

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. 198 - March 2020

Editor: Mary Jones

THERE WILL BE NO MEETING

ON TUESDAY 7 APRIL

All meetings are suspended until further notice

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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

APRIL - Due to Government restrictions on meetings due to Covid-19 -

IT IS WITH REGRET THAT THERE WILL BE NO MEETINGS OF THE NORTHERN BEACHES PROSTATE CANCER SUPPORT GROUP UNTIL FURTHER NOTICE

March Meeting Report

Kim Pearce from the Cancer Council was our guest speaker for March.

Kim is well-known to our group and gave us an interesting insight into the workings of the Cancer Council and how they can help groups and patients with the many cancers that are diagnosed.

Kim's career began as an oncology nurse and she has now been with the Cancer Council for 28 years. Her topic was 'Navigating Cancer Together'

The Cancer Council is Australia's leading cancer charity uniting the community, providing support, investigative research and saving lives.

They invest and fund world-class research and work with the community to change laws.

They have Legal and Financial Services and realize that patients can experience financial hardship during their cancer experience. They can provide practical support, emotional support and produce information resources.

Their practical support includes transport to treatments, assist patients and carers with accommodation, in-hospital information services and understand that diagnosis and treatment can be stressful and emotional.

The ENRICH programme, run by the Cancer Council, is helping improve the health and wellbeing of cancer survivors.

Support Group Leaders are able to attend courses by the Cancer Council.

The Cancer Council's many resources are updated regularly and our group will access the latest information for our members and brochures will be available for all as soon as we are able to resume meetings.

We thank Kim very much for giving us her time.

Kim stressed that help is always available by calling **131120**.

PCFA funded study set to transform management of patients with aggressive cancer

Monday, March 23, 2020

Results from a randomised controlled trial – the ProPSMA Study - involving 300 prostate cancer patients find that a molecular imaging technique is more accurate than conventional medical imaging and recommends the scans be introduced into routine clinical practice.

A medical imaging technique known as PSMA PET/CT that provides detailed body scans while detecting levels of a molecule associated with prostate cancer could help doctors better tailor treatments for their patients, by determining the extent of disease spread at the time of diagnosis, a randomised controlled trial involving 300 patients in Australia published in *The Lancet* journal has found.

The approach combines two imaging technologies – positron emission tomography (PET) and computed tomography (CT) – and is almost one third more accurate than standard imaging at pinpointing the spread of prostate cancer throughout the body. PSMA PET/CT proved to be 92% accurate compared with only 65% accuracy with standard imaging.

Prostate cancer is commonly treated by surgery to remove the prostate or intensive radiotherapy to target the tumour. If there is a high risk the cancer may have spread to other parts of the body, patients may be offered medical imaging – typically CT and bone scans – to help doctors determine if additional treatments are needed.

CEO of Prostate Cancer Foundation of Australia, Professor Jeff Dunn AO, hailed the study a game-changer. “These findings will transform the way we manage and treat prostate cancer, providing men around the world with much greater hope of combatting the disease effectively. Today we are one step closer to our vision of a future where no man dies of prostate cancer – standing on the shoulders of research leaders.”

Study lead Professor Michael Hofman of the Peter MacCallum Cancer Centre, Melbourne, said: “Taken together, our findings indicate that PSMA-PET/CT scans offer greater accuracy than conventional imaging and can better inform treatment decisions. We recommend that clinical guidelines should be updated to include PSMA PET/CT as part of the diagnostic pathway for men with high risk prostate cancer.”

Other findings of the study showed that PSMA-PET/CT had fewer uncertain findings than conventional imaging, resulted in half the radiation dose to patients and had a greater impact in changing patient management. 28% of men had their treatment plans changed after the PSMA PET/CT scans compared to 15% following conventional imaging.

Professor Declan Murphy, senior author, of Peter MacCallum Cancer Centre, Melbourne, said, “Around one in three prostate cancer patients will experience a disease relapse after surgery or radiotherapy. This is partly because current medical imaging techniques often fail to detect when the cancer has spread, which means some men are not given the additional treatments they need. Our findings suggest PSMA-PET/CT could help identify these men sooner, so they get the most appropriate care.”

Associate Professor Roslyn Francis, co-author and scientific Chair of the Australasian Radiopharmaceutical Trials network, said: “Costs associated with PSMA-PET/CT vary in different regions of the world but this approach may offer savings over conventional imaging techniques. A full health-economic analysis will help to determine the cost effectiveness of introducing PSMA-PET/CT, both from a patient and a healthcare perspective”

Dr Stephen Mark, President of the Urological Society of Australia and New Zealand, welcomed the results, saying “The results of this ground-breaking study have been eagerly anticipated and will be of great significance in the treatment of men with aggressive prostate cancer all around the world.”

The proPSMA study was funded by Prostate Cancer Foundation of Australia and men's health charity Movember. Dr Mark Buzza, Global Director of Prostate Cancer Biomedical Research at Movember said: “The research arising from the proPSMA study represents a really exciting development in novel imaging that will lead to the optimal management of men with high-risk prostate cancer. There is now solid evidence that PSMA PET/CT scans are the gold standard first-

line imaging test for staging high- risk prostate cancer. We would like to see PSMA PET/CT scans adopted into clinical practice as soon as possible for this group of men.”

Prostate Cancer Nurses

We would like to recognise and acknowledge the incredible work of our Prostate Cancer Specialist Nurses who are committed to providing expert care and support to men and their families through diagnosis, treatment and beyond.

They are passionate and highly skilled leaders and we believe they make a real difference to the lives of people affected by prostate cancer.

What is a Prostate Cancer Specialist Nurse?

There are lots of nurses throughout Australia working in a variety of jobs helping those affected by prostate cancer. A Prostate Cancer Specialist Nurse is an experienced registered nurse who has received additional training to make them an expert nurse in prostate cancer care. The Prostate Cancer Specialist Nurse works within a clear framework to ensure you receive the same level of care from your nurse, no matter where you live. The Prostate Cancer Specialist Nurses are an expert point of contact for patients and families during the entire cycle of cancer care.

Prostate Cancer Specialist Nurses are placed around NSW & ACT in the following areas -

- ❖ [Albury Wodonga Regional Cancer Centre](#)
- ❖ Calvary Mater Hospital
- ❖ Canberra Hospital
- ❖ Central Coast Cancer Centre
- ❖ Chris O'Brien Lifehouse
- ❖ Illawarra Cancer Centre
- ❖ Macquarie University Hospital
- ❖ Murrumbidgee Local Health District
- ❖ Nepean Cancer Care Centre
- ❖ North West Cancer Centre, Tamworth Hospital
- ❖ Orange Hospital
- ❖ Port Macquarie Base Hospital
- ❖ St George Hospital
- ❖ South West Sydney Local Health District (Liverpool, Campbelltown, Bankstown & Fairfield)

The Prostate Cancer Specialist Nursing Service has been made possible thanks to funding from the Federal Government and generous local and community supporters and supports the placement of prostate cancer specialist nurses in a variety of Australian health care settings in partnership with health service providers.

However, additional funds are still needed and PCFA is now calling on the Australian community

and corporate Australia to provide support so the service can grow and secure more nurses across Australia.

Benefits of donating to this service:

- You will be helping the many thousands of men and their families cope with a prostate cancer diagnosis.
 - You will be helping to drive change in traditional models for providing supportive care.
 - PCFA supporter website recognition for major supporters.
- All donations of \$2 and over are tax deductible.

Norma's March Quiz

1. Which boxer called Henry was BBC personality of the year in 1970?
2. What are the two words in the shortest verse of the Bible?
3. Which Whitney led the most weeks in the singles chart for 1993?
4. How many players are there in a Hockey team?
5. In which Country is the city of Tijuana?
6. The Zodiac sign Libra covers which two months?
7. Which Dennis wrote the Singing Detective?
8. Which actress won an Oscar for her role in Funny Girl?
9. If March 1st is on a Saturday what day is April 1st ?
10. What kind of animal is Sooty's friend Soo?

Answers to Norma's February Quiz

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

Meetings 2020

There will be no further meetings for 2020 until it is safe for our members to meet again.

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

