

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. 164 - February 2017

Editor: Mary Jones

Our next meeting will be held on

Tuesday, 7 March 2017

**Our guest speaker will be Anna-Louise Moule,
Exercise Physiologist from Balanced Bodies**

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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

March Meeting

We welcome Anna-Louise Moule an Exercise Physiologist from Balanced Bodies, who will explain how exercise can play a role both before surgery to improve recovery, and after surgery to improve recovery and outcomes.

February Meeting Report

Gillian Marcham, Physiotherapist specialising in Incontinence, was our guest speaker for February, speaking about Pre and Post Prostatectomy Physiotherapy. From diagnosis of prostate cancer there is often little time to prepare for the chosen treatment and men may be anxious and confused. It is important though for men to assess their current bladder and bowels habits and prepare with bladder training exercises. Pelvic floor muscle training is important to get the brain to recognise the feel of using the right muscles.

Gillian got us all standing, toes turned in, bottom out, knees bent and asked us all to tense the pelvic floor muscles and then relax, to be aware of the movement. "Nuts to Guts" she asked the men to remember.

There is now real time ultrasound which can display if the right muscles are being used, can be a training tool and give feedback.

Gillian had some three word mantras she stressed – Pelvic floor first, Floor before core, Less is more, Local not global, Stop the drip, Nuts to guts, Know your body, Keep it simple. Don't try for too long – slow steady approach.

Gillian recommended walking as one of the best exercises, keep moving and build up to power walking if possible. As always Gillian was

informative and entertaining and we thank her for giving us her time and expertise. Should you wish to take advantage of her services, Gillian is at Suite 28/22 Fisher Road, Dee Why.
Phone: 9982 6555

Top 10 prostate cancer research findings in 2016

Posted to the PCFA Online Community by Wendy Winnall on January 10, 2017

Wendy Winnall regularly posts interesting articles on current research results. To see the full reports go to - <http://tinyurl.com/z9f6jkx>

1. Robotic-assisted surgery is not more effective than open surgery
2. Photodynamic therapy (TOOKAD) is safe and effective for treating low-risk prostate cancer
3. Landmark PSA screening trial criticized
4. Checkpoint immunotherapy could work for metastatic prostate cancer
5. Good results for HIFU focal therapy
6. Bipolar androgen therapy trial has promising early results
7. 5-year "disease-free survival" is an accurate predictor of overall survival in prostate cancer trials
8. Fine-tuning Abiraterone for a more efficient treatment
9. "DNA repair" gene mutations found in men with metastatic prostate cancer
10. Lu177-PMSA-PET: a promising new therapy for metastatic prostate cancer.

Men with Prostate Cancer Have Different Prostate Shape, Study Shows

The shapes of the prostate and one of its compartments, called the transitional zone, are different in men with prostate cancer than in men without the disease, research shows.

The finding may offer a new strategy for diagnosing prostate cancer, and predicting how aggressive it is.

The study, "Computational imaging reveals shape differences between normal and malignant prostates on MRI," was published in the journal *Scientific Reports*.

"Looking at shape is a fundamental shift from looking at the intensity of pixels in an image to predict if a patient has prostate cancer," Anant Madabhushi, F. Alex Nason Professor of Biomedical Engineering at Case Western Reserve University and leader of the research, said in a news release. "Pixel intensities vary, but shape is resilient.

"Here, we potentially have an image-based

biomarker for prostate cancer, which is not greatly sensitive to the MRI parameters used by each institution, the maker of the MRI or the scanner itself," Madabhushi added.

Multi-parametric magnetic resonance imaging (MRI) plays an essential role in managing prostate cancer, helping doctors try to keep it localized. In addition to providing structural and functional images of the prostate, MRI reveals differences in cancers based on their location in the prostate's anatomic subregions.

Madabhushi and colleagues at Case Western Reserve decided to try to characterize differences in the shape of the prostate and the central gland — a combination of the prostate's central and transitional zones — between men with biopsy-confirmed prostate cancer and men without the disease.

They analyzed the MRI scans of 70 prostates from five medical institutions. Thirty-five of the men had prostate cancer, 24 had no prostate or other kind of cancer, and 11 men had rectal cancer but no clinical or MRI evidence of prostate cancer.

To check differences in prostate shapes, the researchers aligned images from the 35 prostates with cancer into a single frame, creating a statistical shape atlas. They created a second atlas with images of the 35 healthy prostates.

After controlling for size, the atlas comparisons between cancerous and non-cancerous prostates revealed differences in the gland itself and the shape of the transitional zone.

The team then compared prostate images from each of the five medical institutions. They discovered that the differences in shapes they had observed between cancerous and non-cancerous prostates were consistent no matter which institution the images came from.

If shape proves to be a reliable marker of prostate cancer, it could be combined with radiomics to help diagnose the disease, Madabhushi said. Radiomics uses computer algorithms to extract distinguishing characteristics of cancerous and non-cancerous tissues.

Madabhushi and his colleagues recently published a study in the *Journal of Magnetic Resonance Imaging* demonstrating that cancer can be accurately identified by differences in tumors in the prostate's peripheral zone, and the tumors' microarchitecture.

The team is now working on identifying radiomic features from the peripheral and transitional zones of the prostate, along with measurements derived from the prostate's shape. The goal is to see

whether they can predict the cancer's presence. They also want to determine if shape can predict a cancer's aggressiveness—information critical to doctors' decisions about how to treat patients. This article was published in Prostate Cancer News Today. To read more articles go to – <https://prostatecancernewstoday.com>

Norma's February Quiz

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

Norma's Answers January Quiz

1. Is a pachyderm a skin infection, an elephant, a butterfly or a moth? *An elephant*
2. Do most of the world's diamonds come from India, South Africa, Russia or Canada? *South Africa*
3. What is a grissini? *A small breadstick*
4. Where is the largest train station (by platforms) situated? *New York City Grand Central*
5. Ombrology is a study of what? *Rain*
6. Who sang "Peggy Sue" and "That'll be the Day"? *Buddy Holly*
7. Apia is the capitol of which country? *Samoa*
8. Bananas are rich in which vital nutrient? *Potassium*
9. What group name is given to a group of owls? *A parliament, a stare or a wisdom*
10. What is the best way to pass a geometry exam? *Know all the angles !!!*

KEEP A LOOK OUT FOR THE BLUE BALES!

Tapex, a company of agricultural crop packaging and infrastructure, construction and safety industries, are supporting Australia Prostate Cancer Research and getting the message out about how important health checks are for our Aussie men!

In 2016 they have introduced Blue Trioplus silage film and are generously donating \$5 from every blue roll sold to APCR!! We look forward to seeing the blue hay bales around the countryside!



Seniors Festival 2017

Fri 3 - Fri 24 March - Try something new!

The 2017 Seniors Festival program features 150 events throughout the Northern Beaches. There are events that will both stimulate and entertain, including lecture series, line dancing, games sessions, kayaking, presentations on downsizing your home, walking, social outings, technology sessions and using social media. Stimulate your mind, reinvigorate your body and enrich your life with more than 100 interesting and fun-filled events planned across the Northern Beaches. From dance lessons and sailing to learning how to get on to social media, there is something for everyone! Where to find a program? Pick one up from your local library, customer service or visit our pop up stall at Warriewood Square Shopping Centre on Thursday 23 Feb, 10:30am-1pm

Future Meetings

Tuesday 4th April - Justin Bott - Financial Information Service Officer with Centrelink,
 Tuesday 2nd May - Lynn Stone, Comm 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

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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