Active Surveillance Patients International Inc.
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Active Surveillance Patients International Honors Howard Wolinsky with 2025 Patient Advocacy Award

Trailblazer in Prostate Cancer Advocacy Recognized for Empowering Men Through Education and Support

Chicago, IL — June 19, 2025 — Active Surveillance Patients International (ASPI) has announced Howard Wolinsky, editor of the influential *Active Surveillor* Substack newsletter, as the 2025 recipient of its prestigious Thrainn Thorvaldsson Patient Advocacy Award.

This honor is named for Thrainn Thorvaldsson, who, alongside Wolinsky, Mark Lichty, and Gene Slattery, co-founded ASPI in 2017. Recognizing a critical need for support and education, ASPI became the first international organization dedicated to men choosing Active Surveillance for low-risk prostate cancer. To date, ASPI has provided resources to thousands of men from more than 70 countries.

"Howard deserves all the recognition he receives. Without him, ASPI would not be the respected organization it is today," commented Thrainn. "The individual at the PCRI conference who once told me his name has no idea what spark he ignited — a spark that now burns brightly as a flame."

Wolinsky, who also played a key role in establishing the weekly virtual support group for AS patients on the AnCan platform, said:

> "Receiving this award, especially one named after my dear friend Thrainn, is deeply humbling. My motivation has always been to empower men to make informed decisions and avoid unnecessary treatment for prostate cancer."

Wolinsky, 77, who lives in Chicago's suburbs, previously served as a medical writer and editor at the *Chicago Sun-Times* for nearly 30 years. His investigative journalism, including exposés on financial and ethical scandals within the American Medical Association, earned him two Pulitzer Prize nominations.

His personal journey with a single core of low-risk Gleason 6 prostate cancer began in 2010, when a local urologist recommended immediate surgery. However, Wolinsky's proactive research led him to question this approach and seek information about Active Surveillance. The urologist's initial response was dismissive: "I don't support that modality."

Seeking a second opinion, Wolinsky consulted urologist Dr. Scott Eggener at the University of Chicago, who recommended Active Surveillance and described Wolinsky as the "poster boy" for the approach. Wolinsky began sharing his story on Facebook, which ultimately led to the collaboration with Thorvaldsson, Lichty, and Slattery to launch ASPI. "I was determined to prevent other men from facing the same pressure I did in 2010," he explained.

Rick Davis, founder of AnCan, reflected on Wolinsky's impact, "Howard understood the need for a dedicated space for men on Active Surveillance, away from discussions focused on treatment and advanced disease, which often heightened anxiety... This recognition is richly deserved."

Wolinsky's dedication has been previously recognized by the Prostate Cancer Research Institute (PCRI), which presented him with its "Making The Difference Award" in honor of the late Harry Pinchot, founder of patient support at PCRI. Alex Scholz, CEO of PCRI, lauded Wolinsky as "a legend, a true hero in the prostate cancer and Active Surveillance community, and the first prostate cancer influencer."

Most recently, *Cancer Health* magazine named Wolinsky to its "Cancer Health 25," celebrating individuals making significant contributions to the lives of cancer patients.

Dr. Laurence Klotz, a pioneer in Active Surveillance from the University of Toronto, called him "a force of nature, driven by a deep passion and unwavering persistence in advocating for Active Surveillance... His work has been pivotal in raising the profile of AS and in underscoring the vital importance of communication between clinicians and patient groups."

Mark Lichty, another of ASPI's Co-Founders added, "...there is no patient who has saved more men from prostate cancer overtreatment than Howard 'Second Opinion' Wolinsky. That's his and ASPI's mantra – to always get a second opinion. The one time I didn't follow that counsel, I have had regrets. He is a gem and the mold was broken when he arrived on the planet."

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The Thrainn Thorvaldsson Patient Advocacy Award was first presented in 2023 to Thrainn Thorvaldsson himself, honoring his trailblazing work in creating the world's first Active Surveillance support group in Iceland and his tireless efforts to promote AS internationally through ASPI. In 2024, the award recognized E. Michael Scott, founder of Prostate Cancer International, for his groundbreaking role in providing early online education and advocacy for Active Surveillance at a time when few resources existed.

Together, these honorees reflect the spirit of the Thorvaldsson Award: pioneering leadership, patient-centered advocacy, and a commitment to empowering men with low-risk prostate cancer to make informed decisions about their care.

About Active Surveillance Patients International (ASPI)
Active Surveillance Patients International (ASPI) is a nonprofit organization dedicated to providing education, support, and advocacy for men diagnosed with low-risk prostate cancer who are considering or choosing Active Surveillance. ASPI connects patients around the world with resources, expert insights, and community support to help them make informed decisions about their care.

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