

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. 166 - April 2017

Editor: Mary Jones

Our next meeting will be held on

Tuesday, 2 May 2017

**Our guest speaker will be Lynn Stone,
from Community Care Northern Beaches**

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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

May Meeting

Our speaker for May will be Lynn Stone from Northern Beaches Community Care and she will be speaking to us on the subject of dementia.

Whilst we all hope that neither we ourselves or a family member is impacted by this disease, you never know. Come along and hear what Lynn has to tell us.

April Meeting Report

Our guest speaker for April was Justin Bott from the Financial Information Service of Centrelink, who is also on Sky News programme "Your Money, Your Call". Justin describes himself as an adult educator of financial services. He does not give financial advice but is available to everyone to help manage your money. He chose for his topic "The Family Home" and gave an interesting talk about the choices older people have when they come to think about leaving the family home which may have become too large and difficult for them to manage. The options he gave were – moving to a smaller home, renting, retirement village, lifestyle village or living with family in a granny flat.

These were the choices available before being assessed for aged care.

As far as Centrelink is concerned the family home does not count as an assessable asset. Your principal home could be a permanent dwelling, a caravan, a motor home, a boat or a relocatable home and will still not be classed as an asset.

You can be absent from your home for 12 months before it is taken into consideration, but if you rent it out the money you get from that rental is classed as income and will affect your pension. There is a different rule if you have to leave the home to live with the kids, become a carer for up to two years before any changes occur.

There are many issues to consider when selling and buying another home - cost of moving which can be over \$50k, are you able to make friends in a new area? Did you choose the right time to move? Don't leave it too late.

You can sell your home and take 12 months to buy a new one and provided you have told Centrelink how much you intend to spend on a new house, deeming will apply only on the balance of money you are holding over that amount.

If you choose to move into a retirement village you are usually buying the **right to live there** as most properties are on a 99 year lease. You must look carefully at the legal aspects of what happens to your money when you die or leave that place. There are many advantages to living in a retirement village such as security, same age group, the facilities they supply etc. Some of the disadvantages are that you will have no or little capital growth, there are maintenance fees each month and you cannot sublet or rent out your home.

Granny flats are becoming a popular option. Whether you build a granny flat on your own land or that of relatives the interest is created when a person **'purchases' the right to accommodation for the rest of their life.**

You can merge resources with family members to buy a joint property with both as part owners or you can transfer the property title of your home to your children, but each of these is fraught with danger if there is disagreement in the family.

Whatever you do it is always best to seek legal advice.

Justin's presentation was very interesting, informative and gave us all something to think about.

He is happy for anyone to make an appointment to see him for a free confidential talk about your circumstances and future plans and he can explain how your decisions will affect your pension eligibility.

Please telephone 132 300 to make an appointment.

Should we do away with the systematic prostate biopsy?

Posted by **Wendy Winnall** on April 20, 2017 at 3:40pm

Biopsy of the prostate remains the standard method for diagnosing prostate cancer. But biopsies are not perfect, they can be a bit "hit and miss". The way prostate biopsies are being done is changing. New types of biopsy and the results of the **PROMIS trial** are driving this change. innovations. This weeks' blog examines what was

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There is debate amongst clinicians about how to perform prostate biopsies giving these new innovations. This weeks' blog examines what was said on this topic at the 2017 congress of the European Association of Urology (EAU 2017).

The old-fashioned biopsy is called **systematic biopsy**. During this procedure, fine needles are inserted into the prostate gland and small samples of prostate tissue are removed for laboratory analysis. The needles go into random parts of the prostate, trying to cover all regions of the gland. Depending on the size of the prostate, this could mean 10 samples, or even up to 50.

A new approach to biopsy is becoming more popular. These **targeted biopsies** use imaging to aim for visible tumours, rather than taking samples from many random regions. MRI-targeted biopsies are common in Australia. These use MRI imaging at the same time as the biopsy, to ensure the needle goes into the tumour site. A **fusion biopsy** is a procedure combining MRI and ultrasound to create a 3D image of the prostate to more accurately view suspicious areas.

By taking many random samples from all over the prostate, systematic biopsies are more likely to pick up spots that are difficult to see on an MRI image. But if only a systematic biopsy is done, with no imaging, a small tumour could be missed by chance. A targeted biopsy can ensure that an obvious tumour is not missed by the biopsy needle.

The results of the **PROMIS trial** and other research tell us that MRI, followed by MRI-targeted biopsy, increases the rate of detection of high-grade prostate cancers. This can also help to avoid unnecessary biopsies. So the question is – can we do away with the old systematic biopsies?

To read more on this article go to - <http://tinyurl.com/l3yl836>

What to say

Finding out a friend, family member or co-worker has cancer is devastating, however, despite our best intentions, we can often accidentally say something that may be offensive or hurtful. What the person really wants to hear is that you're there for them and thinking of them. With that in mind, here are a list of things you should say to a person who has been diagnosed with prostate cancer based on information from www.prevention.com

"I'll do that for you!"

The "that" could be anything that you know the person would find helpful, from fetching groceries to giving them a ride to the hospital to cooking them dinner. Actions speak louder than words and even just one act of kindness can help them

out immensely, especially if they're feeling ill following a treatment session.

"What are you thinking about today?"

It can be difficult to judge what's going through the mind of someone who's battling cancer.

They'll have good days and bad days, so some days you can be their cheerleader, and on others their shoulder to cry on. Asking them what they're thinking about opens the lines of communication, and could spark a conversation about upcoming treatment, how tired they are or maybe nothing to do with their illness, if they want to get their mind off the subject.

"What don't you want to talk about?"

Your friend or loved one may be completely open about all aspects of their illness, or there could be some areas that they really don't want to talk about. Respect this by asking what's off limits.

This way you'll know that you're not overstepping.

"Thinking about you!"

This can either be said verbally or via a text message, email or Facebook message. It's short and simple and lets the person know that you're thinking about them and are in their corner without probing them for information.

"So this happened to me"

It's OK to talk about yourself and share good news about your life with your friend or loved one, so if you got that promotion, your kid did well at school or you just bought a new car – tell them. Firstly, they'll want to hear about your success and secondly, it'll probably be a welcome reprieve from all the cancer talk. You can also share the bad things as well, because they care about you as well.

Say nothing at all

Sometimes words are not needed, particularly if you don't know what to say. It's better to give a hug, squeeze someone's hand or simply listen.

Norma's April Quiz

1. What creature was removed from the Cascade beer logo in 2013?
2. Which cathedral is in Moscow's Red Square?
3. Quinine treats which disease?
4. Which war was fought over the 38th parallel?
5. With which sport do you associate with Lindsey Vonn?
6. Which coffee's name is taken from the Latin word for "hood"?
7. Which nerve runs from the lower back to the knee?
8. Which actor was first nominated for an Oscar for the 1969 film Easy Rider?

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9. Which book was first published as 'The Whale' in 1851?

10. The Sonoran desert spans which two countries?

11. Which continent has the most countries within it?

12. In which country did the artist Vincent Van Gogh die in 1890?

13. Which alcoholic drink is made from the blue agave plant?

14. Which English county starts with the letter K?

15. What is the name of the Alfred Hitchcock movie that is also a kind of dizziness?

Answers to Norma's March Quiz

1. Is a nashi a national serviceman, a pear or a Japanese sword? *A pear*
2. What is an air cushioned vehicle more commonly called? *Hovercraft*
3. Who did Mohammad Ali beat to win his first world title fight? *Sonny Liston*
4. In which Asian city will you find The Marco Polo Bridge? *Beijing*
5. The study of family history is called what? *Genealogy*
6. Into which harbour does the Swan river flow? *Freemantle Harbour*
7. Which two actors played Bret "Maverick" in the film and TV series? *Mel Gibson and James Garner*
8. What is the official name of the unemployment benefit? *New Start Allowance*
9. By what name is the Viscount Greystoke known? *Tarzan*
10. Give the surnames of the three US presidents that start with R- Theodore Roosevelt, Franklin D Roosevelt and Ronald Reagan

Future Meetings

- 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
- Tuesday 5th Dec - Christmas Celebration

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.pcf.org.au Telephone: 02 9438 7000

See PCFA Newsletters online at:

www.pcf.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