

# 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. 178 - April 2018**

Editor: Mary Jones

**Our next meeting will be held on**

**Tuesday, 1 May 2018**

**Our Guest Speaker is Dr Sue Yen Ng  
from the new Arcadia Pittwater Hospital in Warriewood**

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 1 May

A new private hospital has opened in Warriewood which treats patients requiring rehabilitation after surgery. Dr Sue Yen Ng from the new Arcadia Pittwater Hospital in Warriewood will speak to us about the services they offer. Come along.

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## April Meeting Report

Our guest speaker for April, Prof Vanessa Hayes, gave a very interesting account of the work she and her colleagues perform at the Garvan Institute in the Laboratory for Human Comparative and Prostate Cancer Genomics. As part of the University of NSW, the 900 researchers at the Kinghorn Centre in Darlinghurst belong to the largest Prostate Cancer study in the world.

To address the complex genomics of early-derived human diversity and prostate cancer, the team is actively involved in adopting new state-of-the-art technologies.

Professor Hayes talked about the nine dot puzzle approach - thinking outside the box.

She explained that with prostate cancer there are no symptoms, no known risk factors, disease heterogeneity (most men die with it not from it), high treatment variability (active surveillance to combined therapies), controversy in PSA testing and no cure for metastatic disease.

Vanessa's research is looking for a way to determine who will die from prostate cancer and is the genomic revolution providing hope for advanced clinical management. Precision management can provide individual treatment using information from a patient's DNA.

The Code of Life DNA has three billion bases (letters) and defines us, including what illnesses we may acquire. One single change in a person's DNA can make things go wrong, but cancer is also a genetic disease that you can inherit from your parents. There are risk factors such as age, environment, family history – if your father or more importantly if your brother has prostate cancer), ethnic origin. There is no definable gene for prostate cancer, unlike breast cancer where BRAC1 and BRAC2 are risk factors.

In the USA, African Americans are at a higher risk than European Americans and Asian Americans and tend to contract the disease ten years younger than the rest of the population.

Research at the Garvan Institute is looking for new markers and trials are underway to find new therapeutic drugs, which take time to be approved. Existing drugs being used for brain/neurological conditions are being tested as potential treatments for prostate cancer.

Anyone can take a tour of the Garvan Institute and it is to be recommended.

We salute the work being done at The Garvan with its internationally recognised researchers. It was a very interesting evening and we thank Vanessa for her time and information.

### **Can McDonald's fries cure baldness?**

Headlines around the world have attracted recent attention claiming a chemical

in McDonald fries holds the cure for baldness.

While this has overstepped the mark somewhat, the original research published in the journal Biomaterials, still warrants attention. The researchers report a new technique that efficiently grows large numbers of human follicle germ structures - the base from which hair grows.

These human follicle germs (or HFGs) were transplanted into the skin of nude mice, where they developed into hair follicles and grew hair shafts. Researchers claim this new technique holds promise for improving current methods of hair regeneration to treat hair loss. This may come as good news to many, as around 1 in 5 of men in their 20s and 2 in 5 men in their 40s are affected by significant balding.

So where does McDonalds enter the story? It seems one of the chemicals (dimethylpolysiloxane) used in the laboratory to grow the human follicle germs is also added to the cooking oil for McDonalds fries to prevent oil splattering.

So, despite the promises made in the headlines, eating fries is still more likely to add to your waistline than to the cover on your head!  
*From The Healthy Male, Autumn 2018 Issue*

### **MAJOR FUNDING BOOST FOR PROSTATE CANCER IN NSW**

11 March 2018

A new \$3.75 million collaborative project aims to accelerate personalised approaches to prostate cancer treatment – and is part of a total package of \$12 million awarded to cancer researchers at Garvan and across NSW.

Almost 6,000 men in NSW will be diagnosed with prostate cancer this year, and more than half that number will die from the disease. Yet all prostate cancer diagnoses are not created equal – and a key challenge is to treat aggressive cancers decisively, while avoiding potentially damaging overtreatment of less aggressive disease.

To find out more go to:

<https://tinyurl.com/y7bf83cb>

### **Your Choice – You Decide**

I attended the Advanced Care Workshop at the Cora Adcock Palliative Care Centre Mona Vale Hospital on Thursday 19<sup>th</sup> April and found this a very interesting morning.

Sponsored by HammondCare, Kelly Arthurs, Clinical Nurse Consultant, led the group through the process and answered any questions about Advance Care Planning and Advance Care Directives,

Whilst many people shy away from this topic it is a fact of life that we are all going to die one day and to be prepared can ease your mind and take away any worries you may have.

We all make preparations for getting married, make choices on where to live, what career to follow, prepare for the birth of our children, decide where to send them to school, look forward to retirement but when it comes to putting our affairs in order we fail dismally.

Some of the topics were - who will make choices about your care if no longer have the capacity to speak? Will it be your family? Your medical practitioner? Your neighbour?

Will that be easy for them because you have previously discussed your thoughts and wishes which they can easily follow? Or will it be stressful and distressing for your family?

There is a NSW Government package "Making An Advance Care Directive" which is a ten page

information booklet covering all the topics relating to Advance Care Directives. Think about it. All the information is available at [www.health.nsw.gov.au](http://www.health.nsw.gov.au) or you can go to: [tinyurl.com/ya2k5gc2](http://tinyurl.com/ya2k5gc2)

### Seniors Expo

During the recent Seniors Week, the Northern Beaches Council put on a Seniors Expo at Dee Why RSL and invited our Group to participate. We were placed in the *Mens' Cave* – and area specifically designed to target the male attendees.

Alan Taylor, Bill Elliott, Jo-Ann Steeves and Mary Jones were there to promote awareness of Prostate Cancer and to advertise our group to men and their spouses/partners.

### At Home Testing kits

In the Autumn issue of The Healthy Male, the newsletter of Andrology Australia, there was an article about At-Home PSA Testing Kits. These kits are available to purchase online but are causing controversy as PSA testing is not recommended nor is it necessary for most men unless there is a family history of Prostate Cancer.

The results of these tests may cause fear as a raised PSA result is not specific for cancer. PSA levels naturally increase with age and may indicate inflammation or infection of the prostate (prostatitis).

When the results come through you be advised to visit your local doctor for further review.

### Norma's May Quiz

1. Addis Ababa is the capital of which country?
2. Where is the longest straight stretch of railway in the world?
3. The pop group, The Monkeys, released a song about "The last train to ....." ?in 1960
4. How many Star Wars movies did Carrie Fisher make ?
5. Cabaret actress, Lisa Minnelli is the daughter of which famous Hollywood star?
6. Henry V111 had six wives, can you name them all?
7. Which Australian mammal was thought to be a hoax when it was sent to the British Museum in 1799 because it looked like multiple animals?
8. Which country comprises the second largest number of islands in the world?
9. What is the term for a baby crocodile?
10. Which Australian Prime Minister delivered the historic REDFERN speech?

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### Answers to Norma's April Quiz

1. In the children's books about "Noddy" what is the village policeman called? *Mr Plod*
  2. How many wives of Henry V111 were called Mary? *None*
  3. In the bible, who was the brother of Jacob? (old testament) *Esau*
  4. In what year did the Harbour Tunnel open? *1992*
  5. Who wrote the music called The Thieving Magpie? *Ravel, Korsakov, or Rossini - Rossini*
  6. What is the Russian liqueur Kummel made from? *Caraway seed extract*
  7. Which of the planets is big enough to consume all the others? *Jupiter*
  8. Who wrote The Da Vinci Code? *Dan Brown*
  9. Who is the Greek goddess of the rainbow? *Iris*
  10. How many sides has a rhombus? *Four Silly ones*
- A. Why would you burn if you stood in a circle?  
*'Cos its 360 degrees*
- B, What do you call a man with a spade? *Doug of course!*
- C. What do you call a dead parrot? *Polygon*
- D How does an astronaut get his baby to sleep?  
*Rockit!*

### Trivia Event

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Mark **Saturday 18 August** in your diary as we are organizing a Trivia Evening to raise funds for Prostate Cancer Research. Join us as Norma Norman teases us with questions weird and wacky. *Just \$5.00 for an event that promises to be a fun evening.*

### Meetings for 2018

- Tuesday 5 June – Dr Alison Zhang,  
Macquarie University Hospital
- Tuesday 3 July - Christmas in July
- Tuesday 7 August - Dr Kalli Spencer – Urologist
- Tuesday 4 September – TBA
- Tuesday 2 October - TBA
- Tuesday 6 November - Dr Harry Rothenfluh  
Dept of Health re PBS
- Tuesday 4 December 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 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)

