



2015 MID YEAR UPDATE



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Communications Manager*

The Prostate Cancer Research Institute would like to thank everyone who attended the 2015 mid year update and made it a success. This conference held at the Los Angeles Airport Marriott brought patients, caregivers, and leading doctors together for a half day of fun and learning.

The presentations at the 2015 Mid Year Update focused on new developments in prostate cancer imaging. Dan Margolis, MD, from UCLA and Fabio Almeida, MD, from Phoenix Molecular Imaging—both renowned experts in their respective fields—gave succinct presentations on the use of both MRI and nuclear imaging for all stages of prostate cancer. At the end of their lectures, they answered questions from Dr. Mark Moyad—the moderator of the proceedings—and from the audience. The event culminated with an extended Q&A session with Mark Moyad, MD, and Mark Scholz, MD, taking questions from the audience on topics relating to men's health, diet, supplements, and prostate cancer. They

also presented new information on the findings of the latest clinical studies and their implications.

Dr. Margolis' presentation on the use of MRI for prostate imaging discussed whether or not MRI will be a suitable replacement to the current standard of using random needle biopsy. He dis-

cussed the purpose of random needle biopsy, its accuracy, and the way it influences treatment choices. By comparing the current state of prostate cancer screening to screening practices for other forms of cancer, he showed how MRI is revolutionary for prostate cancer. He showed how MRI scans can get both anatomic and functional details within





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the prostate gland, demonstrating how it answers questions like “where is the cancer located, and how aggressive is it?” He explained how this data gives a clearer picture of the disease. He concluded his lecture examining multiple studies that compared prostate MRI with random biopsy illustrating the accuracy of MRI. Following his lecture Dr. Margolis answered questions like:

- **What should I look for in a radiologist and how do I find a center of excellence?**
- **How well are glucagon and contrast agents tolerated by patients?**
- **What should someone do in preparation for an MRI Study?**
- **What does it cost and how is insurance coverage?**
- **Can Gleason 3 + 3 = 6 be detected on MRI?**
- **What are the differences in image quality between the results of the 1.5T machine and a 3T machine and how does this affect the results?**

Subsequently, Dr. Almeida’s presentation covered nuclear imaging and how it is used to detect and locate cancer recurrence both inside and outside the prostate bed. He gave examples of what nuclear imaging scans can show and how it affects treatment decisions. He explained the mechanism of how imaging agents can detect prostate cancer. He gave practical information on the process of undergoing a PET/CT scan. This portion of his lecture covered how one prepares for a nuclear imaging scan, the amount of time the scan takes, and more.

He explained how PET/CT is clinically useful for men with recurrent disease, and men with advanced disease. He also described how it can be used to help treatment selection for second-line therapies. Finally, he discussed new imaging agents on the horizon that show promise for improvement in the nuclear imaging field.

Dr. Almeida answered questions like:

- **How much radiation are you exposed to on a CT scan?**
- **What does it cost in cash and how well is it covered by insurance?**
- **How much better is F18 PET than technetium?**
- **Are there any factors that can cause false positives?**
- **How does prior treatment affect scan results and which treatments severely affect the way scans are read?**

After Almeida’s lecture Dr. Scholz gave a brief presentation on the effects of testosterone on prostate cancer, focusing on the side effects of hormone therapy. He discussed how a loss of libido could be destructive to relationships. He talked about the importance of balancing the sex drives of partners and how testosterone can be useful. He then addressed the misconception that men undergoing treatment for prostate cancer shouldn’t



take testosterone thinking that it invariably fuels cancer growth. He discussed cases where it is safe and appropriate to take testosterone and situations where it should not be taken. Dr. Scholz answered questions like:

- **What form of testosterone replacement is preferable and how do shots compare to creams?**
- **What factors affect testosterone production, and are there any supplements that increase testosterone?**

Drs. Scholz and Moyad then covered exciting new studies and treatments and took questions from the audience on all topics of men's health. For example:

- **How do the chemotherapy drugs Taxotere and Jevtana compare? Which is better?**
- **How does Xofigo work?**
- **What are the side effects of bisphosphonates and when is it appropriate to take them?**
- **What does Vitamin D do? How much should I take?**

The Q&A Session at the end of the event went overtime and the attendees received detailed answers to their questions. Dr. Moyad's energy and humor imbued the event with a lighthearted atmosphere which set the tone for the afternoon. The event was packed full of the latest information and many questions were answered embodying what

PCRI is all about—connecting patients with information from leading doctors and giving them a clearer picture of what is becoming available on the cutting edge of prostate cancer care.

DVDs containing footage of all of the lectures and Q&A Sessions are available to order on the PCRI website (www.PCRI.org) with a minimum donation of \$50. Don't miss this opportunity to stay updated on the latest about prostate cancer and men's health. Also, remember that registration for our 3-day conference in September is now open at a discounted rate until June 26th. Sign up today! We look forward to seeing you in September. ■



DVD's of the lectures & Q&A sessions available at www.pcri.org