

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. 180 - July 2018

Editor: Mary Jones

Our next meeting will be held on

Tuesday, 7 August 2018

**Our Guest Speaker is Dr Kalli Spencer
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 7 August

Dr Kalli Spencer works at the Macquarie University Hospital in collaboration with Professor David Gillatt who is the head of Urology specialising in oncology. He is working with robotic surgery at the hospital and also working on fusion guided prostate biopsies. Come along for an interesting evening.

Trivia Event

Come and support us and get your tickets for our fundraising Trivia Evening on Saturday 18 August, at the Narrabeen Baptist Church (end of Wakehurst Parkway) to begin at 7pm.

Join us as Norma teases us with questions weird and wacky. Lots of prizes.

Let us know how many will be coming by phoning Norma on 9918 4929, or Mary on 0409 909 356 *Just \$5.00 for an event that promises to be a fun evening. Refreshments available, no alcohol permitted.*

June/July Meeting Reports

The June evening's talk was amazing! Alison Zhang from Macquarie University Hospital gave an incredible and informative delivery on metastatic prostate cancer clinical trials. It felt like we all wanted to be on one! There appeared to be a selective audience because the weather was very wet and cold but everyone there seemed to have a vested interest. The questions just kept coming and she was very kind and was happy to stay back and answer anyone who needed to an answer to a question. Those who could not make it certainly lost out on a very high quality talk.

Alison really knew her work, her knowledge and experience were exceptional.

Here are just a few of the pointers of her talk

1. Between 1998- 2008 PC diagnoses doubled but mortality decreased
2. Risk - age, genetics - 2 or more relatives 4 times more likely
3. Risk - higher if under 65
4. Risk - if other cancers in family
5. Obesity - risk of other cancers
6. Talked of chemo therapy, targeted therapies and immuno therapies (hormone)
7. If PC cancer goes to lungs or bones etc it is still prostate cancer
8. There is now good research and treatment options compared to 8 years ago
9. Before 2010 only Docetaxel, since then 6 new drugs available
10. Need to understand it takes many years to do the studies
11. Difference between castrate sensitive and castrate resistant - cs still responsive to testosterone, or not. One needs Androgen Deprivation therapy, the other Anti hormone therapy
12. Not usual - orchidectomy - removal of balls - they drive testosterone
13. Immunotherapy - inhibits effective and aggressive cancers
14. Giving Docetaxel early improved survivorship by 18 months, this helped those who had high volume disease early - given every 3 weeks intravenously.
15. If castrate resistant (maybe after 3 years) need to check what is happening. May need to shut down the testosterone – use Abiraterone works well as if chemo. Not funded for people who have not had Docetaxel, only for post chemo. Can have adverse effects but generally work well. Enzalutamide - still can have adverse effects - fatigue. Chemo = Cabazitaxel – breaks down the cancer, other side effects = hair loss etc. etc. but much better now compared to 5 years ago. Other therapies not reimbursed, not on PBS. (Our meeting in November will be all about the PBS and how it works)
16. Promising new drug for future - Luletiem 177 new - binds prostate cancer cells
17. Need to ask your doctor or oncologist if there are any new trials!! Remember survival rates are improving!

*Thanks to Denise for this report in my absence,
- Ed*

July Meeting

We held our 'Christmas in July' celebrations at Dee Why RSL with 24 members enjoying a hearty Christmas dinner. The company was great with everyone having a good time socializing and chatting away. It was a chance to talk with members you usually don't get a chance to meet.

Australian men with prostate cancer at increased risk of suicide

Posted by **Wendy Winnall** on July 30, 2018

These days more men are surviving prostate cancer, and they are living for longer after diagnosis than in previous decades. But survival rates do not tell the whole story. Living longer is not the same as living well. New Australian research has shown that men with prostate cancer are at higher risk of suicide than their counterparts who don't have the disease. The psychological needs of all men with prostate cancer require consideration and access to support as an important part of disease management.

There are over 200,000 Australian men who have been diagnosed with prostate cancer. Although the average survival rate is relatively good (95% survival for >5 years), this leaves many thousands of men who are continuing their fight against this disease and/or coping with the side effects of treatment. Men with prostate cancer report considerable psychological impact on their lives, such as distress, worry, anxiety and sadness.

Suicide and self-harm are significant problems in Australia. We know that about 2,000 Australians die by suicide each year. In 2015, approximately 2.5% of deaths were caused by suicide. Men are more likely to die by suicide than women, and men above the age of 75 are at relatively high risk. The pressure of living with prostate cancer is therefore imposed upon people who are already at a higher than average risk of suicide.

A new study on the risk of suicide in men with prostate cancer was published last month. The first author is A/Prof David Smith from Cancer Council NSW and the University of NSW. Prof Suzanne Chambers (Griffith University) and Prof Dianne O'Connell (Cancer Council NSW and University of NSW) also contributed to this project.

This Australian study asked whether men with prostate cancer were at higher risk of suicide than the same aged men without the disease. The researchers also asked which groups of men were most at risk. To ask these questions, they

obtained data from the NSW Cancer Registry for men diagnosed with prostate cancer from 1997 to 2007. Their cause of death was cross-referenced by linked reports from the NSW Registry of Births, Deaths and Marriages.

Results from this study showed that 51,924 men were diagnosed with prostate cancer in NSW between 1997 and 2007. 11,236 of these men had died by December 2007. 49 of these deaths were classified as suicide. The study showed that:

- The rate of suicide for NSW men with prostate cancer was 1.7-fold higher than for men in the equivalent age group who do not have prostate cancer. This means that men with prostate cancer have almost double the risk of suicide than men of the same age without the disease.
- Men with advanced prostate cancer had 2.68 times higher risk of suicide than men with localised prostate cancer.
- Men living outside major cities had a lower risk of suicide. They were less than half as likely to die by suicide than men living in major cities.
- Single, divorced, widowed or separated men with prostate cancer were 4.18 times more likely to commit suicide than married men with the disease.
- The risk of suicide was highest for men within the first year after diagnosis.

Men with prostate cancer and their families, friends and carers who have concerns about their ability to cope may be able to find help from these sources: A trained mental health professional such as a psychologist or social worker. Contact your local GP for assessment and referral to access Medicare bulk billed sessions through a mental health care plan.

To read more go to <https://tinyurl.com/ya6ozbx>

Help is also available by contacting the following Lifeline Australia 13 11 14

Beyondblue 1300 224 636,

www.beyondblue.org.au

Cancer Council Helpline 13 11 20

Carer crisis telephone counselling (after hours) 1800 059 059

QLine 1800 184 527 or www.qlife.org.au, or contact your local gay and lesbian health network

New CEO for PCFA

Prostate Cancer Foundation of Australia (PCFA) is delighted to announce the appointment of **Jane Endacott** as the new Chief Executive Officer, effective 12 June 2018.

Jane comes to PCFA with a comprehensive twenty-year leadership career spanning the not-for-profit, commercial and education sectors.

A strategic and hands-on leader, Jane is highly skilled in creating and executing blueprints for sustainable growth and impact.

In accepting the appointment, Jane said "I am delighted to lead this demonstratively impactful peak body and foundation. It is a privilege to work alongside a committed national team and network who are dedicated to improving the outcomes of prostate cancer on men, their partners, families and communities."

Northern Beaches Prostate Cancer Support Group welcomes Jane to the position of CEO.

Norma's July Quiz

1. Name the three primary colours.
2. What does the term 'piano' mean?
3. Name the world famous gardens situated ten miles outside of London, close to the River Thames.
4. What colour is a Himalayan poppy?
5. Give the alternative name for a Mountain Ash tree.
6. Which kind of bulbs were once exchanged as a form of currency?
7. What colour jersey is worn by the winners of each stage of the Tour De France?
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*?
9. Which actress has won the most Oscars?
10. Which country is Prague in?

Answers to Norma's June Quiz

1. What nationality is Frida from Abba? *Swedish*
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. *A Sea Drama*
3. What does the name Jerusalem mean? *City of Peace*
4. Who wrote the songs for the show and film The Lion King?...first name starts E. *Elton John*
5. What did Ferdinand de Lesseps design and build? *Suez Canal*
6. What is the country Brazil named after? *A tree - the Pau Brasil that produces red dye*
7. Historically which golf course is the home of golf? *St Andrews*
8. After whom was the dessert Pavlova named and what was her job? *Anna Pavlova, ballerina*
9. In Scotland which soup is traditionally served on Burns Night? *Cock-a-leekie*
10. Which 1956 film saw Gregory Peck as the captain obsessed with catching a whale? *Moby Dick*

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

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

