

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. 179 - May 2018

Editor: Mary Jones

Our next meeting will be held on

Tuesday, 5 June 2018

**Our Guest Speaker is Dr Alison Zhang
from the Macquarie University Hospital**

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 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 5 June

Dr Alison Zhang is undertaking research at the Macquarie University Hospital into metastatic prostate cancer. This will be an opportunity to hear about the latest trials that are focusing on metastatic p.c. at the university. Come along for an interesting evening.

Please note:

THERE WILL BE NO NEWSLETTER IN JUNE, PLEASE BE ADVISED THAT OUR MEETING ON 3 JULY WILL BE OUR CHRISTMAS IN JULY CELEBRATION AT DEE WHY RSL.

You must let Norma know if you wish to attend for catering purposes

- phone 9918 4929

Please leave a message with name and number of people attending.

May Meeting Report

We welcomed Dr Su Yen Ng and Nurse Emma to our meeting on 1st May and they spoke about the new Arcadia Pittwater Private Hospital at 4 Daydream Street in Warriewood.

This purpose built sub-acute hospital opened in February and offers care in rehabilitation, geriatric care, and general medicine, with palliative care facilities opening soon.

The rehabilitation facilities include hydrotherapy pool, gymnasium, activities rooms, open air garden space, wellness centres, day care and physiotherapy centre.

Dr Ng explained that patients are admitted for pain management, falls prevention, to improve balance and movement, muscle strength.

Treatment is matched with each patient's recovery and treatment programme as prescribed by their doctors.

A superb selection of meals offers a range of dietician prepared dishes cooked by their in-house chefs and a coffee shop allows guests and patients time out to relax and enjoy the surroundings.

Patients can also access pre-hab, where intense exercise can improve strength before an operation and aid a speedy recovery.

As well as physiotherapy there is occupational therapy to help patients go home. Outpatients can access the hydrotherapy pool.

It was a very interesting evening and we thank Dr Su and nurse Emma for coming.

Prostate Cancer Foundation of Australia welcomes Medicare rebate for prostate cancer MRI

PCFA News 09 May 2018

Prostate Cancer Foundation of Australia (PCFA) commends the Federal Government for the **new \$400 Medicare rebate** which will be made available for scans to diagnose and monitor prostate cancer.

Minister for Health, the Hon Greg Hunt MP, yesterday announced this funding for prostate MRIs from the Federal Budget.

Malcolm Freame, Chief Operating Officer of PCFA, says that this will be a financial advantage to men paying the full cost of the scans themselves. "Today's announcement will benefit thousands of men every year. In addition, it will change prostate cancer care by reducing the number of biopsies that can leave men with infections and other unpleasant side effects."

MRI scans have been greatly improved with recent new technology, known as multiparametric MRI which is better at detecting clinically significant tumours than biopsy.

"The way that prostate cancer is diagnosed in Australia needs to be improved. Clinically significant tumours are sometimes missed and relatively harmless tumours are often detected.

Multiparametric MRI is more likely to detect clinically significant tumours than the standard transrectal ultrasound-guided biopsy and using it before a prostate biopsy has the potential to reduce the amount of men undergoing unnecessary biopsies by 27 per cent." Says Malcolm Freame.

Malcolm Freame.

PCFA fully supports the Medicare reimbursement of prostate MRI scans.

Norma's June Quiz

1. What nationality is Frida from Abba?
2. What was the subject of the film "A Night to Remember"? a. love story b. a sea drama c. a murder d, a comedy.
3. What does the name Jerusalem mean?
4. Who wrote the songs for the show and film The Lion King?.....first name starts E
5. What did Ferdinand de Lesseps design and build?
6. What is the country Brazil named after?
7. Historically which golf course is the home of golf?
8. After whom was the dessert Pavlova named and what was her job?
9. In Scotland which soup is traditionally served on Burns Night?
10. Which 1956 film saw Gregory Peck as the captain obsessed with catching a whale?

Answers to Norma's May Quiz

1. Addis Ababa is the capital of which country?
Ethiopia
2. Where is the longest straight stretch of railway in the world? *Nullabor PLain*
3. The pop group, The Monkeys, released a song about "The last train to ." ?in 1960. *Clarksville*
4. How many Star Wars movies did Carrie Fisher make ? *Four*
5. Cabaret actress, Lisa Minnelli is the daughter of which famous Hollywood star? *Judy Garland*
6. Henry V111 had six wives, can you name them all? *CATHERINE OF ARAGON, ANNE BOLEYN JANE SEYMOUR, ANNE OF CLEVES, CATHERINE HOWARD, CATHERINE PARR*
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?
Platypus
8. Which country comprises the second largest number of islands in the world? *The Philippines*
9. What is the term for a baby crocodile?
Hatchling
10. Which Australian Prime Minister delivered the historic REDFERN speech? *Paul Keating*

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.*

Contenance Week

PCFA is proud to be supporting the Contenance Foundation of Australia during **Contenance Week 18th – 24th of June 2018**. This year's theme is 'Help Australia Laugh without Leaking'.

For many men, coping with urinary side effects after prostate cancer treatment can be challenging. In addition to seeking individual advice from health professionals, there are a variety of ways you can access information on this issue and get involved in raising awareness (see below).

DO YOU LEAK WHEN YOU LAUGH?

Call the National Contenance Helpline

1800 33 00 66



Help Australia to *Laugh Without Leaking* during World Contenance Week 18 – 24 June

You are invited to [join us](#) in our exciting new public awareness campaign ***Laugh Without Leaking*** by hosting an event, activity, talk, display or presentation as part of the **World Contenance Week (18 to 24 June)** celebrations.

World Contenance Week is a great opportunity to share the good news that the majority of bladder, bowel and pelvic floor problems can be helped or even cured! This year - with the help of our partners, supporters and friends - we are aiming for over 200 events, talks, displays and performances right across Australia in the lead up to, as well as following, World Contenance Week.

For more information go to -

<https://tinyurl.com/y94jo8t6>

Vale

It is with great sadness that we advise of the recent passing of Erwin Burer who was a very supportive member of our group. Erwin and his wife Judy were regular attendees at our meetings until recently and have always been great members of the community.

Our thoughts are with Judy and family at this difficult time.

Men's Suicide Prevention Program

This week, the Federal Budget announced \$37.6M in funding for The Way Back Support Service – funded by the Movember Foundation back in 2013 to help those who've tried to take their own life.

Members of the Mo Community like you helped Movember spread the word about mental health all the way to Parliament House, and funding has now been secured to nationally roll-out this service over the next four years.

From the team at Movember, we just wanted to say thanks. Keep spreading the word, raising funds, and helping us change the face of men's health.

Movember – what do you know about them?

They're the only charity tackling men's health on a global scale, year round. They're addressing some of the biggest health issues faced by men: prostate cancer, testicular cancer, and mental health and suicide prevention.

They know what works for men, and how to find and fund the most innovative research to have both a global and local impact. They're independent of government funding, so they can challenge the status quo and invest quicker in what works.

In 13 years they've funded more than 1,200 men's health projects around the world.

Where did it all begin?

In 2003 two mates (Travis Garone and Luke Slattery) meet up for a quiet beer in Melbourne, Australia, and the idea that sparked Movember is born. The moustache had all but disappeared from fashion trends. Could they bring it back? They found 30 guys willing to take up the challenge.

In 2004, inspired by the Mo's ability to generate a conversation, the crew decided to take things to the next level. Adam Garone stepped up to register the Movember Foundation and create a website. Justin Coghlan (JC) came on board to kickstart things in Queensland. Funds raised go to the Prostate Cancer Foundation of Australia (PCFA). At the time, that first Movember cheque was the largest single donation the PCFA had ever received.

At this present time, participating countries include Australia, Austria, Belgium, Canada, Czech Republic, Denmark, France, Hong Kong, Germany, Ireland, Netherlands, New Zealand, Norway, Singapore, South Africa, Spain, Sweden, Switzerland, UK and USA.

To find out more go to - <https://au.movember.com>

Meetings for 2018

Tuesday 3 July - Christmas in July
 Tuesday 7 August - Dr Kalli Spencer –
 Urologist
 Tuesday 4 September - Men Only Night
 Tuesday 2 October - Theranostics Australia
 Tuesday 6 November - Dr Harry Rothenfluh
 Dept of Health – PBS
 Tuesday 4 December - Christmas Social

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 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.pcfa.org.au Telephone: 02 9438 7000

See PCFA Newsletters online at:

www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html

Other useful links-

www.prostatehealth.org.au

www.cancercouncil.com.au, 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.

Past issues of our newsletters can be viewed on our website: www.prostate-cancer-support-nb.org

