

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. 165 - March 2017

Editor: Mary Jones

Our next meeting will be held on

Tuesday, 4 April 2017

Our guest speaker will be Justin Bott

Financial Information Service Officer with Centrelink

What's in this issue

- March Meeting report - page 1
- DNA Research - page 2
- Broken Hill Ball - page 3
- Norma's Quiz - page 3
- Future Meetings - page 3
- Contact Information - page 4

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

April Meeting

We welcome Justin Bott, Financial Information Officer from Centrelink to talk to us about all things to help our financial situation better.

Do you have any questions you want to ask? Please bring you questions to the meeting or email Mary beforehand so that we can put them to Justin, so that he can cover the topic you are interested in.

March Meeting Report

Guest speaker Anna-Louise Moule - Exercise Physiologist

Exercise Physiology is a relatively new profession requiring four years at university plus specialised training and then accreditation by for instance DVA, Medicare etc.

It sits somewhere in the region of personal trainers and physiotherapists but is very different in training. They start training with physios learning about the body but specialising in complex and complicated chronic conditions and rehab and illness.

Specialist exercise training can help reduce side effects of treatments, fatigue, loss of bone density as well as reducing anxiety and depression. This particular exercising on an actual tumour may change the biology of the tumour and more research is taking place during treatment to determine how exercise plays a role in treatment.

Three hours a week of vigorous activity, such as fast walking, reduces the risk of mortality by 49% and lowers the risk of prostate cancer mortality by 61%. It also reduces heart disease.

Any time is the best time to exercise but must be at a level right for each individual and that there is evidence of gain. This might be loss in waist

measurement, ability to increase exercise, fitness level etc.

There is a need to maintain muscle mass and strength which improves bone density. A need to maintain aerobic endurance means you have to build fitness up and all this helps improve quality of life.

Radiation therapy often results in fatigue but gentle exercise is beneficial. After hospitalization, if fit, can have a lesser impact on aerobic capacity and can reduce your recovery time.

Exercise must be individual depending on treatment, cancer type, recovery etc. so there is a need to check with your doctor or specialist.

Types of training are aerobic, core, resistance, impact and balance and these will include dance, aqua aerobics, soccer - do what you enjoy and every day if possible. If it leaves you a little breathless this is good the exercise must not be too easy, some should be challenging.

Every day **aerobic** best for heart and lungs, helps diabetes, controls blood levels.

Resistance - weights, aqua aerobics, bands. Here everyone was asked to stand up and put their hands across their chest and do 10 sit down/stand ups, putting their weight on their heels to help push up. Anyone suffering knee or hip problems was asked to do leg extensions.

There was a strong message for exercise to be functional - step up (using the stairs), push/pull (doing gardening) and to adapt the ability/exercise to the function.

Resistance training was important for muscle and bone density - 2 or 3 times per week. Exercise also burns more fat but care must be taken not to over train. There may be some stress on the body and this needs to repair itself, over training will prevent this happening. Generally, 2 -3 sets of 10 repetitions at the right intensity in order to get the gains.

There was mention of the DEXA Scan which looks at bone density and muscle mass - however just measure the waist to see how you are going!

Impact exercises such as jumping, skipping - twice a week but only if appropriate. Can rise up on toes and drop on heels but again check if suitable for you.

Balance is most important! Tai Chi, Yoga, daily - but do not make it too easy so challenge yourself in daily routine. Can play games with children.

Core training - push ups, pilates, pelvic floor exercises - need to engage and incorporate in core training. Be sure to engage the trunk and gluts and do daily.

We were advised to build these exercises into our routine and not to go too fast and use many things that are in our home to do the exercises.

Resistance training helps to maintain the muscle mass, the loss of which is happening with Androgen Deprivation Therapy. If on Lucerin the 'Man Plan' helps with side effects, with 16 sessions subsidized by the pharmaceutical company.

The message was very clear that training can be effective if highly supervised and individualised. One can be referred by a GP to an Exercise Physiologist but it is not essential. There are group sessions, face to face and home base programmes and there are Medicare rebates available under certain circumstances

Sites to explore - www.exerciseright.com.au www.essa.org.au www.exercisemedicine.org.au

Thank you to Denise Taylor for this report while I was away. Ed

DNA Research

A new approach to detecting DNA variations that may be associated with prostate cancer has found 10 times as many variations as the most common approach, according to a study.

The research, "Next-Generation Mapping Reveals Novel Large Genomic Rearrangements In Prostate Cancer," was published in *Oncotarget*.

Complex rearrangements of structures in DNA can trigger the development of prostate cancer, research has shown. Detecting the changes can help doctors design better therapies for their patients.

The study was led by Dr. Vanessa Hayes, Lab Head of Human Comparative and Prostate Cancer Genomics at the Garvan Institute of Medical Research in Sydney, Australia. Dr. Hayes and her team demonstrate the significance of physical genome mapping as an essential tool to identify large structural variations (SVs) implicated in the progression of prostate cancer. The study found that NGM using Bionano's Irys® System at 35x genome coverage identified 10 times more SVs larger than 1,000 base pairs than the Illumina X10 platform at 60x genome coverage. Of those novel SV calls otherwise missed by NGS, 94% were validated using a combination of analysis tools. Importantly, of the large SVs detected on the Bionano system, half were in or near genes with oncogenic potential. Of the sequence variants detected with NGS, only 0.5 percent were in or near such genes.

Dr. Vanessa Hayes commented, "These findings validate the importance of Bionano's NGM and demonstrate that NGS is not enough to identify all genome variations that may cause disease in

patients. This study has generated promising results that help in understanding previously undetected prostate cancer genomic driver events and progression.

To read more go to - <http://tinyurl.com/lf4fl9q>

Broken Hill Ball – from Elizabeth Allen Want to support our partners in the country? They'll make you welcome -

On behalf of the Broken Hill Prostate Cancer Support Group I have attached the flyer for their Tenth Annual Gala Ball to be held on the long weekend in June - Saturday 10 June 2017. Tickets \$20 including supper.

They are always looking to welcome more guests. It promises to be a great weekend, starting on Friday 9th June with wonderful music even if you are not a dancer.

Don't forget all the wonderful attractions that are so much part of Broken Hill and the fantastic country you see to get there.

Suggest you book your motel as soon as possible to get the best rates, (We did last week end on Booking.com and got a fantastic rate)

Please let Broken Hill or myself know if you are attending for catering Have a great day,
Regards Elizabeth Allen OAM 0408682968
NSW Centrelink pension holders can use their annual train pass to travel to Broken Hill for free!
Check it out.

Norma's March Quiz

1. Is a nashi a national serviceman, a pear or a Japanese sword?
2. What is an air cushioned vehicle more commonly called?
3. Who did Mohammad Ali beat to win his first world title fight?
4. In which Asian city will you find The Marco Polo Bridge?
5. The study of family history is called what?
6. Into which harbour does the Swan River flow?
7. Which two actors played Bret "Maverick" in the film and TV series?
8. What is the official name of the unemployment benefit?
9. By what name is the Viscount Greystoke known?
10. Give the surnames of the three US presidents that start with R.

Answers to Norma's February Quiz

1. Who was the last president of the USA elected in the 1980s? *George Bush*
2. Which plant helps ease the sting of a nettle?
Dock Leaf
3. Which actress plays the part of Jessica Fletcher in Murder She Wrote? *Angela Lansbury*
4. What name is given to the imaginary lines that go from north to south on a map? *Longitude*
5. Which came first zips, Velcro or buttons?
Buttons
6. Who or what flock together as the saying goes?
Birds of a feather
7. Which king put his seal on the Magna Carta?
King John
8. Which of the following will not dissolve in water.
Salt, sugar, or sand? *Sand*
9. Which is the warmest sea in the world, the Dead, the Red or the Mediterranean? *The Red*
10. Who wrote the pop anthem "Knockin' on Heaven's Door"? *Bob Dylan*

Future Meetings

- Tuesday 2nd May - Lynn Stone,
Community Care NB Dementia
- Tuesday 6th June - Dr Max Dias,
Neurological Surgeon at the San,
- Tuesday 4th July - Christmas in July
- Tuesday 1st August - Prof Ian Caterson,
Physician & Clinical Researcher, Men
Obesity and Health
- Tuesday 5th Sept – Meridith Van Wensveen –
Peter's Message
- Tuesday 3rd Oct – TBA
- Tuesday 7th Nov - TBA

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