



THE WALNUT

April 2015

Newsletter of the Prostate Cancer Support Group - ACT Region Inc.

Affiliated with the Prostate Cancer Foundation of Australia



What's in this issue

- From the Editor – p 1
- President's Report – p 2,3
- Secretary's Report – p 4
- Disclaimer – p 4

Monthly Meetings

All men and women are welcome to attend our regular monthly meetings. No notice is required – simply come along and introduce yourself to the first friendly face, or contact one of the people listed later in this newsletter

When

Meetings of our support group are held every 3rd Wednesday of the month except December.

Usual Location and Time

Room 22, Building 1, Pearce Community Centre, Collett Place, Pearce, ACT, 2607. See our website here for details and a map showing the location <http://tinyurl.com/bjocyzu>. The room is open from 6.30 pm and the meeting begins at 7.00 pm

Next Monthly Meeting

Our next meeting will be on Wednesday 15 April 2015 at the above address.

The speaker will be Dr Anneke Blackburn of the John Curtin School of Medical Research. Further details are in the President's report, below.

Contact Us

Postal Address –
Prostate Cancer Support Group – ACT Region Inc
P O Box 717, Mawson, ACT, 2607

Support

For general information and support please ring SHOUT on 02 6290 1984 who will direct you to one of our support people.

If you need immediate support, advice or assistance, please ring one of the following people

- Chris Hansen
Phone 02 6161 4135
Email chriskayehansen@gmail.com

- John Lucas
Phone 02 6293 2532
Email jandklucas@bigpond.com

Website

Our website provides details of the activities of the group, meetings, meeting location map, contact persons and lots of other useful information:



prostate-cancer-support-act.net

From the Editor

This edition provides information about our last meeting, some events past and future, and about recent articles and reports that may be of interest. If you know of sites, services or events that may be relevant 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 at amore6306@gmail.com through the form here: <http://tinyurl.com/2bdbbnk>

The article referred to in our March issue on the recovery of sexual function after prostate surgery has attracted much interest, and I have forwarded e-copies to those who requested them. It is obvious that this subject is not widely advised on by health professionals and patients are too shy to ask. This is my personal effort. I shall refine the article when feedback accumulates - watch this space. Meanwhile, several personal stories of survivors can be found on our website.

Correction

Last month our Librarian reported on a newly received information pack addressing the needs of gay and bisexual patients and carers. This pack was produced last year by the PCFA; contrary to last month's article it does not contain a video, nor has our group produced one. However we are happy to lend a copy to anyone or any group who may want to use it.

President's Report

This month's meeting was held at the John Curtin School of Medical Research. We were welcomed to the School by Professor Simon Foote who gave us a potted history of his career which covered many areas of human biology. He recounted the history of the School which was founded about the same time as the ANU in the immediate post World War 2 years. Since its inception, the School has produced two Nobel prizes - Sir John Eccles for work on nerve transmission and Dr Peter Doherty for work in immunology.

Professor Foote's introduction was followed by a talk from Professor Carola Vinuesa who heads up the Department of Personalised Immunology in the School. Her talk centred on the use of a 'mouse model' to mimic individual genetic changes in human disease. While this does not seem at present to be directly relevant to prostate cancer treatment, it is clear that in the future it may form the basis of a valuable model for individualised patient treatment.

Dr Madelaine Nicol then took the group on a tour of the laboratories, noting in particular the automated equipment for genome mapping.

I received this letter from Professor Foote recently –

Dear Chris

It was a pleasure to welcome you and the Prostate Cancer Support Group to The John Curtin School of Medical Research (JCSMR) on Wednesday. I hope you found the evening informative. A few of the members wanted some more information about our Public Lecture Series so I

hope you can forward this email on to everyone.

Our next Public Lecture will take place on Monday 30 March at 5.30pm in our Lecture Theatre.

Professor Robyn Lucas, Leader of the Environment, Climate & Health Group, National Centre for Epidemiology and Population Health at ANU will present the lecture:

Sun exposure for good health: more than vitamin D and skin cancer? *In this lecture, Professor Lucas will examine the benefits of Vitamin D to health, balanced against the risks of skin cancer as a result of sun exposure. Our Public Lectures run from 5.30-6.15, with time afterwards for questions and follow up conversation with the speaker. Should you wish to be kept on the database for future news and events at JCSMR please email your contact details to Madeleine.Nicol@anu.edu.au*

As I mentioned, we are looking forward to welcoming Professor Ross Hannan next month for his appointment as the inaugural Centenary Chair in Cancer Research. Professor Hannan will be particularly focused on researching new treatments for cancer patients and fostering collaboration between medical specialists and researchers at ANU.

What may also be of particular interest is that in 2008 the Canberra North Rotarians generously established an endowment to support a PhD scholarship in Prostate Cancer research. The endowment supports research into the causes, prevention or treatment and/or trials of Prostate Cancer through the ANU Medical School, The Canberra Hospital and JCSMR. Funding is needed to keep the Endowment at a level that best supports the growing costs of this research.

Should any of your members wish to support our prostate cancer research they can go to <http://www.anu.edu.au/giving/support-us/canberra-north-rotarians-endowment-prostate-cancer-research> and click on "Donate Online". Every dollar helps.

We look forward to keeping in touch with your group, and seeing you at our events and lectures over the coming months. Thank you again for your interest in our work –

Kindest regards,

Simon

Professor Simon Foote MBBS, DSc, FFSc (RCPA), FAHMS, FTSE,

Director

*The John Curtin School of Medical Research
Australian National University*

Recent Events

Work begun by Greg Amos and Graham Erickson to individually mentor men before and after treatment for prostate cancer is proceeding well, with several other members of our group keen to participate. I have asked Greg and Graham to manage this process and as part of the overall project I propose we hold a 'round table' meeting of those interested to ensure we have a common understanding of our goals.

Luke Sartor, an honours student at the John Curtin School, has offered to provide assistance with research as well as volunteer at any of our community events. Luke is a keen young man who will be most helpful to our group.

Upcoming Events

The ANU Medical School has once again asked us for volunteers to work with second year medical students. Similar to last year volunteers join a small group of students supervised by the tutor in a discussion about what it is like to live with a cancer diagnosis. Students learn a great deal in this session as it is an opportunity for them to listen and develop their understanding of a patient's experience. We know from feedback that they are hugely appreciative of this opportunity. The Medical School will provide a gift card for \$30 as a token of your services. The session will be on the afternoon of 28 April.

The University of Canberra is holding a public lecture on 28 April titled 'Prevention of Cancer – What We Know Vs What We Do' – further details available via uchri@canberra.edu.au

The University of Western Australia is looking for volunteers for a study of sexual wellbeing and quality of life after prostate cancer for gay and bisexual men and their partners. If you are interested, contact Duncan Rose on 1800 19 20 02 or via email at pcasexuality@uws.edu.au.

New Members

Two new members joined us this month.

General

Guy Blackburn has recently been appointed as the ACT representative on the PCFA Board. Guy will prove to be a valuable conduit both to and from the PCFA and help to ensure we understand the potential offered by a closer relationship as well as any additional responsibilities involved.

Secretary's Report: Minutes of the meeting 18/03/15

Meeting was opened 18.50 by the president. Tonight we were guests of the John Curtin School of Medical Research in the grounds of the ANU. Our regular meeting was held in their conference room

Apologies received were from: Mike Boesen, Peter and Patricia Daley and Michael Fullam/Stone.

Attendance was: 20 members (including late arrivals) and a two new members. Attendance book was signed by: George Kayaba, Chris Hansen, Steve Sweet, Gary Whelband, Geoff Munyeme, John Hayhoe, Bill Graydon, Allan Jackson, Geoffrey Schmidt, Mike Nixon, Stan Tarnocoski, Robert Hayward, U. N Bhati, Graham Erickson, John Dowse, Felicity Wolf, Ron Murray, David Hennessy, Alan Allnutt and John Lucas

I have mentioned at this place already a number of times, that signing the attendance book is quite important for the reporting/existence of the group. As the members of the executive are not mind readers or cryptographs it is also important to sign legibly and preferably print the individual names.

Presentation:

Tonight we had two presenters. Our first presenter Professor. S. Foote who opened with his Curriculum Vitae (CV) and then outlined aims of the research centre. He did not speak in detail about about prostate cancer which is close to our hearts, but rather covered more general areas in medical research which may potentially be of value to us in the future.

The second presenter Professor Carola Vinuesa did mention her research into the immune body system and linked it with the fight against cancer. Her research team is looking in to the function of proteins in deformity of cells. She pointed out to the new developments in treating the patients with a more direct approach.

It may be too late for most of us prostate cancer (PC) sufferers but the research is opening a new door for treatment of this disease

New Members: We welcomed two new members tonight.

Geoff M. Has been diagnosed recently with PC and currently is investigating his options.

John D. Recently diagnosed.

General agenda:

The President highlighted the need for assistance in managing our website;

from the next meeting

NEXT MEETING:

Next meeting will be on Wednesday 15 April at usual place and time The President flagged his absence Meeting closed at 20.30

Disclaimer: From time to time in our newsletters we provide information about developments in the diagnosis and treatment of prostate cancer, research articles, documents, audiovisual products, 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 advice from your own GP, specialist or other medical professional.