



THE WALNUT

April 2014

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 - p1
- President's report - p 2
- Mind over body presentation - p2
- Request from ANU Medical School seeking assistance - p3
- Articles and reports of interest - p3
- Disclaimer - p5

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

Our next monthly meeting will be on 16 April 2014 at our usual location and time (see details here: <http://tinyurl.com/ley8grl>). One of our members who has experience in providing Men's Health workshops will be giving a short presentation on aspects of that topic (see details later in this newsletter), and then there will be time for an in-depth question/answer/information discussion amongst members.

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, and information about recent articles and reports that may 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 through the form here:

<http://tinyurl.com/2bdbbnk>

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/42fyrd>

Mike Boesen
Editor

President's report

Notes on 19 March 2014 monthly meeting

Our 19 March monthly meeting was attended by 26 people, including one new member.

I summarized the nature of the deliberations at our last Executive Committee meeting:

- A new gazebo has been purchased to make things easier when we attend community events. A little larger than the current one, it also has side and back panels to provide some protection against the weather.
- Calvary Hospital has accepted our offer to donate a urine flowmeter unit and we are waiting for them to tell us what the next step is.
- We have been asked to fund a prostate cancer nursing course for one of the nurses in the ACT Health Community Care program as we have done in the past. We agreed in principle to do this in the second half of the year. The cost will be about \$3,500.
- A new supply of pamphlets has been purchased following a runout at our last community event.
- We have contacted two specialists to ask if they would like to present to us in the future. These were Dr H El Saleh, a radiation oncologist and Dr H F ("Rex") Chan, a urological surgeon. Dr Ahmad Al-Sameraai and Dr Hodo haxhimolla will also be giving presentations to the group in the near future.

Instead of having a guest speaker, the time available was devoted to general discussion between members on their problems, experiences and expectations.

- One member was diagnosed with prostate cancer some time back and 7 months ago underwent an open prostatectomy. He spent 9 days in hospital due to the complications. Because he is experiencing a rising PSA, the possibility of radiation is not excluded.
- There was significant discussion of the benefits and possible consequences of various radiotherapy alternatives. Several members commented on the lack of symptoms or, in some cases, internal burning causing rectal and

anal problems. The consensus was that we have an imperfect understanding of exactly how cancer was targeted by radiotherapy. Members agreed that it would be worthwhile having a guest speaker who was a radiation oncologist and a specialist in the treatment of advanced prostate cancer with hormone therapy and new drugs such as Xofigo (Radium 223, previously known as Alpharadin) (*about which, see article later in this newsletter - Ed.*).

- Another member provided further background on his radiation treatment at THC subsequent to a radical prostatectomy and recounted his experience with post-operative infection contracted in hospital. This needed treatment with intravenous antibiotics and seemed to be successfully cured. However some time later he came down with a further infection caused by the Clostridium Difficile ("C Diff") organism. This was especially hard to treat and is reported to have a fair chance of causing death. This infection has now been cured.
- The value or otherwise of supplements such as Saw Palmetto was discussed with the general consensus that it appeared to be of little value.
- The general issue of relaxation was also discussed and it was agreed that it could be the subject of a presentation (*this will occur at the next meeting - ed.*).

Two administrative matters were raised by me:

- Whenever you come to a meeting, please add your name to the attendance book. This is important for insurance coverage.
- If you stay to have supper, men please pitch in \$2 to cover the cost of tea, coffee and cake.

The next monthly meeting will be at usual place and time on Wednesday 16 April 2014.

Chris Hansen
President

Presentation at 16 April 2014 monthly meeting

At the next monthly meeting one of our members - Michael Fullam-Stone - will give a short presentation. He has provided this description of his presentation:

MIND Over Body Healing.

Thoughts influence emotions. Emotions influence our body's chemistry and immune system. Thus we can nurture a psycho-physiology conducive to better health.

Learn how to take control, think and heal. If you don't take control of your thoughts and emotions others will influence them, perhaps adversely.

"Two percent of people think, 3 % think that they think and 95% would rather die than think." (Ken

Macfarlane). Which percentile are you in and which would you like to be in?

Request from ANU Medical School seeking assistance

A request for assistance has been received from the ANU Medical School. If you can assist please contact Alistair Walters directly. There is a clear benefit for prostate cancer patients, and our Executive is fully supportive of the School's request. The content of Alistair's requesting email is:

Dear Chris,

Thank you to you and the Prostate Cancer Support Group – ACT Region INC for your help distributing information about the ANU Medical School teaching session relating to living with cancer.

Chris, we are running this teaching session again in 2014 and I am writing to ask if I might be able to send some information to your group about the session. Basically the session is for medical history taking and volunteer "patients" join a small teaching group of second year students and their medically qualified tutor in a discussion about what it is like to live with a cancer diagnosis.

Some members of your support group have participated in the past and the students and tutors are very appreciative of their time.

The session for 2014 is scheduled for 29th April, however I will send more details if you let me know that this is something that members of the group would like to be part of again. We would be seeking participation from 4 or 5 volunteers who have a relatively recent diagnosis, or have continuing health issues relating to a cancer diagnosis and its treatment.

Thank you again for your help in the past and I look forward to hearing from you.

Kind regards,

Alastair Walters
Volunteer & Patient Recruitment Officer
ANU Medical School
Canberra Hospital Campus
Telephone: 02 6244 3389
Email: patient.recruitment@anu.edu.au

Mike Boesen
Editor

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. I have not had time to provide summary extracts for readers, but hope to do that in the next edition of The Walnut. If you cannot access any of the article, contact me and I'll assist.

"When it comes to radiotherapy for prostate cancer, more may be better" - article by Anna Azvolinsky - CancerNetwork Oncology 7 March 2014. Read the [web article here](#) or here: <http://tinyurl.com/ku7cl2x>

"Impact of Statin Use on Biochemical Recurrence in Patients Treated With Radical Prostatectomy" - article by M Reinen et al - Medscape Urology article 2014. Read the [web article here](#).

"Primary ADT not beneficial in most cases of early prostate cancer" - article by Delicia Yard - Renal & Urology News 21 March 2014. This summarises a single retrospective cohort study undertaken by Arnold Potosky et al. Read the [Yard article here](#) or here: <http://tinyurl.com/mes4fnz> An abstract by the authors is also available here in the Journal of Clinical Oncology's online release of 17 March 2014 or here: <http://tinyurl.com/l6gzee3>

"Drug for prostate cancer with bone metastases approved in Europe" - article about Radium-223 (previously known as Alpharadin) by Zosia Chustecka - Medscape Urology November 15 2013. Read the [web article here](#) or here: <http://tinyurl.com/ktsnop7>

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.