

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. 182 - September 2018

Editor: Mary Jones

THERE WILL BE NO GENERAL MEETING

IN OCTOBER

INSTEAD WE HAVE A VIEWING TO SEE THE

DA VINCI ROBOTIC MACHINE

SEE DETAILS BELOW

What's in this issue

- October Meeting at Belrose - page 1
- September Meeting Report - page 2
- Hornsby Relay for Life - page 2
- Survey on Cancer Care - page 2
- Norma's Quiz - page 2
- Prostate Cancer and Breast Cancer - page 3
- PCFA Online Community - page 3
- Meetings 2018 - page 4
- Contact Information - page 4

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

Wednesday 3 OCTOBER

**Visit to see the Da Vinci Robotic Machine
at Belrose**

OCTOBER MEETING

PLEASE NOTE -

**THERE WILL BE NO MEETING AT
THE COTTAGE ON 2 OCTOBER.**

**INSTEAD OF OUR MEETING WE
WILL BE GOING TO BELROSE TO
VIEW THE DA VINCI ROBOTIC
MACHINE**

**PLEASE NOTE THE CHANGE OF
DATE DUE TO CIRCUMSTANCES
BEYOND MY CONTROL - NOW
WEDNESDAY 3 OCTOBER AT 6PM**

**You will need your own transport
and I need to know names of all who
wish to attend. Full details will be
sent to all who register for the night**

Please email Mary on

marron2428@gmail.com

or phone 0409 909 356

Before Monday 1 October

September Meeting Report

September was our Men's Only Night and by all reports there was a great and varied discussion between the men who took the opportunity to speak freely about the topics that interested them. Our thanks to David Bennett for taking the lead at this meeting and for making it very interesting.

Hornsby Relay for Life – Survivors and Carers Walk and Morning Tea



Saturday 3rd November - 10:00 AM

Sunday 4th November - 10:00 AM.

Rofe Park, Galston Road,
Hornsby Heights, NSW, 2077

Hornsby Relay For Life is a celebration for those who have overcome cancer or are undergoing treatment as well as those who give their time, love and support to others facing cancer. On the day we recognise and honour all our survivors and carers in the community with The Survivors and Carers Walk, which kicks off the Relay For Life, and is then followed by a Morning Tea for Survivors and Carers. **We would like to invite as many survivors and carers from the Northern Beaches to come to this event as we possibly can!** They don't need to register for the Relay if they don't want to, but for catering purposes we would ask that participants register for Survivors and Carers Walk and Morning Tea. Our target this year is at least 80 but much more if we can.

It would be greatly appreciated if you could assist with the recruitment and promotion of this event by encouraging any survivors and carers who may be interested in taking part in what is truly a celebration of hope, to register on the Hornsby Relay for Life website at- [Hornsby Relay for Life](http://HornsbyRelayforLife.com.au).

Caitlin Vasica

T: (02) 9334 1451 caitlin.vasica@nswcc.org.au

Survey on Cancer Care

Palin Communications is a Sydney-based PR agency and they are the Australian secretariat for the [All.Can cancer initiative](http://All.Can.org.au) – a global initiative committed to improving cancer care.

As one of Australia's first projects, they have joined a global survey (which is taking place across 10 countries) to identify common issues cancer patients experience. The aim is to discover what is preventing patients from getting optimal cancer care. As NBPCSG works in providing support to men diagnosed with prostate cancer, it would be wonderful if you could complete or share the online link to the survey. This is an opportunity for Australians to contribute to a global research project and help All.Can gather insights to shape recommendations to improve cancer care in Australia.

We launched All.Can in Australia on World Cancer Day this year. The overarching goal for All.Can in Australia is to help contribute to sustainable resource allocation in cancer care and to identify improvements that matter to patients.

The survey is open until the 31 October and can be accessed via

http://www.myonlinesurvey.co.uk/allcan_ENAU/

We hope your group takes this opportunity to have their say and help shape the future of cancer care. Karina Durham

For more information email -

karina@palin.com.au

Norma's September Quiz

1. Which very well known sentence uses every letter in the English language?
2. There is no word for yesterday in the Eskimo language, true or false?
3. How many toes does an ostrich have on each foot?
4. The Isaac river is in which Australian state?
5. What was Beatle John Lennon's middle name?
6. What does the word minacious mean?
7. What is gingivitis?
8. Name North America's 5 Great lakes?
9. Who composed the Opera Fidelio?
- 10 What is acrophobia?

Answers Norma's August Quiz

1. Pakistani city of Karachi lies on the shores of which sea? *Arabian Sea*
2. Which formula is used to calculate the area of a circle? *πr^2*
3. In which year did John Gorton become Prime Minister of Australia? *1968*
4. Glasgow lies on which river? *The Clyde*
5. In which century was the astronomer Galileo born? *16th Century*
6. Before ending up as a skull, what was the occupation of Yorick in the play Hamlet? *Court Jester*
7. What are piscatorial Sportsmen devoted to? *Fishing*
8. Which movie character exclaimed "To infinity and beyond"? *Buzz Lightyear*
9. Which Australian capital city is home to Hay Street Mall? *Perth*
10. What is a Bardick? *A small venomous snake*

How prostate cancer scientists are taking advantage of breast cancer research

by Wendy Winnall on January 23, 2018

Breast cancer and prostate cancer share a number of common features. They are usually dependent on hormones to grow and they can be treated by drugs that inhibit hormones. We often hear that prostate cancer research doesn't receive as much money as breast cancer. But the good news is that due to the similarities between these two cancers, prostate cancer research benefits from the discoveries made by breast cancer research.

The large proportion of funding that goes to breast cancer research in Australia, and in many other countries, is often criticised. But funding of cancer research need not be a battle of the sexes. Not only because breast cancer affects men as well as women, but because research into any one cancer often benefits many different types of cancer. Breast cancer research has made discoveries that have helped treatment and management of many other cancers. In particular, men with prostate cancer have benefitted from discoveries made by breast cancer researchers. Breasts and prostates are similar in that they are both glands. They produce biological liquids that are released from the body. Breast cells produce milk, which is released to feed babies, and prostate cells produce seminal plasma – the liquid component of semen. Whereas breast tissue responds to female hormones for development and to make milk, prostate tissue is also regulated by male hormones.

Considering these similarities, it's not too surprising that the cancers that grow from these regions share some similar features. Prostate cancer cells growth is usually dependent on signalling from male hormones, such as testosterone. Many cases of breast cancer are also dependent on female hormones to grow. Treatments for both breast and prostate cancer include drugs that inhibit these hormones. These drugs have side effects such as infertility, hot flushes, bone issues and mood changes – affecting both men and women.

Prostate and breast cancers can also share mutations in the same genes. This is particularly useful information, as it means that these cancers share some of the changes that cause uncontrolled cell growth. Therefore, tests and treatments that work for breast cancer might also work for prostate cancer.

To read more go to -

<https://tinyurl.com/y8xrum7d>

PCFA Online Community

This forum will give you access to lots of information that is helpful and informative

Q. Who can join PCFA Online Community?

PCFA Online Community is open to everyone. The site has been developed for those impacted by prostate cancer, including diagnosed men, their carers, families and the broader community interested in knowing more about prostate cancer.

Q. How do I join PCFA Online Community?

Go to <http://onlinecommunity.pcfa.org.au>

and click on the blue JOIN tab on the top menu. To sign up, you will be asked to enter your email and a nominated password, and the "Captcha" word (to ensure you are a real user and not a robot!). You can also sign up with your Facebook account or Gmail account.

If you signed up with your email address, then you will need to verify your email address by clicking on the link sent to the email address you provided.

- Please note if you haven't received the email, check your spam or junk folder.

After clicking the link, you are prompted to answer some questions to create your own profile. You may include as little or as much information as you like in this section.

After entering your profile information you will be a member of PCFA Online Community, and will be able to access the Research Blog and Community Forum.

Meetings for 2018

Wednesday 3 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

