



THE WALNUT

September 2012

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

Affiliated with the Prostate Cancer Foundation of Australia



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President: Peter Daley

Ph. 02 6291 0612

Email: monashmm@bigpond.net.au

Secretary: John Hayhoe

Ph. 02 6235 0161

Email: john_h@sandj.org

Jim Clough

Ph. 02 6255 2380

Email jclough@grapevine.net.au

Monthly meetings

All people are welcome to attend our regular monthly meetings. No notice is required - simply come along and introduce yourself, or contact one of the people listed below.

When

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

Usual Location

Room 22, Building 1, Pearce Community Centre, Collett Place, Pearce, ACT 2607. See our web site for details and map showing the location.

Time

6:30 for 7:00

Next meeting

Wednesday, 19 September 2012. Dr Brandon Nguyen from The Canberra Hospital will be talking about the HDR brachytherapy program now available at the hospital.

Contact us

Postal address

Prostate Cancer Support Group - ACT Region Inc.
PO Box 717, Mawson, ACT 2607

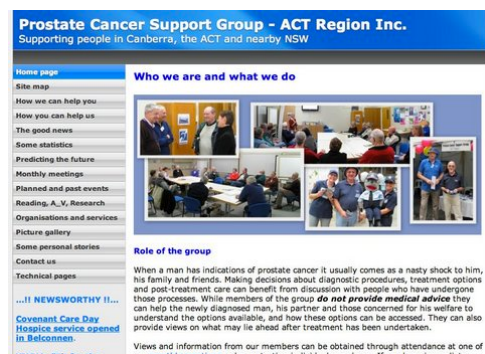
Personal support

If you would like immediate support, advice or assistance contact any of the following people:

Web site

See our web site for details about the activities of the group, meetings, meeting location map, contact persons and lots of other useful information:

prostate-cancer-support-act.net



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 medical advice from your own GP, specialists and other medical professionals.

From the editor

This edition provides information about: past and future events of interest; two new DVDs that can be borrowed; and some interesting research.

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 *The Walnut* can be downloaded from [this page](#) of our web site.

Mike Boesen
Editor

President's report

September is, as you know, Prostate Cancer Awareness Month and for us is usually a busy few weeks – this year, it seems, more so than ever. The diary is fairly full with the SHOUT 30th Birthday Dinner at the Woden Southern Cross Club, three Bunning's BBQs, a BBQ to be conducted in Civic by the ACT Assembly 'Greens' members, a PCFA sponsored BBQ at Parliament House, the annual German Auto Display at the Treasury car-park on Commonwealth Avenue and the Biggest Blokes' Luncheon at the Woden Tradies' Club. We are to give on-site Prostate Cancer awareness presentations to workers at the Cotter Dam construction site on 5, 10, 11 and 17 September!

We ran an Awareness Table at the Gowrie Holy Family School Fathers' Day Fete on 31 August.

We are desperately short of volunteers for the Bunnings BBQs. At the Bunning's Belconnen site on Friday 7 Sep we have only two people on the list, for the Bunning's Tuggeranong BBQ on Friday 14 Sep we only have one, for the Greens' Civic BBQ on Friday 21 Sep we only have two, and for the Bunning's Fyshwick BBQ on Saturday 22 Sep we have only two. Based on previous experience we need at least four persons on each of two shifts at the Bunnings' sites – at the Civic BBQ which lasts only for about 2 hours in the

middle of the day our role is awareness only so that four persons is usually sufficient. Please do not let us down – if you can spare a few hours, morning or afternoon on any of these dates please telephone me (6291 0612) and let me know when you could be available. At this stage, we appear to have sufficient volunteers for the German Auto Display. Please remember that the proceeds of each of the Bunning's BBQs and at the German Auto Display come to our Group to assist us in our work.

The presentation to workers at the Cotter Dam site is of great interest. We were alerted to this by PCFA staff in Sydney following a request by the Project Engineer for someone to speak to the construction workers about Prostate Cancer. The workers have been involved in a beard growing competition since work started and they have all apparently vowed that beards will not be trimmed until the project is completed. In the meantime they have raised almost \$3,500 for PCFA and this figure is growing month by month.

I was delighted with the large attendance at the ANU's John Curtin School of Medical Research where we had arranged to hold the August meeting. It was a most enlightening evening. We had a tour of some of the laboratories where the research work being undertaken was explained. We were then addressed by Professor Philip Board who spoke about his work in pharmacogenetics. Our Secretary's report provides more details about the evening. Before we left we were commended by assisting staff on the large attendance and the interest shown by our members.



Professor Board explaining facilities to members

On Tuesday, 21 August I was invited, as a representative of our Group, to the formal launch of the fourth Linear Accelerator at the Radiation Oncology Unit at The Canberra Hospital. I had not been into the inner workings of the Unit since 2006 and I came home totally mesmerised. I just could not believe the size of the LINACC machines and even more so the incredible computerised technology used in their operation. It is now an immense area with a very large staff and currently it is apparently the case that no patient requiring Radiation Treatment needs to travel outside of Canberra to receive such treatment. I was fortunate to meet and be shown around parts of the Unit by Dr Sean Geoghegan, the Chief Medical Physicist responsible for Medical Physics and Radiation Engineering. Dr Geoghegan expressed a desire to attend and speak at one of our meetings and we will arrange this for some time in the future.

The Biggest Blokes' Luncheon to be held at the Woden Tradies' Club on Friday, 28 Sep is still being organised. Similar events held in Victoria over the past two years have been extremely successful and have raised large amounts of money for local Support Groups. As soon as all the details are finalised we will let all members know by email.

Finally, our September meeting is our Annual General Meeting. As an incorporated association, this is a legislative requirement. One of the items on the agenda is the election of officers for the coming year and I need to advise you that the current Secretary, one of the formal committee members and one of the ex-officio committee members have indicated that they do not wish to nominate for next year. Therefore I am anxious that members put their hands up for these vacant positions. If you are interested in contributing to the work of the committee please give me a call on 6291 0612 and I will arrange the required paperwork. It is vital for the efficient operation of the Group that these positions be filled that evening, so please give it some thought. None of these positions carry an onerous workload.

Keep well but please help us with numbers at the coming Bunning's BBQs.

Peter Daley
President

Secretary's report on the 15 August 2012 monthly meeting

The 15 August 2012 meeting was attended by 26 people, including two new members.

Tour and presentation at the JCSMR

The meeting was held at the ANU's John Curtin School of Medical Research. Professor Philip Board and Dr Madeleine Nicol took a group of us through part of the newly opened third wing of the John Curtin School of Medical Research. This magnificent structure features a battery of sophisticated research laboratories linked to a central column through which all the essential services are provided. The incoming air is "HEPA" filtered to remove all particulate matter (including bacteria and viruses). Because a lot of the work involves pathogenic organisms, all the outgoing air is similarly filtered. All the clinical trials the School is involved in are now conducted within this wing whereas previously, some were undertaken at outside locations such as Canberra Hospital and the Canberra Eye Hospital.



Dr Nicol informing members about facilities

We then joined the rest of the Group in the Board Room to hear Professor Board talk about his work in pharmacogenetics – studying the way different human genotypes interact with a range of medications.



Prof. Board addressing the excellent turnout of members

Prof Board indicated that this intricate research will lead to the production of safer drugs and also personalised medicines (therapy that is tailored to suit an individual genotype). At the present time adverse

drug reactions (ADR) are the sixth most frequent cause of deaths in the USA and quite a few of these deaths are associated with genetic variation between individuals. The genes determine the enzyme makeup of the intracellular fluid (where both beneficial and harmful drug interactions with cell nuclei occur). This is clearly cutting edge medical research and it was very exciting to learn about it and to know that it is occurring within our own community.

General Business

President Peter welcomed two new members to their first meeting with the Group. He then outlined the many Group activities coming up in the next few weeks – members were encouraged to offer some of their time to enable the successful undertaking of these events. Please help if you possibly can.

Coming Events

- 31 August – awareness stand at Gowrie Holy Family School Fathers Day fete
- 6 September– SHOUT's 30th Anniversary Dinner at the Southern Cross Club
- 7 September – hosting of barbeque at Bunnings Belconnen
- 14 September – hosting of at Bunnings Tuggeranong
- 16 September – hosting of at Bunnings Fyshwick
- 21 September 2012 – Green Party barbeque in Civic.
- 23 September - awareness marquee and bucket collection at the German autofest on the Patrick White Lawns at old parliament house
- 20 and 21 October – Murrumbateman Field Days

Next Meeting

The next meeting will be on Wednesday 19 September 2012 at our normal location in Pearce. Details are on page 1 of this newsletter. This meeting will include our Annual General Meeting, but it will be an interesting meeting because we will have a very interesting speaker who will tell us about brachytherapy facilities at The Canberra Hospital.

John Hayhoe
Secretary

Recently acquired videos available for loan

At the next meeting we will have two new videos that can be borrowed: one on diet, supplements and lifestyle changes and one on exercise. The slides for those presentations have been reviewed in a past edition of this newsletter and made available on our web site. However we now have the presentations as they were captured on video.

Diet, Supplements and Lifestyle Changes for Patients with Prostate Cancer (2012) by Dr Joe Enis.

On 10 March 2012 Dr Joe Enis - a retired neurologist - gave this presentation to the NSW/ACT Prostate Cancer Support Group Chapter Conference in Tamworth, NSW. The presentation is comprehensive, being the product of a great deal of literature research and is extremely informative. Its coverage is impressively broad and packed with information that will be of great interest to prostate cancer patients. While the presentation includes recommendations about diet and a number of supplements that might be taken, our Group is unqualified and unable to evaluate the effectiveness of such diets or supplements that are recommended or to identify any risks that may be associated with adopting the recommendations. Therefore it is essential that you seek advice and supervision from medical professionals prior to adopting any of the recommendations. The slides used in the presentation are still available for download from [this page on our web site](#) as a 745 KB PDF file.

Exercise for Prostate Cancer Patients and Families (2012) by Eileen Lavis.

The author of the presentation is Principal Physiotherapist at the [Rathmines Physiotherapy and Sports Injury Centre](#). On 10 March 2012 this presentation was given by Eileen Lavis to the NSW/ACT Prostate Cancer Support Group Chapter Conference in Tamworth, NSW. The presentation is very informative and comprehensive. The use of pictures to illustrate recommended exercises is impressive. In summary: essential viewing. The slides used in the presentation are still available for download as a 1.9 MB PDF file from [this page on our web site](#).

Mike Boesen
Editor

Norman Swan interviews Prof. Steven Blair on benefits of fitness

Another item about fitness that may be of interest to members is an interview of Prof. Steven Blair by the ABC's Dr. Norman Swan on 20 August. Blair outlined the results of research undertaken on the relationship between fitness and risk of dying during the followup period. While prostate cancer is not mentioned explicitly the generalisations from the studies discussed should be of considerable interest to members.

You can listen to the interview by going to this page on the ABC's site then clicking "Download audio":

<http://tinyurl.com/9tqea7a>

A transcript of the interview can also be downloaded from that page on the ABC's RN site by clicking on the "show transcript" link on that page.

Mike Boesen
Editor

"No PSA Screening Would Triple Metastatic Prostate Cancer Cases at Diagnosis"

There is an interesting *CancerNetwork* web article dated 6 August 2012 written by Ian Ingram. An extract of some of the article, which relates to modelling undertaken by E Scosyrev, G Wu, S Mohile, and E M Messing at the Department of Urology, University of Rochester Medical Center, Rochester, New York:

"According to a study by researchers at the University of Rochester Medical Center, without the use of prostate-specific antigen (PSA) screening the number of men presenting with cases of metastatic prostate cancer would be three times greater than the actual number observed. The study was published in the journal *Cancer*.^[1]

"There would be 25,000 men with newly diagnosed prostate cancer who had metastases at the time of diagnosis rather than the 8,000 cases actually seen currently," said Edward M. Messing, MD, department of urology, University of Rochester Medical Center, in an email to *CancerNetwork*. Dr. Messing is one of the

authors of the study. "PSA can effect a significant shift to an earlier stage at diagnosis—which is all you can expect a screening test to do (allow you to detect the disease earlier when it is still curable)."

It should be noted that the methodology used by Messing is one of statistical modelling, and the limitations of such a methodology apply.

The article can be read online here:

<http://tinyurl.com/93b7e3a>

A copy of that article plus the abstract for the study referred to is also downloadable from our web site here:

<http://tinyurl.com/3fof5w8>

Mike Boesen
Editor

Notice of 2012 Annual General Meeting

Members are advised that the Group's Annual General Meeting will be held on Wednesday, 19 September 2012 at the SHOUT Building, Pearce Community Centre, Collett Place Pearce, following the monthly meeting to be held at 7.00pm. The Business of the meeting shall be:

- a. to confirm the Minutes of the last preceding Annual General Meeting;
- b. to receive from the Committee reports on the activities of the Club during the preceding financial year, including but not limited to:
 - the audited statement of the Group's accounts in respect of the most recently ended financial year of the Group, and
 - a copy of the Auditor's report to the Group in relation to the Group's accounts for that financial year;
- c. to elect the members of the Group's Committee for the coming year;
- d. to appoint the Auditor and determine a remuneration for that work; and
- e. to determine the remuneration of any servants of the Group.

Peter Daley
President