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Newsletter No 2015 - MAY 2022

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



JOIN US TO CELEBRATE 20 YEARS OF THE NORTHERN BEACHES PROSTATE CANCER SUPPORT GROUP

- **Tuesday 3rd May at 6:30pm**
- **in the auditorium of The Baptist Church, North Narrabeen.**
- **13 Grenfell Ave, North Narrabeen and can be accessed from Wakehurst Parkway.**

SPEAKER



Dr Zaklina Kovacevic

We are happy to welcome once again Zaklina, who is the Senior Research Fellow (Level C) in the Department of Pathology, where she currently heads the *Tumour Microenvironment and metastasis Lab* in the Medical Foundation Building.

Zaklina's research into Metastasis which is the leading cause of mortality, being responsible for >90% of cancer related deaths. To date, there has been limited progress in the development of treatments that can specifically inhibit the onset and progression of metastasis. Her research has been focused on understanding metastasis, identifying molecular markers that control this process and developing novel treatment strategies designed to inhibit metastatic progression.

NEWS FROM PCFA

Advocacy win: Eryland® goes on the PBS from this Sunday

Following a successful advocacy campaign by PCFA, the life-extending drug Eryland® will be listed on the PBS for men with non-metastatic prostate cancers that stop responding to hormone therapy. The drug helps to improve overall survival by slowing the spread of potentially lethal tumours. PCFA is now advocating to expand access to men with metastatic prostate cancer.

A new standard of care: PSMA PET/CT listed from July

Thousands of Australian men with prostate cancer are set to benefit from the listing of PSMA PET/CT scanning from July 1 2022. The new listing will deliver around 18,600 scans a year, expanding access to next generation imaging to improve survivorship. PSMA PET/CT scans are more accurate, and allow clinicians to more effectively monitor and manage higher-risk prostate cancers.

Discoveries: Could bacteria play a role in lethal disease?

Scientists have discovered five bacteria linked to aggressive prostate cancer, in a finding that could help unlock better ways of detecting and managing potentially lethal forms of the disease. Although more research is needed, it's an important finding.

Learn about theranostics: Join the PCFA ProstIC Forum

Learn about the latest advances in PSMA Imaging and theranostics from the comfort of your own chair, by watching the playback of our PCFA ProstIC Forum. The forum took a look at patient case studies, emerging evidence, and new areas of research. Join our Chief of Mission Professor Jeff Dunn and Director of Nursing Adjunct Professor Sally Sara as they examine future horizons for care.

[Read more](#)

SPECIALIST NURSING SERVICES



This year PCFA will continue the ongoing expansion of the Specialist Nursing Service, introducing Australia's first Prostate Cancer Counselling Service, a new Clinical Specialist Nurse with expertise on sexual function, and conducting a ground-breaking pilot project to evaluate the effectiveness of a specialist nurse-led intervention to improve support for men on hormone therapy. These services are led by the Director of Nursing, Adjunct Professor, Sally Sara, and her team.

- 100,000 occasions of contact delivered by hospital-based Prostate Cancer Specialist Nurses each year.
- 64% of contacts receive follow-up care.
- 21,000 hospital-based clients are new to the service each year.
- More than 1,000 Australians supported by the Telenursing Service within its first nine months.
- 35,082 minutes devoted to time on the phone by our Specialist Telenurses.
- 3,274 call from men and others concerned.
- 1 in 2 callers in need of support for psychological distress.
- 71% of calls from men with prostate cancer

DRY JULY

Sign up for Dry July and go alcohol-free in July.

- Ask family and friends to sponsor you.
- Your donations go a long way**
- \$25 can give a newly diagnosed man a tailored information pack to help explain the road ahead.
 - \$50 can cover the cost of screening a newly diagnosed patient for depression and anxiety, ensuring he is referred for mental health support.
 - \$100 can cover the cost of follow-up care and support, so that men and families have consistent care, throughout their treatment.
 - \$250 can help to cover the cost of a community awareness presentation, so that we can educate Australian men about genetic and family risks.
 - \$500 can cover the costs of training a new nurse on the harsh side-effects of treatment, so that we can help men through their toughest challenges.
- Sign up for free [CLICK HERE](#)**
- There is no minimum fundraising amount or cost to sign up to Dry July!
- Golden Tickets**
- If you have a special occasion in July, you can always buy a Golden Ticket. A Golden Ticket gives a Dry July participant a night off their challenge. For a minimum \$25 donation, even a night off can still make a difference to the lives of men affected by prostate cancer.**
- Important Note**
- Dry July is a fundraising campaign aimed at challenging social drinkers to change their habits for a month and make some healthy lifestyle changes. We would encourage people to drink responsibly and stick to the recommended daily guidelines for the rest of the year.**
- We advise heavy drinkers or people dependent on alcohol to speak with their GP before signing up to Dry July.

NORMA'S MAY QUIZ

1. Which day of the week is named after Odin's son and what is the son's name?
2. What game in sport starts with the Tipoff?
3. Who wrote the novel 'Gone with the Wind'?
4. What type of surface is the French Open Tennis played on?
5. What were Mir and Skylab?
6. Who is the Patron Saint of animals?
7. Who painted the mural 'The Last Supper'?
8. What do the letters YMCA stand for?
9. In 2012 who became the latest male actor to win an Oscar?
10. What make of car was James Dean driving when he had his fatal accident?

ANSWERS TO NORMA'S APRIL QUIZ

1. Who did night club owner Jack Ruby assassinate? *Lee Harvey Oswald*
2. What does a Chandler make? *Candles*
3. Which fabric is used to make sacks is named after a German State? *Hessian*
4. Which compound in Mint gives the herb its cool taste? *Menthol*
5. What is a baby Elk called, a Moulit, a Calf or a Bobble? *A calf*
6. Which dancer found fame with River Dance? *Michael Flatley*
7. Which author wrote " Youth is wasted on the young"? *George Bernard Shaw*
8. What name is given to the lymph glands in the throat behind the nose? *Adenoids*
9. Who was the longest retired serving U.S President? *Jimmy Carter*
10. Who owned the reserve banks of Australia and New Zealand? *The governments of Australia and New Zealand*



BLUE SKY NEWS

The latest edition of Blue Sky News – March 2022 – has arrived and will be available for you at the meeting.

PATIENT GUIDE TO PROSTATE CANCER

This is a comprehensive guide to Prostate Cancer treatment

[Read More](#)



Visit Northern Beaches Prostate Cancer Support Group Web Page

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
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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
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Useful websites:
www.pcfa.org.au
Telephone: 02 9438 7000
See PCFA Newsletters online at:
www.pcfa.org.au/article/live/pages/PCFA-Newsletters.html

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

