

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. 183 - October 2018

Editor: Mary Jones

Our next meeting will be held on

Tuesday 6 November 2018

Our Guest Speaker is Brendan Cummins

Exercise Physiologist

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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 6 November

Our advertised speaker for October is unable to join us and we have been fortunate that Brendan Cummins has stepped into the gap.

Brendan has a practice on the Lower North Shore and an exercise studio in Neutral Bay and works on resistance-based strengthening for prostate cancer people and looks forward to sharing

interesting developments and new programs which will have positive effects on health and quality of life.

The Prostate Cup

Put your glad rags on and come to the prostate meeting in November and buy a horse or two for the Prostate Cup Horse Race. Instead of a raffle ticket you will be given the name of a horse e.g. Red Rum. The name will be put in a tub with all the other fictional, historic and famous horses sold on the night and the winner, second and third drawn out will win a money prize!! The last horse drawn will also get a prize

There will also be a prize for the best race accessory or item of fashion worn.

Invest your winnings from the Melbourne Cup into THE PROSTATE CUP - Norma

October Meeting Report

Twenty two of our members and guests took the opportunity to visit Device Technologies at Belrose to see the da Vinci Robotic Surgical System.

The evening began with refreshments and an interesting talk by Dr Vass, Urological Surgeon.

The group then moved to the showroom where the da Vinci machine was set up and Dr Vass demonstrated the refinements of this surgeon-operated device and its precise application and capabilities allowing minimally invasive surgical procedures to occur.

During minimally invasive surgery, surgeons operate whilst sitting at a console and, through a few small incisions using long instruments and a tiny camera to guide them, doctors conduct the surgery.

In robotic-assisted da Vinci surgery the main advantages are: 3D HD vision that gives surgeons a magnified view inside the body; tiny instruments that bend and rotate far greater than the human hand, and reduced hand tremors. There is also enhanced vision, precision and control.



With minimally invasive surgery patients usually have less blood loss, lower risk of wound infection, shorter hospital stay, fewer days with a catheter, less risk of deep vein thrombosis.

Robotic Assisted Surgery (RAS) has many applications which include - ventral and inguinal hernia repair and bariatrics. colectomy and rectal resection, benign and cancerous hysterectomy and myomectomy, prostate, bladder and kidney cancer surgery, lobectomy and mediastinal mass surgery, mitral valve repair and throat cancer procedures. Minimally invasive surgery is becoming more popular for the benefits it has to patients.

We thank Kate Auswild and the staff of Device Technologies for giving us this experience and for taking the time to speak with us all.

Meetings for 2018

Tuesday 4 December - Christmas Social

Join us for the last meeting of the year

There is still time - 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.

Caitlin Vasica

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

Hot Flashes

Prostate cancer treatments that reduce levels of male hormones can cause hot flashes and night sweats. These sudden feelings of heat last, on average, about 4 minutes. They vary in frequency and severity from man to man.

But help may be on its way.

QUE Oncology, formed in 2013 through a joint venture between Emory University in Atlanta and the University of Queensland (UQ) research

commercialization company, UniQuest, is trialling a new drug which it is hoped will combat these episodes in both men suffering with prostate cancer and women with breast cancer. Trials of the new drug will take place across Australia over the next eight months.

Early supper associated with lower risk of breast and prostate cancer

Posted by **PCFA Admin** on September 26, 2018 at 11:43am

People who have their evening meal before 9 p.m. or wait at least two hours before going to sleep have lower risk of prostate cancer.

Having an early supper or leaving an interval of at least two hours before going to bed are both associated with a lower risk of breast and prostate cancer. Specifically, people who take their evening meal before 9 pm or wait at least two hours before going to sleep have an approximate

20% lower risk of those types of cancer compared to people who have supper after 10pm or those who eat and go to bed very close afterwards, respectively. These were the main conclusions of a new study by the Barcelona Institute for Global Health (ISGlobal), a centre supported by the "la Caixa" Banking Foundation.

The study is the first to analyse the association between cancer risk and the timing of meals and sleep.

Previous studies of the link between food and cancer have focused on dietary patterns -- for example, the effects of eating red meat, fruit and vegetables and the associations between food intake and obesity. However, little attention has been paid to other factors surrounding the everyday act of eating: the timing of food intake and the activities people do before and after meals. Recent experimental studies have shown the importance of meal timing and demonstrated the health effects of eating late at night.

To read more go to -

<https://tinyurl.com/y9j678fr>

Norma's October Quiz

1. Do France and Italy have a common border?
2. The official residence of the Governor – General of Australia is in the suburb of Yarralumla in which city?
3. What does an entomologist study?

4. What colour is the danger flag in car racing?
5. What kind of fruit is a Johnathon?
6. What was the name of Barbie dolls pet dog?
7. Which is the sixth planet from the sun?
8. What is the international telephone code for New Zealand?
9. On which mountain is Noah's ark thought to have come to rest?
10. Who was The Lone Ranger's Indian companion?

Answers to Norma's September Quiz

1. Which very well known sentence uses every letter in the English language? *The quick brown fox jumped over the lazy dog*
2. There is no word for yesterday in the Eskimo language, true or false? *True*
3. How many toes does an ostrich have on each foot? *Three*
4. The Isaac river is in which Australian state? *Queensland*
5. What was Beatle John Lennon's middle name? *Winston.*
6. What does the word minacious mean? *Menacing or threatening*
7. What is gingivitis? *Inflammation of the gums*
8. Name North America's 5 Great lakes? *Superior..Huron..Michigan..Erie..Ontario*
9. Who composed the Opera Fidelio? *Ludwig Van Beethoven*
- 10 What is acrophobia? *Fear of high places*

The New Northern Beaches Hospital is open for business.

This state-of-the art hospital will have many advantages. One such innovation is **Patient Finder**

What is Patient Finder?

Patient Finder is a quick and easy way to provide your family and friends with information about your location during your hospital stay. It is designed mainly to assist friends and relatives of patients undergoing surgery. It will allow them to track your progress through theatre, recovery and your return to the ward. The ward, room number and in some cases the phone extension number in your room are included in the displayed information. If you change wards and rooms during your hospital stay, Patient Finder will display your updated location.

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

