



**Prostate Cancer Research  
St. Joseph's Healthcare Hamilton**

**June 2018's Grant Interim Report  
Prepared for**

**The TELUS Ride for Dad  
&**

**The Prostate Cancer Fight Foundation**

**St. Joseph's**  
Healthcare  **Hamilton**  
FOUNDATION  
HOPE HEALING **DISCOVERY**

**December 2018**

## Partners in Caring: The TELUS Ride for Dad & the Prostate Cancer Fight Foundation

We are truly grateful for the TELUS Ride for Dad & the Prostate Cancer Fight Foundation's support of St. Joseph's Healthcare Hamilton. Thank you for choosing to support prostate cancer research at our Hospital for the fourth consecutive year. **Your support of prostate cancer research led by Drs. Bobby Shayegan, Richard Austin, Ali Al-Hashimi and Jen Hoogenes is helping to advance our knowledge of prostate cancer care and develop new treatments that will help save the lives of our fathers, sons, brothers, grandfathers and all men throughout our region and beyond.**



Recent data shows that 1 in 7 Canadian men will be diagnosed with prostate cancer (Pca) in their lifetime. Of an estimated 21,300 Canadian men diagnosed in 2017, approximately 19% will die from the disease. Although, the mortality rate has declined by an average of 3.3% per year since 2001, the incidence rate has risen significantly due to increased screening via prostate-specific antigen (PSA) testing.

Most patients present at an early localized stage, with a five-year survival rate of 99%, while the same rate for those with advanced disease (high-risk) is approximately 29%. A lack of consensus exists as to what defines high-risk PCa, and research to characterize this population is vital to determining best practice treatment guidelines.



## Advancing Prostate Cancer Research at St. Joe's

Below you will find a six month interim report on the project you funded in June 2018 titled: **Characterizing the High-Risk Prostate Cancer Patient: Evaluation of Clinical, Oncological, and Functional Outcomes Following Robot-Assisted Radical Prostatectomy** led by our expert researchers at St. Joseph's Healthcare Hamilton.

Drs. Shayegan, Austin, Al-Hashimi, and Hoogenes' clinical study has the following overall objective:

- To retrospectively define St. Joe's high-risk PCa patients undergoing robot-assisted radical prostatectomy in order to analyze short- and intermediate-term oncological and other clinical outcomes, as well as any morbidity associated with the procedure in this risk group.



Achieving this objective will include analyzing pre- and post-operative oncological data and other clinical outcomes, as well as the morbidity associated with the procedure and/or subsequent treatments in this risk group. Through data collection, it is expected that researchers will be able to effectively characterize the disease process and treatment course within the high-risk PCa patient population, and be better equipped to tailor the treatment to these patients, with the ultimate goal of improving cancer control and quality of life.

Radical prostatectomy has been increasingly performed as a first-line treatment for high-risk PCa with a curative intent, yet outcomes reported in the literature vary considerably. The management of high-risk PCa is challenging for urologists, as it is associated with a greater probability of disease recurrence and progression, which can require multimodal therapy targeting both local and systemic components of the disease. The aim of this study is to characterize high-risk patients who



have undergone robot-assisted radical prostatectomy (RARP) at St. Joe's by analyzing oncological and functional outcomes. It is anticipated that the data will improve the understanding of the disease process in high-risk patients, allowing St. Joe's to be better equipped to tailor treatment modalities to improve cancer control and quality of life.

**Drs. Shayegan, Austin, Al-Hashimi and Hoogenes, have made significant progress in the last six months.**

Currently, Drs. Al-Hashimi and Hoogenes are progressing through the data collection phase. Data on prostate cancer patients who have been diagnosed as being high risk (based on prostate-specific antigen test result, the Gleason score from prostate biopsy, and the clinical tumour stage of the disease) are being collected from a large database of patients who have had radical prostatectomy surgery at St. Joseph's Healthcare Hamilton since 2012, following the study's protocol.

Multiple variables are being collected for each high-risk prostate cancer patient, to include those at baseline (initial clinical presentation) and those at post-radical prostatectomy, at different follow-up points. Data is being maintained in a secure database, and once all data is collected and entered, they will begin statistical analysis.

Drs. Shayegan, Austin, Al-Hashimi and Hoogenes anticipate that the study's findings will help guide urologists in their approach to the treatment and follow-up for patients designated as having high-risk prostate cancer, and the results may potentially lead to larger, multicenter studies. The researchers do anticipate presenting their findings at various urological conferences, and publishing a manuscript in a peer-reviewed urology journal.

**Recognition of The TELUS Ride for Dad & The Prostate Cancer Fight Foundation**

Since we received your grant of \$5,000 in June 2018, we have celebrated your support in several ways. We were pleased to once again host the media launch of the Golden Horseshoe TELUS Ride for Dad on June 7, 2018 at our Charlton Campus, which was also shared on our social media platforms. In addition, we celebrated your contributions in a video featuring Dr. Bobby Shayegan, which shared the impact that your generosity has had, and will continue to have, on prostate cancer research at St. Joe's. Lastly, we are proud to continue to recognize

your generous support on the *Garden of Grace Donor Wall* as The TELUS Ride for Dad & The Prostate Cancer Fight Foundation at the \$5,000 – \$24,999 level.

## Thank You

**Thank you. It is because of the generosity of the Prostate Cancer Fight Foundation that St. Joseph's can continue to invest in research that will ultimately improve the way we diagnose, treat, and care for patients at our Hospital, and around the world.** From innovative projects that look at how to improve surgery to projects that aim to slow disease progression, improve a patient's quality of life and develop new, more effective treatments St. Joseph's is leading the way to new discoveries that will have an impact for generations to come.

As this study progresses, we look forward to keeping you informed with a final report. **Thanks to your contributions and our community of donors, this study may lead to novel and innovative treatment options for prostate cancer patients.** We are truly grateful for the TELUS Ride for Dad & the Prostate Cancer Fight Foundation's role in advancing this research. Thank you again for your dedication to prostate cancer care at St. Joe's.

**Graeme Dargavel**

Development Officer

905.522.1155 ext. 34341

[graeme@stjoesfoundation.ca](mailto:graeme@stjoesfoundation.ca)

*inspiring*  
**HOPE HEALING DISCOVERY.**