

# Prostate Examiner Summer Newsletter

Visit us at [www.prostatecancersupporttbay.org](http://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 807 632-6055  
Mark Sypus 807 768-5009

### Women available to talk to you

Carmen Marion 807 475-0760  
Susan Aldrich 807 628-7150  
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



Dr Joe DePaggio, Chief of Oncology at TBRHSC, answered a multitude of questions at a very well attended April meeting held at the 55 Plus Centre. Meetings are on the third Thursday of every month. All are welcome.

Email us at  
[info@prostatecancersupporttbay.org](mailto:info@prostatecancersupporttbay.org)



SLEEP, HEALTH, & WELLNESS LAB

iCANSleep: A Randomized  
Controlled Trial of a Smartphone  
App-Based Insomnia Treatment for  
Cancer Survivors

# Have you been diagnosed with cancer and have trouble sleeping?

Participate in our research to help us  
determine the efficacy of the iCANSleep  
app for cancer survivors with insomnia.

➤ You may be eligible to participate if you:

- Have ever received a cancer diagnosis
- Have difficulty falling or staying asleep
- Are an iPhone user
- Live in Canada

➤ What's involved?

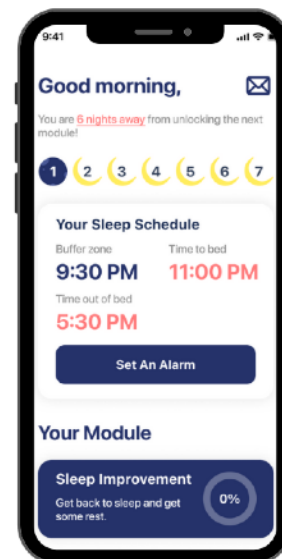
- A 7-week app-based Cognitive behavioural therapy for insomnia (CBT-I) program
- 4-6 short questionnaires

Who are we?

We are a psycho-oncology sleep lab based out of Memorial University of Newfoundland's psychology department.

Principal Investigators:

Dr. Sheila Garland  
Rachel Lee Dauz (PsyD Student)



To learn more,  
*contact us now!*

**icansleepapp@gmail.com**

[www.icansleep.app](http://www.icansleep.app)

(709) 864-8035

## Blood pressure drug boosts effectiveness of cancer therapy

Dartmouth Health

March 25th 2026

In a new Dartmouth Cancer Center (DCC) study led by clinical researcher Tyler J. Curiel, MD, MPH, FACP, investigators found that the FDA-approved blood pressure drug telmisartan can significantly enhance the cancer-killing activity of the targeted therapy olaparib, potentially expanding its use to many more patients. The findings are newly published in The Journal for ImmunoTherapy of Cancer.

### **Expanding the reach of PARP inhibitors**

PARP inhibitors such as olaparib work by exploiting weaknesses in how some cancer cells repair damaged DNA. They are particularly effective in tumors with defective homologous recombination DNA damage repair, such as those with gene mutations in BRCA. However, many tumors lack these defects, limiting the number of patients who can benefit from PARP inhibitors. In addition, most cancers eventually develop resistance to PARP inhibitors. -Curiel's team discovered that telmisartan can make tumors more vulnerable to PARP inhibitors, even when they lack the specific DNA repair defects that usually make PARP inhibitors effective.

### **A unique effect among blood pressure drugs**

Telmisartan belongs to the angiotensin II receptor blocker (ARB) class of medications, commonly prescribed to treat hypertension. The DCC study found that the cancer-enhancing effects were unique to telmisartan among all the ARBs tested.

The drug also reduced levels of PD-L1 inside tumor cells—a protein that cancers use to evade immune attack—further increasing its therapeutic potential.

"Telmisartan has several distinct anticancer effects that, together with targeted therapy, could make tumors more responsive to distinct types of treatments," Curiel said. "We showed the improved efficacy with PARP inhibitors in this study, but we also have good data showing that telmisartan improves efficacy of distinct chemotherapy classes and immunotherapies in many other cancer types through related mechanisms."

### **Moving quickly to clinical trials**

Telmisartan is orally bioavailable, safe, and well-tolerated, including by individuals without hypertension, making it an ideal candidate for clinical translation. Curiel and colleagues at DCC are already testing the strategy in patients through two ongoing clinical trials.

One trial is evaluating the combination in men with metastatic, castration-resistant prostate cancer. The first patient enrolled in the study experienced what Curiel described as an exceptional response to treatment. The second trial is in platinum-resistant ovarian cancer, which just enrolled its first patient.

"We are encouraged by what we are seeing so far," Curiel said. "Our goal is to determine whether this combination approach can help more patients benefit from greater effectiveness of PARP inhibitors and other cancer treatment classes and potentially overcome resistance to these drugs."

Support from the Guyre fund and Gmelich fund at DCC were instrumental in getting these studies completed and the clinical trials launched.

Source:  
[Dartmouth Health](#)

Journal reference:  
Murray, C. E., et al. (2026). Telmisartan increases olaparib efficacy in homologous recombination proficient tumors by augmenting type I interferon production. Journal for ImmunoTherapy of Cancer. DOI: 10.1136/jitc-2025-012426. <https://jitc.bmj.com/content/14/3/e012426>

## UPCOMING EVENTS

### **1. June 18- Beef on a Bun at 55 Plus Centre. 5 pm Symposium, 6pm Dinner**

(Must be a member or partner of a member)

We provide the beef and bun and a beverage. Deserts or salads are welcome.

### **2. June 21- Come join us at 1 pm at Boulevard Lake parking lot and support Marc Breton and Prostate Cancer Support Thunder Bay ( Rain date June 28 at 1pm)**

## TO DONATE

Go to [www.thefathersdayrun.ca](http://www.thefathersdayrun.ca)

Scroll down to "donate to participant" and select, then select the Virtual Fathers Day Run, type in Marc Breton and click search.

On the right side of the page select **SPONSOR ME**

### **3. No meetings in July and August due to summer break**

## Prostate cancer patients recover faster with TULSA than robotic surgery

Society of Interventional Radiology

Apr 13 2026

A new randomized clinical trial found that men with localized, intermediate-risk prostate cancer recovered faster and experienced less short-term impact on their daily lives when treated with MRI-guided, transurethral ultrasound ablation (TULSA) compared with robotic prostate surgery. The results of the CAPTAIN Trial were presented today Sunday at the SIR 2026 Annual Scientific Meeting in Toronto.

-The study followed 212 men treated at 23 medical centers between 2022 and 2025. Participants with localized, intermediate-risk prostate cancer were randomly assigned to receive either TULSA, a new, minimally invasive therapy performed by interventional radiologists, or robotic prostatectomy, the standard surgical approach.

-The study showed that men treated with TULSA had less blood loss during the procedure, typically went home the same day, and reported less pain and faster return to normal activities one month after treatment. Surgical patients had higher rates of blood loss, were more likely to stay overnight in the hospital and reported slower recovery.

-Although surgical removal of the prostate, the typical standard of care, is effective in terms of controlling the cancer, it may leave men with significant long-term effects such as erectile dysfunction and loss of bladder control. TUSLA, however, uses real-time MRI to guide the delivery of high-energy ultrasound through the urethra and into the prostate to precisely heat and kill the prostate cancer tissue without damaging the surrounding organs. This helps to preserve urinary and sexual function, the researchers say.

-“While longer-term cancer control and functional outcomes remain critical, early recovery is an important part of the treatment decision for patients,” said Dr. Woodrum. “CAPTAIN is providing high-quality randomized data to help patients and physicians have more informed conversations about treatment options.”

-Researchers plan to follow participants over 10 years to compare longer-term outcomes, including urinary control, sexual function and whether additional cancer treatment is needed.

*“For many patients, how quickly they can get back to work, family life and everyday routines really matters. These early results suggest that TULSA may allow patients to recover more quickly and maintain a better quality of life following treatment, while still effectively treating the cancer.”*

-David A. Woodrum, MD, PhD, FSIR, interventional radiologist at Mayo Clinic in Rochester, Minnesota, and study's primary investigator



More pictures of the April Monthly meeting at 55 Plus with Dr Joe DelPaggio



Coffee time on the first Thursday of each month at Persian Man on corner of Central and Tungsten



Booth at 55 Plus Health Fair on March 28th 2026

### 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](mailto:info@prostatecancersupporttbay.org)  
(no password required)

### **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

## PRESIDENTS MESSAGE

I want to thank our Board of Directors for all their help and assistance this past year as I continue with my recovery from a hip replacement. They have been filling in for me in many cases and I am truly grateful. If it wasn't for today's technology and the ability to meet by Zoom , I would not have been able to attend our board meetings and General Meetings at all. May 14 was the first meeting since September that I was able to attend in person. Our yearly Health Fair will be held on September 13th and I am looking forward to being active at the fair and hope to see you there. Mark your calendars. Again I thank you for your support and patience.

**Please consider volunteering to serve on our Board. We could use your time and talent.**

*Sincerely  
Your President*



*Keith Moore*

## HOLD THAT DATE **PROSTATE CANCER HEALTH FAIR**

Sunday **September 13th** at 55 Plus Centre  
12:00 pm to 4:30 pm

**Free PSA blood test (by Lifelabs)** as well as urologists on site  
Numerous **speakers** on relevant topics

### 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](mailto:info@prostatecancersupporttbay.org)

## PCS THUNDER BAY

### CONTACT US AT

1100 MEMORIAL AVE- SUITE 374  
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### PHONE:

807 627 0333

### EMAIL

[info@prostatecancersupporttbay.org](mailto:info@prostatecancersupporttbay.org)

### WEB SITE:

[prostatecancersupporttbay.org](http://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.

### 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](mailto: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 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](mailto:info@prostatecancersupporttbay.org)

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