

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. 152 - January 2016

Our next meeting will be held on

Tuesday, 2 February

Our guest speaker will be Pam Noble, Pharmacist

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

February

For our first meeting of 2016 we have Pam Noble, Pharmacist to speak to us about the work she does and explain about some medications, their usefulness and side effects. Pam was a very popular speaker last time she came to visit. We look forward to having her as our guest speaker again.

December Meeting Report

In December we celebrated the end of another successful year at the Northern Beaches with a Christmas evening. There was finger food, songs from Alan Taylor and Norma's quiz to keep us busy. We had several new members join us for the evening and I hope that it proved to them what a great group we are.

We trust that everyone had a wonderful relaxing Christmas and New Year.

Australian Prostate Cancer Research was founded to build a stronger prostate cancer research community and to promote and facilitate collaborative research.

Their initiatives are research-validated, blueprint models for best practices in prostate cancer care and management.

Prostate Cancer Facts:

- Australia has the highest incidence of prostate cancer in the world – prostate cancer is the most common cancer in Australian men
- About 20,000 men are diagnosed each year, the average age of diagnosis is 67 years
- 1 in 5 men will develop prostate cancer;
- 1 in 8 women will develop breast cancer
- Men are 30% more likely to die from cancer than women
- Men facing prostate cancer in rural and remote areas are around a third more likely to die than their metropolitan counterparts.

- Australian men are facing a healthcare crisis: 40% do not have a GP or attend annual checkup; men with prostate cancer are 6 times more likely to commit suicide.

Australian Prostate Cancer Research Centre Melbourne

Opened in November 2014 The Australian Prostate Cancer Centre in North Melbourne is Australia's only public health facility specifically catering to prostate cancer and other male-specific conditions. GPs in Victoria can refer patients at any time, to a range of leading specialist, all bulk-billed and with little to no waiting time. The APCR Prostate Cancer Centre, located adjacent the Royal Melbourne Hospital and Victorian Comprehensive Cancer Centre (VCCC), has ample consulting space and in time could service every man diagnosed with prostate cancer in the state. It's a breakthrough in men's health care.

This centre is really the first of its kind in Australia, with a focus purely on men's health, and in particular prostate cancer which is the leading cause of cancer death in men. It will also be the meeting point of clinical care, cancer research and training so it will be able to serve many functions under the one roof.

It has been deliberately created to make a centre where men can walk in and immediately feel relaxed. There is an open design waiting room with city views, a sport channel on TV, putting green, dartboard and tea/coffee making facilities. This is not your typical doctors office, yet one where men will find it very approachable, which in turn, will hopefully make it easier to encourage men to come in for check-ups and treatment.

Take a look at their website -

<http://www.prostatecancerresearch.org>.

- and look at their new journal MANUAL and sign up to receive copies.

What are the risk factors for prostate cancer?

A risk factor is anything that affects your chance of getting a disease such as cancer. Different cancers have different risk factors. Some risk factors, like smoking, can be changed. Others, like a person's age or family history, can't be changed.

But risk factors don't tell us everything. Many people with one or more risk factors never get cancer, while others who get cancer may have had few or no known risk factors.

We don't yet completely understand the causes

of prostate cancer, but researchers have found several factors that might affect a man's risk of getting it.

Age

Prostate cancer is very rare in men younger than 40, but the chance of having prostate cancer rises rapidly after age 50. About 6 in 10 cases of prostate cancer are found in men over the age of 65.

Race/ethnicity

Prostate cancer occurs more often in African-American men and in Caribbean men of African ancestry than in men of other races. African-American men are also more than twice as likely to die of prostate cancer as white men. Prostate cancer occurs less often in Asian-American and Hispanic/Latino men than in non-Hispanic whites. The reasons for these racial and ethnic differences are not clear.

Geography

Prostate cancer is most common in North America, northwestern Europe, Australia, and on Caribbean islands. It is less common in Asia, Africa, Central America, and South America.

The reasons for this are not clear. More intensive screening in some developed countries probably accounts for at least part of this difference, but other factors such as lifestyle differences (diet, etc.) are likely to be important as well. For example, men of Asian descent living in the United States have a lower risk of prostate cancer than white Americans, but their risk is higher than that of men of similar backgrounds living in Asia.

Family history

Prostate cancer seems to run in some families, which suggests that in some cases there may be an inherited or genetic factor. Having a father or brother with prostate cancer more than doubles a man's risk of developing this disease. (The risk is higher for men who have a brother with the disease than for those with an affected father.) The risk is much higher for men with several affected relatives, particularly if their relatives were young when the cancer was found.

Gene changes

Scientists have found several inherited gene changes that seem to raise prostate cancer risk, but they probably account for only a small percentage of cases overall. For example:

Inherited mutations of the *BRCA1* or *BRCA2* genes raise the risk of breast and ovarian cancers in some families. Mutations in these genes may also increase prostate cancer risk in some men.

Men with Lynch syndrome (also known as *hereditary non-polyposis colorectal cancer*, or HNPCC), a condition caused by inherited gene changes, have an increased risk for a number of cancers, including prostate cancer.

Other inherited gene changes can also raise a man's risk of prostate cancer.

Recently, some common gene variations have been linked to a higher risk of prostate cancer. Studies to confirm this are needed to see if testing for the gene variants will be useful in predicting prostate cancer risk.

Diet

The exact role of diet in prostate cancer is not clear, but several factors have been studied.

Men who eat a lot of red meat or high-fat dairy products appear to have a slightly higher chance of getting prostate cancer. These men also tend to eat fewer fruits and vegetables. Doctors aren't sure which of these factors is responsible for raising the risk.

Some studies have suggested that men who consume a lot of calcium (through food or supplements) may have a higher risk of developing prostate cancer. Dairy foods (which are often high in calcium) might also increase risk. But most studies have not found such a link with the levels of calcium found in the average diet, and it's important to note that calcium is known to have other important health benefits.

Obesity

Most studies have not found that being obese (very overweight) is linked with a higher overall risk of getting prostate cancer.

Some studies have found that obese men have a lower risk of getting a low-grade (less dangerous) form of the disease, but a higher risk of getting more aggressive prostate cancer. The reasons for this are not clear.

Some studies have also found that obese men may be at greater risk for having more advanced prostate cancer and of dying from prostate cancer, but not all studies have found this.

Smoking

Most studies have not found a link between smoking and prostate cancer risk. Some research has linked smoking to a possible small increase in the risk of death from prostate cancer, but this finding will need to be confirmed by other studies.

Workplace Exposure

There is some evidence that firefighters are exposed to substances (toxic combustion

products) that may increase their risk of prostate cancer.

Inflammation of the prostate

Some studies have suggested that *prostatitis* (inflammation of the prostate gland) may be linked to an increased risk of prostate cancer, but other studies have not found such a link. Inflammation is often seen in samples of prostate tissue that also contain cancer. The link between the two is not yet clear, but this is an active area of research.

Sexually transmitted infections

Researchers have looked to see if sexually transmitted infections (like gonorrhea or chlamydia) might increase the risk of prostate cancer, because they can lead to inflammation of the prostate. So far, studies have not agreed, and no firm conclusions have been reached.

Vasectomy

Some studies have suggested that men who have had a vasectomy (minor surgery to make men infertile) have a slightly increased risk for prostate cancer. But other studies have not found an increased risk among men who have had this operation. Research on this possible link is still under way.

Meetings for 2016

Tuesday 1st March Dr Raji Kooner, Urologist

Tuesday 5th April A/Prof Kneebone, Oncologist

Tuesday 3rd May TBA

Tuesday 7th June Nicola Pelegrini,

Norma's Quiz for January

1. Who shot Jesse James, the outlaw in 1882
William Ford, Henry Ford or Robert Ford?
2. Which town did the cartoon Flintstones live in?
3. Fisheye, apochromatic and infrared are all types of what?
4. Is Pelota a sport, an Italian food dish or a card game?
5. If Steve Smith is Australian 45th Test Cricket Captain who was the 44th?
6. Which two countries that begin with the letter N border with China?
7. Rose is French for which colour?
8. What is the name for the hall for slain warriors in Norse mythology?
9. In which part of the body does gout usually strike first?
10. Time and tide it is said wait for what or who?

Answers to Norma's Quiz for November

All the answers to this section are palindromes, words that can be spelt forward or backward eg. A small dog = PUP

1. Half a semibreve in music MINIM
2. A doctrine or accepted belief TENET
3. A action DEED
4. A restorer REVIVER
5. A directing instrument for ship or aircraft RADAR
6. Song for one person. SOLOS
7. Flat LEVEL
8. Middy NOON
9. Part of the body EYE
10. Beach grass or seagrass MARRAM

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:

prostate-cancer-support-nb.net

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

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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.net

