

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. 158 - July 2016

Editor: Mary Jones

Our next meeting will be held on

Tuesday, 2 August

Our guest speaker is Pam Noble, Pharmacologist

All are welcome, bring your partners, enjoy supper afterwards

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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

August Meeting

Join us for our August meeting when Pam Noble will speak to us, discuss her work and explain some medications, their usefulness and side effects. Pam has spoken before to our group and everyone found her interesting and knowledgeable.

Come join us on 2 August at 6:30pm

Christmas in July was enjoyed by a good number of our members at Dee Why RSL where a traditional Christmas dinner was served. A big thank you to Noreen Rogers for providing the Christmas flowers for us and to Dee Why RSL for reserving us a special place. True to form Norma had some quirky questions for us to add to the atmosphere of the evening. To those who couldn't join us – make a note to do so next year.

In the News!

Our very own Alan Taylor featured in a segment on Channel Nine news on Friday 22 July. He was interviewed as the TV station put out story from the ANZAC Research Institute on Dendritic Cells, and how they are on the brink of creating a vaccine which can help a patient's immune system be re-programmed to fight cancer.

Immunologist Dr Phillip Fromm is part of a Sydney-wide project that is a world leader in this area. Working in collaboration with the haematology departments at Concord and Royal Prince Alfred Hospitals, Chris O'Brien Lifehouse cancer treatment centre, Royal North Shore Hospital and Royal Prince Alfred Hospital surgeons, Dr Fromm is examining ways in which

June Meeting Report

July 2016 – Newsletter of the Prostate Cancer Support Group – Northern Beaches

the immune system can be trained to fight cancer, focussing initially on prostate cancer.

“Our research team is very interested in a very rare type of white blood cell, an immune cell called a dendritic cell. It’s the general of the immune system and tells all the other immune cells what to do,” says Dr Fromm.

“If we can utilise this type of cell, to instruct the immune system that the cancer is different, or altered from other cells in the body, we can mount an immune response against it. It’s the same way that we fight off infections. In this way, we can re-train a patient’s own immune system to recognise its own cancer. Many patients begin to develop immune responses to their cancers, but then, as the cancer gets bigger, they get turned off. We’re asking the question, can we re-start the process?” The research and treatment being developed are not confined to prostate cancer but can be applied to a range of cancers, including leukaemia and brain cancer.

“The vaccine is a cellular vaccine. We can purify these special cells out of a patient’s blood using similar procedures to those used in a stem cell transplant. Ideally, we would like to do it just after initial treatment when the bulk of the cancerous mass has been removed and the immune system is in better condition. You’ve really got an opportunity to prevent a relapse, and that will be important because it would really mean you’ve cured it.

To read more go to -

http://www.anzac.edu.au/files/newsletters/AnzacDiscovery17_Jul2016.pdf

Will it come back?

US study raises alarm on prostate cancer.

The Financial Review published an article on 12 July 2016 that looked at many men who were told their surgery for prostate cancer had been a success, only later to discover that this is not the case.

While the surgery provided good local control of their disease and they have no symptoms, their blood tests started showing signs that their cancer had not been vanquished.

This happened in at least 20 per cent of cases in Australia. These men have what is known as a "biochemical recurrence".

The level of a protein in their blood, called prostate specific antigen, PSA, begins to rise signalling they still have prostate cells in their body even though they were told the entire prostate had been removed.

There has been long standing debate about how

best to predict who will fail after surgery. Many factors increase the risk of relapse including the aggressiveness and size of the cancer, whether it has spread outside the gland and if a little bit of it has been left behind at the margins after surgery. But the current debate centres on something different. It focuses on the value of pathologists examining the excised prostate and trying to detect, under the microscope, whether tumour cells have invaded the lymph and blood systems. To read more on this subject go to -

<http://www.prostate.org.au/news-media/news/>

Free Community Forum

The NSW Cancer Plan and Prostate Cancer is a free forum being held at the Westmead Hospital Education Centre on Wednesday August 24th at 6:30pm

A panel of experts will provide you with the latest updates on Prostate Cancer and how they can help you. On the panel will be Prof David Currow, A/Prof Manish Patel, Prof Warwick Delprado, Dr Phillip Lee, A/Prof Howard Gurney
To book a free seat call 9845 7983

Big Aussie BBQ Day

There are just over seven (7) weeks till our Big Aussie BBQ and Family Fun Day on 18 September! Planning is complete and all aspects will be finalized soon.

BUT WE NEED YOUR HELP! The committee has spent a long time making sure that this will be a fantastic day for everyone and raising as much money as we can for Research, but the day will require many hands to make the load bearable. Please take a moment to see how you can help us – someone to help marshall the classic cars into position first thing in the morning, people to help with the cooking of the sausages, sell plants on our plant stall, sell raffle tickets, man (or woman) the Prostate Cancer Awareness stall, be a roving ambassador to answer questions or just take over from others for a while and give them a break. This day is run on people power, so please put aside just an hour on the day to help. To make it easy there is a form included with this newsletter for you to write down your times and let me know when you can come.

Email: marron2428@gmail.com or call me on 0409 909 356

Big Aussie BBQ Raffle

Our raffle prizes are terrific and tickets have been printed given to members at the last meeting 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) Or you might like a night at the Novotel Manly Pacific, or Dinner at the Royal Motor Yacht Club. Many more prizes.

All the prizes are listed on our website –

www.prostate-cancer-support-nb.org

Don't forget to check out our Facebook page at

<https://www.facebook.com/groups/183444238720268/> Become a friend and leave a comment.

Men and Sexual Health – Prostate Cancer Study

One in three men have concerns about their sexual health after prostate cancer treatment. Many men are reluctant to get help for their sexual concerns, and when they do, often men do not continue with treatment. There is little research to help us understand men's concerns about their sexual health after prostate cancer. Griffith University, Cancer Council and partners are working together to better understand men's sexual concerns after prostate cancer treatment and how we can best give men the help they need.

The Men and Sexual Health – Prostate Cancer Study is an online survey that will take approximately 30 to 40 minutes of your time. The survey asks about your sexual concerns, side effects after prostate cancer treatment, quality of life, decisions to use services. In the survey we will ask your permission to contact you again to complete another survey in 6 months and 12 months so that we can understand if your sexual concerns and need for support services change over time.

To go to the study follow the link:

www.menandprostatecancer.org

HAS PROSTATE CANCER CHANGED YOUR SEX LIFE?
 Help change the lives of others.
 Tell us your story.
www.menandprostatecancer.org

*The prostate cancer had a big impact on many aspects of my life, including my sexual health. I hope to help others by contributing to research and making a difference in the lives of other men.

Griffith UNIVERSITY | Cancer Council Australia | ANZUP

Norma's July Quiz

1. What spice do we get from the berries of Piper Nigrum shrub?
2. What was sportsman Harold Larwood famous for?
3. Where in Australia did Rupert Murdoch begin his newspaper career and with which paper?
4. Name the film that showed the part that Parkes, in Australia, played in the moon landing of 1969
5. What is the main ingredient of Rosti?
6. What was the motto of the Three Musketeers?
7. Who's catchphrase was Holey Moley?
8. How many ships were in the First Fleet?
9. What is the name of the hottest ,driest and lowest place in USA?
10. Who sailed with the ships Pinta, Nina and Santa? Was it Magellan, Cook or Columbus?

Answers to Norma's Quiz for June

1. In which country is Addis Ababa? *Ethiopia*
2. In which Oz state would you find an isthmus called Eaglehawk Neck? *Tasmania*
3. Who composed The Four Seasons? *Vivaldi*
4. What are the given names of J.R.R. Tolkien *John Ronald Revel*
5. Olivia Newton John's Grandfather won what prestigious award in 1954? *He got a Nobel Prize for Physics*
6. Which super group did Brian May play guitar for? *Queen*
7. Is a mignonette a petite French woman, a lettuce or a very small flower vase? *Lettuce*
8. What was Princess Margaret's middle name? *Rose*
9. Harry Houdini was the first person to fly a plane in Australia. True/ False *True*
10. How many feet in a yard?
It depends on how many people are standing in it, in it? Norma

Future Meetings

- Tuesday 6th September Men Only Night
 Tuesday 4th October Prof Anthony Joshua,
 Medical Oncologist
 Tuesday 1st November TBA
 Tuesday 6th December Christmas Social

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