

# Prostate Examiner Fall Newsletter

Visit us at [www.prostatecancersupporttbay.org](http://www.prostatecancersupporttbay.org)



## Prostate Cancer Support Thunder bay

### 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



### 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

What a great way to celebrate the beginning of summer with our 30<sup>th</sup> anniversary celebration.

67 people gathered at 55 Plus to share our journey with prostate cancer and support each other as we have for 30 years in Thunder Bay.



Thanks to Bill Horde for his organizational skills and our special guests: Left to right are Ryan Syroid, Ingrid Vantour, Anne Scott, Kasey Etreini and Dr Alavadi.

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

## **Glowing marker dye gives medics a 'second pair of eyes' during prostate cancer surgery**

A glowing marker dye that sticks to prostate cancer cells could help surgeons to remove them in real-time, according to a study funded by Cancer Research UK.

-Cancer Research UK-funded scientists, based at the Nuffield Department of Surgical Sciences and the Department of Oncology, University of Oxford, Oxford University Hospitals and Oxford NIHR Biomedical Research Centre used a fluorescent dye attached to a special marker molecule to give medics a "second pair of eyes" during surgery for prostate cancer.

-Twenty-three men with prostate cancer were injected with the marker dye before undergoing prostate removal surgery. The marker dye found areas of cancerous tissue not picked up by the naked eye or other clinical methods.

-The dye allowed the surgeons to remove all cancerous tissues – which could reduce the chances of cancer coming back – whilst preserving healthy tissues. Preserving healthy tissues means fewer life-changing side effects after surgery.

-The combination of dye and targeting molecule, called IR800-IAB2M, allows surgeons to see the edges of the tumour and identify any clusters of cells that have spread from the tumour into nearby pelvic tissues and lymph nodes. This guides the surgeon to remove all cancerous tissues and preserve healthy areas around the prostate. This substantially reduces the chances that the cancer will come back in future and minimises the possibility of life changing side-effects for the patient after the operation.

-The dye and marker molecule work by attaching themselves to a protein called Prostate-Specific Membrane Antigen (PSMA) commonly found on the surface of prostate cancer cells.

-The marker molecule is made from a smaller version of an antibody called a 'minibody', which can only bind to PSMA and not to any other molecule. The dye and marker molecule combination were developed by Oxford scientists in collaboration with ImaginAb Inc., a company based in Inglewood, California.

-In the first stage of the ProMOTE study, published today (Monday 10th June), 23 men diagnosed with prostate cancer were injected with the fluorescent dye before undergoing robot-assisted surgery to remove the prostate (known as a radical prostatectomy). Surgeons used an imaging system that shines a special type of light on the prostate and nearby areas, to make the prostate cancer cells glow. The imaging system was developed by an engineering team led by Professor Borivoj Vojnovic at the University of Oxford.

-For multiple patients in the study, the dye identified clusters of cells which had spread away from the tumor which couldn't be seen by the naked eye.

-This marker dye is in its early stages of clinical development, but in future it could be used routinely by surgeons to see every part of the cancer while they perform surgery to remove the prostate.

-The imaging system to see glowing cancer cells could be integrated into the robot-assisted tools used for prostate surgery. The marker dye could also be used for other types of cancer, by changing the protein it uses to attach itself to the cancer cells.

-Further clinical trials are already underway in larger groups of patients to find out if the technique removes more prostate cancer, and preserves more healthy pelvic tissue, compared to existing surgical methods.

-Prostate cancer is the most common cancer in men in the UK, with around 52,300 new cases every year\*.

-David Butler (77), a retired sales development manager from Southmoor in Oxfordshire, was one of the 23 men who took part in the study. A chance conversation with his GP turned into a shock diagnosis of prostate cancer in November 2018.

"Very strangely, I was relaxed about the diagnosis. I had a sense that the consultant was going to tell me it was bad news – so I wanted to be positive and face up to it. I think the staff thought I was taking it extremely well!

-“I had several biopsies and scans but one scan – the PSMA PET scan – revealed that the cancer was starting to spread from the prostate. It was in the lymph nodes, it was in loads of places near to the prostate. That information proved vital to the doctors to get the cancer treated quickly.”

-David had his prostate removed, along with several lymph nodes and other cancerous tissues, using this revolutionary technique in January 2019. His road to recovery was rocky after suffering a stroke shortly after the surgery, due to an unrelated heart condition. Five years on, he is fully recovered and has been cancer-free ever since.

-“If you're not positive, life will come up and bite you, so you've got to enjoy every moment. I've been told I don't look my age which is a great compliment!

-“I am a very lucky man to have had the life I've had. I've dealt with a lot health-wise but I've had excellent treatment too.

-“I retired early to make the most of life's pleasures – gardening, playing bowls and walking. Taking part in the PROMOTE study has allowed me to have many more of those pleasures for years to come.”

-Nuffield Professor of Surgery at the University of Oxford and lead author of the study, Professor Freddie Hamdy, said:

“We are giving the surgeon a second pair of eyes to see where the cancer cells are and if they have spread. It's the first time we've managed to see such fine details of prostate cancer in real-time during surgery.

“With this technique, we can strip all the cancer away, including the cells that have spread from the tumour which could give it the chance to come back later. It also allows us to preserve as much of the healthy structures around the prostate as we can, to reduce unnecessary life-changing side-effects like incontinence and erectile dysfunction.

“Prostate surgery is life changing. We want patients to leave the operating theatre knowing that we have done everything possible to eradicate their cancer and give them the best quality of life afterwards. I believe this technique makes that possibility a reality.”

-Surgery can effectively cure cancers when they are removed at an early stage. But, in those early stages, it's near impossible to tell by eye which cancers have spread locally and which have not.

-We need better tools to spot cancers which have started to spread further. The combined marker dye and imaging system that this research has developed could fundamentally transform how we treat prostate cancer in the future.

-We hope that this new technique continues to show promise in future trials. It is exciting that we could soon have access to surgical tools which could reliably eradicate prostate and other cancers and give people longer, healthier lives free from the disease.”

Dr.Iain Foulkes, Executive Director of Research and Innovation at Cancer Research UK

The research was funded by Cancer Research UK and supported by Oxford's Nuffield Department of Surgical Sciences, Department of Oncology and NIHR Biomedical Research Centre. The paper, titled "First-in-man study of the PSMA Minibody IR800-IAB2M for molecularly targeted intraoperative fluorescence guidance during radical prostatectomy", was published today (Monday 10th June) in the European Journal of Nuclear Medicine and Molecular Imaging. Source:

Cancer Research UK

Journal reference: Hamdy, F.C., et al. (2024) First-in-man study of the PSMA Minibody IR800-IAB2M for molecularly targeted intraoperative fluorescence guidance during radical prostatectomy. European Journal of Nuclear Medicine and Molecular Imaging. doi.org/10.1007/s00259-024-06713-x





Ed Long and Mike Aldrich

### Fort William First Nations Health Fair

This event, held at the First Nations Community centre on June 8th, was very well attended by the community.

The theme of the event was "Togetherness" Many thanks to the volunteers who manned the booth and represent our group. Pictured here are Ed Long and Mike Aldrich



Harold Alanen and Doug Pantry

## September is Prostate Cancer Awareness Month

For the month of September, Persian man will be selling Persians with blue icing in recognition of Prostate Cancer Month and the proceeds will be donated to Prostate Cancer Support Thunder Bay. These will be available at either 899 Tungsten St or 400 Balmoral St.

Sept 3rd - Proclamation of Prostate Cancer Awareness Month and flag raising ceremony at City Hall at 11am. Lights illuminating City Hall will be blue for the month in recognition of the event.

Sept 5th - 10 am coffee time at A&W on Memorial Ave

Sept 7th - Men Make It Happen Health Fair at 55 Plus, 10:15 am to 3:00 pm. Informed speakers including Doctors will be present and **you will be gifted a voucher for a free PSA blood test.**

Sept 19th - Regular monthly meeting with guest speaker Dr Elmansy

### **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.

## AI better detects prostate cancer on MRI than radiologists

Computer detects prostate cancer more often and has reduced false alarms!!

Date: June 12, 24

Source: Radboud University Medical Center

AI detects prostate cancer more often than radiologists. Additionally, AI triggers false alarms half as often. This is shown by an international study coordinated by Radboud university medical center and published in The Lancet Oncology. This is the first large-scale study where an international team transparently evaluates and compares AI with radiologist assessments and clinical outcomes.

Radiologists face an increasing workload as men with a higher risk of prostate cancer now routinely receive a prostate MRI. Diagnosing prostate cancer with MRI requires significant expertise, and there is a shortage of experienced radiologists.

AI can assist with these challenges.

AI expert Henkjan Huisman and radiologist Maarten de Rooij, project leaders of the PI-CAI study, organized a major competition between AI teams and radiologists with an international team.

Along with other centers in the Netherlands and Norway, they provided over 10,000 MRI scans.

They transparently determined for each patient whether prostate cancer was present. They allowed various groups worldwide to develop AI for analyzing these images. The top five submissions were combined into

a super-algorithm for analyzing MRI scans for prostate cancer.

Finally, AI assessments were compared to those of a group of radiologists on four hundred prostate MRI scans.

### **Accurate Diagnosis**

The PI-CAI community brought together over two hundred AI teams and 62 radiologists from twenty countries.

They compared the findings of AI and radiologists not only with each other but also with a gold standard, as they monitored the outcomes of the men from whom the scans originated.

On average, the men were followed for five years

This first international study on AI in prostate diagnostics shows that AI detects nearly seven percent more significant prostate cancers than the group of radiologists.

Additionally, AI identifies suspicious areas, later found not to be cancer, fifty percent less often.

This means the number of biopsies could be halved with the use of AI. If these results are replicated in follow-up studies, it could greatly assist radiologists and patients in the future.

It could reduce radiologists' workload, provide more accurate diagnoses, and minimize unnecessary prostate biopsies.

The developed AI still needs to be validated and is currently not yet available for patients in clinical settings.

### **Quality System**

Huisman observes that society has little trust in AI. 'This is because manufacturers sometimes build AI that isn't good enough', he explains. He is working on two things. The first is a public and transparent test to fairly evaluate AI. The second is a quality management system, similar to what exists in the aviation industry. 'If planes almost collide, a safety committee will look at how to improve the system so that it doesn't happen in the future. I want the same for AI. I want to research and develop a system that learns from every mistake so that AI is monitored and can continue to improve. That way, we can build trust in AI for healthcare. Optimal, governed AI can help make healthcare better and more efficient.'

**Story Source:**

[Materials](#) provided by **Radboud University Medical Center**. Note: Content may be edited for style and length.

**Journal Reference:**

Anindo Saha et al. Artificial intelligence and radiologists in prostate cancer detection on MRI (PI-CAI): an international, paired, non-inferiority, confirmatory study. *The Lancet Oncology*, 2024 DOI: [10.1016/S1470-2045\(24\)00220-1](https://doi.org/10.1016/S1470-2045(24)00220-1)

## PRESIDENTS MESSAGE

We wait for summer in NWO and doesn't it fly by fast. In addition to time with family (so important) in our homes and their homes, your board and volunteers have been busy spreading information about prostate cancer at wellness fairs at Thunder Bay Pulp and Paper, Kakabeka, and Fort William First Nation. We once again were invited to Applebee's Anniversary where we met many people and shared information with them. We have worked the 50/50 draw at 3 Border Cats games. We are also preparing for September, which brings Prostate Cancer Awareness Month and our Men Make It Happen health event on September 7. Wow, what a summer. It is great. At these events we show the strength of being a prostate cancer survivor as we stand before people. We also hear their questions and stories. We are someone who can understand them. Sharing support and awareness is what we are about.

Our own education continues too. Mike has, again, included some interesting articles in this newsletter.

On September 7<sup>th</sup>, the speakers at Men Make It Happen are addressing to the general public but their topics are of interest to all of us also. Men often confuse being tested for colorectal cancer and prostate cancer. We who have a personal understanding of prostate cancer will learn more about that other serious cancer also. In the media, we hear a lot about AI and genetics but not in relationship to prostate cancer. Those topics will be addressed on September 7. We need volunteers for that day and we need you to tell your family and friends so that they can come on that day. Even if you aren't able to volunteer, I hope you will attend.

Our fall education continues with Dr. Elmansy speaking at our general meeting on September 19.

I hope your summer has been full of good things. Look forward to more good things for us all in the fall. As you do, consider how you can give back to others by 1. being as open as you are comfortable about having prostate cancer and what you get from the meetings. 2. We need volunteers to host events and participate in health fairs and fund raising. 3. We have vacancies on the board and can use your interest and experience.

Enjoy each of these days of summer and share your goodness with others.

Sincerely  
Your President

*Ed Long*



### 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

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[prostatecancersupportbay.org](http://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](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 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**

Telephone 807 627 0333

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