



# THE WALNUT

July 2013

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

Affiliated with the Prostate Cancer Foundation of Australia



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## Monthly meetings

All men and women 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 later in this newsletter.

### 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 here for details and map showing the location: <http://tinyurl.com/bjoyczu>

### Time

6:30 for 7:00

### Next meeting

The next meeting will be on Wednesday, 17 July 2013. Mike Boesen will take us through Dr Joe Enis' presentation entitled "*Diet and lifestyle changes for patients with prostate cancer*". Joe is retired neurologist. On 10 March 2012 Joe made that 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. Mike will take us through the presentation and there will be plenty of opportunity for discussion on the matters that it canvases.

After that presentation we will have time for members to bring us all up to date on their progress and to have a questions and answers session about any matters that members are interested in discussing or getting information about. General business and housekeeping matters will follow, then supper.

## 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:

President: Peter Daley  
Phone: 02 6291 0612  
Email: [monashmm@bigpond.net.au](mailto:monashmm@bigpond.net.au)

Committee member:  
John Lucas  
Phone: 02 6293 2532  
Email: [jandklucas@bigpond.com](mailto:jandklucas@bigpond.com)

Committee member, newsletter editor and web site manager:  
Mike Boesen  
Phone: 02 6254 3493  
Email: [mboesen2@gmail.com](mailto:mboesen2@gmail.com)

## Web site

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

**Prostate Cancer Support Group - ACT Region Inc.**  
Supporting people in Canberra, the ACT and nearby NSW

Home page  
Site map  
How we can help you  
How you can help us  
The good news  
Some statistics  
Predicting the future  
Monthly meetings  
Planned and past events  
Reading, A.V. Research  
Organisations and services  
Picture gallery  
Some personal stories  
Contact us  
Technical pages

...!! NEWSWORTHY !!...  
[Covenant Care Day Hospice service opened in Belconnen](#)

**Who we are and what we do**

**Role of the group**

When a man has indications of prostate cancer it usually comes as a nasty shock to him, his family and friends. Making decisions about diagnostic procedures, treatment options and post-treatment care can benefit from discussion with people who have undergone those processes. While members of the group **do not provide medical advice** they can help the newly diagnosed man, his partner and those concerned for his welfare to understand the options available, and how these options can be accessed. They can also provide views on what may lie ahead after treatment has been undertaken.

Views and information from our members can be obtained through attendance at one of our monthly meetings or by contacting individual members. If you have immediate

[prostate-cancer-support-act.net](http://prostate-cancer-support-act.net)

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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, 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.

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## From the editor

This edition provides information about our last meeting, past and future events of interest, the listing of Abiraterone on the PBS, new books and a DVD that are available from our library and research and reports that could be of interest.

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: <http://tinyurl.com/42fyrxd>

**Mike Boesen**  
Editor

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## President's report

It was pleasing to see so many people at the 19 June 2013 meeting - 27 including four new members. One of the matters raised by our Secretary is that many members are not signing the attendance book when they arrive – this is an important aspect of our work in

that we are required to regularly advise our PCFA Coordinator of the number of members attending our monthly meetings. Please ensure that you sign the register as you enter the meeting room each month – it is on the table just inside the entrance door.

Our Guest Speaker was chiropractor Dr Shona Hutchinson from the Chiro Health Works in Woden.



*Dr Shona Hutchinson presenting*

Guest Speakers normally speak for about 30 minutes or so but Shona's excellent presentation was one hour with many members' questions being addressed afterwards. It was a very informative and thought-provoking and I was impressed with the attention that our audience paid to everything that she said. I was surprised at the number of members who indicated later that they thought the presentation was 'too short' and that they would like to hear more about chiropractics. Therefore we have arranged for Shona to give us another presentation at our October 2013 meeting.



*Shona with Peter Daley after presentation*

A copy of Shona's presentation slides can be downloaded from this page on our web site: <http://tinyurl.com/3dktzm5> Shona advised of a very generous offer of \$30 for an initial consultation at Chiro Health Works including necessary X-Rays, for members who wished to take advantage of this. The Chiro health Works web site is: <http://www.chirohealthworks.com.au>

We welcomed four new members to the meeting, and invited each of them to inform us about their present situation. This led to much informative discussion, as is always the case.

A few months back we received a small number of booklets on Erectile Dysfunction produced by the Combined Prostate Cancer Support Groups of Rural NSW. These were quickly snapped up and a number of members were not able to obtain one. The booklet has been reprinted and we have a generous supply. They will be available at future meetings.

As part of Mens' Health Week activities, we were invited by Bill Caddey of Medicare Local to set up an Awareness Table outside the Pharmacy at the Lanyon Marketplace during the afternoon of Friday, 21 June. It was a large affair with tables occupied by the Cancer Council, the pharmacy, the Heart Foundation, Beyond Blue, physiotherapists and many others. It was a long afternoon but John Lucas and I were able to chat with a number of people seeking information and to hand out our pamphlets.

At the meeting I raised the issue of staffing required at the Murrumbateman Field Days to be held on Saturday/Sunday, 19/20 October 2013



*Roger Allnutt, John and Marcia Stiebel at the 2012 Murrumbateman Field Days*

I know this is a long way off but this is one of our major events each year and provides a great opportunity for us to get our message across to folk from the rural community. The organising committee provides us

with a site free of charge, and it is necessary that we have sufficient members to be at our marquee over the two days. As we have done in the past, I have divided the two days into shifts from 10am to 12.30pm and from 12.30pm to 3pm – and we need at least 3 members on each shift. The volunteer sign-on sheet will be available at the next couple of meetings, so please think about what suits you best and put your name down for one of the shifts on either day – each shift is only a bit over 2 hours and operating this stall is very important to our cause. No great expertise is required - it is simply a matter of handing out our pamphlets to passing folk and chatting to them about the importance of awareness about of prostate cancer. You will also have the opportunity to browse the many interesting displays that exist at the Field Days!

About this time each year, we need to think about succession planning. Our Executive Committee has not changed much over the past few years and that has probably led to a bit of lethargy amongst members. However this year there will be some changes at our AGM in September. Our Treasurer, - Professor Malcolm Whyte - has indicated that he will not be standing for the position for the coming year and we are fortunate in that one of our existing Executive members has indicated that he will nominate for that position. However I am in my sixth year as President of the group – age is catching up and I have to admit I am tired, so consequently I will not nominate again for the chairman's position. I have every intention of continuing as an active member but I need some relief from the responsibility of guiding the group. So I am asking members to have a serious think about nominating for positions on the Executive for the coming year. If you can help with the management of the group's activities, please talk to me. With sufficient members on the Executive, work is shared and not at all onerous, but otherwise it becomes a real burden for a few people. I urge members to take this request seriously. We have become one of the most progressive Support Groups, outside of the major City Groups, in the NSW/ACT Chapter and we must work hard to preserve this reputation. Please do not let us down!

Keep Well,

**Peter Daley**

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### **New books and DVD that can be borrowed from our library**

The following books and a DVD have been acquired recently and can be borrowed. See me at the next meeting if you want to borrow one of them or any of the other books and DVDs that are available.

### ***Beating Prostate Cancer: Hormonal Therapy and Diet***

Author: Charles "Snuffy" Myers. 2007. Book.

As one of the most influential physicians in the prostate cancer field, Dr Myers has written this most hands-on and comprehensive book on hormonal therapy and diet. The author infuses the book with the life-saving hope that led to his own recovery from prostate cancer.

### ***Eating Your Way to Better Health: The Prostate Forum Nutrition Guide***

Author: Charles "Snuffy" Myers, Sara Sgarlat Steck and Rose Sgarlat Myers. 2000. Book.

The authors take the scientific approach to the analysis of nutrition and the many foods that can serve to slow prostate cancer. They also point out dietary practices that can worsen the cancer condition. The book identifies meals and dishes that will not only promote better health, but are also tasty. Prostate cancer survivors, their families and others will find it as a valuable book.

### ***Just Take It Day to Day: A Guide to Surviving Life After Cancer***

Author: Peter MacCallum Cancer Centre, Melbourne. 2009. DVD

This DVD explores what it's like to finish cancer treatment. People who've been through cancer tell their stories. You or someone you love will find these stories engaging and helpful. The DVD also includes information from health professionals, who comment on emotional and physical changes after cancer treatment.

**U.N. Bhati**

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### **Abiraterone approved for PBS listing**

In the May 2013 issue of *The Walnut* an item on Abiraterone acetate (Zytiga) was included. This is a drug that has proven to be effective in the treatment for men who have metastatic castrate-resistant prostate cancer. A number of recent research studies and reviews have reported on its effectiveness, including ones referred to on this page of our web site: <http://tinyurl.com/5wxjojy>. The *Walnut* article informed members that the PCFA sought support in their advocacy campaign seeking to have Abiraterone listed on the PBS. The May 2013 issue of *The Walnut* can be downloaded from this page on our web site: <http://tinyurl.com/42fyrdx>

The good news is that Abiraterone acetate has now been approved by the Government for listing on the PBS from 1 August 2013. Details about the approval are given in the PCFA's web page here: <http://tinyurl.com/k54emqj>

This is a good result and thanks are due to members who participated along the lines requested by the PCFA.

**Mike Boesen**

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### **Recent articles and reports that might be of interest**

The following articles that have appeared recently on web sites or other sources may be of interest to some members. The group's Executive has not attempted to evaluate the articles' findings and conclusions or the credentials of the authors. The articles are simply being drawn to your attention so that you can make your own evaluations.

**Mike Boesen**

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### **The Role of Physical Activity in Cancer Prevention, Treatment, Recovery, and Survivorship**

A review article by Dr Dawn Lemanne *et al* on physical activity is reported in the web version of *Cancernetwork Oncology* dated 18 June 2013. It identifies benefits of exercise for prostate cancer patients determined from research studies. The online article can be read here: <http://tinyurl.com/kzfuwwe>. The authors' abstract states:

*"An informal review of literature on exercise and cancer was undertaken in order to examine the role of exercise in cancer prevention, treatment, rehabilitation, and late survivorship. Population-wide studies show that cancer incidence decreases with increasing physical activity levels. Exercise can decrease the side effects of anticancer therapy, and can aid in recovery and rehabilitation following chemotherapy, radiation, and surgery. Observational studies of breast, colon, and prostate cancer survivors show robust associations between postdiagnosis exercise and decreased cancer-specific mortality. In addition, all-cause mortality in cancer survivors decreases with increasing amounts of exercise. The amount and intensity of exercise required to measure a survival benefit appear to vary by primary tumor type. Decreased breast cancer mortality is seen with the equivalent of 3 hours of walking per week, and decreased colon cancer mortality with 6 hours of walking per week. For these tumors, more vigorous exercise may not improve survival. However, after a prostate cancer diagnosis, more intense exercise is associated with superior survival when compared with walking. The mechanisms behind these differences remain to be elucidated. Further research is also needed to determine the various*

*amounts and intensities of exercise required for optimum cancer prevention, recovery, and survival."*

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### **Radiotherapy in the Management of Prostate Cancer After Radical Prostatectomy**

In a comprehensive 2013 Medscape Urology News article by Detlef Barkowiak *et al*, radiotherapy options subsequent to a radical prostatectomy are reviewed and evaluated. The article is very detailed and technical but may be of interest to some members. The authors' abstract is as follows:

*The choice of treatment options for prostate cancer patients who have undergone radical prostatectomy depends on their risk profile, which is determined by the tumor node metastasis (TNM) status, histopathologic findings, and the pre- and post-radical prostatectomy PSA characteristics. The results of large clinical studies with a 10-year follow-up or more are the backbone of predictive models for risk estimates that incorporate these criteria and also for guideline recommendations. For low-to-intermediate-risk prostate cancer patients and older patients, observation with – in case of biochemical recurrence – early salvage radiotherapy can be advised after R0 resection, thus, avoiding overtreatment. After R1 resection, adjuvant radiotherapy should be considered. Patients with two or more positive lymph nodes and/or with distant metastasis may benefit from adjuvant hormone deprivation therapy. Beyond this rough outline, detailed analysis of subgroups is still required (and ongoing) to enable individually optimized treatment.*

The full article can be read here:  
<http://tinyurl.com/ku2tspq>

Note: "R0" resection indicates complete removal of all tumor with microscopic examination of margins showing no tumor cells. "R1" resection indicates that the margins of the resected parts show tumor cells when viewed microscopically.

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### **Vegetable fats may reduce risk of death in prostate cancer patients?**

In a Cancernetwork Oncology web article dated 14 June 2013, Anna Azvolinsky reports an epidemiological study undertaken by Dr Erin L Richman *et al* amongst 4,577 men with non-metastatic prostate cancer. She indicates that:

*A new study shows that men diagnosed with prostate cancer may do better by substituting carbohydrates and saturated fats with plant-based*

*fats such as those found in nuts and olive oil... The ...study... showed that those men who consumed more vegetable fats after their diagnosis had a lower risk of developing metastatic prostate cancer and dying from the disease compared to men who consumed a diet with more saturated and animal fats. ...Analysis of the participants based on lowest and highest fat consumption quartiles showed that replacing just 10% of calories from carbohydrates with those from vegetable fat was associated with a 29% lower risk of dying from prostate cancer (P = .04). This replacement translated to a 26% lower risk of dying from any cause.*

However, in relation to the possible mechanisms that could explain the results Azvolinsky notes:

*The influence of diet and balance of vegetable and animal fat sources on prostate cancer initiation and progression still remains to be teased out. What type of meat and how it is cooked may influence patient outcomes and has been little studied. It is also not clear which components of vegetable fats are in fact beneficial. The authors suggest that vegetable oils and nuts are linked with lower insulin and inflammation and could account for the potential benefit. As suggested by Steven Stephen Freedland, MD, urologist at Duke University Medical Center in Durham, North Carolina, who wrote an accompanying commentary on the study, it is not clear if vegetable fats are in fact beneficial, whether carbohydrates are just harmful, or whether it is a combination of both. According to Freedland, future prospective trials should address this key issue.*

The Azvolinsky article is here:

<http://tinyurl.com/m5yhrx8> and the link to the

Freedland article is here: <http://tinyurl.com/mybvryj>

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### **Reactions to American Urological Association's guidelines on "early detection of Prostate cancer"**

In the June 2013 edition of *The Walnut* is a news item about new guidelines relating to the early detection of prostate cancer, released by The American Urological Association (AUA) at its Annual Meeting in May 2013. A good summary of the guidelines and background and related events is in this Medscape Urology News article: <http://tinyurl.com/c98rctu>

The guidelines reflect a more constrained approach to early testing than is recommended by the PCFA (see <http://tinyurl.com/96rhl9c> and <http://tinyurl.com/98skhpq> ) or the Urological Society of Australia and New Zealand (USANZ) see: <http://tinyurl.com/n76wv7m> )

In the June 2013 edition of the newsletter of the Sydney Adventist Hospital Prostate Cancer Support

Group it is indicated that the PCFA, in partnership with the Cancer Council Australia, will be developing prostate cancer evidence-based clinical guidelines for release in 2014. It is also indicated that the PCFA is currently represented on the National Health and Medical Research Council led PSA Testing Expert Advisory Group which is due to report later this year.

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**Interesting interview at the 2013 AUA annual scientific meeting: "When to Screen, Biopsy, and Treat Prostate Cancer"**

On this Medscape Urology News web page there is a link to an interesting short video that could be worth watching: <http://tinyurl.com/lffa37p> The web page is dated 18 June 2013 and the video comprises an interview by Dr. Andrew Vickers of the Memorial Sloan-Kettering Cancer Center made with Dr. Sigrid Carlsson who has been working with at the Memorial Sloan-Kettering Cancer Center looking at prostate-specific antigen (PSA) screening.

The participants' views on screening appear to be consistent with those reflected in the AUA guidelines referred to above.

Keep in mind that the participants are working in the USA. There can be differences between the USA and Australia in terms of things such as screening rates, treatment rates, treatment methods, effects of treatment, and incidence of prostate cancer. For such and other reasons, specialists there may have a different outlook from those in Australia.