

Prostate Cancer Support Group - Northern Beaches

Affiliated with the Prostate Cancer Foundation of Australia

Proudly sponsored by Hammond Care, Health and Hospitals Limited
*A program of support serving men of all ages, their families, carers and friends
before, during and after diagnosis*

Newsletter No. 155 - April 2016

Our next meeting will be held on

Tuesday, 3 May

Our guest speaker will be Zaklina Kovacevic

Researcher at Sydney University

Everyone is welcome, bring your partners along

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Monthly Meetings

All people are welcome to attend our regular monthly meetings. No notice is required - simply come along and introduce yourself, or contact us via the website.

When:

Meetings of our support group are held on the 1st Tuesday of the month except in January.

Usual Location:

The Cottage, Mona Vale Hospital, Coronation Street, Mona Vale.

Time: 6:30pm till 8:30pm

April

Our speaker for May is Zaklina Kovacevic, *Postdoctoral Researcher, at Sydney University Medical School*. Her research is centred around the metastasis suppressor molecule NDRG1. This particular molecule was found to inhibit cancer metastasis in a number of neoplasms including prostate cancer.

April Meeting Report

Exciting Developments in Radiation for Prostate Cancer

Assoc. Prof Kneebone talked about the amazing advancement over the past 30 - 50 years in radiation therapy.

Nowadays there are so many types of therapy to choose from, all differ from one to another and everyone's prostate cancer is different. He went on to explain how these differences occur which led us to understand that one really needed to explore the field in order to gain an understanding of which type of treatment would best suit your cancer - and your lifestyle.

It might be that because your cancer is a low risk that just monitoring it over a period of time which might be years allows you to continue your present lifestyle. On the other hand knowing you have a cancer and choosing to have treatment might give you peace of mind and an acceptance of the possible consequences. Everyone is different and post treatment may or may not be a considerable consequence.

Andrew pointed out that in the past how they isolated the area to be given radiation sometimes resulted in damage of the surrounding organs, which resulted in urinary and bowel problems - making a change in one's lifestyle and quality of life.

Now with the advancements made in all areas the equipment is so superior and precise they can pinpoint the area(s) needing treatment and with the use of a hydrogel can actually push the other organs out of the way and so safeguarding them from the radiation beam.

A number of graphs and surveys were shown but it was pointed out that these needed to be considered in the light of how many patients, their ages, were they low risk? etc. Trying to compare them when it was not obvious they were all equal can give false impressions. It was important that patients were given the opportunity to be informed of all options

Providing the correct dose is essential. Image guidance plays a big part and so checking that these procedures are being used to ascertain where the cancer is specifically is very important. Most centres have adopted IMRT for prostate cancer.

An MRI can cost \$600 and detects the high grade cancer and not the harmless ones. This then means there is no need for a biopsy. However if the government allowed this for every man over the age of 50 it would blast a hole in the medical system.

PSMA scans, Oligometastate, Tomotherapy, Calypso, KIM, Hormone, were just some of the names mentioned of how prostate cancers are being treated nowadays. It was pointed out that changes and advancements were happening all the time.

Stereodactive Body RT has been used for brain surgery for some while and this can now be used for PC. It is the use of a very high dose of radiation for getting rid of a lump you can see.

Apparently Australia has been the first in the world in the use of KIM and Calypso treatments. Using markers during treatment to trace the movement of the area, very important when using radiotherapy.

A couple of case studies were shown which had amazing results in the patients whose PC had metastasized and RT was used and treated the cancer. Years later these patients continue to live healthy lives. Once again the point was made that developing new treatments were happening all the time.

Numerous trials are now being conducted at RNSH and one of the aims was to shorten the length of treatment needed for RT. For patients to have to attend daily for a number of weeks was extremely difficult for most but now it was expected that this would be reduced considerably.

Dr Andrew Kneebone was an extremely knowledgeable specialist with a great deal of data to show us. He delivered his presentation in a

very down to earth manner and provided us with an entertaining and enjoyable and most importantly very encouraging picture of treatment for PC.

Denise Taylor

Big Aussie BBQ 2016

Plans for this event are well underway and already we have had much support from the community.

Thank you to all those who have offered to help, but we are still looking for extra input.

Please phone me on 0409 909 356 or talk to me at the next meeting if you are interested in joining in this exciting event.

Watch this space for more interesting developments!

Mary Jones

20th Anniversary - Prostate News March 2016

14 March 2016 marked the 20th anniversary of the formation of Prostate Cancer Foundation of Australia.

Australian support groups began to emerge in 1993, first in NSW with the formation of Prostates Anonymous, a self-help group.

In the following years further groups emerged independently of each other throughout the country. In this same period two organisations emerged in NSW which played a pivotal role in the national movement. In 1994 the television personality, Roger Climpson OAM, a member of the Rotary Club of Lane Cove, was successfully treated for prostate cancer. Roger was concerned by the confusing information available to him and by the apparent lack of research into the disease being carried out in Australia.

In 1996 he persuaded fellow club members to join him in forming Prostate Cancer Research Foundation (PCRF) to raise funds for research.

Then in 1998 a committee of support group representatives from the greater Sydney and Newcastle area formed the Association of Prostate Cancer Support Groups (APCSG) that had a state focus but hoped to connect support groups nationally.

APCSG led by Max Gardner AM moved to affiliate with PCRF. As this occurred another NSW based fundraising group, the Australian Prostate Cancer Foundation (APCF) also emerged. In 1999 PCRF, APCF and APSCG merged under PCRF's corporate structure and the new name Prostate Cancer Foundation of Australia was chosen to reflect the organisation's widened agenda. Within this the APSCG maintained its own identity and autonomy.

It was not until 2001 that the relationship between the national support group movement and PCFA

was clearly and formally established. At this point there

were 40 support groups across the country.

The key pivotal moment was an Inaugural Conference of Affiliated Prostate Cancer Support Groups (organised by PCFA) that provided the first national forum for support group representatives across Australia to connect and devise strategies to address priority issues for prostate cancer survivors and advance the broader movement. To read more go to -

<http://www.prostate.org.au/media/626932/prostate-news-issue-63-march-2016.pdf>

Norma's Quiz for April

1. Who made the song "Kisses sweeter than wine" famous?
2. **Pun!** Which country's name resembles a happy dog?
3. **Pun!** How do add value to a banknote?
4. Which way round the table must the port decanter be passed in a formal banquet and why?
5. Sharks have no swim bladder that's why they must keep moving so that they do not sink. TRUE or FALSE?
6. A Welsh rabbit is cheese on toast, what extra does a Buck rabbit have?
7. In the song "I love you a bushel and a peck" What is a **bushel** and a **peck** in modern measurements?
8. In which century were bloomers invented by Mrs Amelia Bloomer?
9. Is Dublin nearer to Peking or Sydney?
10. Which European city houses the oldest known tennis court?

Answers to Norma's Quiz for March

1. Which famous outlaw was killed by Robert Ford in 1882? *Jesse James*
2. In which Australian state is the Denmark River? *Western Australia*
3. What was the first bird out of the ark? *The Raven*
4. In the nursery rhyme Polly put the kettle on but who took it off again? *Suki*
5. Which singer's real name was Gerry Dorsey? *Englebert Humperdink*
6. Was Bacchus, God of wine, a Roman or a Greek? *Roman*
7. In the poem where did the owl and the pussycat go? *To sea*
8. How many times was Elizabeth Taylor married, 5, 7, or 8? *Eight*
9. Which opera singer also won the New South

Wales golf championship three times? *Joan Hammond*

10. Who was the first Australian born governor general? *Isaac Isaacs*

Save A Man - Kilimanjaro Challenge 2016

Join a group of adventurers on a 12 day event to climb to the summit of Mount Kilimanjaro which is Africa's tallest peak at 5,895metres. Brave the mountainside climb of Kilimanjaro as a personal challenge to overcome or for an enlightening spiritual journey. Australians over 18 years and with a medical clearance can embark on this journey with experienced guides and raise funds for PCFA's ambassador program at the same time.

To more information go to -

<https://inspiredadventures.com.au/events/pcfa-kilimanjaro-2016/>

Prostate Cancer Statistics from Cancer Australia

Projected number of new cases of prostate cancer diagnosed in 2015 - 17,250 males

Projected % of all new male cancer cases diagnosed in 2015 - 24.7%

Projected number of deaths from prostate cancer in 2015 - 3,440 males

Projected % of all male deaths from cancer in 2015 - 13.0%

Chance of surviving at least 5 years (2007–11) 93%

Males living with prostate cancer in 2009 (diagnosed in the 5 year period 2005 to 2009) 86,207

How common is prostate cancer?

In 2011, there were 19,993 new cases of prostate cancer diagnosed in Australia. In 2015, it is estimated that 17,250 new cases of prostate cancer will be diagnosed in Australia.

In 2011, the age-standardised incidence rate was 167 cases per 100,000 males. In 2015, it is estimated that that the age-standardised incidence rate will be 126 cases per 100,000 males.

Prostate cancer was the most commonly diagnosed cancer in Australia in 2011. It is estimated that it will remain the most commonly diagnosed cancer in 2015.

In 2015, it is estimated that the risk of a male being diagnosed with prostate cancer by their 85th birthday will be 1 in 7.

In 2015, it is expected the incidence of prostate cancer among males will increase with age until age group 65–69. It will then decrease until age group 80–84 before increasing for males aged 85+

2016 Information

A sincere thankyou to all who have responded to our request for information update. Forms were included in last month's newsletter and we would appreciate receiving everyone's form, even if no changes are necessary. We like to keep our data up to date.

Thank you – ed

Future Meetings

Tuesday 7th June Representative from the New Northern Beaches Hospital

Tuesday 5th July Christmas in July Dinner

Tuesday 2nd August Pam Noble, Pharmacologist

Tuesday 6th September Men Only Night

Tuesday 4 October Prof Anthony Joshua, Medical Oncologist

Publicity

One of the main aims of the NB Prostate Cancer Support Group is to reach out to men and their families and provide information and emotional support for those diagnosed with Prostate Cancer. PCFA Ambassador Programme we may be able to reach more men's groups and clubs and spread the word about the importance of regular testing for prostate cancer.

This year, we are hoping that with the support of the PCFA Ambassador Programme we may be able to reach more men's groups and clubs and spread the word about the importance of regular testing for prostate cancer.

If you know of any organisations that may benefit from having one of the Ambassador speakers visit them please let a committee member know.

We are always seeking ways to reach the public and articles about our Group have appeared in Pittwater Online News and the 'What's on Pittwater' website provides information about our meetings.

Disclaimer

From time to time in our newsletters we provide information about developments in the diagnosis and treatment of prostate cancer, research articles, documents, presentations and other interesting materials. However, the Group's Executive and the editor of this newsletter do not have the medical expertise required to make an informed evaluation of the conclusions and recommendations presented in such materials, and we have not verified such conclusions and recommendations through appropriately qualified medical professionals. The information presented in this newsletter must not be interpreted as being endorsed or recommended by the Executive or the editor.

Any recommendations made in such materials may not be applicable in your particular case. Before implementing any recommendations made in the materials that are reported, it is essential that you obtain advice from appropriately qualified medical professionals. The view of the Group's Executive is that no two prostate cancer cases are alike and that no single treatment option is better than any other in all cases. While the information in this newsletter should be of interest, there is no substitute for getting informed medical advice from your own GP, specialists and other medical professionals.

Contact Us

Postal address

Northern Beaches Prostate Cancer Support Group
PO Box 324, Mona Vale, NSW 1660

Web site

Our web site provides details about the activities of the group, meetings, contact persons and lots of other useful information:

www.prostate-cancer-support-nb.org

Personal support

If you would like support, advice or assistance contact any of the committee:

Treasurer - Alan Taylor Phone: 02 9981 2616

Library - Ron Jones Phone: 02 9997 2709

Programme Organiser -

Denise Taylor Phone: 02 9981 2616

Catering - Jo-Ann Steeves Phone: 02 9918 6575

Eleanor Swansbra Phone: 02 9918 6428

Norma Norman Phone: 02 9918 4929

Committee member, newsletter editor and web site manager:

Mary Jones Phone: 0409 909 356

Email: info@prostate-cancer-support-nb.org

Useful websites:

www.pcfa.org.au Telephone: 02 9438 7000

See PCFA Newsletters online at:

www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html

Other useful links-

www.prostatehealth.org.au

www.cancercouncil.com.au

www.andrologyaustralia.org

www.acf.com.au

www.prostate-cancer-support-act.net

www.prostate-cancer-support-sydneynorth.org

If you are aware of news, products, publications, web sites, services or events that may be of interest to members of the group I'd be happy to be informed of them. If you have received this newsletter indirectly and would like to be emailed a copy directly please send me an email. I'm happy to also add any of your friends to the email list.

Past issues of our newsletters can be viewed on our website: www.prostate-cancer-support-nb.org

