

# 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. 186 - February 2019**

Editor: Mary Jones

**Our next meeting will be held on**

**Tuesday, 5 March 2019**

**Our speaker will Dr Zaklina Kovacevic  
Research Fellow of University of Sydney**

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 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 5 March

Dr Zaklina Kovacevic last spoke at our meeting in May 2016 and her report on the research she was doing was very informative. Three years on it will be interesting to hear how her research has progressed and learn all about the new findings.

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## February Meeting Report.

It was unfortunate that our first speaker for the year cancelled at the last minute, but the February meeting turned out to be very interesting with our 'round table' discussion, where everyone was able to speak openly about their prostate journey. Many topics were spoken about and all were able to relate their experiences and hear how others had fared.

It was a very interesting meeting and ended with our delicious supper, prepared by Jo-Ann and Eleanor.

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## 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.

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### **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**.

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### **Pain relief for men with prostate cancer**

*Posted by Wendy Winnall on January 29, 2019*

Pain can be a big issue for men with prostate cancer. It can be both a symptom of the cancer and a side effect from its treatment. For men with metastatic prostate cancer, bone pain is often one of their most difficult problems. This week's blog looks at the latest research behind pain management for men with prostate cancer.

#### **How does prostate cancer cause pain?**

Pain is both a symptom of prostate cancer and a side effect of its treatment. It is often the most difficult part of living with the disease. Pain stops men from doing many daily activities, makes them miserable and unable to enjoy life. Fortunately, there are many good options for pain management. There is also ongoing research to help reduce the terrible effects of pain for men with prostate cancer.

Pain can be a problem for men with prostate cancer at different stages and for many different reasons.

Localised prostate cancer detected by a PSA test may come with no pain or other symptoms. Some men with localised prostate cancer experience pain during urination or in the lower back. Pain can also be a side effect of treatment for localised disease. Pain is often experienced in the short term after prostate surgery, and soreness can occur after radiotherapy.

Men with advanced prostate cancer are more likely to experience pain, particularly when they have metastatic tumours in their bones. Pain is often felt in the spine and pelvis, due to bone tumours. Pain can also result from tumours in lymph nodes and other regions such as their liver and lungs. Some men experience pain in other regions due to tumours pressing on their spinal cord, damaging nerves.

Aside from the pain caused by tumours, pain can also result from the treatments for advanced prostate cancer. Some side effects from chemotherapy and hormone therapy (androgen deprivation therapy; ADT) may cause pain. Docetaxel and cabazitaxel chemotherapy can cause nerve damage called peripheral neuropathy. This causes pain or numbness in the hands and feet. ADT leads to weakening of bones, which may also cause pain.

#### **Treating and managing pain for men with prostate cancer**

Most men with advanced prostate cancer are not living in constant pain. Treatments such as ADT and chemotherapy reduce the size of tumours, which relieves the pain they cause. A pain

management plan helps men with metastatic tumours to live in reasonable comfort, despite their tumours. These plans usually provide regular medication to take, goals and strategies for pain relief and a strategy for relieving breakthrough pain (sudden pain that comes on despite current pain relief).

Men with prostate cancer who are experiencing considerable pain should discuss this issue with their doctors as soon as possible. For men with prostate cancer who need long-term or strong pain relief, there are numerous options for managing their pain.

To read more go to -

<http://tinyurl.com/y5ku7gtm>

### Norma's February Quiz

1. Which old time comedian said A rich man is nothing but a poor man with money?
2. Which well known writer and cynic said "A man can be happy with any woman as long as he does not love her."?
3. Which Elizabethan writer said "God made him and therefore let him pass for a man"
4. What does Veni, Vidi Vici mean?
5. What is Madonna's real name?
6. What is a Chino o mania? - mad about, dogs, snow, Chinese culture?
7. What do you get if you cross a frog with a calendar?
8. What is the chemical symbol for Tungsten?
9. Who recorded the albums 'Born to Run' and 'Born in the USA'?
10. Why did David Beckham's football boots upset Aussies?

### Answers to Norma's January Quiz

1. When was decimal currency first introduced to Australia? *1966*
2. Where did Adelaide get its name? *From the wife of King William 4<sup>th</sup>*
3. Which Beatle wrote the theme music for the film "Live and let die"? *Paul McCartney*
4. In which Australian town did Ned Kelly make his last stand? *Glen Rowan*
5. Who gave his name to the vacuum cleaner? *Hoover*
6. What did Jordan Gatling invent? *The Gatling gun*
7. Why were Victorian policemen known as Peelers? *After Sir Robert Peel*
8. Before being rolled in coconut what are the sponge squares of Lamingtons dipped in? *Chocolate sauce*

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9. What is the collective name for a group of Platypuses? *A Paddle*

10. Who assassinated Abraham Lincoln? *John William Booth*

11. What is the international dialling code for Australia? *61*

12. What item of clothing did the Duke of Windsor give his name to? *Windsor knot on a tie*

13. Where is the Bridge over the River Kwai located? *Burma*

14. What is the principal crop of the United Arab Emirates? *Dates*

15. What is the year 2019 in the Chinese calendar? *The year of the Pig*



Poster seen in Ladies toilet in a shopping centre -

Men, ask your wives/partners if they've seen this poster and did they take note? Let's hope that women see this and act on it.

*'Is your partner, brother, father, son or friend one of the 200,000+ Australian men living with prostate cancer?'*

*If so, you're not alone. The Prostate Cancer Foundation of Australia is here to help.*

*We can connect him to support groups across the country and online, and provide you both with the information and resources you need.*

*Take the first step by ordering your FREE prostate cancer information package today.*

*SMS 'pack' to 0428 482 811 – pcf.org.au*

*Major Sponsor Tyrepower'*

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## Meetings for 2019

Tuesday 2 April – Assoc Prof Michael Izard  
Radiation Oncologist, Mater Hospital  
Tuesday 7 May - Assoc Prof Celi Verol  
Urologist Macquarie University  
Tuesday 4 June – TBA  
Tuesday 2 July – Christmas in July DY RSL  
Tuesday 6 August – TBA  
Tuesday 3 September – Mens' Night Only  
Tuesday 1 October – TBA  
Tuesday 5 November – TBA  
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

## 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)

