

# 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. 176 - February 2018**

Editor: Mary Jones

**Our next meeting will be held on**

**Tuesday, 6 March 2018**

**Our Guest Speaker is Alex Chesser  
from NSW Rural Fire Service**

Everyone is welcome, bring your partners along

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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 6 March

Alex Chesser, District Officer from the Northern Beaches Rural Fire Brigade, will speak to us at our March meeting. Living in such a beautiful area surrounded by bush we must all be aware of the dangers of bushfires. Please come along and hear what Alex has to say.

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## February Meeting Report.

Our first speaker for 2018 was Dr Amy Teh, Radiation Oncologist at the Sydney Adventist Hospital. Amy gave an analogy of prostate cancer as weeds in a garden with the need to eradicate them before they spread and took over the garden.

Many of our members were able to relate to this as Amy detailed the treatments available and which patients were suitable for different options.

Multi-disciplinary teams now meet to discuss each patient's case treatment and design radiotherapy and dosage for each individual.

Dr Teh continued to describe the methods of treating prostate cancer and the advances that are being made to target the cancer more precisely.

A very interesting evening with an impressively knowledgeable doctor, enjoyed by all.

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## Early Detection Blood Test

A new, non-invasive blood test can reliably detect prostate cancer in patients with inconclusive PSA tests, the test's developer, CellMax Life, recently announced.

Researchers say the company's circulating tumour cell (CTC) blood test could reduce the

number of unnecessary biopsies by up to 90 percent.

A significant number of men who undergo PSA screening receive an indeterminate, or “gray zone,” result. Three out of four of these patients have a negative biopsy. Unnecessary prostate biopsies present a significant risk for side effects, including fever, infection, and bleeding. Some of these patients may require hospitalization.

Tests currently used to determine the need for biopsy, based on elevated PSA levels, have insufficient specificity and sensitivity, which leads to unnecessary biopsies in a large number of men.

To read more go to-

<https://tinyurl.com/yc3u26s6>

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### Can aspirin prevent prostate cancer?

Posted by [Wendy Winnall](#) on December 5, 2017 at 12:11pm

A new study has reported that a regular intake of low-dose aspirin may help reduce the chances of dying from prostate cancer. Many studies have predicted the benefits of aspirin for preventing cancer, heart attacks, stroke and dementia. But unfortunately, there is a major flaw in these predictions.

Regularly taking a low dose of aspirin is widely promoted as being able to decrease the risk of diagnosis with cancer, including prostate cancer. In fact, low-dose aspirin is also predicted to prevent many other conditions such as heart attack, stroke and dementia. These predictions are based on clinical science. Many studies indicate that people who regularly took aspirin had lower rates of a number of cancers compared to people who didn't take aspirin. The best quality of these studies are long-term, prospective studies that followed people with regular surveys about their habits and health. These are known as cohort studies.

To access more information go to -

<https://tinyurl.com/ydacopzh>

and sign in or register for the online community at PCFA

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### New Australian research targets neuroendocrine prostate tumours.

Posted by [Wendy Winnall](#) on December 19, 2017 at 11:45am

PCFA has announced its successful research grants for projects starting in 2018. This funding will support trials for new treatments, laboratory research, promising young researchers and

clinicians who are performing research. Two of the projects funded for 2018 are investigating a very aggressive disease called neuroendocrine prostate cancer. This week's research blog describes the recent breakthroughs in our understanding of neuroendocrine prostate cancer.

There are different types of prostate cancer. These cancers have different characteristics because they develop from different types of cells. The most common type of prostate cancer is called **adenocarcinoma**. This form develops from two different types of glandular cells of the prostate, called **basal cells and luminal cells**. There are a number of other different types of prostate cancer that are less common. **Neuroendocrine** prostate cancer is an uncommon form of this cancer that is difficult to treat. Neuroendocrine cancer cells develop from normal (non-cancerous) neuroendocrine cells that are found in the prostate gland. The exact role of normal neuroendocrine cells the prostate is unknown, but they have features similar to nerve cells and cells that secrete hormones.

Prostate tumours sometimes consist entirely of neuroendocrine cancer cells, but these are quite rare. Pure neuroendocrine tumours are very aggressive and resistant to the most conventional treatments for prostate cancer.

PCFA is investing \$5 million in 2018, to fund prostate cancer research that might hold the key to the next breakthrough in the field. Our commitment to our community would not be possible without strong partnerships with leading Australian universities, medical colleges, collaborative clinical trials groups; individual clinicians and researchers; and our funding partners CAN4CANCER, Distinguished Gentleman's Ride, It's a Bloke Thing Foundation and The Movember Foundation.

To find out more go to the PCFA website and sign in or join the Online Community.

<https://tinyurl.com/y8qwuzra>

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### Arcadia Private Hospital

Several of our members attended the Open Day of the Arcadia Pittwater, a new purpose built 85 bed private hospital, which will deliver a range of medical, geriatric and rehabilitation services within a hotel style environment in Warriewood. We were most impressed with the facilities there and spoke with many of the staff.

We were shown around the patients rooms, the gym, swimming pool, treatment rooms and treated to food from the BBQ and restaurant.

Patients with private health funds will be covered except for a small daily excess which will be discussed on admission.

To have such a facility practically on our doorstep will be beneficial to many.

For more information visit the website–  
[www.arcadiapittwater.com.au](http://www.arcadiapittwater.com.au)

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### Norma's March Quiz

1. Which film musical ended with the son "Let's go fly a kite"?
2. Which two elements form ammonia?
3. Which number on the computer keyboard is above the 5?
4. Which two seven letter European country names differ by just one letter?
5. Which naval vessel's name is the Latin name for stiffness?
6. In which city is the oldest zoo in the world?
7. Which is the largest species of tiger?
8. Why is Janus, the Roman God, for January and the New Year?
9. In the nursery rhyme who failed to blow his horn?
10. Who has the record for the most DUCKS scored in cricket ?

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### Answers to Norma's February Quiz

1. What do we call a whole lot of crocodiles ,a rest a bask or a log? *A Bask*
2. Name the war ships that were part of the First Fleet. *Sirius and Supply*
3. What do the letters W.I.R.E.S stand for? *Wildlife Information and Rescue Service*
4. What name do we give to the Eastern Mediterranean, Syria, Lebanon and Turkey, is it - Near Orient, Asia Minor, or The Levant? *The Levant*
5. Who wrote "A Cat may look at a King"? *Lewis Carroll*
6. In the TV series Happy Days what was Fonzie's full name? *Arthur Fonzerelli*
7. What was the name of Popeye's adopted son? *Sweet Pea*
8. How many heads did Cerberus, the guard dog of the underworld have - 7, 5, or 3? *3*
9. Which award did the Beatles receive in 1965? *MBE*

10. What did Nellie the Elephant do, in the song?  
*Packed her trunk*

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### Meetings for 2018

Tuesday 3 April - Professor Vanessa Hayes  
Garvan Institute

Tuesday 1 May - TBA

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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 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)

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## 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)

