

# 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*

Editor: Mary Jones

**NEWSLETTER 211 JULY 2021**

**THE MEETING SCHEDULED FOR TUESDAY 3 AUGUST  
HAS BEEN CANCELLED**

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## **Unfortunately, our meetings are once again cancelled**

Whilst we are disappointed that our lives have once again been subjected to lockdowns and restrictive practices we must remain safe and well.

For the moment there will be **no monthly meetings** of the Northern Beaches Prostate Cancer Support Group until it is safe for us all to meet again.

Should you be struggling to cope with the ongoing uncertainty please reach out to any of the committee members. We are there to support you. See the end of this newsletter for phone numbers.

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### **The Long Run**

This September the Prostate Cancer Foundation of Australia (PCFA) is challenging you to conquer 72km to support Australian men and their families impacted by prostate cancer.

The editor, *Mary Jones*, has signed up to walk the 72 kms in the month of September. Together with her dog, Ellie, Mary will walk the equivalent of going from Newport to Liverpool. Fortunately, it doesn't have to be done in one session, but you will see Mary walking round Newport clocking up the kilometres as she raises money for this worthwhile cause.

To donate and help Mary reach her goal [CLICK ME](#)

### **Anyone can join in**

[CLICK ME](#) to go to the web site and register.

Here's a chance to exercise in these Covid restrictive times and raise money to help others. All you need to do is run, walk or wheel 72km during September; when and where is up to you. Every kilometre you cover will raise funds to bring us closer to a world where prostate cancer is no longer a burden and where all men and their families with a diagnosis are supported.

Together, we can make sure our fathers, brothers, sons, husbands and mates will be there for the long run.

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### **Prostate Cancer Helpline**

Prostate Cancer Foundation of Australia has seen a significant spike in distressed men reaching out for support via its new telenursing service, with

COVID lockdowns adding to patient stress levels.

Around 70 per cent of callers report moderate or high levels of distress, as many struggle to cope with ongoing uncertainty and the side-effects of their treatment.

Prostate cancer is the most common cancer in Australian men, with over 16,000 diagnosed each year and around 230,000 Australian men living with the disease and its long-term side effects.

The Telenursing Service, launched in March this year, is also taking a high volume of calls from partners of men diagnosed, and daughters, concerned about how best to support their loved ones.

“If you need support, please reach out. It’s critical that no one feels like they have to navigate a cancer diagnosis alone, and that no one suffers in silence.”

Says PCFA CEO Professor Jeff Dunn AO



**Call someone you  
can trust.  
1800 22 00 99**

Talk to a Prostate Cancer  
Specialist Nurse who understands  
what you're going through.

Australians can also request a call back by registering at [pcfa.org.au/telenursing-request-form](https://pcfa.org.au/telenursing-request-form)

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## Research Study

PCFA is working in partnership with another charity called the Centre for Community-Driven Research (CCDR) to listen to your experience with prostate cancer. The study will include an online questionnaire that will take

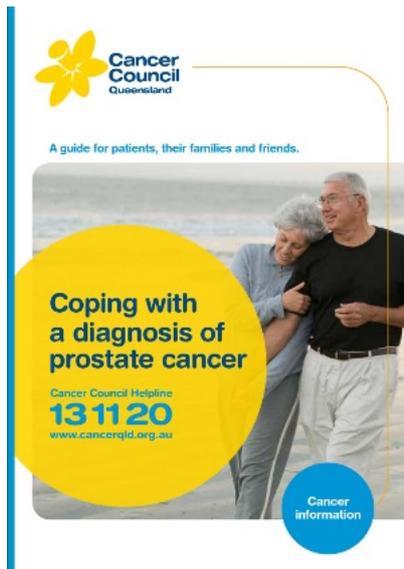
approximately 20 minutes to complete, as well as a structured interview by telephone that takes approximately 30 – 45 minutes. The structured interview is conducted with one of CCDR's nurses and is a great opportunity for people to talk about and document their experience to benefit others in the future. CCDR does a lot of these kinds of studies, and in past studies, participants have found that participating in the study made them feel good because they had the chance to reflect on their experience and talk about it, and also help others in the future.

This is what one participant had to say about the study so far:

"I wasn't expecting this but after the interview, I just felt better. I actually really enjoyed participating in it and it's probably the first time anyone's really taken the time to ask me what it's been like for me. I felt like I'd really been heard"

Once complete, the study report is made publicly available and we use it to inform government and other decision-makers about what is important to men diagnosed with prostate cancer and their families. On that note, family members are welcome to participate also!

For more information or to register, go to [www.cc-dr.org/prostate/](http://www.cc-dr.org/prostate/)



A guide for people with cancer, their families and friends.

This booklet contains information on Prostate Cancer and is a good reference guide.

[Read More](#)

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## Norma's July Quiz

1. Name the river of Victoria Falls on the border of Zambia and Zimbabwe.
2. Which British ex-politician wrote the best seller *False Impression*?
3. How many toes does an Ostrich have on each foot?
4. What colour are caps worn by goalkeepers during a game of water polo?
5. The month of May gets its name from which Roman goddess?
6. In 1932 US gangster Al Capone got an eleven year prison sentence for what crime?
7. In May 1996 who was president of the USA and who was Prime Minister of Great Britain?
8. Name the world's second oldest Airline?
9. What does the Italian term *al fresco* mean?
10. Which instrument did *Benny Goodman* play?

11. Reykjavik is the capitol of which county?
12. Name the first Train to reach 100mph/160km via steam locomotive?
13. What is the maximum score possible in a game of Ten Pin bowling?
14. Which musical instrument has 47 strings?
15. Name the world's largest sand Island.

### **Answers to Norma's June Quiz**

1. Martin Pellow was lead singer of which group? *Wet Wet Wet*
  2. Which metal becomes liquid at room temperature? *Mercury*
  3. What was Alan Borders nick name whilst playing cricket and remained with him for the rest of his career? *Captain Grumpy*
  4. Alexander Graham Bell invented the telephone but never phoned his Mother or Wife on it, Why? *His mother and wife were both deaf*
  5. Where is the Uffizi Art Gallery, Florence, Rome or Venice? *Florence*
  6. What are fillisters, thumbs and collars? *Screws*
  7. Which word in the English language rhymes with Orange? *None*
  8. Taronga Zoo is in Milson Road, Chowder Road, Bradleys Head Road or Scenic Drive? *Bradleys Head Road*
  9. What is Roquefort Cheese made from? *Sheep's milk*
  10. What does Veni Vidi Vici stand for? *I came, I saw, I conquered*
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### **New prostate cancer test could avoid unnecessary biopsies**

*From Science Daily*

A urine test based on University of Michigan Rogel Cancer Centre research could have avoided one third of unnecessary prostate cancer biopsies while

failing to detect only a small number of cancers, according to a validation study that included more than 1,500 patients. The findings appear in the March issue of the *Journal of Urology*.

The MyProstateScore test, which is being commercialized by LynxDX, a U-M startup company, measures levels of cancer-specific genes in a patient's urine. It is based on U-M research that discovered that half of all prostate tumours harbor a certain genetic anomaly in which the genes TMPRSS2 and ERG relocate on a chromosome and fuse together -- creating an on-switch for prostate cancer development.

Currently, one of doctors' best methods for detecting prostate cancer is a blood test for prostate-specific antigen, commonly known as the PSA test. Elevated PSA levels may indicate cancer, but the majority of men with an elevated PSA do not actually have prostate cancer.

To determine which patients do and do not have cancer, men with an elevated PSA test undergo an invasive procedure called a transrectal biopsy. Prostate biopsies are uncomfortable for patients and carry a small risk of complications. MRI scans are also used to detect prostate cancer, but these can also miss cancerous lesions and come with much higher costs and limited availability.

[To read more click here](#)

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### **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

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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.

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#### **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](http://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](mailto:info@prostate-cancer-support-nb.org)

Useful websites:

[www.pcfa.org.au](http://www.pcfa.org.au)

Telephone: 02 9438 7000

See PCFA Newsletters online at:

[www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html](http://www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html)

Past issues of our newsletters can be viewed on our website:

[www.prostate-cancer-support-nb.org](http://www.prostate-cancer-support-nb.org)

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