

# 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. 188 - April 2019**

Editor: Mary Jones

**Our next meeting will be held on**

**Tuesday, 7 May 2019**

**Our speaker will be a representative**

**from Hands on Heart First Aid to demonstrate a defibrillator**

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 2 April

The Northern Beaches Prostate Cancer Support Group has decided to donate a Defibrillator to the Cora Adcock Cottage where we hold our meetings. Come along and learn about this life saving device.

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## Max Gardner Award

With pride and pleasure we announce that our group's Mary Jones is the winner of the Max Gardner Award 2018. Congratulations to her and co-recipients Tony Maxwell and David Merry.

This is the ultimately prestigious award presented by PCFA to an individual member who has made an outstanding and significant contribution to reducing the impact of prostate cancer on Australian men, their partners and families, recognising the diversity of the Australian community. This award is a peer-based form of recognition for PCFA Network members who are currently an official Ambassador, in a Support Group Leader role or an active member of an affiliated support group.

Mary's expansive work in supporting local men and their families has made her a well-known citizen of our Northern Beaches. Her Big Aussie BBQ's were highly organized, brilliant events that, while entertaining the community, raised commendable funds for prostate cancer research and heightened awareness of prostate cancer and the need to be ever vigilant. Mary maintains keen interest in research into prostate cancer treatments and shares this in her monthly newsletters that bring comprehensive, current, exciting

developments in the field. For over a decade she has been a valued pillar of the executive committee of Northern Beaches Prostate Cancer Support Group.

Beyond her work in this organization, Mary has devoted her history to our local area. Her service to international student exchange won the 1994 Rotary Pride of Workmanship award; her contribution to local and international Guiding has won governmental commendation.

It is our good fortune that Mary works for Northern Beaches Prostate Cancer Support. We appreciate and admire her significant contribution to its success.

*Jo-Ann Steeves BA, MMgt, FIML  
Committee Member NBPCSG*

### **March Meeting Report.**

Assoc. Professor Michael Izard gave an interesting talk at the March meeting. He started off by saying there was no such thing as a silly question and encouraged questions and comments from the members. He gave us a brief outline of his life, having an Australian mother and British father and being brought up in Hong Kong.

He spoke about radiotherapy and how progress had been made over the years. Twenty five years ago it was not possible to target with any accuracy where the treatment would focus, a 9 x 9 x 9cm cube was targeted. Treatment has moved on thanks to computers with better quality images and now it was possible to treat an area with a smaller margin and fewer side effects.

Brachytherapy is from a Greek word meaning close treatment. With the implantation of small radioactive pellets, or "seeds," into the prostate, the radioactive seeds deliver high doses of radiation to a very confined region, making it possible to deliver a higher dose of radiation to tumor cells within the prostate. Seed placement is determined, by use of previous ultrasound to map, or use of ultrasound image during the actual procedure to place radioactive seeds.

Prof. Izard also discussed Proton Therapy, which is a type of particle therapy that uses a beam of protons to irradiate diseased tissue. As a charged particle the dose is deposited over a narrow range of depth, and there is minimal entry, exit, or scattered radiation dose, but is not necessarily better than other treatments.

Intraoperative radiation therapy, is the application of therapeutic levels of radiation to the tumor bed while the area is exposed during surgery. IORT is

typically a component in the multidisciplinary treatment of locally advanced and recurrent cancer, in combination with external beam radiation, surgery and chemotherapy. As a growing trend in recent years, IORT can also be used in earlier stage cancers such as prostate and breast cancer. Assoc. Prof. Izard's presentation was both interesting and informative and he was happy to answer questions at the end of the meeting. He was thanked for taking the time to visit our Support Group.

### **Cryotherapy as a Treatment Option**

Cryotherapy, also known as cryosurgery or cryoablation, is a type of treatment used in many types of cancer and other diseases. In patients with prostate cancer, cryotherapy consists of freezing the cancerous cells in the prostate. "Most doctors do not use cryosurgery as the first treatment for prostate cancer, but it is sometimes an option if the cancer has come back after other treatments. As with brachytherapy, this may not be a good option for men with large prostate glands," explain the American Cancer Society, adding that cryotherapy is less invasive than radical prostatectomy surgery and related to smaller loss of blood, shorter hospital stay, shorter recovery period, and less pain.

During the procedure, a transrectal ultrasound (TRUS) is used to guide several hollow probes (needles) through the skin between the anus and scrotum and into the prostate. Then, ice balls are created with very cold gases passed through the needles in order to destroy the prostate. "To be sure the prostate is destroyed without too much damage to nearby tissues, the doctor carefully watches the ultrasound images during the procedure." The patient does not feel any pain since the lower half of the body is numbed with a spinal or epidural anesthesia, or the patient is put to sleep under general anesthesia. Physicians also place a catheter in the urethra during the procedure to circulate warm saltwater and prevent it from freezing.

### **Benefits and Risks of Cryotherapy in Prostate Cancer Patients**

There isn't much information about the long-term effectiveness of cryotherapy, but it is known to be less effective than radiation therapy. However, the cryotherapy is able to freeze and kill the cancer cells in the prostate. It is particularly indicated as primary treatment in cases of early-stage cancer

confined to the prostate or as salvage therapy, after other cancer treatment to stop the growth of recurrent prostate cancer. The side effects of the treatment are usually worse in patients who previously underwent radiation therapy. Patients often experience soreness, swelling of the penis or scrotum and blood in urine right after the procedure.

“Freezing often damages the nerves near the prostate that control erections. Erectile dysfunction is more common after cryosurgery than after radical prostatectomy,” adverts the ACS. “Urinary incontinence (having problems controlling urine) is rare in men who have cryosurgery as their first treatment for prostate cancer, but it is more common in men who have already had radiation therapy. After cryosurgery, less than 1% of men develop a fistula (an abnormal connection) between the rectum and bladder. This rare but serious problem can allow urine to leak into the rectum and often requires surgery to repair.”

*From Prostate Cancer News Today*

### Norma's April Quiz

- 1 Where is Germany's main airport?
2. Which word can go before hole, pie, and post?
3. Hoss and Little Jo appeared in which TV series?
4. Who was the drummer with the Who?
5. On the Monopoly board what colour is Oxford Street?
6. Peggotty appears in which Dickens novel?
7. What is the first book of the New Testament ?
8. Which UK car company made the Cresta?
9. In computing what does the A in RAM stand for?
- 10 What name is given to the horizontal bar of a window?

### Answers to Norma's March Quiz

- 1 In the original Roman calendar which month was March - 1st 2nd 3rd or 4th? *1st*
- 2 March is named after which Roman God? *Mars*
- 3 What is the flower for March? *Daffodil*
- 4 March has more than one birthstone, TRUE or FALSE? Name it or them *True – bloodstone and aquamarine*
- 5 Which of these occurs in March, SOLSTICE or EQUINOX? *Solstice*
- 6 Complete the saying. Mad as a March ...- *Hare*
- 7 Finish the saying, March comes in like a lion and goes out like a ...? *Lamb*
- 8 What date was Caesar warned “beware the Ides

of March”? *15th March*

- 9 Why are the 1st and 17th March important dates? *1<sup>st</sup> is St Davis's Day, 17th is St Patrick's day*
- 10 Which important Jewish Special day is celebrated in March, Yom Kippur, Purim or Chanukah? *Purim to celebrate their escape from the reign of terror of the King of Persia*

### CSIRO Total Wellbeing Diet

It is well known that having a healthy diet not only allows your body to work efficiently, but can protect you from a variety of diseases. The new CSIRO Total Wellbeing Diet advocates a protein rich diet and exercise programme and tailors the plan for individuals with a weekly meal plan and supplies a shopping list to help keep you on track.

- It provides delicious new high protein, low GI recipes
- Is scientifically formulated by CSIRO researchers
- Has brand new resistance exercise plans
- Food and exercise tracker online and in companion app
- Will give a full refund when you successfully complete the 12 week program (conditions apply)

Details online at <https://tinyurl.com/ydyeejph>

### Did you know?

The Prostate Cancer Foundation of Australia (PCFA) has a **Facebook page** that contains lots of information about events both current and past. One of the events is the Dubbo Regional and Rural Conference 3<sup>rd</sup> to 5<sup>th</sup> May. Denise Taylor and Mary Jones are attending on behalf of the Northern Beaches PCSG and look forward to meeting old friends and making new as we gather and learn more about Prostate Cancer.

### Meetings for 2019

- Tuesday 4 June – Prof Keall,  
Prostate Cancer Clinical Trials
- Tuesday 2 July – Christmas in July DY RSL
- Tuesday 6 August – TBA
- Tuesday 3 September – Mens' Night Only
- Tuesday 1 October – Assoc Prof Celi Verol  
Urologist Macquarie University
- 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

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## 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)

