

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. 191 - July 2019

Editor: Mary Jones

**Our next meeting will be the
Presentation Evening - see below**

Everyone is welcome, bring your partners along

INVITATION

Max Gardner Award Presentation for:

Mary Jones

Professor Jeff Dunn AO, PCFA CEO, will be attending the Northern Beaches Prostate Cancer Support Group meeting to acknowledge the outstanding contribution Mary has made for the community and present the Max Gardner Award.

We hope you can join us.



**Prostate Cancer
Foundation of Australia**

6:30pm Tuesday 6th August 2019

The Palliative Care Cottage Mona Vale District Hospital

Coronation Street Mona Vale NSW 2103

RSVP: Friday 2nd August 2019 Jo Anne Steeves

E. steeves2@tpg.com.au Ph. (02) 9918 6575

Come along and enjoy this wonderful evening

July 2019 – Newsletter of the Northern Beaches Prostate Cancer Support Group

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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

Meeting Report for July

Xmas in July

On Tuesday 2nd July, 19 people sat down for a 'Christmas in July meal' at DYRSL. Eleanor had done a great job in decorating the long table with reindeer baubles, crackers, all on bright red tablecloths. Three large, fresh flower arrangements, were star attractions, constructed and presented by Eric and Noreen. They became door prizes won by Ted and Maria, Ken and Thelma and Daphne and Brian, The meal food was plentiful, if a little cold, and several people were too full to tackle pud and custard. Eleanor acted as Santa making sure that everyone had a little pressie. I am still not sure what mine was but David reckons it will be quite useful!! I did not get my cracker joke so here it is for you to work on, 'WHAT DOYOU CALL A CHICKEN IN A SHELL SUIT'? Answer in next month's newsletter. We missed Denise and Alan who are in the UK. It was good to see Mary, who is busy getting fit after a fall. Jo-Ann was busy with a very special family birthday. A bottle of wine disguised as Father Christmas in his red felt suit was won by Ted and Maria and after much chat the party disbanded, replete and SMILING (or was it wind!!!!) Report by Norma

Exercise Medicine

Prostate Cancer Foundation of Australia (PCFA) has invested \$1.37 million to fund a world-leading team studying exercise medicine. This research is led by Professors Rob Newton and Daniel Galvão at Edith Cowan University in Western Australia.

Exercise has great potential as a medicine for cancer. Tailored exercise programs can reduce treatment side effects, fatigue and anxiety in cancer patients. This is very good news for the 200,000 Australian men living after a diagnosis with prostate cancer, helping to improve their quality of life. We invite you to watch this video and learn more about the outcomes of this research and its benefits to those affected by prostate cancer.

These amazing outcomes are only possible because of our generous donors who have helped PCFA fund the research and even the production of this video.

Please share it and help us to increase awareness about the benefits of exercise therapy for men with different stages of prostate cancer.

See the video at -

<https://tinyurl.com/y4yaknuy>

Debra Garroun Network Support

Urine test can help diagnose aggressive prostate cancer

Recent research has revealed that a new urine test can detect aggressive prostate cancer cases that need treatment up to 5 years sooner than other diagnostic methods.

Researchers from the University of East Anglia (UEA) in Norwich, United Kingdom, and the Norfolk and Norwich University Hospital (NNUH) carried out the study. They revealed that an experimental urine test, called Prostate Urine Risk (PUR), can distinguish who will and who will not require treatment within the first 5 years of diagnosis.

The team included Prof. Colin Cooper, Dr. Daniel Brewer, and Dr. Jeremy Clark, from UEA's Norwich Medical School. Rob Mills, Marcel Hanna, and Prof. Richard Ball, of the NNUH, provided support.

To develop this unique test, the researchers looked at gene expression in the urine samples of 535 men and determined the cell-free expression of 167 different genes.

They then established a combination of 36 different genes that the scientists considered risk signatures, or biomarkers, that the PUR test could look for.

"This means that we could predict whether or not

prostate cancer patients already on active surveillance would require treatment. The really exciting thing is that the test predicted disease progression up to 5 years before it was detected by standard clinical methods."

The PUR test not only identifies the presence of cancer earlier than other tests, it can also help put people into different risk groups so that doctors can more accurately determine the course of care and whether to watch and wait, take a biopsy, or start treatment immediately.

Information from Medical News Today.

To read full article go to :

<https://tinyurl.com/y3e4zk3r>

Antibodies for treating prostate cancer

Posted by **Wendy Winnall** on May 21, 2019 at 1:30pm
 Researchers have successfully made an antibody to target prostate cancer. This antibody binds a protein called PSMA, found on the surface of prostate cancer cells. It is a "biological tool", with the potential to be part of a new therapy targeting prostate cancer. This week's blog explains what an antibody is, and how they are revolutionising cancer therapies.

Antibodies are part of our immune system

Our bodies are under constant threat from infectious diseases. We come in contact with viruses, bacteria, parasites and other organisms on a daily basis. It's the job of our immune system to protect us from these diseases. White blood cells are an important part of our immune system. There are many different types of immune responses carried out by white blood cells to kill invading organisms. One of their jobs is to produce antibodies.

Antibodies are biological molecules. They are like the watchdogs of the immune system. Their role is to recognise infectious organisms such as bacteria, viruses, parasites, moulds or fungus. When an antibody binds to one of these organisms, it alerts the immune system to the presence of something foreign, and possibly dangerous. Antibodies also play a role in immune response. They take part in the processes that protect us from the invading organisms.

To read the full article go to-

<https://tinyurl.com/y5xohmnu>

Farewell to Jane Elliott

Norma Norman and Mary Jones were guests at the afternoon tea to farewell Jane Elliott who has served Warringah Council and now Northern Beaches Council, for twenty three years as co-ordinator of Community Aged Services and has involved the Prostate Group in many activities. We wish Jane a happy and healthy retirement.



Norma's July Quiz

1. What was Diana's official title at the time of her death?
2. Which word can be a pole with a footrest or a wading bird?
3. Mr Birdseye, of frozen food fame, came from which country?
4. What is the official language of Haiti?
5. What is the oldest newspaper in England?
6. Is Peri Peri sauce Hot, sweet, sour or spicy or a mixture of any two?
7. Which UK car company produced the Elan?
8. In the Bible which man was given 30 pieces of silver?
9. In the 60's who had a No 1 hit with 'House of the Rising sun'?
10. London Zoo is in Green Park, Hyde Park or Regents Park?

Answers to Norma's June Quiz

1. The Sargasso Sea is in which ocean?
Atlantic Ocean
2. What is the principal island of Japan? *Honshu*
3. Where is the town of Kurri Kurri? *NSW Australia*
4. Where would you be if someone put a Lei around your neck? *Hawaii*
5. Where is the longest canal? *China*
6. Calypso is the traditional song form of which Caribbean island? *Trinidad*
7. Wall Street and Broadway are on which island?
Manhattan

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8. Where is the Magellan Strait?
At the tip of South America
9. Where is the Parliament called the Knesset?
Israel
10. Which two countries are separated by the Khyber Pass?
Pakistan and Afghanistan

Meetings for 2019

- 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

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

