

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. 206 - January 2021

Editor: Mary Jones

MEETINGS ARE ON AGAIN

OUR FIRST EVENT IS ON 2 FEBRUARY

Speaker is the Hon Jim Lloyd

6:30pm at a NEW VENUE

Please read below for details

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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.

NEW LOCATION:

THE BAPTIST CHURCH,
NORTH NARRABEEN

Time: 6:30pm till 8:30pm

MOST IMPORTANT!!!

Your committee has been working hard to secure a venue for meetings in 2021.

At the present time, it is not looking likely that we will be able to return to our usual venue at The Palliative Care Cottage in the grounds of Mona Vale Hospital any time soon.

Our first meeting will therefore be on Tuesday 2 February at 6:30pm in the Narrabeen Baptist Church, 13 Grenfell Street, North Narrabeen, entry from Wakehurst Parkway.

There is plenty of parking available on site.

We are to abide by strict Covid-19 regulations.

If you don't feel well, don't come.

The committee will ensure all touch areas are disinfected before you arrive.

Masks must be worn by everyone except the person on the podium.

On entry your temperature will be taken, hands must be sanitized and signing in will be by QR Code or manual registration. Everyone will be required to leave 2 seats between people unless from the same family. No moving about is allowed during the evening presentation.

At the end of the evening we will serve you tea or coffee, and food on a plate will be handed to you on the verandah area.

Whilst we are always appreciative of the donations our members give at each meeting, with extra expenses we would like to kindly ask members to donate at least \$5 to cover the extra costs.

We are very happy that the Baptist Church are allowing us to use their auditorium for our meetings, and so look forward to seeing you all on Tuesday 2 February as we try and get back to (the new) normal.

Speaker for February

The Honourable Jim Lloyd, a former Government Minister served in Parliament from 1996 to 2007 and was diagnosed with prostate cancer in 2002. Following his own diagnosis, he is now an advisor for Prostate Cancer Foundation of Australia (PCFA).

With a family history for the condition, Mr Lloyd values the diagnosis process that has helped so many men, not only in his family, but also all across Australia.

Jim has a wealth of knowledge and is certain to be a very interesting speaker to begin our new year.

Supporting PCFA

Emotions are running high on Channel 10's [I'm A Celebrity Get Me Out Of Here Australia](#) Paulini Curuenavuli has nominated PCFA as her charity to support following the passing of her dad from Prostate Cancer.

Our thanks to Paulini for her heartfelt support—PCFA is committed to beating the disease that took her dad too.

Manage Your Risk

In the Sunday Telegraph on 17 January there was an article promoting a new screening programme which will help men predict their risk of developing prostate cancer.

The programme collects information such as age, family history, PSA levels and compares them to a data base of more than 250,000 men. Maxwell Plus is the company behind this testing in Australia and for \$120 you can sign up, answer a few questions, get a blood test and they will review the results.

PCFA have a great deal of information on testing for Prostate Cancer and details can be found on their web site by following the link - <https://tinyurl.com/yx8hqdy3>

Navigate

- is an online decision aid for men who are diagnosed with low-risk or favourable intermediate risk prostate cancer, and their partners. Its purpose is to assist in the difficult decision-making process for these men, who are often overwhelmed when faced with multiple treatment options.

The **Navigate** decision aid is designed to lower the likelihood of distress and decisional regret.

This is an Australia-wide initiative and the research team are currently recruiting participants for the study. Participants must meet the following selection criteria:

- A diagnosis of low- or favourable intermediate-risk (or localised) prostate cancer within the last 3 months;
- Still deciding on treatment options;
- Eligible for Active Surveillance as one of those treatment options;
- Live in Australia and aged 18 years or over; and
- Have access to the Internet and ability to complete the study requirements.

The trial randomizes men to usual care (via

PCFA website) or the [Navigate website](#). The trial will investigate whether the [Navigate website](#) improves understanding and reduces distress for men diagnosed with prostate cancer who are potential candidates for active surveillance.

The level of involvement for trial participants (and their partners) is minimal. Participants will be asked to complete 4 online questionnaires over a 6 month period. Each questionnaire will take about 15-20 minutes to complete. No travel is required with patients participating from their own homes online. **Recruitment and follow-up are conducted via email and phone.**

Urological surgeons and other urology health professionals will retain management of their patients referred to the trial which can be done directly via the [Navigate website](#) by [email referral](#). Clinician confirmation is required for all participants to ensure that they are eligible.

Norma's January Quiz

1. Which religious leader was born in 563 BC? Buddha, Confucius or Lao Tse
2. What material forms a sumo wrestling ring? Clay, sand or salt
3. Which Continent is divided into the most Countries? Africa, Europe or Asia
4. What term describes information presented both alphabetically and numerically? Digital, Alphanumeric or Eclectic
5. Who could you have sent a birthday card to at 1313 Harbor Boulevard, Anaheim, California? Mickey Rooney, Mickey Mouse or Mickey Dolenz
6. What was the surname of the tyre manufacturer Andre who was born in Paris in 1853? Pirelli, Dunlop or Michelin
7. What is the "an," part of "anorexia" Greek for? Is it Disease, Without or Diet...
8. Which of the four presidents carved into Mount Rushmore is wearing glasses? Lincoln, Washington, or Roosevelt?
9. What does a Russian mean when he says "Spasibo"? Is it Thankyou, Get lost or Good
10. Which is the world's best known arachnophobic Nursery Rhyme character? Tom Thumb , Little Red Riding Hood or Little Miss Muffet

Answers to Norma's November Quiz

1. In what year was the first-ever Wimbledon Championship held? *1877*
2. Hg is the chemical symbol of which element? *Mercury*
3. Which email service is owned by Microsoft? *Hotmail*
4. Which country produces the most coffee in the world? *Brazil*
5. What is the painting 'La Gioconda' more usually known as? *The Mona Lisa*
6. About how many taste buds does the average human tongue have? *10,000*
7. What colours are the Norwegian flag? *Red, white and blue*
8. Where would you find the world's most ancient forest? *The Daintree Forest, north of Cairns, Australia*
9. Ludwig Van Beethoven was born in 1770 in which city? *Berlin*
10. Which is the highest waterfall in the world? *Angel Falls, Venezuela*
11. What language has the most words? *English*
12. What nationality was Marco Polo? *Venetian*
13. How many pairs of wings does a bee have? *Two*
14. What is the third sign of the Zodiac? *Gemini*

Meetings in 2021

Tuesday 2 February	The Hon Jim Lloyd
Tuesday 2 March	Jo Watson PBS
Tuesday 6 April	Prof Stuart Doorbar-Baptist - Snr Mens' Health Clinician - MRes Physiotherapy
Tuesday 4 May	Sally Sara – <i>Director Nursing Programmes</i>
Tuesday 1 June	Dr Phillip Katelaris - <i>Urology Surgeon/Specialist</i>
Tuesday 6 July	Christmas in July
Tuesday 3 August	TBA
Tuesday 7 September	Men's Night
Tuesday 5 October	TBA
Tuesday 2 November	TBA
Tuesday 7 December	TBA

Did you know?

In Australia, around 20,000 men are diagnosed with prostate cancer each year and more than 3,000 men die of it - more than the number of women who die of breast cancer.

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 organisations that may benefit from having one of the Ambassador speakers visit them please let a committee member 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, and we have not verified such conclusions and recommendations through appropriately qualified medical professionals. The information presented in this newsletter must not be interpreted as being endorsed or recommended by the Executive or the editor.

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 medical professionals. The view of the Group's Executive is that no two prostate cancer cases are alike and that 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, specialists 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

Useful websites:

www.pcfa.org.au Telephone: 02 9438 7000

See PCFA Newsletters online at:

www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html

Other useful links-

www.prostatehealth.org.au

www.cancercouncil.com.au

www.andrologyaustralia.org

www.acf.com.au

www.prostate-cancer-support-act.net

www.prostate-cancer-support-sydneynorth.org

If you are aware of news, products, publications, web sites, services or events that may be of interest to members of the group I'd be happy to be informed of them. If you have received this newsletter indirectly and would like to be emailed a copy directly please send me an email. I'm happy to also add any of your friends to the email list.

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