



THE WALNUT

December 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 monthly meeting

There will be no regular monthly meeting in December 2013. Our next meeting will be on Wednesday, 15 January 2014. Our guest speaker is yet to be identified. Members will be informed later by email and through our web site here:

<http://tinyurl.com/24ku3t6>

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: Chris Hansen

Phone: 02 6161 4135

Email: chriskayehansen@gmail.com

Treasurer:

John Lucas

Phone: 02 6293 2532

Email: jandklucas@bigpond.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-act.net

From the editor

This edition provides information about our last meeting, some events of interest, information about recent articles and reports 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 at mboesen2@gmail.com

I'm happy to add any of your friends and carers to the email list for the newsletter. Past issues of *The Walnut* can be downloaded from this page of our web site:

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

Mike Boesen
Editor

President's report

The 19 November 2013 monthly meeting was attended by 28 people, including one new guy and his partner. The guest speaker was chiropractor Dr Shona Hutchison.



Shona identified various forms of stress and its effects on the human body. She outlined short term and long term stress factors which produce a reaction in our bodies. Short term stress is what evolution has equipped us for and is a reaction to 'fight or flight' circumstances. Modern life has resulted in these same short term stressors continuing on a long term basis due to work and societal pressures. By-products of this stress interfere with the body's well being. Regeneration of the cells in our body is a lengthy cycle (up to 3 months) and this cycle will be interrupted by production of various hormones caused by stress.

Shona indicated that Chiropractic theory is that our posture plays a major role in this process. Our nervous system is centered in and around the spine, therefore the correct posture is very important. Correction of joint dysfunction, especially in the spine, is the basis of chiropractic. Shona's talk met with lively interaction from the audience. Following her talk, Shona offered free consultations to all members of the group. These consultations are normally charged at \$130 not including X-Rays.



Chris thanking Shona for her presentation

Our new member informed the group that he had been diagnosed with prostate cancer recently and was preparing for his operation in early December. Some other members brought us up to date on their situation and progress. One had started a new hormonal drug regime and he is now experiencing hot flushes on a regular basis. Antonio Coelho was warmly welcomed back into the group following recuperation after his urinary operation. - good to see you again, Antonio.

I informed members that the Queanbeyan Relay for Life walk will once again be held at the Seiffert Oval Queanbeyan on Sunday 15 February 2014. If we have sufficient starters we will enter a prostate cancer team for the day (there are already 21 teams formed for the event). *(We will be proceeding with this - see item on p4 of this newsletter - ed.)* Michael Fullam-Stone has kindly donated a mini-DVD system to the event which will be used as a prize.

Michael Fullam-Stone presented details of the gym membership arrangement finalised with Club Lime. This gym has eight locations in Canberra and has very generously offered male members Platinum membership for a very modest cost. This arrangement will be reviewed next year, probably depending on the level of uptake. Proof of membership of our group will be required and our executive is still finalising the procedure to implement this. However, if any male member wants to avail themselves of the offer, please let me know by email (chriskayehansen@gmail.com) I will send you a copy of Club Lime's Managing Directors letter authorizing the offer. A condition of the offer is that the cost to you is to be treated as confidential. If we do not comply with that condition, the offer will not continue.

I indicated to members that it is important for insurance purposes that we all maintain an accurate record of names of all people attending our meetings. Please make sure that you sign the attendance book which will be passed around when the meeting begins. Please also make sure to write your name legibly to ensure we are able to decipher it for our records.

At the end of the meeting members enjoyed socialising and further exchange of information over drinks and food. It was a very pleasant get together enjoyed by all.



Some members exchanging information over food and drinks. More pics can be viewed on our web site here: <http://tinyurl.com/ppdyjpc>

This was the last meeting in this year, so I and the other members of our executive committee wish everybody a happy Christmas and New Year.



Executive committee

The next meeting will be at usual place and time on 15 January 2014.

Chris Hansen
President

Two new books available from our library

The following two books are in our library collection and can be borrowed. The reviews are copied from the blurbs on the back covers. Mark Moyad is a well-known authority on cancer and has written a number of books and many articles about prostate cancer. Details about him are here: <http://tinyurl.com/m5chshf>

Promoting wellness: Beyond hormone therapy: Options for prostate cancer patients (2nd. ed.)

Author: Mark A. Moyad.

Spry Publishing LLC, 2500 South State Street, Ann Arbor, MI 48104, USA. 2013.

The back cover blurb: "When a patient is told that his prostate cancer has progressed to a new stage, he has both questions and concerns. In this second edition Dr Mark Moyad provides a wealth of information for patients whose prostate cancer is no longer responds well to hormone therapy. Dr Moyad outlines the many treatment options currently available, including the latest updates on exciting new therapies. He offers suggestions for patients to lessen or eliminate treatment side effects through lifestyle and diet tips, dietary supplements and over-the-counter options, and prescriptions and medical procedures. The 'Question-and-Answer' format gives direct responses to patient queries, and health-and-wellness tips are included throughout the book."

So you have prostate cancer too! A medical scientist with prostate cancer asks questions, finds answers.

Author: Brian J. Meade.

Michelle Anderson Publishing Pty Ltd, PO Box 6032, Chapel Street North, South Yarra 3141 Melbourne Australia. 2010.

The back cover blurb: "This book by Dr Meade is the most authoritative, comprehensive and useful work that I have read on the subject of how to deal with prostate cancer. The book is intended for men who have been diagnosed with prostate cancer (and their spouses/partners), but is also a valuable reference for practitioners and even for men without prostate cancer who wish to avoid getting it. This is because of the author's emphasis on the importance of lifestyle factors, notably diet, exercise and relaxation, on the risk of getting prostate cancer, as well as the effect of lifestyle on what happens if you have it. Prostate Cancer is a complex subject, but the book's Question and Answer and Take Home message format makes it easy to navigate. I recommend this book as the definitive "thinking person's guide" to dealing with prostate cancer. Dr Graham Lyons, HarvestPlus Research Fellow, Discipline of Plant & Food Science, University of Adelaide."

These books may be borrowed from me at a monthly meeting or by contacting me directly by email: <http://tinyurl.com/2azdm2u>

U.N. Bhati
Librarian

Updated catalogue of materials in our library

An up to date catalogue of the collection of materials in or library that are available for loan is on our web site and can be downloaded from this page: <http://tinyurl.com/l4xeok>

The following articles that have appeared recently on web sites or other sources may be of interest to some members.

U.N. Bhati
Librarian

Come along to Queanbeyan Relay for Life 2014

I encourage members to participate in the **Queanbeyan Relay for Life 2014**. This event is described here: <http://tinyurl.com/k7gbfvg>

I have created a team for this event, following interest being shown at the last meeting. The name of our team is (unsurprisingly) Prostate Cancer Support Group ACT Region.

The event starts at 10 am at Seiffert Oval and is on Sunday 15 February 2014. Several members have already expressed interest in joining our team at the event, and more team members are sought. Registration costs \$20 (\$15 if registering before 15 December) and includes a free t-shirt and breakfast. The objective is to raise funds for the Cancer Council, although it's quite OK to attend simply to show solidarity. Not much actual exertion is needed and you can just do a single circuit of the Seiffert Oval if you wish.

You can join our team and register for the event through this web page: http://relay.cancercouncil.com.au/2014/queanbeyan_2014

Any questions give me a call or send an email:

t 6161 4135
m 0413 819 340
e chriskayehansen@gmail.com

Chris Hansen
President

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.

Death from prostate cancer linked to weight at diagnosis

In a CancerNetwork Oncology article by Anna Azvolinsky a summary given for a single small mortality study undertaken amongst 751 men who had prostatectomies. The study was undertaken by Reina Haque *et al.* Azvolinsky reports that

"A greater proportion of men who died from their prostate cancer (30%) were obese [at the time of the prostatectomy] compared with 22% of the men in the control group. After adjusting for Gleason score, prostate tumor antigen levels, and tumor characteristics such as lymph node status, obese men had a greater than 50% increase in mortality from prostate cancer (adjusted odds ratio of 1.5) when compared with men who had a healthy BMI."

She also indicates that

"Additional prospective studies that analyze a larger population of patients are needed to support these results. Because men who eventually died of their prostate cancer were diagnosed relatively early, the authors suggest that weight loss may be beneficial and positively affect their cancer outcomes."

She quotes Haque as saying that:

"Clinicians and patients should be aware of the growing body of evidence that associates weight and prostate cancer mortality,"

and on a more optimistic note she states that:

"Clinicians should also be aware of future studies that [may] provide information regarding whether weight loss or other lifestyle changes could prolong a prostate cancer patient's life."

The article is here: <http://tinyurl.com/nxlo62o>

Sequencing of agents used in treatment of Castration-Resistant Prostate Cancer (CRPC)

In a CancerNetwork Oncology article dated 15 Nov. 2013, Michael Hurwitz and Daniel Petrylak provide a review of agents used in treatment of Castration-Resistant Prostate Cancer (CRPC). They also discuss the issue of sequencing of administration of such agents and the use of combinations of the agents. The article is technical and detailed but may be useful for some members. The authors conclude that:

"It is an incredibly exciting time to be a prostate cancer oncologist. For the first time ever, we have multiple effective agents available to our patients with metastatic disease. At the same time, however, there are enormous gaps in our understanding of how to use these agents. It is likely that the way we practice prostate cancer oncology will be dramatically different in a few years. Just as molecular studies have been the

basis of many of these new therapies, it is hoped that molecular research will clarify clinical practice and improve the lives of men with advanced prostate cancer."

The article can be read here:
<http://tinyurl.com/l5qqwe8>

Two other articles provide commentary on that article and contain useful supplementary viewpoints and information:

Neal Shore - CancerNetwork 15 Nov, 2013 - see <http://tinyurl.com/lxqoshe> Within his article Shore states that:

"In summary, the authors succinctly review the evidence-based literature, and their discussion and analysis accurately reflect our unmet needs regarding diagnostics, sequencing of therapy, and combinatorial strategies in the management of CRPC. In addition, they offer their expertise and recommendations for therapeutic selections in the setting of CRPC based upon today's state-of-the-art information."

Elizabeth Kessler and Thomas Flaig - CancerNetwork 15 November 2013 see <http://tinyurl.com/o4r3u75> Within the article the authors state:

"In conclusion, with the emergence of several new agents for the treatment of advanced prostate cancer, new questions have arisen regarding the optimal sequence or combination of these agents. As we await the results of ongoing and planned clinical trials to answer some of these questions directly, the decision-making process will rely heavily on considerations of side effects and patient characteristics. In prostate cancer, given that the majority of patients are elderly, principles of geriatric oncology predominate when making treatment decisions. Beyond these considerations, it is also clear that our understanding of the response and biologic features of prostate cancer are changing with the use of these effective drugs."

Individualised treatment for prostate cancer patients - gaps in current practice?

In a Medscape Urology article dated 15 October 2013, Steven Joniau *et al* discuss the possible use of "individualized, risk-adapted approaches" to management of patients with prostate cancer. In The abstract for the article states:

"Prostate cancer (PCa) is a heterogeneous disease with a wide spectrum of aggressiveness. Evidence-based guidelines are invaluable but cannot be expected to be extensive enough to provide detailed guidance on the management of all patients. As such, the use of individualized, risk-adapted approaches to the management of PCa is indispensable. However, wide variation in treatment approaches observed for patients in practice suggests that there is an unmet need to improve

the individualized approach towards patient care. A holistic approach that encompasses guidelines and evidence-based medicine could be used to guide individualized care for patients with PCa, from first contact through to final outcomes. As a result of an international expert meeting, this paper proposes this approach and highlights some of the factors that can be considered when aiming to identify patients' profiles; individualize treatment; and improve communication between patients and the healthcare teams."

The article can be read here:
<http://www.medscape.com/viewarticle/810848>

Mike Boesen
Editor

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.

