

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. 169 - June 2017

Editor: Mary Jones

Our next meeting will be held on

Tuesday, 6 July 2017

**Instead of our usual meeting we will celebrate
Christmas in July at Dee Why RSL**

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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

Tuesday 4 July

There will be **no meeting** at The Cottage in July. Instead we will meet at Dee Why RSL to celebrate **Christmas in July**.

Please see details further in this newsletter

June Meeting Report

Our speaker, Dr Max Dias, spoke about the problems that may occur after a radical prostatectomy and the treatments available.

With both robotic and open surgery there is a chance of a hernia.

Depression may affect men dealing with the diagnosis – there may be regret about the decisions made, dealing with incontinence or erectile dysfunction, relationship issues. Dr Dias strongly advised seeking help by talking to someone about it; join a support group; seek help from psychiatrist or sex therapist; read widely – 'Facing the Tiger' written by Suzanne Chambers is recommended.

PSA anxiety is always an issue. What will the next PSA reading be? Doubling time of the PSA reading can be an indicator of the state of the cancer.

Incontinence and bladder problems men have to deal with after surgery can be managed. Pelvic floor exercises with a qualified physiotherapist are recommended. There are medications that may help. Dr Dias listed Vesicare, Ditropan, Oxytrol Patches and Betmiga. You should talk to your physician as all of these products have side effects.

Surgery may be an option for incontinence. A Sling may be recommended for milder forms of incontinence. The Artificial Urinary Sphincter is

the gold standard surgery choice with the best success rate and is usually inserted through a perineal incision. The ATOMS device is adjustable after the insertion and has a good success rate.

Erectile dysfunction is defined as an inability to achieve or maintain an erection. 50% of patients have problems after surgery, but this may be age-related with patients who have pre-existing problems. Treatment for erectile dysfunction include Viagra, Cialis, Levitra or penile injections such as Caverject, Trimix. A vacuum pump may help and there are penile implants available.

Dr Dias' talk was well received by all our members and he stayed after the meeting to answer individuals' questions.

Dr Dias has consulting locations at The San Clinic Wahroonga, Northwest Urology Bella Vista and Northern Beaches Cancer Care at Frenchs Forest.

To contact him phone 8814 6387 or email admin@sydneyurologist.com.au

Lutetium 177

A recent article on Nine News gave hope for many men with Prostate Cancer -

Australian doctors are witnessing promising results of a new therapy for men with prostate cancer who've tried everything to stop their disease from spreading.

The treatment, known as theranostics, offers a more targeted way of mapping and killing cancer cells.

Pivotal to the emerging science is the German discovery of small molecules that are able to latch onto the surface of prostate cancer cells called prostate-specific membrane antigen (PSMA) receptors.

PSMA is a type of protein located on the surface of a cell and is naturally found in the prostate gland and in increased amounts in someone with prostate cancer. If the prostate cancer has metastasised (spread to other parts of the body) the PSMA will also be found in other areas.

Lutetium 177 PSMA emits beta radiation, a destructive type of radiation that damages cancer cells when it is in close proximity to them.

Associate Professor Louise Emmett, a nuclear medicine specialist at Sydney's St Vincent's Public Hospital and her colleagues recently published a review of the current evidence in the Journal of Medical Radiation Sciences and St Vincent's Hospital in Sydney and Melbourne's Peter MacCallum Cancer Centre are collaborating on trials for the new therapy. Dr Emmett said the future of theranostics was bright and she was

confident the technology could be used on patients with other cancers.

This is just one of the many research projects taking place to find a cure/treatment for prostate cancer.

You can read more on up to date developments by accessing the Online Community at PCFA which publishes articles on the latest research.

Go to: <http://onlinecommunity.pcfa.org.au>

Cannabis for prostate cancer: miracle cure or just another snake oil?

Posted by **Wendy Winnall** on May 25, 2017

There is great excitement in the Australian community about the legalisation of cannabis as a medicine. In some states, doctors can now prescribe cannabis to patients if they are likely to benefit from it. Along with the excitement is a great amount of confusion about what cannabis should be used to treat and how to obtain it. A new systematic review has specifically examined the evidence on whether cannabis can affect the growth of prostate tumours.

Cannabis, and products derived from it, can have numerous medical benefits. There is evidence that these drugs might help people with severe epilepsy, motor neurone disease and multiple sclerosis. For cancer, clinical practice and research are heading in two directions: (1) relief from pain and other symptoms/side effects, and (2) affecting tumour activity. The evidence behind the benefit of cannabis and cannabis products in the general relief of pain and some other side effects is considered well-established. But more controversial, is the proposal that cannabis products have anti-tumour effects.

The authors of this systematic review are urologists from Ontario in Canada. The aim of their article is to assess the evidence that cannabis could affect tumour activity for urological cancers (prostate, bladder and testicular cancer in this case).

Cannabis refers to a genus of plants as well as the drug known as marijuana. Cannabis, as a drug, is made from processing the plant. It's used recreationally as well as a medicine by some people.

The federal government has legalised prescription of medicinal cannabis, but the finer details have been left to the states. The state laws regarding the use of medicinal cannabis are rapidly changing in Australia. Currently very few doctors are licenced prescribers of cannabis itself, but cannabis products such as purified cannabinoids are available. For information regarding

availability in different states, the link below may be helpful:

<http://tinyurl.com/y759nups>

Christmas in July

Don't forget our Christmas in July dinner at Dee Why RSL on July 4th instead of our usual meeting.

You must book with Norma on 9918 4929.

***Leave a message if no one home
Cost to members \$12.50. Put it in your diary now and join us for this wonderful evening.***

Norma's June Quiz

1. Which Australian beach city was called Elston before 1933?
2. The fabled Lasseter's Reef is made out of what?
3. In which country did Dutch painter, Vincent Van Gogh, die in 1890?
4. Which alcoholic drink is made from agave?
5. Which English county starts with 'K'?
6. Which American celebrity said.. "When I speak to them in the boardroom about my business they know immediately I am NOT the dumb blonde they thought I was!"
7. What is the official name for unemployment benefit?
8. What is Dactyloscopy used for in law enforcement?
9. What is an air cushioned vehicle more commonly called?
10. Which film is based on the novel The Sheep-Pig?

Answers to Norma's May Quiz

1. Which famous May said "Come up and see me sometime"? *Mae West*
2. Name any reasons why May blossom was not allowed in the house and was considered "Unlucky" There are at least six reasons, to do with countryside, religion weather or health"
It flowered a week before the Great Plague, Pre Christians offered the May Queen as a sacrifice for a good harvest, Christ's crown of thorns was thought to be hawthorn, Could cause wet summers, As it was Spring many illegitimate babies were the result of May couplings in the grass or wheat fields.
3. What is the birthstone for May? *Emerald*
4. May was named after the Greek goddess called? *Maia*
5. There is an old saying that goes Marry in May and? *Rue the day*

6. Another saying April showers bring? *May flowers*
7. May in the Northern hemisphere is the equivalent to **which** month in the Southern hemisphere? *November*
8. What is a maypole? *A tall pole with coloured ribbons which the dancers plaited as they danced round the pole to the music of the fiddle*
9. In England why did children and country folk dance round the maypole? *To welcome Spring and a good planting*
10. Which two birth signs are in May? *Taurus and Gemini*

Tour of the Garvan Institute

We are calling for expression of interest for a group to visit to the Garvan Institute.

A tour of the site in Sydney's Darlinghurst will give you the chance to see Garvan's state-of-the-art scientific facilities first hand, and learn how technology is enabling medical research to progress at an increasingly rapid rate.

Tours are conducted on certain dates and are open to the general public, but bookings are essential.

If you are interested in a visit we will need to make a booking -

so please contact Mary on 9997 2709 or email info@prostate-cancer-support-nb.org

Genome Testing

Recently announced is the availability of gene testing for the public. This test is able to identify genes mutations that may signal the possibility of health issues in the future. Your lifestyle, your environment and the information encoded in your DNA all interact to influence your health. Personal health genomics analyses your genome (the entirety of a person's genetic material including all their genes) to provide you with a genomic profile. This profile can help you and your doctor to make personalised health decisions.

Future Meetings

- 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 – Max Walker, Solicitor
- Tuesday 7th Nov - Dr Katharine Hodgkinson,
Headway Health
- 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.pcfau.org.au Telephone: 02 9438 7000

See PCFA Newsletters online at:

www.pcfau.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