowest quintile. In a subgroup analysis of men older than 65 years, the highest hPDI consumption was associated with an even lower risk of recurrence (HR 0.41; P -trend=0.03).

Limitations of the study included the fact that it did not adjust for pre-diagnostic diets (men in the cohort had already been diagnosed with prostate cancer), and that it did not take into account factors such as genetics and metabolism.

“One of the major concerns for patients, families, caregivers, and physicians is progression of prostate cancer to advanced stages. These findings are significant in informing clinical care, such as providing dietary recommendations to manage health and reduce morbidity caused by this common cancer affecting men. Moreover, adopting a plant-based diet may also reduce the risk of other chronic diseases (eg, diabetes, cardiovascular disease) and overall mortality, thereby promoting overall health and well-being,” Liu told *Cancerworld*.

Next, the team plan to conduct analyses looking at post-diagnostic plant-based diets in relation to prostate cancer-specific mortality. They also plan to examine the plant-based dietary indices in relation to prostate-cancer-specific quality of life at two, five, and 10 years from baseline.

“Prostate cancer treatment can lead to adverse side effects, including sexual and urinary problems and poorer physical and mental health. We hypothesise that plant-based diets could directly affect quality of life symptoms... in men with prostate cancer,” says Liu.

A similar picture for the benefit of plant-based diets, the team believe, is likely to hold in other cancers.



Janet Fricker

Janet Fricker is a medical writer specializing in oncology and cardiology. After researching articles for Cancerworld she runs, swims, and eats porridge.

IN PERSON MONTHLY MEETINGS AT 55 PLUS

The multi purpose room has been booked for the **third Thursday of every month from 7 PM till 9 PM**. Seating will be appropriate for safe distancing and masks are welcome.

The meeting will also be available on Zoom for those who are not comfortable with in person yet.

PRESIDENTS MESSAGE

Dear members and friends of Prostate Cancer Support Thunder Bay

Hope everyone is doing well." Fiona" keeps telling us Spring is just around the bend, but it must be a big bend, still not warm.

Our guests at the May 18 general meeting were, Dr Joseph Delpaggio and Dr Nicholas Holzapfel. Their topic was PSMA Theragnostic, it was very informative and well received by the group attending. Many questions were asked.

The Annual general meeting and elections have been moved to June 7th. We are still looking for volunteers to join the board.

June 15 guest will be Ashley Ortis and the topic will be dementia.

June 25th we will do a walk around Boulevard Lake to promote Prostate cancer awareness.

Our annual beef on the bun will be July 6th. To attend this event, your 2023 membership must be paid.

September will be a busy month. Flag raising at city hall, light up in blue for awareness, and on September 17th our men's make it happen at 55 plus.

There will be no General meeting July and August.

Wishing everyone a great and safe summer.

Be kind to others, a smile goes a long way.

Sincerely
Your President

Marc Breton



DONATIONS

Prostate Cancer Support Thunder Bay is a charitable organization that relies entirely on donations to remain in operation.

donations can be e-transferred to info@prostatecancersupporttbay.org

PCS THUNDER BAY

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THUNDER BAY ONTARIO P7B 4A3

PHONE:

807 627 0333

EMAIL

info@prostatecancersupporttbay.org

Recently diagnosed with Prostate Cancer ?

NEED SOMEONE TO TALK TO?

Please feel free to call anyone listed on the left side of the front page of this newsletter.

They have been where you are now and will be happy to listen to your concerns and questions.

Hold That Date

Sept 17th 2023

Men make it happen
Health Fair

@

55 Plus centre
12:30 AM to 5:00 PM

Prostate Examiner Monthly News
Please forward photos or information,
that benefits communication to
Prostate Cancer Support Thunder Bay
members to the attention of Mike
Aldrich. email: mraldrich@tbaytel.net



****GET YOUR PSA TESTED****

Its important

We believe in it so strongly that

we will reimburse you for your PSA test !!!

The PSA test is a key step in early diagnosis of prostate cancer

**Early Detection Saves Lives
Get Informed!**

Talk to your health care professional! Get your blood work done!

Send us the receipt

Address below or check us out on our website

Has been extended to December 31 2023. Available for men in NWO.

PCS T Bay Members, please share the above message !

Inform your family, relatives, friends and neighbours to request a

PSA Test

Awareness Support Research

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1100 Memorial Ave, Suite 374

Email info@prostatecancersupporttbay.org

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