

# 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. 189 - May 2019**

Editor: Mary Jones

**Our next meeting will be held on**

**Tuesday, 4 June 2019**

**Our speaker will be Professor Paul Keall**

**His presentation will on Prostate Cancer Clinical Trials**

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 4 June

Our speaker for June is Professor Paul Keall from the University of Sydney. The topic of clinical trials is an interesting one and all are welcome to attend.

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## May Meeting Report

At our May meeting Melissa Millar from Hand on Heart First Aid, and a nurse who works at the new Northern Beaches Hospital, came and demonstrated the Mindray Beneheart DI Public Defibrillator.

Our Support Group has decided to supply a defibrillator to The Cora Adcock Palliative Care Cottage where we hold our meetings.

Melissa gave us a comprehensive demonstration on how to use this automated external defibrillator.

The machine has clear instructions by text, voice and screen on how to treat patients whose heart has stopped functioning. Defibrillation within three minutes of collapse can increase the chance of survival to over 70%.

We had the opportunity to ask many questions of Melissa and found this demonstration interesting and informative.

Our many thanks to Melissa for her presentation.

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## STOP PRESS

At the time of going to print our editor is in hospital with a fractured pelvis.

We wish Mary a speedy recovery

*Norma Norman*

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## Conference Dubbo

The Combined Prostate Cancer Support Groups of Rural New South Wales Conference was held on the weekend of 3/4/5 May in Dubbo and Denise Taylor and I had the opportunity to attend.

The group of organisers, lead by Elizabeth Allen, are to be congratulated for organizing the variety of speakers who gave up their time to present their topics and we enjoyed the country hospitality.

A country western style dinner was held on the Friday evening when some welcome rain was heard thundering down.

Saturday morning was the beginning of the conference proper and we heard from Nikola Ellis, newly appointed to Community Learning and Development at PCFA who spoke about her new position and working in partnership with the support groups to continue to reduce the impact of prostate cancer on men and their families in Australia.

Rod Crowfoot from Macquarie Homestay spoke on the newly constructed, low-cost facility in Dubbo that will accommodate regional patients who need to travel, often many hours/kilometres for treatment.

Other morning speakers were Camilla Thompson – Orange cancer Council, Lindy Ostini – Prostate Cancer Nurse, Clinton Grose – Western Local Health District. Dr Dane Holden spoke on bowel cancer and the fact that 15,000 were diagnosed each year and that treatment can be 98% effective if the problem was found early. Screening is the most effective diagnostic tool.

Dr Bala Indrajit is a Urologist in Dubbo, Mudgee and at the SAN hospital in Sydney. Seven years ago there was no access to urology or prostate cancer tests in Dubbo.

Dr Phillip Katelaris' topic was bladder and sexual rehabilitation and the Prostate Cancer Rehabilitation Centre in Hornsby. A team approach and the different types of treatment were discussed.

Camilla Kenny's subject of mental health and the prevention of suicide was a wake-up call for many of us to look out for signs which may indicate that a person is at risk of self harm and how to talk to them.

Kim Pearce from Cancer Council gave an interesting presentation on succession planning for support groups and how to ensure that committee members enjoyed their experiences.

The Saturday night dinner was excellent and also gave everyone the opportunity to meet Prof Jeff Dunn, the newly appointed CEO of PCFA and his wife, Prof Suzanne Chambers, who many of you will know as the author of the book 'Facing the

Tiger'. Jeff gave an encouraging speech about his thoughts on the direction of PCFA in the future and was warmly greeted by all. Also present was Nikola Ellis, of whom there is more information later in this newsletter.

Sunday morning commenced with the AGM of the Combined Group where Kerry White was endorsed as the new Chairman.

The first speaker on Sunday was Prof Warwick Delprado on the pathology of prostate cancer cells, how diagnosis occurs in the labs, how gene profiling will benefit individual treatment options and the message to stay with one pathology company!

Dr Florian Honeyball, the resident Medical Oncologist at Dubbo Base Hospital, detailed the percentage of prostate cancer diagnosis in metropolitan, outer regional and very remote areas of NSW and the discrepancy in treatment options and the high death rate in rural areas.

Dr Caroline Round, Radiation Oncologist, and Lisa Maunsell, Continence Foundation, finished off the day before Denise and I headed for the station and our travel home.

The organisation of this weekend was extraordinary and well planned. Our thanks go to all those involved and the promise of another conference in 2021 was well received.

*Mary Jones*

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## Navigate

If you have been diagnosed with low risk or localised prostate cancer within the last three months you may be eligible to take part in the study designed to help men understand their diagnosis and make informed decisions about their treatment options.

If you are still deciding on our treatment options and one treatment includes Active Surveillance and you have access to the internet and are able to meet the study requirements this study may be suitable for you.

Please go to [www.navigateprostate.com.au](http://www.navigateprostate.com.au) to find out more.

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## New Staff at PCFA

Nikola Ellis is delighted to have joined the Prostate Cancer Foundation of Australia in the role of Community Learning and Development. In this newly created role, Nikola will be planning and delivering both face to face and online training with the PCFA support group community. Working closely with Debra Garroun, who is your go-to Network Support person, Nikola's role includes

high level phone support to help you manage the challenges of running a support group. One of her first activities with PCFA was attending the Regional and Rural NSW Prostate Cancer Conference in Dubbo. This was a wonderful opportunity to meet network members, learn about the support groups and listen to ideas for how PCFA and support groups can work together to support men and their families affected by prostate cancer. Nikola is looking forward to meeting more support group members and developing ways to ensure support groups have the resources they need to thrive.

### **Blocking fatty acid uptake: a new approach to treating prostate cancer**

Posted by **Wendy Winnall** on February 19, 2019

A new Australian study has uncovered a weakness in prostate cancer cells. The researchers studied the energy needs of prostate cancer cells grown in the laboratory and in mice. Their results indicate that blocking fatty acid uptake may slow the progression of prostate cancer. This week's research blog describes the latest findings, discusses fatty acids, and whether we need to avoid them.

#### **Obesity and prostate cancer**

Obesity is a major problem in Australia. Almost two thirds of Australians are considered overweight and over a quarter are considered obese (**AIHW statistics**, 2018). People who are obese have a higher chance of suffering poor health. There is evidence that obesity is associated with aggressive prostate cancer. Men who are obese are more likely to get aggressive prostate cancer. They are also more likely to die from prostate cancer than those who are not obese.

That obesity brings a risk of aggressive prostate cancer does not mean that obesity is the only cause of this disease. Men who are not obese also get prostate cancer. It's believed that many different risk factors combine together to cause the damage to DNA that causes prostate cancer. Many of these risk factors are things that we can't do anything about.

Far from blaming men for their disease, the Melbourne researchers behind this new study have gained a new understanding of what is different about the way prostate cancer cells use energy sources. The results of their study have uncovered a weakness in the prostate cancer cells that could be exploited by drugs. Hopefully a new type of treatment will result from this knowledge.

#### **Prostate cancer cell metabolism**

Humans have a metabolism - our food is broken down, energy is generated and waste products are formed. In a similar way, individual cells have their own metabolism. Metabolism, in this case, refers to the chemical reactions inside of the cell that make energy and the cell's infrastructure. Cells take up carbohydrates, proteins and fats, which are turned into energy, cellular building blocks and waste products.

The metabolism of cancer cells appears to be different to normal cells. This is not surprising, as tumours often grow very quickly compared to normal tissues. Certain types of PET scans can be used to detect tumours because they use a lot of glucose to grow.

But not all cancers are the same. Prostate cancers do not show up well on the PET scans that look for fast uptake of glucose. It turns out that prostate cancer cells don't use a large amount of glucose, like most other cancer cells.

See the rest of the article at -

<https://tinyurl.com/y4rv33gl>

### **Norma's May Quiz**

- 1 Which word can be a pole with a foot or a wading bird?
- 2 Which country surrounds San Marino?
- 3 How many hours are there in the Dog Watch on a boat at sea?
- 4 What did St. Patrick rid Ireland of according to legend?
- 5 In The Merchant of Venice what did the suiters have to pick one of, from the three what?
- 6 Which animals can be affected by a disease called vives?
- 7 What is the official language of Haiti?
- 8 What are the metal discs in the rim of the tambourine called?
- 9 What was the name of AA Milne's son?
- 10 What do Kleptomaniacs do?

### **Answers to Norma's April Quiz**

- 1 Where is Germany's main airport? *Fankfurt*
2. Which word can go before hole, pie, and post? *Pigeon*
3. Hoss and Little Jo appeared in which TV series? *Bonanza*
4. Who was the drummer with the Who? *Keith Moon*
5. On the Monopoly board what colour is Oxford Street? *Green*
6. Peggotty appears in which Dickens novel? *David Copperfield*

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7. What is the first book of the New Testament?  
*Matthew*
  8. Which UK car company made the Cresta?  
*Vauxhall*
  9. In computing what does the A in RAM stand for?  
*Access*
  - 10 What name is given to the horizontal bar of a window? *Transom*
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### Meetings for 2019

- Tuesday 2 July – Christmas in July DY RSL  
 Tuesday 6 August – Jo Watson, PBS System  
 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)

