

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. 197 - February 2020

Editor: Mary Jones

Our next meeting will be Tuesday 3 March

Our speaker will be Kim Pearce

from the Cancer Council

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 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

Tuesday 3 March

We welcome Kim Pearce as our speaker for March.

Kim is known to many of us and has facilitated our Mens' Only Night on several occasions.

Always an interesting speaker, we look forward to Kim addressing our meeting.

February Meeting Report

Key points of Dr Megan Crumbaker's presentation

Dr Megan Crumbaker is a medical oncologist from the Kinghorn Cancer Centre at St Vincents in Sydney and is also a lecturer for the UNSW Medical School for specialist trainees.

She explained prostate cancer may be a long-term disease and that diagnostic scans are complex and choosing the right one depends on the individual's situation.

MRI's are good for more detail of soft tissues like prostate, organs or nerves.

CT and bone scans are the routine method for determining the extent of disease beyond the prostate.

PSMA PET-CT scan are used when a radioactive molecule is injected and binds to cancer spots not seen on a CT scan or bone scan

It is important to look after overall health, specially bones and heart.

Treatments are evolving all the time. More treatment being given earlier in disease for some. Chemotherapy is still a very good option and side effects generally manageable

Exciting new treatments are emerging all the time. Always consider a clinical trial if available.

DNA testing may be useful, but interpretation is complex and needs to be done by someone with good knowledge.

Message from Alan White

Creator of 'The Prostate Zone' website

Many of your members will have dealt with or are still dealing with incontinence issues, others may have had recent surgery and are "learning the ropes".

The link below contains information about what happens when the prostate is removed, and a list of companies that sell a large range of continence products. It is an amazing world of products and information and some of the companies will send sample packs on request. And there are now washable briefs and boxers, with a built in pad that holds around 2 teaspoons of urine. How good is that.

Besides us men having to deal with incontinence issues, there are members of the wider community (family, friends) who will also be dealing with such issues and they may find these companies useful.

In fact, one in four men are having incontinence issues and are not talking to their GP about it, putting it down to age etc. Not so, as part of taking care of one's health, this also means being aware of the water works and the bowel movements. The Continence Foundation of Australia has a free help line, manned 8.00am-8.00pm, Monday to Friday on 1800 330 066.

To read more of Alan's subject go to -

<https://tinyurl.com/sw6tjm>

Did You Know you can get Financial Assistance?

Most people with incontinence use continence products such as pads, catheters or bedding protection to manage their condition. Some people require these products on a long term basis, which can become very expensive, and put unreasonable pressure on the household budget.

The Australian Government and State and Territory Governments offer a range of continence subsidy schemes to help offset some of these costs. These schemes have differing eligibility criteria and funding allocations, which means that you may be able to apply for funding through several schemes if you are eligible.

Details of these subsidy schemes can be found on a section of the website, by downloading the funding schemes for continence products fact sheet, or by contacting a continence nurse advisor on the National Continence Helpline on 1800 33 00 66.

The Helpline can also provide you product information and the details of local and national continence product suppliers.

The Continence Foundation recommends an assessment by a continence health professional to ensure that you or the person you are caring for uses the most appropriate continence product, including the correct fit and application of the product. To find out the details of your local continence health professional contact the National Continence Helpline.

To check out the website go to –

<https://tinyurl.com/yx5jx5xg>

Can You Help?

From Wendy Winnall,

Scientific Writer & Pathfinder Registry Co-ordinator

I'm writing today to ask for your help.

PCFA is looking for people to join focus groups.

We are offering an **\$80 payment** as a thank-you for their time.

PCFA supply printed and online information about prostate cancer. We are updating this information and creating new resources. These focus groups will help us understand the needs of men with prostate cancer and those who care for them.

We are planning 7 focus groups across the country to hear the opinions of the prostate cancer community.

In Sydney we are planning two focus groups:

1. **Men with advanced prostate cancer.** We are looking for men with high-risk, advanced or metastatic prostate cancer.

2. **Partners or carers of men with advanced prostate cancer** (high-risk, advanced or metastatic).

PCFA have hired a research company called Enhance Research to run the focus groups. All information will remain confidential. The sole purpose of this information is to help us improve our resources to better meet the needs of those affected by prostate cancer.

Would you like to help?

We have been asked to nominate men with advanced prostate cancer or their partners/carers in our support group who would like to take part. Your permission is required to pass on your contact details to the focus groups organisers (Enhance Research).

Please contact Mary at our next meeting, email to marron2428@gmail.com or contact Wendy

Winnall for more details -

email: wendy.winnall@pcfa.org.au

or call 0425 873 204

Thanking you, Wendy Winnall

Know Your Family History

Each year in Australia 20,000 men are diagnosed with prostate cancer.

All of us know someone who has been affected, and yet many of us don't know what the prostate does, or what prostate cancer is, limiting our understanding of how to detect and treat it.

It's vital to know your risks and your family history. It could help to save your life.

Your Family History – The Facts

- If your father or brother have ever been diagnosed with prostate cancer, you have twice the average risk of developing the disease.
- If you have two or more close male relatives who have been diagnosed, your lifetime risk of developing prostate cancer increases five-fold.
- Your risk also increases if you have a strong family history of breast or ovarian cancer, especially if a BRCA1 or 2 gene mutation was involved.

Other Risk Factors – Things You Need to Know

- Your risk of prostate cancer increases as you get older.
- Prostate cancer is unique among cancers – we have not yet found a way of preventing it, and we do not know what causes it.
- Scientists have not yet found any strong links between diet and lifestyle and prostate cancer.

Be Aware – Know the Symptoms

- When prostate cancer first develops, there may be no symptoms.
- In later stages, symptoms might include frequent urination, difficulty or pain when peeing, blood in the urine or semen, unexplained weight loss, and body aches.
- It's important to remember these symptoms could be caused by a range of factors, and do not always mean you have prostate cancer.
- If you develop any of the symptoms above, see your doctor straight away.

Take the Right Action at the Right Time

- The current Australian Guidelines recommend all men discuss their individual risks and detection options with a doctor – check out our [PSA Test Guide](#) for more information.
- If you have no family history and no symptoms and decide to get a PSA test, you should do so every two years between the ages of 50 to 69.
- If you have a family history and decide to get a PSA test, you should do so every two years from age 40/45 to 69, starting sooner if you have a strong family history.

If you are 70 or older with no previous diagnosis of cancer, PSA tests are not recommended

because you are unlikely to die from prostate cancer if it develops.

- If you develop any of the symptoms of prostate cancer, see your doctor straight away.

Norma's February Quiz

1. Did you know that Charlie Chaplin once entered a look-alike competition of himself and came third.? *True or false*
2. Who invented the electric chair, a funeral director, a scientist or a dentist?
3. There are more bacteria in your mouth than there are people in the world? *True or false?*
4. Napoleon planned his military campaign movements in the sand. *True or false?*
5. Alligators, Kangaroos, Emus and Penguins cannot move backwards. *True or false?*
6. What do you call the whiskers on a Catfish?
7. Before becoming a dangerous criminal what did Al Capone have written on his business cards? Private Detective, Painter and Decorator or Secondhand Furniture Dealer?
8. What do we call a group of kangaroos?
9. What crime did you have to answer to if you stuck a British stamp on a letter upside down?
10. Leonardo Di Vinci could draw with one hand while writing with the other. *True or false?*

Answers to Norma's January Quiz

- 1 Which organ in the body produces bile?
The liver
- 2 What is the human body's largest organ?
The skin
- 3 What was the nickname of Julius Marx?
Groucho
- 4 What word can go after "Machine" and before "Dog"? *Gun*
- 5 What opens when Ali Baba said "open sesame"? *His cave*
- 6 What is the only English word that has three consecutive double letters? *Bookkeeper*
- 7 Which significant event occurs this year in the Eastenders TV show? *35th Anniversary*
- 8 Which letter describes a soft lead pencil? *B*
- 9 How many English pounds would you have if you had a monkey, a score and a pony? *£545*
- 10 Who was the last prisoner to be imprisoned in the Tower of London? *Rudolf Hess*

Meetings 2020

April 7 - Jo Watson, Deputy Chair PBS
 May 5 - Robert Galsim, Financial Information Services
 June 2 - TBA

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 and we have not verified such conclusions and recommendations.

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 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

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

Past issues of our newsletters can be viewed on our website: www.prostate-cancer-support-nb.org

