

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. 184 - November 2018

Editor: Mary Jones

Our next meeting will be held on

Tuesday, 4 December 2018

This will be our Christmas Celebration!

Please join us for a buffet dinner to mark the end of another successful year

Everyone is welcome, bring your partners along BUT YOU MUST RSVP TO NORMA

The next Newsletter will be published in January 2019

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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 4 December

Your committee is preparing a wonderful feast for you to celebrate Christmas and the end of the year, but we need to know numbers.

PLEASE PHONE NORMA ON 9918 4929 TO LET US KNOW YOU ARE COMING.

IF NO-ONE HOME, PLEASE LEAVE A MESSAGE WITH NAME AND NUMBER OF GUESTS - Cost \$10 per person



November Meeting Report.

We began the evening with our Melbourne Cup celebrations, with Fancy Hats, Best Dressed and, of course, our raffle where Norma had named each horse from

Noreen Rogers was chosen as best dressed from the parade of the participants. Well done.

Brendan Cummins, Accredited Exercise Physiologist, was our speaker in November and we thank him for stepping in at the last minute to give his presentation on Exercise and Prostate Cancer.

Brendan explained that COSA (Clinical Oncology Society of Australia) calls for:

"Exercise to be embedded as part of standard practice in cancer care and to be viewed as an

adjunct therapy that helps counteract the adverse effects of cancer and its treatment”

“All members of the multidisciplinary cancer team should promote physical activity and recommend people with cancer adhere to exercise guidelines”

Research indicates that being physically active provides a protective effect against cancer recurrence, cancer-specific mortality and all-cause mortality for some types of cancer.

In cancer care, Brendan explained that exercise improves physical function, minimises the impact of side-effects, attenuates cancer-related fatigue, alleviates psychological distress and improves quality of life.

Prescribed correctly, it is safe during and after cancer treatment.

Programmes should consist of Aerobic Exercise such as walking, cycling, swimming and Resistance Exercise using weights etc. Exercises can be as simple as push ups, calf raises, step ups or pull ups on a bar – done 2 – 3 times a week will see improvement in physical strength.

To be taken into consideration are the type of cancer, treatment and therapies, time since diagnosis, stage of disease and patient variables such as age, exercise history, functional status, social support and facilities available.

Current research has shown that with an exercise programme fatigue has lessened, body composition improved, strength and function increased, cardiovascular disease risk and depression are both reduced.

Brendan can be contacted on 0424 074 291 or visit the website at

www.exerciseinpractice.com.au

More information can be found at

www.essa.org.au or

www.exerciseismedicine.com.au

What is a Prostate Cancer Specialist Nurse?

There are lots of nurses throughout Australia working in a variety of jobs helping those affected by prostate cancer. A Prostate Cancer Specialist Nurse is an experienced registered nurse who has received additional training to make them an expert nurse in prostate cancer care. The Prostate Cancer Specialist Nurse works with a clear-cut structure to ensure you receive the same level of care from your nurse, no matter where you live.

How can the Prostate Cancer Specialist Nurse help?

The Prostate Cancer Specialist Nurses work with your doctors and others involved in your care. They provide help to men and their families in all areas of prostate cancer care – whether you are newly diagnosed or have already had some treatment.

They are able to help you by:

- Providing you with an ongoing point of contact and support
- Assisting you access services both in the hospital and in your community during and after treatment
- Providing you with reliable information about your diagnosis and treatment plan
- Providing you with information on dealing with the effects of treatment and how to get further help to deal with specific problems you may be having
- Coordinating your care – wherever you are in your cancer journey
- Helping you access a support group

How will I be able to access Prostate Cancer Specialist Nurse?

- You must be a patient of the hospital where the nurse is based to access this service
 - You can ask your hospital doctor to contact the nurse on your behalf
 - You can contact the service yourself
- You can contact PCFA who can advise if the service is available in your area

This is a free service. It is available Monday to Friday during normal office hours. It is not an emergency service and you should contact your nearest emergency service for urgent issues.

Is a Prostate Cancer Specialist Nurse available to private patients?

There are nurses located in both public and private settings but you must be a patient of the hospital to be able to access the service.

If there is no Prostate Cancer Specialist Nurse in my area, where else can I get help?

Many hospital providers have nurses and social work services specifically to help those with cancer. Ask your doctor to put you in touch with your local services.

Health Direct Australia is a 24 hour health advice line staffed by Registered Nurses to provide health advice. This is free to call from a land line **1800 022 222**.

Norma's November Quiz

1. What is considered to be the earliest Christmas day party game?
2. Which Bing Crosby song was the highest selling pop single for many years?
3. Which two sauces are the traditional ones to serve with turkey?
4. What does Queen Elizabeth 2nd give out to her subjects on Boxing Day?
5. Hedera helix is the Latin name for a well - known Christmas plant, which one?
6. What does the word Christmas mean?
7. Name 3 English Kings who were crowned on Christmas Day.
8. One of the seven dwarfs wore glasses, name him
9. Name the other six dwarfs.
10. What did my true love send to me on the sixth day of Christmas?

Answers to Norma's October Quiz

1. Do France and Italy have a common border? *Yes*
2. The official residence of the Governor – General of Australia is in the suburb of Yarralumla in which city? *Canberra*
3. What does an entomologist study? *Insects*
4. What colour is the danger flag in car racing? *Yellow*
5. What kind of fruit is a Johnathon? *A red apple*
6. What was the name of Barbie dolls pet dog? *Ginger*
7. Which is the sixth planet from the sun? *Saturn*
8. What is the international telephone code for New Zealand? *64*
9. On which mountain is Noah's ark thought to have come to rest? *Mount Ararat*
10. Who was The Lone Ranger's Indian companion? *Tonto*

Radiotherapy for men diagnosed with metastatic prostate cancer

Posted by Wendy Winnall on November 13, 2018

Men who are diagnosed with prostate cancer that has already spread are usually treated with hormone therapy and chemotherapy. Treatment of the tumour at the prostate site is uncommon. But recent evidence indicates that treating the prostate tumour can be helpful. A new study has demonstrated that treating the prostate tumour with radiotherapy can improve survival times, but

only for men whose tumours have not spread too far.

Treatment of men diagnosed with metastatic prostate cancer.

For some men, diagnosis with prostate cancer happens after the cancer has spread to sites far away from the prostate gland. This is called metastatic prostate cancer (stage 4). Prostate cancers are capable of spreading to sites such as the lymph nodes, bones, liver and lungs. The journey is very difficult for these men, as their treatments have many side effects and are unlikely to cure them.

In the past, men who are diagnosed with metastatic prostate cancer usually received treatments such as long-term hormone therapy (androgen deprivation therapy (ADT)) and chemotherapy. Surgery and radiotherapy to remove the prostate was considered to make no difference to the cancer, but only add more side effects to cope with. Recent evidence indicates that treating the original tumour in the prostate may be more useful than was first thought.

Data from studies that look at past medical records indicate radiotherapy might be improving survival times for these men. One randomised controlled trial has been conducted with 432 men. The results from this trial (called HORRAD) showed no overall increase in survival when radiotherapy was used. However, data from the HORRAD trial indicated a possible benefit for men whose cancer has spread less. In the HORRAD trial, men who had 5 or fewer bone tumours seemed to benefit from the radiotherapy. But this trial was too small and had too few men with low spread to be certain of any difference. A larger trial was needed to answer this question.

To read more on this article go to - <https://tinyurl.com/y7cwys38>

Meetings for 2019

Our first meeting in 2019 will be on **Tuesday 5 February**. A newsletter will come out in January 2019 outlining the year's events.

The committee of the Northern Beaches Prostate Cancer Support Group wish you all a Very Happy Christmas with family and friends and may 2019 bring you health and happiness.



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.or

