

Prostate Examiner Winter Newsletter

Visit us at www.prostatecancersupporttbay.org

Looking for Support
Local men available to talk to you

Gary Allen 621-0552
Grant Arnold 807 355 8235 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
Keith Moore - 632 6055

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



Prostate
Cancer
Support
Thunder bay

Merry



Christmas

Email us at
info@prostatecancersupporttbay.org

Early prostate cancer surgery linked to improved survival rates

Uppsala University
<https://www.uu.se/en>

October 10 2024

The survival rate of men with prostate cancer who had their entire prostate gland removed immediately after the tumor was detected increased by 17 percentage points compared with those who did not have treatment until the tumor began to cause symptoms. On average, they also lived more than two years longer. These are the final results of a 30-year Scandinavian study led from Uppsala University and published in the New England Journal of Medicine.

"It's unique to have been able to follow a randomized treatment trial for so long that we have learned how treatment of early prostate cancer affects life expectancy," says Professor Emeritus Lars Holmberg, who has been involved in the study from the outset.

In the study, which started in 1989, the researchers compared the removal of the entire prostate gland immediately upon discovery of a prostate tumor with the standard treatment at the time, which was not initiated until the tumour began to cause symptoms and almost always consisted of hormonal treatment. Over ten years, 695 men with prostate cancer alone were recruited to the study. The men were followed up until 2022.

After 30 years, most of the men who had died had died of causes other than prostate cancer. The risk of dying from prostate cancer during this period was 17 percentage points lower for those in the group offered surgery. These men also lived an average of 2.2 years longer than those whose treatment started later.

"We saw that the treatment affects the course of the disease for the rest of the individual's life. It also means that the point when a prostate cancer study is analyzed has a major impact on how the results are interpreted. The short-term perspective does not give a fully adequate picture of the pros and cons of the treatment."

Anna Bill-Axelson, Professor of Urology at Uppsala University and Doctor at Uppsala University Hospital

The study was carried out before PSA testing (a blood test that shows changes in the prostate) became common. Most of the men in the study had a prostate cancer that was detected because of symptoms. This is different from the current situation, where the vast majority of people with early prostate cancer have had their cancer detected by PSA testing. The prognosis is therefore better today than for the men who took part in the study.

"But there is every reason to believe that today's treatment choices also have consequences for the rest of the man's life, which is important to know when advising patients," says Holmberg.

Source:
[Uppsala University](https://www.uu.se/en)

Prostate Cancer Awareness Month

Flag raising at City Hall



Boulevard in Blue



Border Cats Half and Half Draw Volunteers



Men Make it Happen Health event



Upcoming Events

- January 16 - Peer to Peer discussion at 55 Plus
- February 20 - To be determined
- March 20 - Dr Joe Del Paggio "Treating high risk localized Prostate Cancer"

CHRISTMAS SOCIAL

55 Plus Centre

December 16th from 5 PM

Must have a paid up 2024 or 2025 membership

Study finds marriage linked to optimal aging in men

A new study that followed over 7,000 Canadians, middle-aged and older, for approximately three years found that married men or men who became married during the study period were twice as likely to age optimally compared to their never-married male peers.

Among women, those who had never married were twice as likely to age optimally compared to married respondents who became widowed or divorced during the study period. Married women did not differ significantly from never-married women with respect to optimal aging.

"Little is known about the relationship between marital trajectories in old age and successful aging. Our goal was to see whether different marital trajectories were associated with physical health and well-being, and whether these relationships varied for men and women," says first author Mabel Ho, a recent doctoral graduate at the University of Toronto's Factor-Inwentash Faculty of Social Work (FISW) and the Institute of Life Course and Aging.

The researchers defined optimal aging as freedom from any serious physical, cognitive, mental, or emotional conditions that prevent daily activities, as well as high levels of self-reported happiness, good physical health, and mental health. The sample for the current study was restricted to the 40% of participants who were deemed to be successfully aging at the start of the study.

"Previous studies have shown that marriage is associated with better health outcomes for both men and women, while men who were never married generally had the poorest health outcomes. It may be that married people encourage each other to adopt or maintain positive health behaviors such as quitting smoking or exercising regularly."

David Burnes, Professor and Canada Research Chair at the University of Toronto's Factor-Inwentash Faculty of Social Work

Older adults who were not socially isolated were more likely to maintain optimal health in old age. Those who had regular contact with relatives, friends and neighbors were more likely to age optimally compared to older adults who were socially isolated.

"Being socially connected with others is important, especially in later life. Having regular contact with relatives, friends and neighbours can help older adults feel connected, reduce their sense of loneliness, and improve their overall well-being," says Eleanor Pullenayegum, a Senior Scientist at The Hospital for Sick Children (SickKids) and professor at the University of Toronto.

The study also found that lifestyle factors such as maintaining a healthy body weight, being physically active, not having insomnia and not smoking were important in maintaining optimal health in later life. "It is so important to maintain a healthy lifestyle, no matter how old we are. For example, it is never too late to quit smoking," says senior author Esme Fuller-Thomson, Director of the Institute for Life Course & Aging and Professor at the University of Toronto's Factor-Inwentash Faculty of Social Work. "In our study those who were former smokers were much more likely to be aging optimally than those who continued to smoke."

"Our study underlines the importance of understanding sex-specific differences in aging so that we can better support older men and women to continue to thrive in later life," concluded Ho. "Our findings can inform the development of programs and services to engage and support older adults, particularly those who were never married or experienced widowhood, separation, and divorce in later life."

This study entitled "The association between trajectories of marital status and successful aging varies by sex: Findings from the Canadian Longitudinal Study on Aging (CLSA)" was published online this week in the journal International Social Work. It uses longitudinal data from the baseline wave (2011-2015) and the first follow-up wave (2015-2018) of data from the Canadian Longitudinal Study on Aging (CLSA) to examine factors associated with successful aging. The CLSA included 7,641 respondents aged 60 years or older at wave 2 and in excellent health during the baseline wave of data collection.

Source:

[University of Toronto](#)

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.

Researchers uncover mechanism fueling prostate cancer

Michigan Medicine - University of Michigan

Sep 9 2024

Researchers at the University of Michigan Health Rogel Cancer Center have uncovered a key reason why a typically normal protein goes awry and fuels cancer.

They found the protein NSD2 alters the function of the androgen receptor, an important regulator of normal prostate development. When androgen receptor binds with NSD2, it causes rapid cell division and growth leading to prostate cancer. The study, published in *Nature Genetics*, may suggest a new way to therapeutically target prostate cancer.

The findings illuminate a phenomenon not previously understood. The androgen receptor's normal function is to define the development of the prostate. It tells the cells to stop growing and maintain a normal prostate. But in cancer, androgen receptor does the opposite: it tells the cells to continue growing and drive cancer development. Our study is one of the first molecular explanations for this functional duality of the androgen receptor. NSD2 is a cancer specific collaborator of the androgen receptor that essentially rewires its activity to support prostate cancer development."

Researchers started with a CRISPR screening to look for cofactors involved in the androgen receptor and prostate cancer. They scoured the enhanceosome, a complex of multiple proteins, including transcription factors and other epigenetic factors, that assemble on the DNA at specific sites to drive the expression of genes. This was contrasted with what's called the neo-enhanceosome. It's an analogous machinery, but cancer-causing transcription factors find their way in, reorganize the careful assembly and drive expression of cancer-causing programs.

"Our study is one of the first molecular explanations for this functional duality of the androgen receptor. NSD2 is a cancer specific collaborator of the androgen receptor that essentially rewires its activity to support prostate cancer development."

Abhijit Parolia, Ph.D., study first author, Rogel fellow and assistant professor of pathology at Michigan Medicine

The androgen receptor typically sits along a specific line of sites within DNA. When NSD2 is present, it rearranges where the androgen receptor "enhanceosome" sits on the DNA, setting it next to sites occupied by known cancer-causing genes and drivers.

"This is the machinery around the genes we know are involved in prostate cancer development, including androgen receptor, ERG and FOXA1. They all use this machinery to regulate oncogenic expression. We're now working to indirectly target the genes of interest by affecting these epigenetic components like NSD2," said study co-senior author Arul M. Chinnaiyan, M.D., Ph.D., director of the Michigan Center for Translational Pathology and S.P. Hicks Professor of Pathology at Michigan Medicine.

Researchers found that NSD2 is expressed in prostate cancer cells, but not in normal prostate cells. NSD2 was previously known to be involved in metastatic prostate cancer. This is the first study to show that it is fundamental to the earliest stage of prostate cancer development.

The team used multiple methods to knockdown or halt NSD2 expression in prostate cancer cells and found that doing so returns the cells to a more normal state, slowing the growth and spread of the cancerous cells but not eliminating the cancer. A related protein called NSD1 works along with NSD2, they found.

A compound that degrades both NSD1 and NSD2 successfully destroyed prostate cancer cell lines. The degrader targeted the cancer cells specifically without affecting normal cells. More work is needed to refine the degrader as the initial version could not be translated to a mouse model.

"By degrading NSD1 and NSD2, we can more directly target cancer and avoid the normal tissue," Chinnaiyan said. "Our study suggests if we're able to develop NSD1/2-targeting agents, they could potentially be combined with FDA-approved androgen receptor antagonists and have a synergist effect in terms of treatment."

Additional authors: Sanjana Eyunni, Brijesh Kumar Verma, Eleanor Young, Yihan Liu, Lianchao Liu, James George, Shweta Aras, Chandan Kanta Das, Rahul Mannan, Reyaz ur Rasool, Erick Mitchell-Velasquez, Somnath Mahapatra, Jie Luo, Sandra E. Carson, Lanbo Xiao, Prathibha R. Gajjala, Sharan Venkatesh, Mustapha Jaber, Xiaoju Wang, Tongchen He, Yuanyuan Qiao, Matthew Pang, Yuping Zhang, Jean Ching-Yi Tien, Micheala Louw, Mohammed Alhusayan, Xuhong Cao, Omid Tavana, Caiyun Hou, Zhen Wang, Ke Ding, Irfan A. Asangani

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Source:

Michigan Medicine - University of Michigan

Journal

reference:
Parolia, A., et al. (2024). NSD2 is a requisite subunit of the AR/FOXA1 neo-enhanceosome in promoting prostate tumorigenesis. *Nature Genetics*. doi.org/10.1038/s41588-024-01893-6.

Support Hub 2024

48 Prostate Support Group leaders from across Canada joined via Zoom on Saturday, October 26 to meet Abby Collier, the new executive director of Prostate Cancer Foundation Canada and hear about plans for the future. Some points from the meeting.

Abby, who has a PhD in pharmaceutical science, answered the question of why she applied for the position of executive director by saying that she wants to make a difference with people.

The national group has always taken its authority and direction from the grassroots. Its purpose is to augment, not compete with local groups.

When support groups unite and leaders meet, the movement becomes stronger and more effective. This results in being listened to by national organizations like medical groups.

69% of the money's raised by the foundation have gone back into the communities.

Updates in the Group Handbook, the website and the Reef Knot kit are all in the works as a part of Continuous Quality Improvement.

It was a very positive meeting. We were impressed about how open she is to receiving emails and calls from group leaders and members.

Ed Long and Marc Breton

PRESIDENTS MESSAGE

Decision making is very personal, important and can be difficult. Where do we turn for resources and who can we trust. I found it helpful to rate sources on a 1-10 scale. It removes the idea of having to fully support or fully reject everything they say. So a source that I rate at a 3 may have a piece of information that I feel comfortable trusting even though I question most of what I find there. Likewise, a source that I rate as a 9 allows me to reject information that I get from them even though I trust them most of the time.

With that in mind, I have a subscription to The Health Inside, a Canadian source of health information that you might want to check out. With winter travel coming up, the topic of traveling with a medical condition came up. In it I found good advice.

https://thehealthinsider.ca/9-essential-tips-for-travelling-with-a-medical-condition/?utm_source=Article&utm_medium=website&utm_id=Oct+23+Newsletter

Looking through the website, I found an article written in September about what to do about conflicting medical advice. It has applications for many of the decisions that we need to make when deciding about treatment options for prostate cancer and other conditions. <https://thehealthinsider.ca/conflicting-medical-advice-heres-what-you-need-to-do/>

As we get ready to celebrate Christmas and enter a new year, we continue learning and living the best life that we can. Come and celebrate Christmas with your prostate support group friends. Then celebrate with family and friends. Celebrate whenever you can.

Sincerely

Ed Long

President

**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

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prostatecancersupportbay.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.

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 2024. 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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