

# 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. 172 - September 2017**

Editor: Mary Jones

**Our next meeting will be held on**

**Tuesday, 3 October 2017**

**Our guest speaker will be  
Alex Walker, Solicitor**

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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 1<sup>st</sup> Tuesday of the month except in January.

### Usual Location:

The Cottage, Mona Vale Hospital, Coronation Street, Mona Vale.

Time: 6:30pm till 8:30pm

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## Tuesday 3 October

Our guest speaker for October is Alex Walker, solicitor, with Wood, Marshall and Williams in Brookvale. He will be presenting to us the Four Pillars of Estate Planning – Wills, Enduring Power of Attorney, Enduring Power of Guardianship and Living Wills. Whilst most of us do not want to know about dying these matters are important and can save our loved ones much anguish at a later time. Come along and be informed.

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## September Meeting Report

### THE VIDEO - PETER'S MESSAGE

"I just want to tell the fellas there is nothing to worry about" This is what Peter wanted to say to our Support Group and indeed had planned to do so at the February meeting but sadly that was not to be.

When Peter entered palliative care at Neringah Hospital in Wahroonga around the end of September 2016 he was very ill and his cancer was a riot. However after a couple of weeks of expert care and titration of his medications, he rallied and was able to spend a further precious 2 months at home. When he was asked to participate in the video there was no script or rehearsal and he saw it as a way of giving back, he was in awe of the facility and its staff and wanted to say thank you.

"Palliative care" is about "relieving pain without dealing with the cause of the condition". Peter advised in the video that the staff were able to relieve him of fear and worry as well as pain, and this meant that he was in a good head space which was great for himself and also helped Meredith, his wife.

Being able to talk about his future knowing he would be comfortable and free of pain and fear allowed him to talk about his wishes for his funeral with his family, which empowered them in being able to carry out his wishes. Peter was able to discuss with Meredith how she might live

her life without him, only because the fear and pain had been lifted.

Before and after the video Meredith was able to speak to us, her courage was amazing and we all appreciated this. She was able to tell us that Hammond Care is a Christian Charity but do not question any patient's religious beliefs. A companion bed was set up in Peter's room for Meredith for his last two weeks.

Often good healthcare conjures up financial constraints and this can govern our health choices. HammondCare accepts everyone requiring help, whether from a wealthy background or those with few resources. HammondCare do receive government funding and will claim direct from Medicare in your name. Obviously, if you have private cover, HammondCare are grateful for the extra financial assistance your fund may provide in order to assist with their considerable ongoing costs. As most of you would know they are the sponsors of our Prostate Cancer Support Group for which we are very appreciative and we were glad to have Jenny Sharp, their representative, with us for the evening.

*Denise Taylor*

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### **The Australian Grand Prix Supports Prostate Cancer**

The Australian Grand Prix Corporation (AGPC) has announced the Prostate Cancer Foundation of Australia (PCFA) as the Official Charity for the Michelin Australian Motorcycle Grand Prix 2017.

With one in eight men who attend the Australian Motorcycle Grand Prix likely to be affected by prostate cancer in their lifetime, the cause is incredibly relevant and important for fans and their families and friends.

MotoGP returns to Phillip Island for the Australian round on October 20-22, 2017

Aussie MotoGP rider Jack Miller is proud to help generate awareness about prostate cancer and PCFA as it is a cause close to his heart with his own grandfather, Bing Kendall, having been diagnosed 15 years ago.

"It was a big shock when we found out Pop had prostate cancer, but we were so lucky he was tested early because he's now in remission and cancer free. I'm so passionate about this cause and really hope fans will get behind it."

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### **Biomarker discovery to guide treatment for men with castration resistant prostate cancer.**

by **Wendy Winnall** on September 19, 2017

A biomarker is a biological molecule that can tell us what's going on inside the body. They are particularly useful for treating cancer. Biomarkers can be used to detect cancer early, determine what kind of tumour is present, what is the best treatment, and if the treatment has worked. Finding a good biomarker to guide the best treatment of castration resistant prostate cancer has been very difficult. Two recent studies have made important progress in the search for biomarkers for men with this stage of prostate cancer.

Biomarkers can be various biological molecules, such as proteins or genes. Biomarker tests can also be images, such as PSMA-PET scans. PSA is a biomarker for prostate cancer, but it's not perfect. PSA in the blood indicates the presence of prostate cancer, as well as how much disease is present. A high PSA level is associated with more extensive prostate cancer and poorer prognosis. There are other biomarker tests that can be useful upon diagnosis with prostate cancer such as the **Oncotype DX** gene test. However, we need more and better biomarkers, particularly to guide patients to the most beneficial treatments.

Biomarker discovery is a large part of the prostate cancer research field. **Developing a good test for a biomarker is not too difficult. The difficulty is in finding the right biomarker to test for.**

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### **We've been in the news!**

Our very own David Bennett was interviewed by the local radio station Radio Northern Beaches 88.7FM on his Prostate Cancer experience, and this was broadcast earlier in August.

Also there was an article in our local magazine Peninsula Living in September as part of International Prostate Cancer Awareness month.

Again David Bennett gave a good account of his Prostate Cancer journey but unfortunately, some of the details they included were incorrect. Our group information was included in the article, so that was good and it gave awareness of prostate cancer to the local community.

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## Have you joined the PCFA Online Community?

Having access to this portal on the PCFA website can keep you informed of the latest news and research articles

### Who can join PCFA Online Community?

PCFA Online Community is open to everyone. The site has been developed for those impacted by prostate cancer, including diagnosed men, their carers, families and the broader community interested in knowing more about prostate cancer.

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### How do you join PCFA Online Community?

Go to <http://onlinecommunity.pcfa.org.au> and click on the blue JOIN tab on the top menu. To sign up, you will be asked to enter your email and a nominated password, and the "Captcha" word (to ensure you are a real user and not a robot!). You can also sign up with your Facebook account or Gmail account.

- If you signed up with your email address, then you will need to verify your email address by clicking on the link sent to the email address you provided.
  - Please note if you haven't received the email, check your spam or junk folder.
- After clicking the link, you are prompted to answer some questions to create your own profile. You may include as little or as much information as you like in this section.
- After entering your profile information you will be a member of PCFA Online Community, and will be able to access the Research Blog and Community Forum.

### I am having trouble signing up. What should I do?

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

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## Norma's September Quiz

1. What do you call a group of 7 people?
2. Which old world plant has aromatic leaves and is used for flavouring in 8 letters?
3. Name the lead weights used by fishermen?
4. True or false are Trinidad and Tobago just off the coast of Ecuador?
5. Vinson Massif is the highest mountain on which continent?
6. Which animal is used as a symbol for Peugeot cars?
7. To be WRY is to be what?
8. Name a particular type of piano in 7 letters?
9. What colour boat did the owl and the pussycat go to sea in?
10. Who holds a commission in the armed services?

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## Answers to Norma's August Quiz

1. Which Disney character made his debut in the early film Steamboat Willie? *Mickey Mouse*
2. What colour is the lid of a Vegemite jar? *Yellow*
3. Who composed the Brandenburg Concertos? *Bach*
4. How many squares on a Scrabble board? *225*
5. Trypanophobia is fear of what? *Injections*
6. In which US state is Chicago? *Illinois*
7. Which gas is used to fill balloons? *Helium*
8. Enchiladas are part of which country's cuisine? *Mexico*
9. IF FELINE is cat-like what is URSINE? *Bear-like*
10. What did the F stand for in president Kennedy's name? *Fitzgerald*

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## Visit to the Garvan Institute

Our group has organized a tour of the Garvan Institute for Thursday, 12 October and there are still some places available.

A tour of the site in Sydney's Darlinghurst will give us 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 start at 10am and run for approximately 1.5 hours, including morning tea, and are free of charge, however a gold coin donation towards morning tea is appreciated.

Please contact Mary at our next meeting or phone on 0409 909 356 to book your place.

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## Prostate Cancer Foundation of Australia

Would like to thank everyone for their support of our recent **Ask The Experts** webcast.

We had an overwhelming number of people tune in to find out **what you need to know** about prostate cancer including risk factors, diagnosis, treatments and side effects.

Specifically, we would like to thank our MC Ricardo Goncalves, and our expert health panel of A/Prof Andrew Kneebone, Dr David Malouf, Sally Sara and Prof Simon Willcock.

If you missed the webcast it will be uploaded to the Online Community in the weeks to come.

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## November Meeting

As always our November meeting will be on the same day as the Melbourne Cup horse race.

Get ready for this evening and dust off your best clothes and hat and dress up for our very own "Cup" celebrations.

Norma is organizing a sweep with prizes, so bring your money along.

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## Future Meetings

Tuesday 7<sup>th</sup> Nov - Dr Katharine Hodgkinson,  
Headway Health  
Tuesday 5<sup>th</sup> Dec - Christmas Celebration

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## 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.

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## 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.

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## 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](http://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](mailto:info@prostate-cancer-support-nb.org)

### Useful websites:

[www.pcfa.org.au](http://www.pcfa.org.au)      Telephone: 02 9438 7000

See PCFA Newsletters online at:

[www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html](http://www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html)

Other useful links-

[www.prostatehealth.org.au](http://www.prostatehealth.org.au)

[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

[www.acf.com.au](http://www.acf.com.au)

[www.prostate-cancer-support-act.net](http://www.prostate-cancer-support-act.net)

[www.prostate-cancer-support-sydneynorth.org](http://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](http://www.prostate-cancer-support-nb.org)

