

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. 199 - April 2020

Editor: Mary Jones

All meetings are suspended until further notice

At this stage, there is still no hint of when we will be able to resume normal meetings but we will keep you informed.

What's in this issue

- Great News - page 1
- Rebound Health Exercises - page 2
- Participate in Research - page 2
- Norma's Quiz - page 3
- Covid 19 Fact Sheets - page 3
- Contact Information - page 4

Monthly Meetings – usually!

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

Due to Government restrictions 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

Great News!

Great news this morning that prostate cancer death rates are expected to fall in the UK and across nearly all European Union countries this year due to better diagnosis and treatment.

"This is a call to action," says **our CEO Jeff Dunn**. "Deaths from prostate cancer are avoidable, and we must not slow down the pace of work until Australia's fathers and sons are saved from this disease."

We can expect the same trend to occur in Australia - proving the tremendous value of research, awareness, and early detection

Prostate cancer death rate expected to have fallen by 10 per cent since 2015 thanks to earlier diagnosis

This report from the UK Telegraph 20 April 2020 -

Researchers forecast there will be 11.99 prostate cancer deaths per 100,000 men in 2020, compared to 13.25 per 100,000 in 2015

Prostate cancer death rates are expected to fall in the UK and across nearly all European Union countries this year due to better diagnosis and treatment, analysis suggests.

The mortality rate is predicted to decline this year by 7.1% in the EU since 2015, with 78,800 men expected to die from the disease in 2020.

The age-adjusted death rate is 9.95 per 100,000 men for this year, compared to 10.71 per 100,000 in 2015.

In the UK, the researchers forecast there will be 11.99 prostate cancer deaths per 100,000 men in 2020, compared to 13.25 per 100,000 in 2015, a drop of 9.5% when adjusted for age.

The calculations are based on cancer death certification and population figures from the World Health Organisation (WHO) and Eurostat databases for 1970-2015 and have been age-standardised - a technique epidemiologists use to allow populations with different age profiles to be compared.

Poland is the only country where the prostate cancer death rate is rising, with a predicted death toll of 6,100 men by the end of 2020.

Professor Carlo La Vecchia, of the University of Milan's School of Medicine in Italy, who led the study, said: "Across the EU as a whole, the key message from these prostate cancer death rates is to adopt up-to-date surgery and radiotherapy techniques, together with newer androgen deprivation therapy.

"This may have a relevant impact on prostate cancer mortality even in the absence of cure, since a proportion of elderly men may survive long enough to die from other causes.

"The prostate specific antigen test, PSA, may also play a role, but it is difficult to quantify this at present."

Prostate cancer is the most common cancer in men. In the UK, around one in 8 men will get the disease in their lifetime.

While prostate cancer death rates are falling, the number of men dying from the disease, however, is predicted to increase as the ageing population continues to grow.

In 2015, 74,998 men died from the disease in the EU compared to 78,800 forecast to die in 2020.

And in the UK alone, 11,827 men died in 2015 compared to 12,000 predicted to die from prostate cancer this year.

Commenting on the research, Dr Matthew Hobbs, deputy director of research at Prostate Cancer UK, who was not involved in the analysis, said: "We know that research carried out over the past 20 years has led to improvements in diagnosis and treatment of prostate cancer.

"It is great to see that that research has reduced the death rate.

"However, with incidence of prostate cancer rising in the UK, and the number of men reaching an age that increases their risk, combined with faster progress in other diseases, we need much bigger and quicker reductions in the death rate to stop the number of prostate deaths continuing to rise every year."

Meanwhile, figures show death rates are rising in women in the EU for lung and pancreatic cancers, with a predicted increase of 6% in lung cancer and 1.2% in pancreatic cancer between 2015 and 2020.

The findings from the 10th year of the annual predictions led by Prof Carlo La Vecchia are published in the journal *Annals of Oncology*.

Rebound Health and Exercise

Rebound Health has started a community based **online group exercise service** which **is free of charge** and aimed at keeping people active during this difficult time. In this community we provide daily exercise classes run by our Exercise Physiologists, Meditation run by our Occupational Therapist and Nutrition seminars run by our Dietitian. The exercise sessions include a combination of aerobic, strength, balance and stretching exercises.

Exercise can help assist in counteracting the physical deconditioning associated with treatment and can increase muscle strength and endurance. We want to help men with prostate cancer stay active, stay healthy and to keep moving during their treatment.

At Rebound, our core purpose is to provide powerful, positive lifestyle change within our community through a multidisciplinary approach to health.

This is the link to an introductory video: <https://youtu.be/DZHrDUK7idc>

Here is the link to the PrimeFit Facebook page: https://www.facebook.com/groups/1852394888370227/?ref=nf_target&fref=nf

If you have any questions please do not hesitate to contact us on 9907 6023 or email Jessica at jessica@reboundhealth.com.au

HERE'S YOUR CHANCE TO PARTICIPATE IN RESEARCH

Information for Prospective Participants

Work Participation after Prostate Cancer:

Perspectives of Stakeholders

Principal Researcher: Dr Wei-Hong (Wendy) Liu

What is the purpose of the research?

Maintaining and returning to work is an essential component of quality of life for men who choose to work after a diagnosis of prostate cancer. The purpose

of this research is to understand the impacts of prostate cancer and its treatment on work participation for men. We are inviting men to participate in this study and share their experiences and opinions about how the disease itself and its treatment impacts their work; what are the factors that promote and impede their ability to stay at work or return to work after a diagnosis of prostate cancer.

Are you looking for people like me?

The research team is inviting men with prostate cancer who are over the age of 18, able to read and speak English, and were either in paid employment or self-employed at the time of diagnosis.

What will you ask me to do?

Your participation will involve an audio recorded telephone interview at a time convenient to you.

Are there any risks for me in taking part?

The researcher has identified the following possible risk in relation to participating in this study, mainly discomfort/distress from discussing feelings you may be experiencing or might have experienced. It should be noted that if you do agree to participate you can withdraw from participation in the research project without comment or penalty.

Are there any benefits for me in taking part?

It is expected that this research project will not benefit you directly. However, the findings of the study will enhance our understanding of the range of factors influencing return to work and work-related experiences of men after diagnosis of prostate cancer which in turn will improve care for prostate cancer patients.

Will I be compensated for my time?

No, but we would very much appreciate your participation in this research.

I am interested – what should I do next?

If you are interested in participating in this study, for details of the next step please contact:

Wendy Liu weihong.liu@qut.edu.au

07 3138 0466

You will be provided with further information to ensure that your decision and consent to participate is fully informed.

Thank You! QUT Ethics Approval Number: 190000433

Norma's April Quiz

1. Who won the European Song contest with a song called "Puppet on a String"?
2. Which Michael travelled from pole to pole on his TV programme?

3. In which decade did Prince Charles marry Diana Spencer?
4. Which Alfred invented gelignite?
5. Which Sir Francis gave his name to a scale to measure wind force?
6. Which English cricket captain was involved in the 1994 ball tampering claims?
7. Which Errol was a philandering film star, born in Tasmania?
8. Who, with the initials JRR wrote The Hobbit?
9. Who lost a leg after complications with Syphilis was it the artist Manet or Monet?
10. Which Greek hero killed the Nemean lion, was it Jason, Theseus or Hercules?

Answers to Norma's March Quiz

1. Which boxer called Henry was BBC personality of the year in 1970? *Henry Cooper*
2. What are the two words in the shortest verse of the Bible? *Jesus Wept*
3. Which Whitney led for the most weeks in the singles chart for 1993? *Whitney Houston*
4. How many players are there in a Hockey team?
11
5. In which Country is the city of Tijuana? *Mexico*
6. The Zodiac sign Libra covers which two months? *September and October*
7. Which Dennis wrote the Singing Detective?
Dennis Potter
8. Which actress won an Oscar for her role in Funny Girl? *Barbara Streisand*
9. If March 1st is on a Saturday what day is April 1st? *Tuesday*
10. What kind of animal is Sooty's friend Soo?
A panda

Covid 19

Whilst we are bombarded with lots of information from the media, I would like to introduce you to the Fact Sheets put out by PCFA. They contain lots of interesting information pertaining to Prostate Cancer suffers and may be of assistance to you all. They include –

Myth Busters

*Prevention and preparation.
Mental Health and Wellbeing
Treatment Decisions and Delays
Financial Hardship*

Please check them out at :

<https://tinyurl.com/y85sr8rp>

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

