

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. 201 - June 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.

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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 on Covid-19 -
IT IS WITH REGRET THAT THERE WILL BE NO MEETINGS OF THE NORTHERN BEACHES PROSTATE CANCER SUPPORT GROUP UNTIL FURTHER NOTICE

Stay Well

Our wish for all our members and their families is that you are all safe and well.

By following the health guidelines and staying home as much as possible we hope to avoid a recurrence of diagnosed cases of Covid-19.

Whilst restrictions are easing somewhat we are all still vulnerable to contracting this disease and it's not what we want for our members.

Please get in touch with any of the committee members if you need our help.

Stay safe and well until we can all meet again.

Mary

Blackmore's Running Festival

The Blackmore's Sydney Running Festival, scheduled for Sunday, 20 September 2020, is an annual running and walking event with a range of distances to suit everyone, all of which run over the Sydney Harbour Bridge. Described as one of the most scenic and spectacular courses in Australia, the festival attracts around 33,000 participants annually. It consists of four exciting events, with the Marathon, Half Marathon and Bridge Run (10 kilometre certified) distances finishing at the iconic Sydney Opera House and the Family Fun Run (3.5 kilometre) that finishes at Sydney's prestigious Conservatorium of Music.

Runners, joggers and walkers of all skill levels and ages will experience a challenge or a fun day out to explore the extraordinary scenic views of Sydney.

Distances/Events -

3.5K - Family Fun Run

10K - Bridge Run

Half Marathon

Marathon

Who will join me?

We already have a **SMALL** team ready to take on the challenge – let's make it a **LARGE** team effort.

Go to <https://tinyurl.com/yawdhw13>

Go to this page and register – our team name is Northern Beaches Prostate Cancer Support Group – *what else could it be!*

I will be taking part in the 3.5km Family Fun Run – walking 3.5km over the Harbour Bridge should be a wonderful way to spend a Sunday morning!

If you're more energetic, perhaps running the 10k run or half marathon may be your thing.

Let's have fun and support Prostate Cancer along the way.

***Give me a call for more details–
Mary 0409 909 356***

More Prostate Cancer Nurses

Nearest hospital to the Northern Beaches that has a Prostate Cancer Nurse is the Macquarie University Hospital but read on -

Thousands of Australian men with prostate cancer and their families will benefit from an expansion of Prostate Cancer Foundation of Australia's Prostate Cancer Nurses Program. 24 new nurses will be recruited in new locations around Australia over the next 12 months, with an additional 15 nurses starting from June 2021.

The new nurses will be recruited using a new Federal funding grant for the program, which is also supported by community donations. Health Minister Greg Hunt made the announcement jointly with PCFA.

"Prostate cancer is estimated to be the second most common cause of cancer death in Australian men, with an estimated 3,152 deaths. Sadly, more than 16,700 Australian men are expected to be diagnosed with prostate cancer this year," Minister Hunt said.

"Since 2013, this program has funded the recruitment, training and placement of prostate cancer nurses in 29 locations across the country. The 2020–21 round of funding will employ nurses at 24 health services or cancer centres."

PCFA CEO, Professor Jeff Dunn, AO

commended the Government for its investment.

"About one in five men with prostate cancer experience long-term anxiety and depression and some will have an increased risk of suicide, although few seek support for their mental health needs. These nurses play a critical role in providing guidance, care and support," he said.

"Of concern to the growing burden of prostate cancer on the Australian community, men with a family history of prostate cancer have double the risk of being diagnosed, and men in regional and rural areas of Australia face a 24 per cent higher risk of death – this investment is vital to ensure our fathers and sons don't die before their time."

About 13,000 Australian men and families currently lack access to specialist prostate cancer nursing support, a number set to grow if no action is taken.

"We simply don't have enough nurses to meet demand." Prof Dunn said

"By 2040 we predict there will be 372,000 men living with or beyond prostate cancer in Australia, representing a 76 per cent increase from 211,000 today and the greatest number of men or women diagnosed with any single cancer. Without investment in new nurses and telenursing services to reach those in need, many thousands of men will be denied access to specialist support."

Australia has one of the highest rates of prostate cancer in the world, with one in every six Australian men likely to be diagnosed by age 85. PCFA's Director of Nursing Programs, Sally Sara, welcomed the Federal funding boost.

"Every 25 minutes, one of our fathers, sons or brothers will hear the news he has prostate cancer. What many people don't realise is exactly how tough it is to live with a disease that robs you of your dignity – leaving many men incontinent and suffering from erectile dysfunction and psychological distress. Whilst we have one of the best health care systems in the world, many men with prostate cancer will continue to miss out on specialist nursing support.

"It's common for patients to struggle with understanding their treatment options and many are unable to access evidence-based information about the pros and cons of surgery, chemotherapy, and radiation treatment or hormonal therapy. It's a tragic fact that on any given day men with prostate cancer are already at a 70 per cent increased risk of suicide compared to the general population. These men deserve our support," Mrs Sara said.

Advancing precision medicine for metastatic prostate cancer - US FDA approves new PARP inhibitors

In one giant leap for advanced prostate cancer, the US Food and Drug Administration (FDA) has this week approved two new PARP inhibitors for the treatment of metastatic castrate resistant prostate cancers which have specific genetic mutations.

What is precision medicine?

Precision medicine, which is also sometimes called personalised medicine, is a way of selecting the best treatment for a cancer patient based on their unique genetic changes. Currently, men diagnosed with prostate cancer are treated according to their cancer type and stage. But not all men respond the same way to the treatments and a treatment that works for one man with metastatic castrate resistant prostate cancer (mCRPC) may not work so well for another man with the same diagnosis.

Some of the differences seen in how a person responds to a treatment could be due to minor differences that are not seen by imaging scans or by the pathological analysis of tumour biopsy samples. These differences or genetic mutations occur at the DNA level. Two men diagnosed with mCRPC might have very different genetic mutations in the cells of their tumours that could influence the way they will react to different treatments.

What are PARP inhibitors?

PARP inhibitors are a group of drugs which block the activity of a family of proteins called poly ADP ribose polymerases (PARP). PARPs are enzymes that have several roles in the cell including repairing damaged DNA. This is an important function because if the DNA of a cell becomes too damaged, the cell will die.

In treating cancer, we want the cancer cells to die and potentially we help this happen by using a PARP inhibitor to block the DNA repair actions of PARP. But cells are very clever, they have more than one way of repairing damaged DNA and often a PARP inhibitor alone is not enough to cause cell death. However, cancer cells often have DNA mutations and scientists have found that PARP inhibitors are more effective at killing cells which already have certain mutations.

There are several different PARP inhibitors currently available in Australia, Olaparib, Niraparib and Talazoparib. These are only available for use in one or more types of cancers of the breasts, ovaries, fallopian tubes or peritoneum. They have been found to be most effective in patients who have mutations in the breast cancer susceptibility genes (BRCA1 and/or BRCA2).

To read the full article go to – <https://tinyurl.com/ya9gebu6>

Norma's June Quiz

1. Who were the first people to blow their noses into a paper tissue? Chinese, Japanese, or Indians
2. Which country suffers the most earthquakes? China, Turkey or Japan
3. Which country's golf caddies chose to wear helmets after 500 were hit by balls? Thailand, South Korea or Japan
4. Which Asian country is the biggest importer of oil? Japan, India or China
5. Which country has its capital in Pyongyang? North Korea, Cambodia or Laos
6. Which 5th century pillage was dubbed the scourge of God? Ghengis Khan, Attila The Hun or Alaric the Visigoth
7. Which son of a cobbler robbed banks to finance the Russian Revolution? Stalin, Trotsky or Lenin
8. Who first placed a telephone on the moon? Lyndon Johnson, Richard Nixon or Jimmy Carter
9. Who was the first incumbent US President to survive being shot? Ulysses S Grant, Ronald Reagan or Gerald Ford
10. Which author moved abode some 56 times in 6 months after he was issued with a death threat? Gore Vidal, Salmon Rushdie or JD Salinger

Answers to Norma's May Quiz

1. Which musical is set in Catfish Row. Porgy and Bess, Cats or West Side Story?
Porgy and Bess
2. Which H G Wells novel was originally called Chronic Argonauts? *The Time Machine*
3. What kind of creature was Dr. Seuss's Yertle Salamander, snake or turtle? *A turtle*
4. Which book was banned in London in 1538 and in Spain in 1551, The Decameron, The Faerie Queen or The Bible? *The Bible*
5. In what year was John Lennon's last concert, 1971, 1972, 1973? *1972*
6. Which metal did Charlie Chaplin invest much of his money in, Platinum, Gold or Uranium? *Gold*
7. What was Hammerstein and Rodgers first co-written musical, Allegro, Carousel or Oklahoma? *Oklahoma*
8. Which country owns Cartier Island and The Ashmore island, Canada, New Zealand or Australia? *Australia*

9. What is Australia's main crop Bananas, Apples or Pineapples? *Bananas*
10. Why did Captain Cook give New Caledonia that name, it reminded him of Scotland, It was a very cold region or he discovered it on St. Andrews Day? *It reminded him of Scotland*

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 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 advice and information in this newsletter should be of interest, there is no substitute for getting informed medical 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:

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

