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 (en francais)	807 628-9944
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 (en français)	807 623-3102

Northwestern Ontario Region

Atikokan

Ron Speck 807-597-2219

Hearst

Marcel Girouard 705-362-8154 (en français)

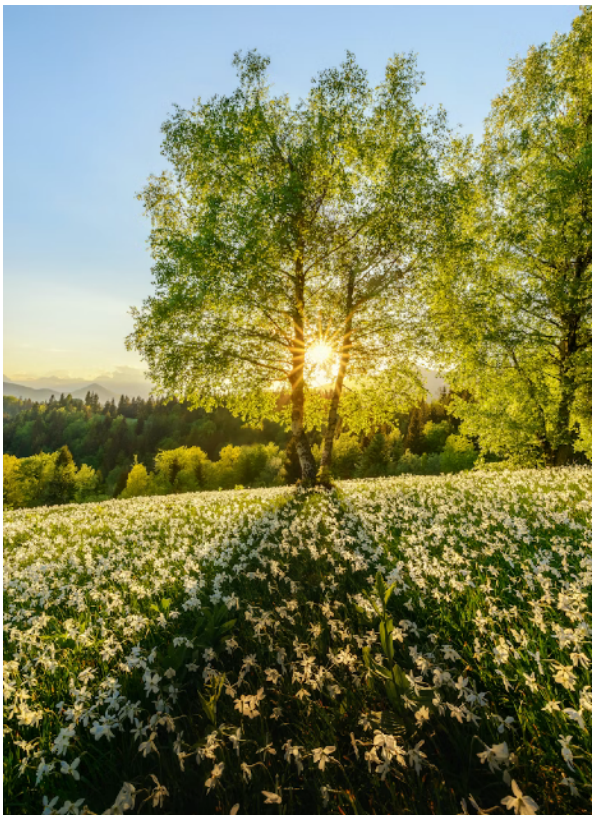
Terrace Bay/ Schreiber

Mike Regis 807 825 9696

Geraldton

Ron Adams 807 854 1476

SPRING



Coming to your neighbourhood soon

Email us at info@prostatecancersupporttbay.org

Prostate Cancer Support Thunder Bay

March 2026

Breakthrough treatment for advanced prostate cancer could eliminate severe side effects

Case Western Reserve University Jan 7 2026

Researchers at Case Western Reserve University have developed a treatment for advanced prostate cancer that could eliminate a side effect so debilitating that patients often refuse the life-saving therapy.

-In a study recently published in Molecular Imaging and Biology, the researchers describe how the breakthrough treatment targets prostate cancer cells as effectively as current therapies, but with dramatically reduced damage to salivary glands. The result: This treatment eliminates the severe dry mouth that makes eating, swallowing and speaking nearly impossible for many prostate cancer patients.

-The treatment works by targeting PSMA (Prostate-Specific Membrane Antigen), a protein found in high concentrations on prostate cancer cells. Radioligand therapy (RTL) attaches radioactive material to a targeting molecule that acts like a GPS system, guiding the radiation directly to cancer cells while avoiding healthy tissue.

-Current PSMA-targeted radioligand therapy is a precision cancer treatment that represents one of the most promising treatments for end-stage prostate cancer because it acts like a "smart bomb" that seeks out and destroys cancer cells.

-The downside, however, is that this therapy often causes severe salivary gland damage, resulting in extreme dry mouth that can be so debilitating patients choose to stop treatment that might save their lives.

"Various strategies to mitigate this side effect have been attempted with limited success," said James P. Basilion, professor in the Department of Biomedical Engineering at Case Western Reserve and co-leader of the Cancer Imaging Program at the Case Comprehensive Cancer Center (Case CCC).

"Our study introduced a new PSMA-targeting ligand or molecule we call PSMA-1-DOTA with more favorable binding characteristics than existing treatments," said Xinning Wang, research associate professor in the Department of Biomedical Engineering and member of the Cancer Imaging Program at the Case CCC.

-DOTA is a helper molecule that grabs onto radioactive metals and holds them tightly. This allows those metals to be connected to special targeting compounds, which can help doctors find or treat cancer more effectively.

-The research demonstrated that PSMA-1-DOTA offers four times stronger binding to prostate cancer cells compared to current treatments. The treatment also significantly reduced salivary and tear gland damage, virtually eliminating the risk for dry mouth-all while offering the same tumor-fighting effectiveness of current standard radioligand therapy.

> "This breakthrough could fundamentally change prostate cancer care by transforming PSMA-targeted therapy from a 'last resort' option to an earlier intervention."
> Zhenghong Lee, professor in the Department of Radiology and co-leader of the Cancer Imaging Program at the Case CCC

Other treatment options are typically tried before PSMA-targeted RLT because of the severe side effects. The hope is that this new treatment could allow doctors to use this approach much earlier in a patient's care.

-The research included comprehensive testing on mouse models and in a human patient with metastatic prostate cancer at the Technical University of Munich in Germany. The patient study confirmed the lab findings, showing the new treatment avoided the salivary glands (potentially preventing dry mouth) while still finding and attacking prostate cancer cells.

-The research team is now preparing for clinical trials late next year on about 12 prostate patients to validate the promising results and establish the most effective dosing procedures.

Source Case Western Reserve University

-Journal reference:

Wang, X., et al. (2025). PSMA-1-DOTA Potentially for Effective Targeted Radioligand Therapy of Prostate Cancer. Molecular Imaging and Biology. doi: 10.1007/s11307-025-02046-9. https://link.springer.com/article/10.1007/s11307-025-02046-9

HOLD THAT DATE

Sunday September 13th at 55 Plus Centre

PROSTATE CANCER HEALTH FAIR

More information to follow

Cornell-developed nanoparticles improve cancer immunotherapy effectiveness

Weill Cornell Medicine Jan 7 2026

A class of ultrasmall fluorescent core-shell silica nanoparticles developed at Cornell is showing an unexpected ability to rally the immune system against melanoma and dramatically improve the effectiveness of cancer immunotherapy, according to a new study led by Weill Cornell Medicine and Cornell Engineering researchers. -The particles, known as Cornell prime dots, or C'dots, have already been tested in human clinical trials as a cancer diagnostic and a drug delivery system. Now, a study published Dec. 29 in Nature Nanotechnology reports that the nanoparticles themselves can reprogram the tumor microenvironment (TME), transforming immune-resistant tumors into ones that respond far better to treatment. -Dr. Michelle Bradbury, the Endowed Professor of Imaging Research in Radiology and a professor of radiology at Weill Cornell Medicine, led the study in collaboration with Ulrich Wiesner, the Spencer T. Olin Professor of Engineering in the Department of Materials Science and Engineering. Dr. Jedd Wolchok, the Meyer Director of the Sandra and Edward Meyer Cancer Center at Weill Cornell Medicine, Dr. Taha Merghoub, the Meyer Cancer Center's deputy director, and their laboratory provided critical insights regarding animal models and the tumor microenvironment.

-“It's a very surprising discovery," said Wiesner, who is also a professor in the Department of Design Tech and whose group originally developed the C'dots. "C'dots on their own - without any pharmaceutical entity on their surface - induce a whole range of anti-tumoral effects in the TME of melanoma models that, in part, are entirely unexpected.”

-The work builds on a 2016 study in which the team discovered that C'dots trigger ferroptosis, a form of regulated cell death, in cancer cells and animal models, reducing tumor growth without conventional chemotherapy. The new study shows that the particles do much more than kill tumor cells directly.

-Using aggressive, immunotherapy-resistant melanoma models, the researchers found that C'dots activate multiple anti-tumor effects simultaneously: They stimulate innate immune responses through pattern-recognition receptors, halt cancer cell proliferation by inducing cell-cycle arrest, reduce immune suppression within the TME, and reprogram key immune cells - including T cells and macrophages - to attack cancer more effectively. -“This platform is not simply acting as a passive carrier or delivery vehicle - these nanoparticles are intrinsically active therapeutic agents," said Dr. Bradbury, who is also a professor of radiology in radiation oncology and of neuroscience in the Feil Family Brain and Mind Research Institute at Weill Cornell, and a neuroradiologist at NewYork-Presbyterian/Weill Cornell Medical Center. "Rather than targeting a single pathway, these particles engage multiple mechanisms simultaneously and in ways that conventional therapies cannot easily achieve.” -Aggressive solid TMEs, including those of melanoma, prostate, breast and colon cancers are considered "cold," meaning they fail to trigger strong immune responses and often resist immunotherapy. The study shows that C'dots turn these cold tumors "hot," creating an inflammatory environment that allows immunotherapies to work far more effectively.

-In mouse models, a new combinatorial treatment strategy involving administration of C'dots alongside immunotherapies that target both an immune checkpoint and cytokine - a molecule that helps regulate immune responses - led to a significant survival advantage compared with immunotherapy alone. The researchers found the treatments created a synergistic one-two punch: Nanoparticles modulated the immune landscape and improved the performance of immunotherapies, which then delivered a much stronger blow.

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> "Many aggressive tumors are resistant to immunotherapies alone. What these nanoparticles do is mitigate inhibitory activities within the TME, in turn suppressing tumor growth and limiting resistance."
>
> Dr. Michelle Bradbury, the Endowed Professor of Imaging Research in Radiology and professor of radiology at Weill Cornell Medicine

The findings suggest that the approach could extend well beyond melanoma. Wiesner noted that the Weill Cornell Medicine team observed similar immune-activating effects of C'dots in other solid tumor models, including prostate and ovarian cancers, and that the findings may point to a deeper biological story.

"From the early stages of evolution, biological organisms have been exposed to nanoparticulate silica on the inside, including through intake of foods like grasses and seaweed," Wiesner said, pointing to an earlier study on oral delivery of C'dots. "The hypothesis is that cancer pushes your system out of equilibrium, away from homeostasis. But silica pushes back, and the reason it's multifactorial is because over millions of years, organisms developed various mechanisms by which silica can basically maintain homeostasis."

While that idea remains speculative, Wiesner and colleagues are now beginning to explore the hypothesis with Cornell nutritional sciences researchers.
The research was supported by the National Institutes of Health and the Parker Institute for Cancer Immunotherapy.

Source:
Weill Cornell Medicine
Journal reference:
Leon, G. D., et al. (2025). An ultrasmall core–shell silica nanoparticle improves antitumour immunity and survival by remodelling suppressive melanoma microenvironments. Nature Nanotechnology. doi: 10.1038/s41565-025-02083-z. https://www.nature.com/articles/s41565-025-02083-z

UPCOMING EVENTS

March 19	7pm @55 plus, PCS Thunder Bay monthly meeting, Presentation by Christy Chan, MSc on her research on mens post prostatectomy experience, incl. mental health, relationships, peer support and healthcare services
March 28	Health and Wellness Expo @ 55 Plus 10am to 4 pm
April 16	7pm, PCS Thunder Bay, monthly meeting, Dr Joe Delpaggio, Chief of Oncology, TBRHSC @ 55 Plus
May 21	PCS Thunder Bay Annual General Meeting @ 55 Plus, 7 pm

(Board members needed. We could use your time and talent!)

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)

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Dear Reader
Below is a communication that we received from a gentleman in our community.
It highlights the importance of getting a PSA test as early as possible in order to, at a minimum, get a baseline reading of your PSA level as well as checking to see if in fact you might have an issue brewing that needs to be addressed.
It also ratifies the importance of getting information out there for people to read and absorb.
Prostate Cancer Support Thunder Bay has been encouraging men to get their PSA checked since our inception and will pay for your PSA test, as long as you are a resident in Northwestern Ontario and the test is not covered by OHIP !!
We continue to produce a quarterly news letter in an effort to help inform and educate people about Prostate Cancer

BE YOUR OWN AND BEST ADVOCATE

"Hello Ed,

I am 63, and this was the first PSA test I have ever had. I was never offered PSA screening by my family health provider, as I had no symptoms, and I had to request the test myself. Unfortunately, it revealed an aggressive prostate cancer that had likely been developing for several years. I was fortunate that it had not metastasized, and I underwent surgery in early December.

I came across your booklet in the Ambulatory Care area at the hospital and found it very informative. It helped me better understand my diagnosis and treatment and I learned a great deal from it.

Thank you for providing such valuable information.

Sincerely,"

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

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

Prostate Cancer Support Thunder Bay

March 2026

PRESIDENTS MESSAGE

Well we have been through weeks of cold weather and hopefully it will begin to warm up a bit. I hope everyone has been well through Christmas and new years. I must apologize for not being able to make the meetings as I have had my hip replaced and spent six weeks in St Joes for therapy and came home in November and have not been able to get out yet. I thank God for getting me through this time and hopefully can get out in the next couple weeks. I hope to see you at the next meeting and resume my responsibilities. Thank you for your patience.

Sincerely
Your President

Keith Moore

The Evidence is clear: Screening saves lives

26 November 2025

Europa Uomo responds to latest findings from longest-running PSA-testing trial The latest findings of the largest study examining the effect of PSA testing on prostate cancer mortality have been widely welcomed by supporters of population-based screening programmes, including Europa Uomo.

The European Randomized Study of Screening for Prostate Cancer (ERSPC) began in 1993 and it has now analysed data from 162,236 men aged 55 to 69 (when they entered the study), randomly assigned to PSA screening and non-screening groups. The latest results, published in the New England Journal of Medicine, show that at follow-up after 23 years prostate cancer mortality was 13% lower in the screening group.

“The results are clear: screening saves lives,” says Erik Briers, Europa Uomo Chairman.

“The study also concludes that the inherent risk of overdiagnosis and overtreatment in this screening model remain substantial.”

Evidence from the ERSPC study has been the starting point for the PRAISE-U initiative, set up by the European Union to develop an effective framework for prostate cancer early detection and involving pilot screening projects across Europe.

In the PRAISE-U formula, PSA testing is only the first step of an algorithm that comprises risk evaluation at every step and includes MRI before biopsies are considered.

"This means that overdiagnosis and overtreatment are taken seriously," says Erik Briers. “Since the start of the ERSPC study, active surveillance as treatment for low-risk and low-intermediary-risk prostate cancer has been widely adopted, further reducing the risk that low grade cancers would be treated actively.”

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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

The Manogram

If women controlled medicine, one of the tests the men might have to undergo could look like this:

Prostate Cancer Support Thunder Bay

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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

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