

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. 161 - October 2016

Editor: Mary Jones

Our next meeting will be held on

Tuesday, 1 November 2016

Our guest speaker is Jaime Rose Chambers, Dietician

As this is also Melbourne Cup Day we will be having a bit of fun with a sweep and fancy hats – see below

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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

November Meeting

Please bring at least \$2 to buy a fictional horse in our Melbourne Cup and of course one dollar to win a FAB prize in our raffle. There will be a special prize for the BEST HAT or Accoutrement. That means YOU TOO fellas!! – *from Norma*

Our speaker for November is Jaime Rose Chambers, an Accredited Practising Dietitian and Nutritionist, who has had a lifelong passion for food and cooking and now, as a Dietitian, treats her patient's medical conditions with nutrition and lifestyle. We look forward to her presentation

October Meeting Report

Dr Anthony Joshua, Director of Oncology at the Garvan Institute of Medical Research and Conjoint Assoc. Prof. at St. Vincent's Clinical School was our guest speaker for our October meeting. In 2008 he joined the Princess Margaret Cancer Center in Toronto as a Staff Oncologist and returned to Australia last year. His presentation was entitled "New Understandings in Prostate Cancer - the science and the treatment".

Dr Joshua said that his treatment of a patient began after a radical prostatectomy and radiation treatment had failed to stop the spread of prostate cancer. He explained that prostate cancer feeds on testosterone and whilst it was possible to turn off the testosterone in men with hormone therapy, the prostate cancer can then make its own testosterone and the cancer eventually becomes

castration resistant and requires chemotherapy with drugs such as docetaxel.

The results of the CHARTED study showed that the use of chemotherapy, when combined with hormone therapy (androgen deprivation therapy (ADT), was shown to be very effective in prolonging the survival rate.

Docetaxel has been the chemotherapy drug for men whose prostate cancer was no longer responding to hormone treatments, but the next generation drug Cabazitaxel may prove to be more effective.

New ADT drugs such as Enzalutamide and Abiraterone have minimal side effects

Dr Joshua explained that Radium-223 Therapy is a treatment that is used for people who have prostate cancer that has spread, or metastasised, to the bones. It targets the cancer cells in the bone, leading to the tumours shrinking in size, or even disappearing altogether. It is also used to reduce or diminish pain that can be associated with cancer in the bones.

Denosumab helps to make the bones stronger so that the cancer can't as easily cause pain, reduces the risk of fractures, but doesn't make you live longer.

Research is now concentrating on developing therapeutic vaccines that can stimulate a person's immune responses against cancers. Unlike traditional vaccines that prevent disease, a therapeutic vaccine will be a treatment that tells the immune system to attack the cancer, as if it were an infectious disease.

Dr Joshua was confident that new drugs would be available very soon to help in the fight against prostate cancer.

His presentation was well received by all our members and we thank him for coming to be our guest speaker.

Did you know? – PCFA have an online community section on their website where you can find all the latest information and read more about some of the information below

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

If you're not already a member, it is free and easy to join -

Go to the PCFA website www.prostate.org.au

Select "Online Community"

Click on "Join" if already registered, or

Click "CLICK HERE TO JOIN NOW" if not registered to receive notifications and information.

And complete the Sign Up form that appears

Verify the email sent to you by clicking on the link in the email

Then create your Profile by completing the questionnaire.

Wendy Winnall, Scientific Writer, writes the Research Blog for the Online Community.

Wendy presents the latest research in the prostate cancer field and discusses its significance for the community. Wendy encourages questions and discussion on the research blog site and can answer your queries about prostate cancer research and was recently able to answer in full the query from our own Jo-Ann Steeves about testosterone therapy – see below to find out more.

Testosterone Therapy

As many with prostate cancer will be aware, testosterone drives the growth of prostate tumours. Medications that reduce testosterone levels can be life-saving treatments for prostate cancer. But testosterone is also used as a therapy for various conditions. Are those receiving testosterone treatment at greater risk of prostate cancer? – see the online article for more -

Time to get moving

Exercise is now seen as such an important part of treatment for diseases such as cancer that doctors are starting to specifically recommend it to patients. Unfortunately it's not so easy to get people moving. An Australian trial called ENGAGE has asked how we can encourage our blokes to exercise after a diagnosis of prostate cancer.

Treatments for older men

That many men die with prostate cancer rather than of prostate cancer is often the basis behind the decision by older men to not treat this cancer. However the past two decades has brought us effective new therapies, reduced risks of side-effects from surgery and radiotherapy and an increase in life expectancy for all men. Often men above 75 years of age that are diagnosed with prostate cancer are otherwise healthy, and they look forward to many more healthy years. It's time to look more closely at the effects of treating prostate cancer in older men.

What's good for the heart can be good for prostate cancer

It's often said that "what's good for the heart is good for the prostate" and in many ways this is true. A healthy diet and exercise will help prevent and manage prostate cancer as well as heart disease. But does this saying hold true for heart disease medications? It's hoped that pharmaceuticals such as statins could also prevent or treat prostate cancer, but after many

studies, the evidence is inconclusive. A new report recommends that specific randomised controlled trials are needed as the only studies that can properly address this question.

Clinic Trial Recruitment

Please find below the details of a clinical trial that is currently recruiting participants. Participation in this study is entirely voluntary.

Study title

A Novel Liver Targeted Testosterone Therapy for Sarcopenia in Androgen Deprived Men with Prostate Cancer - A Blinded Randomized Controlled Trial

Lead investigators

Prof Ken Ho, Princess Alexandra Hospital and Dr Anojan Navaratnam, Princess Alexandra and Greenslopes Hospitals in QLD

Summary of project

Androgen deprivation therapy is an effective treatment for prostate cancer but it can cause muscle weakness and wasting, known as sarcopenia. A new testosterone treatment has been developed to prevent the breakdown of skeletal muscle protein in the liver. We have shown that there is no increase in testosterone levels outside the liver and therefore should not affect prostate cancer progression. Taken by mouth, this form of testosterone treatment stimulates the synthesis of protein in muscle. This project will determine whether this new treatment prevents muscle wasting in men taking androgen deprivation therapy.

Men on the trial will be randomised into groups taking either the treatment or placebo. Scans for lean body mass will be used to determine how effective the treatment is for preventing sarcopenia.

For more information, please go to: <http://tinyurl.com/zrvdlqj>

Ethics approval

Ethics approval has been granted through the Human Research Ethics Advisory at the Princess Alexandra Hospital.

Who is this study for?

- Men over 18 years who have been diagnosed with prostate cancer
- Undergoing, or plan to undergo androgen deprivation therapy (ADT)

If you are interested in this study, please contact:

Name: Dr Anojan Navaratnam

Phone: (07) 3176 6946

Email: anojan.navaratnam@health.qld.gov.au

Big Aussie BBQ

We have finalized our Big Aussie BBQ event and are happy to report that with the help of all those involved we raised \$7345.85 for Research into finding new treatments/cure for prostate cancer.

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.

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

Norma's Quiz for October

Last months was a breeze - this one is HARD.

1. What exact date was Ned Kelly hanged in Melbourne jail?
2. What is another Aboriginal word for the dingo?
3. In 1973 which Australian became the only author to win a Nobel Prize?
4. Country music legend Slim Dusty was not born with that name, what were his three birth names?
5. The film Gallipoli was directed by Peter Weir but who wrote the screen play?
6. Amazingly John Howard and the late John Lennon shared a middle name, what was it?
7. Which explorer, the first to circumnavigate the island, recommended the name of **Australia** for the new continent?
8. Schindler's List was based on whose book and what did he call the book?
9. Who was the first tennis player to win a million dollars? (Australian)
10. Australia's idolised horse Phar Lap won the world's richest race in 1932 in which country?

Answers to Norma's September Quiz

1. If a skull and crossbones are seen on packaging what does it mean? *Poison or danger*
2. What does the e stand for in e-mail? *Electronic*
3. What did Samuel Morse invent? *The Morse Code*
4. Who wrote the novel Round the World in Eighty Days? *Jules Verne*
5. N, is the chemical symbol which element? *Nitrogen*
6. Who won an Oscar for best actress in Funny Girl? *Barbara Streisand*
7. Which of Queen Elizabeth II's children was the first to marry? *Princess Anne*

8. On a dart board what number is opposite number 5? *Number 17*
9. Is brioche a type of bread or a fruit? *A bread*
10. Barbie is a 1960s doll. What was her boyfriend called? *Ken*

Stop Press

Timber Boat Show, Royal Motor Yacht Club, Newport. Saturday 5th and Sunday 6th November
All proceeds to go to Prostate Cancer Research!

Final Meeting for 2016

Tuesday, 6th December will be our Christmas Social. Make a date and enjoy the evening with us.

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.

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