

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. 156 - May 2016

Our next meeting will be held on

Tuesday, 7 June 6:30pm

Our guest speaker will be Nicola Pellegrini

who will bring us updates on the new Northern Beaches Hospital

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

June

Our speaker for June is Nicola Pellegrini, Communications and Community Lead for the Northern Beaches Hospital Project. She will give us updates on the progress of the new hospital and answer any questions we may have.

May Meeting Report

A Promising New Therapy for Cancer, Dr Zaklina Kovacevic, Molecular Pathology and Pharmacology Program under the team of Prof Des R Richardson at the University of Sydney.

Zaklina characterized cancer and explained that all cancer cells gain the ability to grow and divide uncontrollably without constraint, become "immortal" foregoing the normal process of cell death, become less adherent and therefore have the ability to move through and invade surrounding tissues. *Metastasis* is the spread of cancer cells from the primary tumour to other sites in the body and is responsible for >90% of cancer deaths. Once a tumour has metastasized it becomes difficult to treat, as the cancer has disseminated all over the body. Chemotherapy is then the best treatment for metastatic cancer and will kill cancer cells all over the body, but as cancer cells are very similar to normal cells, chemotherapy can cause damage to normal cells as well leading to many side effects.

Resistance to chemotherapy is an increasing problem in the clinics as many anti-cancer drugs work initially, but then the cancer returns in an even more aggressive form and no longer responds to treatment.

Molecular Targets: to effectively target cancer cells (vs normal cells) we need molecular targets that set these cells apart. These are proteins that are over-expressed or suppressed in cancer. By understanding the molecules that drive cancer progression metastasis and resistance we can: develop drugs that target these molecules to inhibit cancer progression, identify which patients will respond to which therapies and overcome drug resistance.

Targeting Iron in Cancer: Iron is an essential metal and is required for cell proliferation and respiration, as well it is a substituent of key enzymes such as haemoglobin (oxygen transport) and ribonucleotide reductase (DNA synthesis). Cancer cells need LOTS of iron, are very sensitive to iron depletion and cannot proliferate without iron. Prof Des Richardson has pioneered the development of iron binding agents that are specific to cancer and more than 20 years of research and many 100's of compounds has led to the current lead agents.

These lead anti-cancer agents developed in the laboratory are highly potent against multiple cancer types, are very selective with no observed side effects at optimal doses and can be given as a pill. Trials in mice have shown to inhibit metastasis and promote cancer cell death.

The agents that Zaklina and her colleagues are working on have multiple targets that include iron, a number of key molecules that suppress metastasis and can also exploit drug resistance mechanisms. These properties lead to more potent anti-cancer activity and reduce the ability of cancer cells to develop resistance. The team continues to 'tweak' the agents with the aim of developing more potent and selective anti-cancer drugs and to intensively research the biology of cancer cells so that they can understand what drives cancer, sets it apart from normal cells and how best they can target this complex disease.

Zaklina's talk was interesting and well presented and we appreciated her taking the time to visit our group and wish her well in the future as she continues in her research to find a new therapy of anti-cancer drugs.

Big Aussie BBQ News

Great things are happening as we get nearer to 18th September for our Big Aussie BBQ. Our raffle prizes are terrific and tickets will be printed soon and available for you to take home and sell to your family and friends. At \$2.00 a ticket it will be worth buying a few yourselves as the prizes are so good.

First prize is the chance to drive a BMW for the weekend, kindly donated by Col Crawford Motors, but you must be over 25 years of age! (Conditions apply) At the time of going to press the value of the prizes is over \$2500.

Trivia Afternoon

We are hoping you can join us for an afternoon of fun as Norma will tease us with questions in one of her Trivia Quizzes. Pittwater RSL Club has donated a room for us to use as we raise funds for big day in September to pay for some of the expenses we will incur. Get a group of friends together, have lunch at the club (or dinner afterwards) and test your knowledge.

Entry is only \$5.00 for 2 hours of fun

Garage Sale,

Bill Elliott has kindly agreed to have a garage sale at his place, **182 Central Road, Avalon on Saturday 9 July** to raise the extra funds we need. Please donate unwanted gifts, bric-a-brac, books, children's toys etc. for this cause.

You can ring Mary on 0409 909 356 if you have any donations to give us.

Christmas in July

The next meeting on 5th July will be our Christmas in July dinner at the Dee Why RSL Club. We will meet there in the Bistro at 6.00pm and enjoy a social evening. Cost of the meal will be \$10 to members, buy your own drinks.

As we need to know numbers, please call Norma on 9918 4929 by 30th June if attending, or let her know at the June meeting.

Norma's Quiz for May

1. Which cartoon character said "Suffering Succotash"?
2. Who was the last woman hanged in Australia and when?
3. In Elvis's song Heartbreak Hotel, which road was the hotel on?
4. Who is the Roman goddess of Flowers and Spring?
5. What was Charles Dickens middle name?
6. Bill Gates was born on October 28th in 1955. True or false?
7. In which war was the V.C. first won?
8. What was Doctor Doolittle's parrot called?
9. What is a hacker in golf?
10. Three of Santa's reindeers names started with D. Can you name them?

Answers to Norma's Quiz for April

1. Who made the song "Kisses sweeter than wine" famous? *Peter Seager*
2. **Pun!** Which country's name resembles a happy dog? *A merry cur*
3. **Pun!** How do add value to a banknote? *Fold it up and you'll find it increases*
4. Which way round the table must the port decanter be passed in a formal banquet and why? *To the left thus freeing the gentleman's sword arm*
5. Sharks have no swim bladder that's why they must keep moving so that they do not sink. TRUE or FALSE? *True*
6. A Welsh rabbit is cheese on toast, what extra does a Buck rabbit have? *A poached egg on top*
7. In the song "I love you a bushel and a peck" What is a **bushel** and a **peck** in modern measurements? *Bushel = 4pecks, peck = 8 quarts*
8. In which century were bloomers invented by Mrs Amelia Bloomer? *19th century 1849*
9. Is Dublin nearer to Peking or Sydney? *Peking*
10. Which European city houses the oldest known tennis court? *Paris*

Cancer Council NSW

Cancer Council NSW is running a free 4 week exercise programme called ENRICH– see details below – and there's one in Warriewood so not far to travel. (Can recommend this as Ron and I were part of the pilot programme)

ENRICH – exercise, nutrition and weight loss program

Northern Beaches (Warriewood) commencing 18th of June.

Call 1300 360 541 or email

enrich@nswcc.org.au to register.

Also -

LWAC – Living well after cancer, psychosocial program

Macquarie University, Saturday July 2

Call 1300 200 558 or email

livingwellaftercancer@nswcc.org.au to register

World First Prostate Cancer Trial

Australian researchers have launched a clinical trial which will use revolutionary Kilovoltage Intrafraction Monitoring (KIM) technology to improve targeting accuracy for patients undergoing radiation therapy for prostate cancer. The SPARK trial, coordinated by TROG Cancer Research, studies Australian-developed technology which monitors the position of the

prostate in real-time. This enables the treatment team to redirect the radiation beam if the prostate, and cancer within it, moves by even a few millimetres.

The KIM technology can be attached and adapted to current radiation therapy machines, linear accelerators, to allow safer radiation dose intensification. This intensification enables a reduction in the number of treatments needed from around 40 visits to as little as 5 treatment sessions over two weeks.

The trial will initially test KIM on around 40-50 men having potentially curative radiation therapy for prostate cancer in a small number of centres around Australia.

Radiation therapy is already a safe and very effective treatment option for men with prostate cancer as an alternative to invasive surgery. KIM may allow increased accuracy, potentially reducing side effects, and shorter overall treatment times. It is a technology that will likely be applicable to other cancers affected by organ motion, including lung, liver, kidney and pancreatic cancers.

Lee Hunt, Media and Profile Committee, Radiation Oncology RANZCR

PCFA Webcast

Here's your chance to be part of PCFA's first '**Ask the Experts webcast - PROSTATE CANCER: DIET, SUPPLEMENTS & LIFESTYLE**' which they will be hosting during Men's Health Week on **Wednesday 15th June from 7.00pm – 8.00pm (AEST)**.

The 'Ask the Experts' webcast will be a live moderated panel Q&A discussion that you can **watch online and participate in from your own computer, smart phone or tablet**.

This webcast is free and open to all and PCFA hope that you are able to join them.

Participating in our 'Ask the Experts' webcast is simple and the aim is to provide all those impacted by prostate cancer with an opportunity to learn more and to feel comfortable to ask questions related to the topic.

To participate in the webcast you will need to register online via this link

<http://www.webcasts.com.au/pcfa020316/>.

Following your registration, you will be emailed details with instructions on how to log in and view the webcast on the night. You will be able to send in your questions when you register and also directly to the panel during the webcast.

If possible we may be able to screen the video recording of the webcast at a support group meeting. *Daniel Moore, Support Network PCFA*

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 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