

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. 192 - August 2019

Editor: Mary Jones

**Our next meeting will be
Tuesday 3 September**

This night is our MEN's ONLY NIGHT, Ladies take the night off!

An opportunity for the men to sit and discuss any topic

Dr Kalli Spencer will be the facilitator

Everyone is welcome

What's in this issue

- | | |
|----------------------------------|----------|
| • Max Gardner Award Presentation | - page 1 |
| • Radical New Treatment | - page 2 |
| • Healthy Eating Chart | - page 2 |
| • September Awareness Month | - page 3 |
| • Norma's Quiz | - page 3 |
| • Meeting Dates | - page 3 |
| • Contact Information | - page 4 |

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

September - Men's Night Only

Men, turn up and take this opportunity to ask questions you might not want to during our regular meetings. Always an interesting evening with topics that might surprise you. Dr Kalli Spencer will be there to answer questions.

Max Gardner Award Night

It was an auspicious occasion, indeed a night to be remembered, when Mary Jones received the Max Gardner Award from the Prostate Cancer Foundation of Australia. This prestigious honour recognizes an individual member of the Network who has made 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. The award was presented by the new CEO of PCFA, Professor Jeff Dunn AO, who bestowed applause and gratitude for Mary's beneficent, dedicated work as a committee member of Northern Beaches Prostate Cancer Support Group. Her multi-faceted roles have been a significant factor in the recognition, success and cohesion that the group has achieved in serving our community.

Jo-Ann Steeves

Thank you Jo-Ann for this report and also a big thank you to both you and Eleanor for producing such a wonderful feast for all our guests. Mary

I feel very honoured to have been given this award and appreciate Jeff Dunn coming to the Northern Beaches to make the presentation. Thank you to all those who attended and made this a wonderful evening for me.

Mary



RADICAL NEW TREATMENT

Gene Test Identifies Which Patients Benefit From Search And Destroy Medicine

Thousands of men with advanced prostate cancer could benefit from a radical new 'search and destroy' treatment, according to a Movember-funded study published this week. A new class of treatments - also known as PSMA radiotherapy - are starting to show promise in men with prostate cancer for whom targeted treatments and chemotherapies have stopped working.

However, the treatment does not work for all men so scientists have faced the challenge of working out which patients will benefit most. The new study led by scientists at the Institute of Cancer Research in London have found that testing men for genetic weaknesses in repairing DNA could pick out the patients who are most likely to respond.

The researchers analysed tumour samples from men with advanced prostate cancer who had been treated at The Royal Marsden NHS Foundation Trust in London, in order to try to understand why the response to search-and-destroy treatment varied. They found that the target for these new treatments – a protein molecule called prostate-specific membrane antigen (PSMA) – was present at higher levels on the surface of cancer cells in some patients than others.

Dr Mark Buzzia, Global Director of Prostate Cancer Biomedical Research at the Movember Foundation said "Understanding which prostate cancer patients are likely to benefit from different treatment options is incredibly important. *We are very pleased to have provided funding for this study which shows for the first time that the amount of PSMA on the surface of a cancer cell and specific changes in a man's DNA can help clinicians to more accurately predict how he might respond to novel therapies. This is a significant step forward in the field.*"

Professor Johann de Bono of The Institute of Cancer Research, London, said: "Our new study helps to explain why some patients respond to search-and-destroy treatments and others don't. Understanding the biology of response to these new treatments is critical to getting them into use in the clinic as soon as possible. "Since 2011, the Movember Foundation has supported 17 projects globally that help to build evidence around the utility of PSMA-based technology.

In Australia, more than \$5.8 million has been invested into four ground-breaking trials involving the use of PSMA PET/CT imaging for the detection of recurrent tumors, and looking at whether theranostic PSMA is safe for men whose disease has spread. 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.

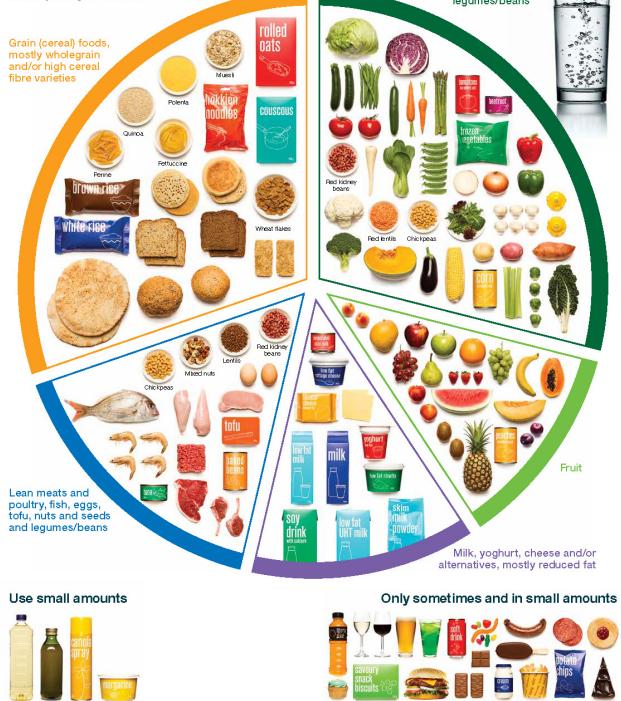
They then established a combination of 36 different genes that the scientists considered risk signatures, or biomarkers, that the PUR test could look for. "This means that we could predict whether or not prostate cancer patients already on active surveillance would require treatment. The really exciting thing is that the test predicted disease. 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

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.



We all know of the importance of healthy eating. Above is the new Australian Guide to Healthy Eating. Whilst it is important to eat foods from each of these five groups each day, more emphasis has been put on grain (cereal) foods mostly wholegrain and high fibre varieties and vegetables, legumes, beans. Lots of the foods we love such as a sausage sizzle, hot chips, biscuits, alcohol are not banned but recommended to have only *sometimes* and in *small amounts*.

To read more go to –
www.eatforhealth.gov.au

Prostate Cancer Awareness Month

Every month is important as far as promoting Prostate Cancer awareness, but September is designated as Blue September with the Big Aussie BBQ to encourage everyone to think about the importance of being aware of the disease and that early testing can save a life. What can you do to promote Blue September? Hold a barbecue this month and raise awareness/funds?

Norma's August Quiz

- What is the compulsive eating disorder called?
- What do citronella candles smell of?
- Which song begins with "Friday night and the lights are low"?
- What is the common name for hydrated magnesium sulphate?
- Where, in the UK, is the historic "ceremony of the keys" held every evening?
- Who was the first British astronaut on the space station MIR?
- Who was the second wife that Henry V111 beheaded?
- Which breed of dog does not have a pink tongue?
- How many valves does a trumpet have?
- Who succeeded Wordsworth as poet Laureate?

Answers to Norma's July Quiz

- What was Diana's official title at the time of her death? *Princess of Wales*
- Which word can be a pole with a footrest or a wading bird? *Stilt*
- Mr Birdseye, of frozen food fame, came from which country? *USA*
- What is the official language of Haiti? *French*
- What is the oldest newspaper in England? *The Times*
- Is Peri Peri sauce - hot, sweet, sour or spicy or a mixture of any two? *Hot and spicy*
- Which UK car company produced the Elan? *Lotus*
- In the Bible which man was given 30 pieces of silver? *Judas Iscariot*
- In the 60's who had a No 1 hit with 'House of the Rising sun'? *The Animals*
- London Zoo is in Green Park, Hyde Park or Regents Park? *Regents Park*

Meetings for 2019

- Tuesday 1 October – Assoc Prof Celi Verol
Urologist Macquarie University
- Tuesday 5 November – TBA
- Tuesday 4 December – Christmas Social

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

