

# 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. 160 - September 2016**

Editor: Mary Jones

**Our next meeting will be held on**

**Tuesday, 4 October 2016**

**Our guest speaker is Prof Anthony Joshua  
Medical Oncologist**

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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 1<sup>st</sup> Tuesday of the month except in January.

### Usual Location:

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

Time: 6:30pm till 8:30pm

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## October Meeting

Prof Anthony Joshua completed his medical oncology training at the Royal Prince Alfred hospital in Sydney, Australia before moving to Toronto to complete a PhD in prostatic carcinogenesis. He returned to Australia, joining the Kinghorn Cancer Centre and the Garvan Institute of Medical Research in late 2015.

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## September Meeting Report

The September meeting was our Men's Only Night and was facilitated by Evan Kallipolitis from PCFA. By all accounts it was a very productive and interesting meeting for the men and they were loath to break up for refreshments.

A big thank you to Evan for coming to our meeting and making the evening so interesting.

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## Big Aussie BBQ

Despite the wet weather on Sunday 18 September we managed to have a wonderful day and all the activities went ahead, although our Classic Car display was depleted. The Hon Rob Stokes opened the event at 10am and was a great help with improvising the gazebos to cover the stage, so that our performers could entertain us with their different talents. We had Krav Maga Martial Arts, Avalon Tappers, NUTS Ukulele Group, The Big Sing Choir, Maria Regina Lunchtime Band and Choir, Mosman Scottish Country Dancers, Aya and the Rintones, and Max Schöneveld on guitar. Our sausage sizzle was busy all day, as were the stalls and children's activities. Our Mega raffle sold well and the winners were drawn at the end of the day. All prizewinners have been notified.

The winners of the first prize have decided that they would like to donate it back again and another ticket will be drawn at our October meeting, so if you aspire to drive a BMW for the weekend you have another chance.

We achieved our aim to promote awareness of prostate cancer in the community and raise funds for research.

Sincere thanks to all those who came to our event, performed, helped in so many ways and made our day a success, including all family members who were there on the day.

Once again we would like to thank our sponsors:

*Col Crawford Lifestyle Cars,*

*Novotel Manly Pacific*

*The Hermes Group at The Newport*

*Forestville and Pittwater RSL Clubs*

*Royal Motor Yacht Club*

*Bunnings Belrose*

*Vagabond Cruises*

*Anaconda*

*Cromer and Warringah Golf Clubs*

*Bluestone Homes*

*fallenBROKENstreet Hats*

*New Leaf Nursery*

*United Cinemas*

*Hunter Valley Gardens*

*Giorgio Brussollo*

*Barrenjoey Designs*

*Avant Garde Financial Services*

There were many photographs taken on the day and you might well find yourself featured in the gallery of pictures..

Check them out at: <http://tinyurl.com/z8elc9p>

or on our website.

All pictures are downloadable

### **Prostate cancer drug 'breakthrough'**

By Sarah Wiedersehn, Australian Associated Press - 1 September 2016

Australian scientists have developed a "breakthrough" in prostate cancer treatment after discovering a protein found in milk reduces the toxicity of an existing chemotherapy drug.

The powerful new treatment would have little to no side effects, according to the scientists from Victoria's Deakin University.

In a study published in international journal Scientific Reports, the scientists found that when coupled with milk protein lactoferrin, drug Doxorubicin (Dox) can be delivered directly into the nucleus of prostate cancer cells and will kill those cells as well as drug resistant cancer stem cells.

Within 96 hours, all the cancer cells - grown in a culture dish in a laboratory - were dead after mice were treated with the drug treatment.

Lead researcher Dr Rupinder Kanwar says not only did the drug combination kill the cancer cells, it also led to cell repair to vital organs damage as a result of Dox.

Doctors stopped using Dox to treat prostate cancer because of the side effects. It caused toxicity to the heart, brain, kidneys and led to cardiac arrest and heart failure.

However, it could possibly be reintroduced as a result of this new study, Dr Kanwar said.

"Prostate cancer is one of the few cancers where chemotherapy is not the primary treatment. This is because these particular cancer cells are able to flush out the drug and become resistant to it, while the administered Dox continues to kill off the body's normal cells resulting in a range of side effects, the most damaging of which is heart failure.

"With this latest study we have shown that by coupling Dox with lactoferrin the cancer cells take in the drug rather than pump it straight out."

Lactoferrin is an iron-binding protein found in cow milk and human milk. It is known for its immune boosting and antimicrobial properties, making it an important part of the body's protection against infection. It is also added as a key ingredient in baby formula.

The main goal for the researchers now is to conduct human trials.

"The results of our research to date show great promise that we could soon develop personalised medication for cancer patients," Dr Kanwar said.

To read the full article go to:

<http://tinyurl.com/hof9xxa>

### **PCFA - Prostate Cancer Fast Facts 2016**

- Prostate cancer is the most commonly diagnosed cancer for Australian men
- Around 20,000 Australian men are diagnosed with prostate cancer each year
- There are currently estimated to be 180,000 Australian men living with prostate cancer
- More than 3000 men die of prostate cancer in Australia each year
- More men die of prostate cancer than women die of breast cancer

How can PCFA support people who have been diagnosed?

*PCFA supports* men & their families affected by prostate cancer through an extensive network of support groups. There are around 170 support groups across Australia- These groups meet on a

regular basis to help each other, discuss shared experiences, and learn more about the disease and how to manage it. Find your local group online [www.pcfa.org.au](http://www.pcfa.org.au)

The *PCFA Online Community* is open to everyone who has been impacted by prostate cancer to share their experiences and connect with others.

Through our Research Blog, PCFA Online Community members can also learn more about the latest prostate cancer research developments and findings. The Community Forum facilitates an online space for people to share their personal stories and questions through posts around key topic areas such as diagnosis, treatment, side effects and living with prostate cancer.

**It is free and easy to become a member of the PCFA Online Community.**

To register go to -

[www.onlinecommunity.pcfa.org.au](http://www.onlinecommunity.pcfa.org.au)

**Ambassador Program-** PCFA Ambassadors are trained volunteer speakers who present to workplaces, community groups, and organisations on the importance of prostate cancer awareness, and to provide resources for individuals to learn more. The Ambassador program is able to provide a speaker for your workplace, event, or group, in order to better educate them on the importance of this issue.

*PCFA has a range of resources* available to assist men, their partners and families following a diagnosis of prostate cancer.

- General information leaflets, also available in Arabic, Chinese, Greek, Italian and Vietnamese
- Information packs covering major topics during the cancer journey including treatment and side effects. These packs are specified for men with advanced prostate cancer, young men, gay and bisexual men and partners and carers
- There are resources for Aboriginal and Torres Strait Islander health care workers to help talk about prostate cancer in their community
- There is specific detailed information online to understand various aspects of prostate cancer such as treatment in general and treatment and wellbeing after prostate cancer surgery
- All information can be found on [www.pcfa.org.au](http://www.pcfa.org.au)
- Online community can be found at [www.onlinecommunity.pcfa.org.au](http://www.onlinecommunity.pcfa.org.au)

- Follow PCFA on Facebook, Twitter. YouTube and Instagram

## Norma's Quiz for September

1. If a skull and crossbones are seen on packaging what does it mean?
2. What does the e stand for in e-mail?
3. What did Samuel Morse invent?
4. Who wrote the novel Round the World in Eighty Days?
5. N, is the chemical symbol which element?
6. Who won an Oscar for best actress in Funny Girl?
7. Which of Queen Elizabeth II's children was the first to marry?
8. On a dart board what number is opposite number 5?
9. Is brioche a type of bread or a fruit?
10. Barbie is a 1960s doll. What was her boyfriend called?

## Answers to Norma's August Quiz

1. Who died first Gilbert or Sullivan? *Sullivan*
2. Who created the Keystone Cops? *Mack Sennett*
3. Which cooking pot boils food at a higher temperature than boiling point? *A pressure cooker*
4. What are Cornichons (To eat) *Gherkins or pickled cucumber*
5. Which drink is distilled from the agave plant? *Tequila*
6. What does fibrin cause the blood to do? *Clot*
7. Where is Narita Airport? *Tokyo*
8. In which war was the Battle of Inkerman *Crimean*
9. Which letter is two dashes and two dots in Morse Code? *Letter Z*
10. What is the main food of baby whales? *Milk*

## Mindfulness Could Help Men to Cope When living With Cancer

A diagnosis with prostate cancer can trigger a period of stress for many men and their families. Depression and anxiety are particularly common for those with a poor prognosis, but can be experienced by any man waiting for a PSA test to see if their cancer has progressed. The partners and families of these men often share this stress. Many men with prostate cancer won't have seriously considered using mindfulness (meditation and yoga) to reduce this stress. But as the evidence for their benefit increases, the number of people finding help from these interventions is also increasing.

To read the full article just log into the PCFA Online Community.

If you're not already a member, this is another reason to join, it's easy and its free - go to

<http://tinyurl.com/jh2t3y4>

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## Future Meetings

Tuesday 1st November Jaime Rose, Nutritionist  
 Tuesday 6th December Christmas Social

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## 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 organisation that may benefit from having one of the Ambassador Speakers visit them please let one of the committee members 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.

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## 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](http://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](mailto:info@prostate-cancer-support-nb.org)

### Useful websites:

[www.pcfa.org.au](http://www.pcfa.org.au) Telephone: 02 9438 7000

See PCFA Newsletters online at:

[www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html](http://www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html)

Other useful links-

[www.prostatehealth.org.au](http://www.prostatehealth.org.au)

[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

[www.andrologyaustralia.org](http://www.andrologyaustralia.org)

[www.acf.com.au](http://www.acf.com.au)

[www.prostate-cancer-support-act.net](http://www.prostate-cancer-support-act.net)

[www.prostate-cancer-support-sydneynorth.org](http://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](http://www.prostate-cancer-support-nb.org)