

# 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. 181 - August 2018**

Editor: Mary Jones

**Our next meeting will be held on**

**Tuesday, 4 September 2018**

**This meeting is a  
MEN ONLY NIGHT!**

There will be lots of discussion

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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 4 September

**MEN ONLY NIGHT**, hosted by our one and only David Bennett who has some interesting things to get the conversation going.

*Ladies, take the night off!*

**Men, come along for an interesting evening.**

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## Trivia Event

A very big thank you to all you came along to our trivia evening on Saturday 18 August. Many of you brought your family and friends along and also contributed to the refreshments.

A good night was had by all, with many asking when the next Trivia event was going to be!

We raised over \$700 and this will be sent to PCFA as our contribution towards Research.

Great effort!

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## August Meeting Report

Dr Kalli Spencer from the Department of Urology, Macquarie University Hospital introduced himself and gave a brief insight into his background in his native South Africa.

His topic for the evening was Robotic Surgery which tied in very well with our upcoming visit to the Da Vinci machine in October. (Read more about this later in the newsletter)

He explained that there is now MRI guided fusion biopsies that were a more accurate diagnosis for prostate cancer. The computer works out the shape of the prostate and can see where the cancer is.

To be able to operate with the Da Vinci machine it takes lots of training courses, checks, mentoring and hours of simulation exercises, learning how to accurately operate the machine.

An operation can take between two and a half to four or five hours and during this time the surgeon is concentrating and remotely operating the machine.

The cost of operating with the Da Vinci machine is more expensive, but recovery time is usually quicker. The amount reflects the high cost of producing the machine and the ongoing maintenance required.

The robot can also operate on bladder and kidney cancers and may often save a kidney by removing only the diseased part.

Dr Spencer was an interesting speaker and stayed on after his talk to speak with our members who wished to ask personal questions.

### **Clinical trials indicate the benefit of SABR for men with oligometastatic prostate cancer.**

Posted by [Wendy Winnall](#) on July 24, 2018

Prostate cancer sometimes comes back after surgery or radiotherapy treatment. Men whose scans show that a few small tumours have spread are considered to have oligometastatic prostate cancer. Determining the best treatments for these men is an important research topic at the moment. Two recently published clinical trials have indicated that a radiation-based treatment called SABR can benefit men at this early stage of metastatic prostate cancer.

Stereotactic ablative body radiotherapy (SABR) is a type of radiosurgery. It uses radiation to destroy tumour cells, leaving the surrounding tissue unaffected. It's not the same as conventional radiotherapy. SABR delivers radiation at a very high intensity, all at once, to a small area. It is a high-precision technique that is used to deliver the high dose of radiation to the tumour with millimetre accuracy. SABR treatments are suited to small tumour sizes. So SABR is potentially a good treatment for the few small tumours that are detected in a patient who has oligometastatic prostate cancer.

SABR for men with oligometastatic prostate cancer has now been tested in two clinical trials that finished this year. The STOMP trial tested SABR for men who had not yet started androgen deprivation therapy (ADT). This trial asked whether using SABR could delay the need for ADT. The Australian POPSTAR trial asked whether SABR was a safe and feasible treatment for men with oligometastatic prostate cancer, regardless of previous ADT.

To read more on this article go to:

<https://tinyurl.com/yc3whzeb>

### **Participation in study**

PCFA are aware that members of the prostate cancer community are often interested in opportunities to participate in research to further the support available for people diagnosed with prostate cancer. As such they like to ensure the support Network are aware of these opportunities where relevant.

At present there is a study '**Navigate - Prostate Cancer Decision Aid**' Study. This study is currently recruiting participants, so please share with your group or networks.

"Research shows that men with low risk prostate cancer do not always fully understand their treatment options, and the benefits and risks of each option. This can sometimes create a feeling of worry or being overwhelmed about what to do. We are testing a website designed to help men understand their diagnosis and make informed decisions about their treatment options."

If you would like to participate further information can be obtained from -

The Navigate Research Team, Peter MacCallum Cancer Centre, Melbourne or  
[navigate@petermac.org](mailto:navigate@petermac.org) (03) 8559 7453

### **Visit to Da Vinci Robotic Surgical Machine**

The Northern Beaches Prostate Cancer Support Group has been fortunate to secure a viewing of the Da Vinci machine on the Northern Beaches.

**Instead of our usual monthly meeting in October at The Cottage we will instead be hosted by the company and given a talk and demonstration at Belrose.**

The **Da Vinci Surgical System** is a robotic surgical system made by the American company Intuitive Surgical. Cleared by the Food and Drug Administration (FDA) in 2000, it is designed to facilitate complex surgery using a minimally invasive approach, and is controlled by a surgeon from a console.

The system is commonly used for prostatectomies, and increasingly for cardiac valve repair and gynecologic surgical procedures. According to the manufacturer, the da Vinci System is called "da Vinci" in part because Leonardo da Vinci's design of the first known robot in history."

As the facility is not normally open to the public, registration is required. There are a limited number of people who can attend, and you will need your own transport.

If you wish to attend you **MUST** contact Mary on 0409 909 356 before Tuesday 25 September. Full names of each person are required and you will need to bring some kind of identity with you on the night.

### Norma's August Quiz

1. Pakistani city of Karachi lies on the shores of which sea?
2. Which formula is used to calculate the area of a circle?
3. In which year did John Gorton become Prime Minister of Australia?
4. Glasgow lies on which river?
5. In which century was the astronomer Galileo born?
6. Before ending up as a skull, what was the occupation of Yorick in the play Hamlet?
7. What are piscatorial Sportsmen devoted to?
8. Which movie character exclaimed "To infinity and beyond"?
9. Which Australian capital city is home to Hay Street Mall?
10. What is a Bardick?

### Answers to Norma's July Quiz

1. Name the three primary colours. *Red, Yellow, Blue*
2. What does the term 'piano' mean? *To be played softly*
3. Name the world famous gardens situated ten miles outside of London, close to the River Thames. *Kew Gardens*
4. What colour is a Himalayan poppy? *Blue*
5. Give the alternative name for a Mountain Ash tree. *Rowan*
6. Which kind of bulbs were once exchanged as a form of currency? *Tulips*
7. What colour jersey is worn by the winners of each stage of the Tour De France? *Yellow*
8. Name the actress whose career began at the age of 3 and who went on to star in films such as Contact, Maverick and The Silence of the Lambs? *Jodie Forster*
9. Which actress has won the most Oscars? *Katherine with 4 Oscars and 12 nominations*
10. Which country is Prague in? *Czech Republic*

### Prostate Cancer Awareness Month

September is Prostate Cancer Awareness Month and Prostate Cancer Foundation of Australia is asking Australia to get involved and help create awareness and raise the much-needed funds to help in the fight against prostate cancer. Prostate cancer is the most commonly diagnosed cancer in men in Australia with almost 20,000 diagnoses and close to 3,500 deaths each year.

We encourage all men over 50 – or over 40 if you have a family history - to talk with your GP about your prostate health. Prostate cancer testing can be a complex subject, that's why we recommend that you talk with your GP about what is best for you.

### Blackmore's Sydney Running Festival Sunday 16 September, beginning at Bradfield Park, Milsons Point

Join **Team PCFA** for Blackmores Sydney Running Festival and experience the exhilaration of running over Sydney Harbour Bridge whilst raising vital funds to help reduce the impact of prostate cancer on Australian men and their families.

With 4 different events to choose from, there's something to suit everyone – so get your friends and family together and sign up today!

- 42km Marathon
- 21km Half Marathon
- 9km Bridge Run
- 3.5 km Family Fun Run

#### How to join Team PCFA

Register for your own place in the running festival  
Set up your online fundraising page

Share your page with all your friends and family  
Once you have set up your online fundraising page with Team PCFA, one of our friendly Fundraising Coordinators will be in touch to welcome you to the team and help get you started with your fundraising.

If you have any questions, we'd love to hear from you.

Contact PCFA

on [Fundraising@pcfa.org.au](mailto:Fundraising@pcfa.org.au) or 1800 22 00 99.

### Meetings for 2018

Tuesday 4 September - Men Only Night

Tuesday 2 October - Visit to see Da Vinci  
Robotic Machine

Tuesday 6 November - Dr Harry Rothenfluh  
Dept of Health – PBS

Tuesday 4 December - Christmas Social

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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.

Past issues of our newsletters can be viewed on our website: [www.prostate-cancer-support-nb.org](http://www.prostate-cancer-support-nb.org)

