

# 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. 195 - November 2019**

## Our next meeting will be Tuesday 3 December This will be our Christmas Celebration!

Please join us for a buffet dinner to mark the end of another successful year

Everyone is welcome, bring your partners along BUT YOU MUST RSVP TO NORMA

***The next Newsletter will be published in January 2020***

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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

### Tuesday 3 December

Your committee is preparing a wonderful feast for you to celebrate Christmas and the end of the year, but we need to know numbers.

Our first meeting for 2020 will be on **Tuesday 4 February**. Details will be sent out in the newsletter in January 2020

**PLEASE PHONE NORMA ON 9918 4929 TO LET US KNOW YOU ARE COMING.**

**IF NO-ONE HOME, PLEASE LEAVE A MESSAGE WITH NAME AND NUMBER OF GUESTS - Cost \$10 per person**



### October Meeting Report

Lucy Carpenter, dietitian from Rebound Health, was our speaker for November. Her presentation was very interesting and she has sent us this report -

"If you've been diagnosed with prostate cancer and have upcoming planned treatments or are undergoing treatments, it's vital to continue eating well! **A healthy, balanced diet will help give you the nutrients you need, help your body fight disease, and give you the best fighting chance!** Studies suggest that a healthy diet which includes a variety of foods may help prevent prostate cancer from getting worse. Nutritional recommendations vary depending on what kind of treatment you are planning or undergoing.

For treatments including surgery, radiotherapy and/or chemotherapy, good nutrition is very important during this time. This is because the cancer treatment places an extra demand on your body, and the cancer itself generally burns a large amount of energy. Because of this, your protein and energy requirements generally increase. Keeping up good nutrition helps you to maintain muscle strength, a healthy weight and have more energy, all of which can improve function and quality of life!

Research suggests that eating well (including leading up to treatments) is beneficial both during and after cancer treatments, it allows you to cope better! It can help you to manage some of the side effects and better tolerate treatments/recommended doses. Good nutrition during this time can help you to heal wounds and rebuild damaged tissues, improve your body's immune system and its ability to fight infections, reduce treatment delays, speed up recovery and prevent 'toxicities' associated with some treatments.

As the cancer treatments, and the cancer itself increase your protein and energy requirements, and some may experience side effects from treatments, it can often be difficult to get what you need nutritionally! Cancer treatments can place you at a greater risk of malnutrition and weight loss. We *really* want to prevent malnutrition and unplanned weight loss of 5% or more of lean muscle mass! What we can do to help prevent this is to ensure adequate daily protein intake for maintenance of lean body mass (our muscle mass). Eating a variety of different foods which provide you with adequate amounts of energy to tolerate and recover from treatments is also very important!

*Speaking with a dietitian about your individual recommended protein and energy amounts is helpful! For those experiencing unplanned weight loss, treatment side effects or are undergoing advanced treatments, it is highly recommended to speak with a dietitian about how you can achieve a nourishing high protein/high energy diet.*

If you're undergoing hormone therapy, it's also important to maintain a healthy weight. Hormone therapy lowers the amount of hormones in your body, which slows down your metabolism and may also stimulate your appetite. Therefore, weight gain is common in men with prostate cancer who receive hormone treatment. Feeling stressed or upset can also make some people eat

more and being tired because of the treatment may mean you exercise less than you used to. Some research suggests that weight gain could increase the risk of the cancer coming back and other health concerns. That's why a healthy diet and an active lifestyle which can help you manage your weight is extra important during this time. In summary, during any treatment, try your best to maintain a healthy weight to help you stay strong, speed up your recovery and keep you well!

If you're in recovery/remission from prostate cancer, **it's important to look after yourself by getting the best nourishment possible. This is because it can reduce the risk of the cancer coming back!** Studies suggest that a healthy diet which includes a variety of foods may help prevent prostate cancer from returning. If you're in "Active Surveillance" or "Watchful Waiting", very similar nutritional recommendations exist – it's vital to eat well!

#### **A plant-based diet means that you eat mostly natural or unprocessed:**

- **Vegetables**
- **Fruits**
- **Wholegrains** (such as wholegrain bread/pasta/wraps, rolled oats, brown/red/black/wild rices, quinoa, barley, rye, spelt, polenta and triticale)
- **Legumes** (such as beans, lentils, chickpeas, peas)
- **Healthy plant fats** (such as extra virgin olive oil, nuts/seeds, avocado)
- Herbs/spices (fresh/dried), onion/garlic

#### **A plant-based diet does not have to be a vegetarian or vegan diet, you can include lean animal foods:**

- Fish, meats (beef, poultry, pork, game) & animal products such as eggs and reduced fat dairy products
- *But they should make up a smaller amount of the food you eat*

*So focus on including plenty of 'plants' and moderate amounts of 'animal' foods!";*

For recommended daily serve sizes and amounts, please refer to the Australian Guide to Healthy Eating go to:

<https://preview.tinyurl.com/ycncjg8t>

**Lucy's full was report was very interesting and contains much useful information. To read the whole article go to our web site at:**  
**[www.prostate-cancer-support-nb.org](http://www.prostate-cancer-support-nb.org)**

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### Norma's November Quiz

1. What did the other reindeer not let Rudolf do because of his shiny nose?
2. How many ghosts show up in the book 'A Christmas Carol'?
3. Where was baby Jesus born?
4. What are the other two most popular names for Santa?
5. Elvis did not have a white Christmas – he had a .....?
6. In the film 'The Grinch Stole Christmas' the Grinch was described in words – what were they?
7. In the song 'The Twelve Days of Christmas' what did my true love give to me on the eight day?
8. Which country started the tradition of the Christmas Tree?
9. Which fairy tale inspired the ginger bread house?
10. What was the first company to use Santa Claus in its advertising?

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### Answers to Norma's October Quiz

1. Which Spanish artist said he would eat his wife when she died? *Dali*
2. Who did Lady Diana Spencer marry? *Prince Charles*
3. How many states are there in the USA? 49, 40, 50, or 52? *50*
4. Which German city is famous for the perfume it produces? *Cologne*
5. In what year did the Spanish Civil War end? *1939*
6. What nationality was Chopin? *Polish*
7. What is the best known artificial international language? *Esperanto*
8. What is the only mammal that cannot jump? *The Elephant*
9. What did Joseph Priestley discover in 1774? *Oxygen*
10. In what year was the Northern Beaches Prostate Cancer Support Group founded? *2002*

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### Is masculinity stopping men with prostate cancer asking for help?

Posted by Wendy Winnall on November 12, 2019

A new Australian study has asked whether aspects of masculinity are affecting the help-seeking of men with prostate cancer.

#### Prostate cancer causes distress

The diagnosis of prostate cancer is a major life stress for many men. After the initial distress

around diagnosis, men face treatments that often have difficult side effects. Fortunately the rate of survival is relatively high, with 95% of these men alive 5 years after their diagnosis. But living longer does not necessarily mean living well. Up to 1 in 4 men experience anxiety and 1 in 5 depression after prostate cancer treatment. Unsurprisingly, the levels of distress are usually greater for men with advanced disease.

Men with prostate cancer are more likely to feel distressed if they are younger, socially or economically disadvantaged or are suffering from the symptoms of the disease. Unfortunately, men with prostate cancer have an increased risk of suicide compared to men without this cancer. Distress is therefore a big issue for many men living with prostate cancer.

#### Help-seeking by men with prostate cancer

It's normal to feel distress upon a diagnosis with cancer. However, for some men this distress continues for long periods of time and greatly disrupts their lives. These men may benefit from some help.

Men can access help in coping with distress, depression and anxiety from a number of sources. These include GPs, psychologists, nurses (especially Prostate Cancer Specialist Nurses), support groups, online peer-support such as PCFA's **Online Community**. Men with prostate cancer can call PCFA on 1800 22 00 99 or the Cancer Council support line 13 11 20 for those seeking emotional or practical support.

Asking for help does not come naturally to many men. Surveys and interviews of men with prostate cancer have shown that they are no exception to this. **Almost half of men** with prostate cancer report psychological needs that are not being met. Many men choose to tough it out rather than ask for help, particularly from a psychologist. It's possible that there is some stigma stopping some men from seeking psychological help.

#### Does masculinity affect help-seeking by men with prostate cancer?

Australian Prostate Cancer Survivorship researchers want to understand how and why men with prostate cancer seek help for psychological or emotional issues. A new study has examined the relationship between masculinity and help-seeking by men with prostate cancer. This research group, from the Centre for Research Excellence in Prostate Cancer Survivorship, were led by Prof Suzanne Chambers. Their recent **results have been published** in the journal *Psycho-Oncology*.

Many previous studies of help-seeking have used surveys at one time point. To better study this topic, the Prostate Cancer Survivorship researchers performed a longitudinal study. They surveyed men at one time-point, then follow-up after 6 and 12 months. This allowed them to identify men who needed help for psychological or emotional issues, those who intended to seek help and those who actually sought help over a 12-month period.

The researchers surveyed 225 Australian men who had been treated for localised prostate cancer. They received their diagnosis an average of 4.1 years earlier. They identified 75 men with unmet psychological needs – men who needed some help but had not received it. Of these men:

- 41% intended to seek help within 6 months
- 20% actually sought help within 6 months
- a total of 33% had sought help by 12 months

To read more go to <https://tinyurl.com/tejegyp>

### 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,

Before implementing any recommendations made in the materials that are reported, it is essential that you obtain advice from appropriately qualified professionals, as 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, specialist 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)

Past issues of our newsletters can be viewed on our website: [www.prostate-cancer-support-nb.org](http://www.prostate-cancer-support-nb.org)

