

Prostate Examiner Winter Newsletter

Visit us at www.prostatecancersupporttbay.org



Prostate
Cancer
Support

Looking for Support?

Men available to talk to you

Harold Alanen 807 252-9067
Mike Aldrich 807 630-3744
Marc Breton 807 628-9944
(en français)
Bill Everitt 807 767-5768
Bill Horde 807 767-1490
Bill Komar 807 627-2424
Ed Long 807 628-6915
Milton Marion 807 475-0760
Keith Moore 807 623-6055
Mark Sypus 807 768-5009

Women available to talk to you

Carmen Marion 807 475-0760
Lise Pollard 807 623-3102
(en français)

Northwestern Ontario Region

Atikokan

Ron Speck 807-597-2219

Hearst

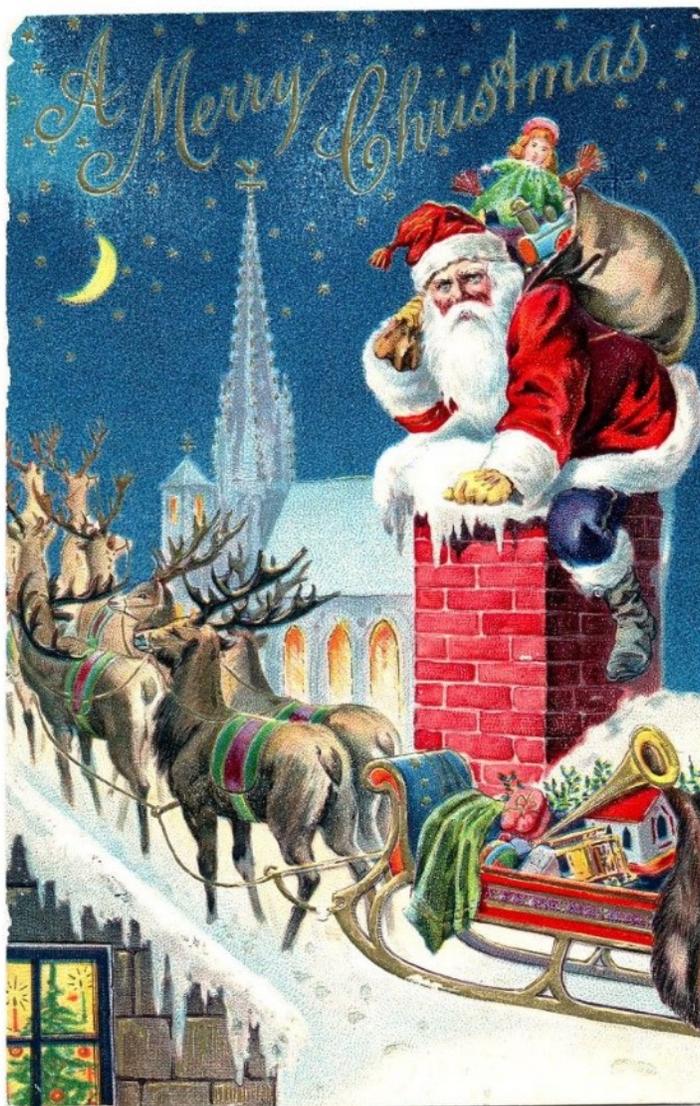
Marcel Girouard 705-362-8154
(en français)

Terrace Bay/ Schreiber

Mike Regis 807 825 9696

Geraldton

Ron Adams 807 854 1476



Email us at
info@prostatecancersupporttbay.org

Combining radiopharmaceuticals with targeted radiation improves progression-free survival in prostate cancer patients

American Society for Radiation Oncology

Sept 29 2025

A new clinical trial finds that people with a limited number of metastases from recurrent prostate cancer lived significantly longer without disease progression when they received a radiopharmaceutical drug before targeted radiation, compared with radiation alone.

The phase II LUNAR trial is the first randomized study to show that a treatment established for later-stage prostate cancer can delay progression and defer hormone therapy when added to high-precision radiation therapy for patients with early metastatic disease. Results will be presented today at the American Society for Radiation Oncology (ASTRO) Annual Meeting.

“When we pair external-beam radiation directed to tumors we can see with a radiopharmaceutical to reach microscopic disease we can't see, patients can experience a notably longer interval before progression. Our study suggests radiopharmaceutical therapy may be beneficial even in the relatively early disease stage of recurrent prostate cancer, when

The LUNAR study involved patients with oligometastatic prostate cancer, a state of limited metastatic disease where the cancer grows in one to five sites outside the prostate region after initial therapy. Oncologists increasingly treat these patients with a precise, high-dose form of radiation therapy known as stereotactic body radiation therapy (SBRT) to achieve longer-lasting cancer control than with systemic therapies alone and to delay androgen deprivation therapy, which can cause side effects that undermine quality of life. But for most patients, the cancer ultimately returns, likely due to microscopic disease that scans cannot detect.

"Metastasis-directed radiation therapy delays progression, but many patients still recur. That tells us there must be disease present that we can't see even with today's advanced imaging," Dr. Kishan said.

Radiopharmaceuticals are a type of specialized medicine that link a small amount of radiation to a ligand - a molecule that homes in on cancer cells throughout the body. In prostate cancer, radiopharmaceuticals typically target prostate specific membrane antigen (PSMA), a protein found on cancer cells, delivering precise doses of radiation directly to tumors.

These medicines are currently approved for later-stage prostate cancer. The LUNAR trial tested whether a PSMA-targeted radiopharmaceutical could also benefit patients with earlier-stage oligometastatic disease when added to SBRT, to reach both visible and undetectable tumors.

Researchers enrolled 92 patients with hormone-sensitive, oligometastatic prostate cancer and one to five distant lesions visible on a PSMA PET/CT scan. Participants were randomly assigned to receive either SBRT alone (n=47) or two cycles of the investigational PSMA-targeting drug 177Lu-PNT2002 followed by SBRT (n=45). Researchers followed participants for a median of 22 months to track PSA, with low thresholds for follow-up scans to detect recurrence and a pre-planned scan at one year for patients who had not yet progressed.

Patients who received the radiopharmaceutical before SBRT were also able to delay hormone therapy by 24 months, compared to 14 months without SBRT alone ($p < 0.0001$). PSA declines of 50% or greater were seen in 52% of patients on the combination arm, compared to 31% on the SBRT arm ($p = 0.04$).

Nearly all instances of disease progression (98%) were new metastases rather than regrowth at previously treated sites. SBRT resulted in very high local control for both groups: 98% in the SBRT arm and 100% in the combination arm. Dr. Kishan noted that there were more progression events than they expected, likely due to the trial's use of highly sensitive PSMA imaging and protocol-mandated scans that could detect changes earlier than in prior studies with different criteria and older imaging methods.

Both groups tolerated treatment well, and there was no increase in severe side effects with the addition of the radiopharmaceutical. The only severe (grade 3) side effects were low white blood cell counts (2 patients on the SBRT arm, 3 on the combination arm).

The results reinforce the growing role of definitive radiation therapy for oligometastatic disease and point to a potential new strategy to extend its benefits. Because androgen deprivation therapy (ADT) remains effective but is associated with side effects such as fatigue, metabolic changes, bone loss and cardiovascular risks, approaches that safely delay its use are of high interest, said Dr. Kishan. "Hormone therapy remains a cornerstone of care, but if we can safely keep people off ADT without compromising outcomes, that's a meaningful quality-of-life win."

LUNAR is the first randomized trial to show that radiopharmaceutical therapy can delay progression when added to metastasis-directed SBRT for recurrent prostate cancer. A similar trial reported earlier this year did not find a benefit when using a different type of radiopharmaceutical that targets bone rather than tumor tissue.

Despite the survival benefit of adding radiopharmaceutical therapy to standard-of-care radiation, 64% of patients in that group still ultimately experienced disease progression. Dr. Kishan said this highlights that residual microscopic disease remains a significant clinical challenge in recurrent prostate cancer and the need for future research into optimal dosing, sequencing and therapeutics.

He also noted that ^{177}Lu -PNT2002 remains investigational in this setting. While SBRT and PSMA PET/CT are FDA-approved and increasingly accessible across the country, this agent is not yet available outside of a clinical trial.

Source:

American Society for Radiation Oncology

UPCOMING EVENTS

- **Dec 15th 2025 Christmas Social, 5:00 pm at 55 Plus Centre**
- **Jan 15th 2026 General Meeting, Speaker to Be determined**
- **Feb 19th 2026, 7:00 pm at 55 Plus, Dr Nicholas Holzaphel guest speaker**

Christmas Social

55 Plus Centre

December 15th from 5 PM

Must have a paid up 2025 or 2026 member

Seamless MD Oncology

This is a computer based educational tool now available to all cancer patients attending the Regional Cancer Centre.

New patients to the Centre will be informed of the program and encouraged to enrol in it.

The program has a large data base of information on all forms of cancer and is a good source of basic information. Once a patient begins treatment they can access Seamless MD Oncology regularly to record their treatment and any side effects they may have. There are recommendations on how to deal with any of the side effects recorded.

Patients who have used Seamless MD have been positive about the program.

SeamlessMD is the Digital Patient Engagement platform keeping patients in Northwestern Ontario engaged in their care, educated and connected safely while at home – particularly important during the COVID-19 pandemic. This initiative is supported by the Government of Ontario, which has approved one-time funding to implement, enhance, and scale virtual care supported models to support integrated care delivery. This funding is intended to increase access to care for patients by way of key virtual programs and services, transforming how care is delivered, during and after the pandemic.

SeamlessMD provides an end-to-end virtual companion for patients through chemotherapy, immunotherapy, radiation therapy, and survivorship. In addition to the previously live 10 surgical and procedural programs (hip, knee, shoulder, spine, bariatrics, colorectal, breast cancer, TURP, HoLEP, kidney stones) at TBRHSC, the digital patient engagement platform will be expanded to support oncology-specific programs (breast, lung, head and neck, colon, prostate and gynecologic cancer). This will assist with system increase patient throughput by reducing readmissions, average patient length of stay, and certain follow-up visits.

"SeamlessMD has been an invaluable technology partner for us to engage, monitor and stay connected with our patients navigating their care. We are excited to now roll out the technology to support our cancer care programs," said Caroline Fanti, Director, Regional Surgical Services at TBRHSC.

"SeamlessMD is a user-friendly platform that enhances the oncology patient experience by reducing anxiety, inspiring confidence and allowing the care team to effectively monitor our patients, provide better patient navigation, and reduce phone calls that require intervention from a nurse."

-TBRHSC collaborated with SeamlessMD to customize cancer care protocols and content on the platform so patients now receive:

- Virtual check-ins post-surgery and therapy (e.g. chemotherapy, radiation) to identify medical concerns, track medication intake and monitor treatment side effects to help catch complications sooner, improving overall patient outcomes;
- Interactive guidance through reminders, daily tasks and evidence-based education on pre- and post-cancer surgery instructions, chemotherapy, medication compliance tracking, treatment planning (e.g. tattoos, body molds), radiation therapy side effects, diet recommendations and post-treatment monitoring
- Patient-Reported Outcome (PRO) surveys to track Quality of Life assessments, and Symptoms and Adverse Events (AE) Tracking so both patients and providers know the progress throughout the journey; and
- Automated self-management recommendations based on patient self-reported symptoms, with personalized self-care education.

"We are excited to continue innovating our oncology program to provide safer patient care during the COVID-19 pandemic and beyond," said Andrea Docherty, Program Director for Regional Cancer Care Northwest. "SeamlessMD provides an exceptional resource that helps our patients stay on track with their care and allows us to monitor symptoms and side effects of oncology treatment; in addition, providing important, timely engagement for patients across their entire cancer journey."

To date, over 1,500 patients have already enrolled onto SeamlessMD at TBRHSC, with 98% recommending the program to others, 94% saying the program helped them feel more confident before surgery, and 96% saying the program helped them feel less worried while recovering at home after surgery.

One surgical patient who has used the program at TBRHSC stated: "I like the fact that the patient is able to speak up about pains or other complaints and someone on the other end will call back and explain if my problems are normal or I should go to emergency. It makes me feel less alone while recuperating from the operation, knowing someone is listening."

"Thunder Bay Regional Health Sciences Centre has been a trailblazer in delivering exceptional oncology care," said Dr. Joshua Liu, CEO at SeamlessMD. "We are thrilled to support the organization as it continues its innovation efforts, empowering oncology patients at home, while protecting the health and well-being of the community through remote care."

To enrol in SeamlessMD Oncology, your healthcare team will enrol you directly, and you will receive a "Welcome to SeamlessMD" email with instructions to activate your account. If you do not receive an email, contact your care team to sign up and provide your email address. Once activated, you can access the program through the mobile app or website, using your computer, smartphone, or tablet

Memberships

**Time to purchase your \$15.00, 2026 PCS membership
Can be purchased at the monthly general meeting or
send an E Transfer to Prostate Cancer Support using
info@prostatecancersupporttbay.org
(no password required)**

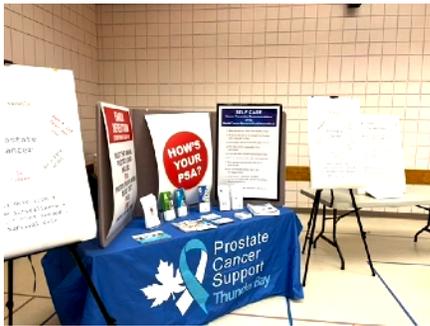
September Prostate Cancer Health Fair a Great Success

Prostate Cancer Support Thunder Bay started up 31 years ago stressing support and education for men diagnosed with Prostate Cancer. We thank all the men who serve on the board of directors, and an extra thanks to Bill Horde, who served on the first board of directors and continues to serve today.

You can access all sorts of educational information on our web site prostatecancersupporttbay.org

This event has been providing education and free PSA tests to men in Thunder Bay since 2013, with a couple of breaks in between

A huge thanks to all the volunteers, Doctors and donors who have helped make this event the success that it is!



Thank you
to those who have made this event possible!



Port Arthur Branch 5
Ladies Auxiliary



PRESIDENTS MESSAGE

My heartfelt thanks goes out to all the volunteers that helped put on the annual Prostate Cancer Health Fair at 55 Plus Centre. Thanks also to 55 Plus Centre who provided the facilities for this event to take place.

It truly was a great success. Many enjoyed the speakers and especially the question and answer session at the end of the day. Work has already begun on the agenda for next year's Health Fair.

I am so blessed with the individuals that serve on our Board of Directors. I especially am grateful to all the companies that donate to this event in particular but also to our support group in general. Without them we would not be able to provide the service that we do.

Many individuals have commented that we are the only volunteer Prostate Cancer Support Group that they know of that provides the programs and educational information that we do.

I am also thankful to Dr. Del Paggio for attending our latest general meeting and for answering the many questions from the people in attendance. It was a very informative and productive session.

Thanks again to all.

*Sincerely
Your President*



Keith Moore



Opt In
to SMS

Never miss an appointment again

Enrollment only takes **1 MIN**

Reminder of your upcoming appointment on July 12. Please arrive 15 minutes early for your appointment.

To enhance your experience at hospitals in Northwestern Ontario, we are asking patients to Opt In to receiving text messages and emails. Starting in Fall 2025, hospitals in Northwestern Ontario will begin sending appointment reminders and confirmations by SMS (text message) or email for patients aged 16 and over to those who Opt In.

Please note: No personal health information (PHI) or any sensitive or confidential details will be shared through these messages.

To sign up and get more information, visit <https://nwo-sms.ca/>

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

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

CONTACT US AT

1100 MEMORIAL AVE- SUITE 374
THUNDER BAY ONTARIO P7B 4A3

PHONE:

807 627 0333

EMAIL

info@prostatecancersupporttbay.org

WEB SITE:

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

A Little Prostate Humour

- After a digital rectal exam (DRE), the doctor left and the nurse came in. The nurse, with a worried look on her face, whispered, "Who was that?"
- The patient complained during his DRE, "Doc, can you at least take off your ring?" The doctor replied, "That's not my ring... that's my watch".
- "What does a prostate cancer patient have in common with a basketball player? They both dribble".



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 2026. Available for men in NWO.

PCS Thunder Bay Members, please share the above message !

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

PSA Test

Awareness Support Research

Telephone 807 627 0333

1100 Memorial Ave, Suite 374

Email info@prostatecancersupporttbay.org

Thunder Bay ON, P7B 4A3

Web www.prostatecancersupporttbay.org