



THE WALNUT

June 2014

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

Our next monthly meeting will be on 18 June 2014 at our usual location and time (see details here: <http://tinyurl.com/ley8grl>). Well-known Canberra urologist Dr Hodo Haxhimolla has recently returned from an overseas study trip and will talk about recent developments in urological surgery. This should be of particular interest to potential prostatectomy patients. Dr Haxhimolla is always an enlightening presenter and his talk will be of great value. All welcome: blokes, carers, partners, members, non-members. 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

Since my last report the following events are worth noting:

16 April – Department of Defence Show ‘n Shine. This was an exhibition of motorbikes owned by Defence personnel. Unfortunately we had short notice of the event. However Graham Erickson and Greg Amos attended to provide publicity for prostate cancer.

29 April – Two articles in the Canberra Times. Dr Frank Bowden, Director of Infectious Medicine, penned a long article generally arguing against the PSA test. I was interviewed by a Canberra Times journalist and put the positive case for PSA testing.

29 April -Volunteer patients ANU Med School. Several of our group's members attended this event which was aimed at introducing medical students to real patients. A typical session consisted of the volunteer patient, about six 2nd-year students and a tutor. One student takes the patients medical history while the rest chime in with various questions. It's an interesting exercise for anyone who has the time and interest, and according to the organisers, our assistance was greatly appreciated and of benefit to the students.

1 May – PCSG Executive Meeting. The Executive Committee meets each month to sort out administration and policy issues that would otherwise clog up our monthly meetings. Important things covered:

- discussion of media liaison and how we might better engage with the broader public
- arranging for membership records to be rationalized
- we decided to buy in some admin support where required to reduce the load on the committee
- we decided that it was desirable to revitalize the community outreach program where we provide presentations on prostate cancer to community groups.

Members are welcome to attend these meetings which are held 1.30pm on the first Thursday of

each month at SHOUT in the small conference room.

7 May -MRI presentation in Kingston. UMI Medical Imaging have acquired a new, more powerful (3-Tesla) MRI machine which is capable of detecting quite small lesions. The machine can also be used to accurately guide prostate biopsies so that cores can be extracted from specific lesions within the prostate.

8 May - SHOUT Annual Dinner. Michael Fullam-Stone attended this event as a representative of the group.

12 May - Death of long-time group member John Stiebel. Sadly, John passed away after a short illness (not prostate cancer) on 12 May 2014. John and Marcia Stiebel have been willing and hard-working members of the group for several years and their positive outlook and generous support will be sorely missed. Marcia addressed the 21 May monthly meeting and related a poem which had been read at his funeral. A copy is attached to this newsletter.



17 May - ANU Medical School 10th birthday. We set up our stall, along with Bosom Buddies and others, however interest was limited.

21 May - regular monthly meeting. (see details later).

The following upcoming events are worth noting:

19 June - Defence Show ‘n Shine at Majura Park. There will be a display of 40 local classic and modern motorbikes, on show in the Town Square, Brindabella Business Park (at the airport) from 11:30 am till 1:30 pm. This event will raise funds for the Prostate Cancer Foundation of Australia. John Lucas and George Kayaba will be manning a stall there and will provide information about our group and prostate health.

17 September – PCSG Annual General Meeting. This is the meeting where we report on the past year and formally elect office-holders for the upcoming year. We will also vote on an amendment to the constitution to limit the period of time office-holders can remain in office. Please give some thought to putting your name forward for one of the positions which will be available.

18 and 19 October - Murrumbateman Field Days. As in previous years we expect to have a strong presence at this event which provides exposure to a different group of people.

Chris Hansen
President

Secretary's report on 21 May 2014 meeting

Attendance including three new members was 29. Once again, the number of signatures in the book did not match the head count. Signing the attendance book is important for the reporting of the group and it would be appreciated if names could be printed for ease of interpretation.

The guest speaker was Dr. Ahmad Al-Sameraai, a well-known Canberra urologist who provides a range of urological services. Dr Al-Sameraai described options for treating benign prostatic hyperplasia (BPH). While not a cancerous condition, the symptoms cause inconvenience and discomfort for many older men. He described a relatively new minimally-invasive treatment for BPH - Neotract's UroLift system. Unlike the TURP (trans-urethral resection of the prostate) this procedure leaves the structure of the prostate intact and does not involve ablation and removal of any prostatic tissue. It has the effect of increasing the diameter of the urethra within the prostate, thus allowing urine to pass through the urethra unobstructed. The manufacturers of the system claim that there are major benefits for suitable patients, including better quality of life. The manufacturer's site is [here](http://www.urolift.com/urolift-system.html) and it includes an animated video explaining how the procedure is undertaken: <http://www.urolift.com/urolift-system.html> (There is some information provided later in this newsletter about a relevant research undertaken by Prof. Henry Woo and his associates that is worth noting. Ed.)



Dr Al-Sameraai considering a question from a member

Dr Al-sameraai discussed several options for treatment of incontinence following a radical prostatectomy. Patients with less than half a pad a day would usually not be treated, relying on pads and time to hopefully minimize the problem. Between a half and three pads a day could be treated with a urethral sling, of which several varieties are available including the Advance XP and Atom models. He indicated that for patients using more than 3 pads a day it could be worth going to the "gold standard" of an artificial sphincter.

He discussed an issue which may impinge on incontinence, namely scarring of urethra following prostatectomy. People differ in the way they form scars which can vary from fine through to quite ragged or 'keloid'. He indicated that devices are available to minimize the ragged scarring and hence improve urine flow.

The presentation was followed by a very informative question and answer period and members were grateful for the time contributed by the doctor and the detailed information that he provided.

New members were invited to inform the group about their present and planned situations. They received helpful comments and suggestions from other members and obtained further input over coffee and cake after the formal part of the meeting.

The President - Chris Hansen briefed members about an number of past and planned events (see above).

There was then interesting and informative exchange of information and views over coffee and cake.

As usual, some reminders :

- Whenever you come to a meeting, please add your name to the attendance book. This is important for insurance coverage.
- It would be appreciated if your name and any other written details could be printed rather than being provided in running writing.
- If you stay for supper, male attendees should pitch in \$2 to cover the cost of tea, coffee and cake.

The next monthly meeting is on Wednesday 18 June 2014 - see details above on page 1.

George Kayaba
Secretary

New DVD available from our library

Our Librarian - U.N. Bhati - has acquired the following DVD: ***Sexuality and Midlife Changes/Ageing***. This is a DVD of a presentation made by Dr Lesley Yee on 28 March 2011 to the SAN Prostate Cancer Support Group. Her presentation is well worth viewing by you and your partner. U.N. has provided this precis of the presentation:

Changes in stages of life usually go hand in hand with changes in sexuality. As people age, they face

new sexual problems; and if the issue of cancer gets thrown into the mix, the sexual problems are a bit more complex. The good news however is that with the help of health professionals these problems can be reasonably resolved.

This DVD will be of interest to all adults, especially those who have directly or indirectly experienced prostate cancer.

Dr Leslie Yee has a good understanding of sexual issues and their solutions. Viewers of the DVD will find that her lecture deals with the issues sympathetically and thoughtfully. And, where appropriate the lecture also has a touch of humour. The lecture ends with a useful question and answer session.

If you wish to borrow the DVD contact U.N. at one of our monthly meetings or send him an email:
unbhati@gmail.com

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. Due to constraints on my time and energy I have not had time to provide summary extracts for readers. If you cannot access any of the articles, contact me and I'll help.

UroLift procedure

“Video: Prostatic urethral lift for the treatment of LUTS” BJU International article dated 23 April 2014. The video of Professor Woo is of poor quality but the text on this page summarises an informative research study. Conclusion: *“The PUL (prostatic urethral lift) can be performed under local anaesthesia, causes minimal associated perioperative complications, allows patients to quickly return to normal activity, provides rapid and durable improvement in symptoms, and preserves sexual function.”* [Read the article here](http://tinyurl.com/m4x5crc) or here: <http://tinyurl.com/m4x5crc>

Detection of prostate cancer

“Dutch expert: PSA screening is here to stay despite debate” News release at 29th Annual EAU Congress dated 11 April 2014. *“We are now at a stage where we acknowledge the existence of pros and cons of screening which prompts a need to find a way how to deal with the balance between the two. Despite screening being deemed unethical by some, PSA based screening is here to stay,”* said Dr. Monique Roobol of the Erasmus MC, Dept. of Urology in Rotterdam (NL). [Read the article here](http://tinyurl.com/o99e7mt) or here: <http://tinyurl.com/o99e7mt>

“The Prostate Health Index: A New Test for the Detection of Prostate Cancer”. Article by Stacy Loeb, and William Catalona dated 2014. Conclusion: *“Although no single marker in isolation has perfect performance characteristics, PHI is a simple and inexpensive blood test that should be used as part of a multivariable approach to screening. In multiple prospective international trials, this composite measurement has been shown to outperform conventional PSA and free PSA measurements. Unlike PCA3 and TMPRSS2:ERG, PHI is also consistently associated with Gleason score and upgrading during active surveillance. PHI should be considered as part of the standard urologic armamentarium for biopsy decisions, risk stratification and treatment selection.”* [Read the article here](http://tinyurl.com/kyk5we6) or here: <http://tinyurl.com/kyk5we6>

“Transperineal prostate biopsy trumps TRUS”. Article by Delicia Yard dated 8 January 2014. Conclusion: *“Transperineal template prostate biopsy (TPTPB) identifies tumors of a smaller size and earlier stage than transrectal ultrasound (TRUS)-guided biopsy, suggesting that TPTPB may be a far more ideal diagnostic test for localized prostate cancer, researchers reported online ahead of print in the World Journal of Urology.”* [Read the article here](http://tinyurl.com/kxshnl) or here: <http://tinyurl.com/kxshnl>

“The role of transperineal template prostate biopsies in prostate cancer diagnosis in biopsy naïve men”. Article by S Nafie et al dated 4 March 2014. Conclusion: *“TPTPB is associated with significantly higher prostate cancer detection rate than TRUS biopsies in biopsy naïve men with a benign feeling DRE and PSA <20... PSA appears to be better biomarker than previously thought.”* [Read the article here](http://tinyurl.com/kbbonoh) or here: <http://tinyurl.com/kbbonoh>

“Hounds Astound: Prostate Cancer Found 100% (Around)” Article by Nick Mulcahy dated 19 May, 2014. Conclusion: *“With an accuracy rate of nearly 100%, 2 specially trained dogs were able to detect prostate cancer with their olfactory system - by sniffing urine samples, according to a new study that is the largest of its kind.”* [Read the article here](http://tinyurl.com/og9l5qt) or here: <http://tinyurl.com/og9l5qt>

“Prostate cancer diagnosis through electronic nose (EN) in the urine headspace setting: a pilot study”. Article by A D Asimakopoulos et al dated June 2014. Conclusion: *“We believe this is the first demonstration of an olfactory imprinting of the initial part of the urine stream in patients with PCa that was revealed by an EN, with high specificity.”* [Read the article here](http://tinyurl.com/ngk9f78) or here: <http://tinyurl.com/ngk9f78>

“Electronic Nose Differentiates Between PCa, BPH” Article in 8 May 2014 Renal & Urology News reporting work undertaken by Antti Roine et al. Conclusion: *“The electronic nose is capable of rapidly and noninvasively discriminating prostate cancer and benign prostatic hyperplasia using urine headspace in patients undergoing surgery.”* [Read the article here](http://tinyurl.com/mhon95u) or here: <http://tinyurl.com/mhon95u>

ADT (Androgen Deprivation Therapy)

“Intermittent androgen deprivation is a rational standard-of-care treatment for all stages of progressive prostate cancer: results from a systematic review and meta-analysis”. Article by D Brungs et al dated 1 April 2014. Conclusion: *“IAD (intermittent androgen deprivation) is non-inferior to continuous androgen deprivation in terms of overall survival and cancer-specific survival, and is at least non-inferior in terms of time to progression. This meta-analysis confirms IAD as a valid standard of care for managing prostate cancer patients.”* [Read the article here](#) or here: <http://tinyurl.com/nlkvteo>

“Appears Safe to Delay ADT When Prostate Cancer Recurs”. Article by Nick Mulcahy dated 15 May 2014. Conclusion: *“It is obvious that delaying ADT prevents unpleasant and debilitating adverse effects, such as sexual dysfunction, bone loss, and muscle mass loss. But a new study indicates that a strategy of delay does not have a negative impact on survival, which has been an unknown.”*

Drugs and supplements

“Postoperative statin use and risk of biochemical recurrence following radical prostatectomy...” Article by Emma H. Allott et al dated 8 May 2014. Conclusion: *“In this retrospective cohort of men undergoing RP (radical prostatectomy), post-RP statin use was significantly associated with reduced risk of BCR (biological cancer recurrence).”* [Read the article here](#) or here: <http://tinyurl.com/q7ydcg7>

“Statins reduce mortality risk”. Article by Robert Phillips dated 19 November 2013. Conclusion: *“The latest, and the largest, study to date on the effects of statin use on outcomes for patients with prostate cancer shows reductions in the risk of cancer-specific and all-cause mortality.”* [Read the article here](#) or here: <http://tinyurl.com/oaef7x3o>

“Metformin-Statin Combo Cuts PCa Recurrence Rate”. Article by Cho Stephen Cho dated 18 May 2014. Conclusion: *“Diabetic prostate cancer (PCa) patients who take both metformin and a statin may lower their risk of biochemical recurrence (BCR) after radical prostatectomy...”* [Read the article here](#) or here: <http://tinyurl.com/lejs529>

“Baseline Selenium Status and Effects of Selenium and Vitamin E Supplementation on Prostate Cancer Risk”. Article by Alan Kristal et al dated 2014. Conclusion: *“Selenium supplementation did not benefit men with low selenium status but increased the risk of high- grade PCa among men with high selenium status. Vitamin E increased the risk of PCa among men with low selenium status. Men should avoid selenium or vitamin E supplementation at doses that exceed recommended dietary intakes.”*

[Read the article here](#) or here:
<http://tinyurl.com/kwokksz>

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.

Vale John Stiebel

At our 21 May 2014 meeting Marcia Stiebel informed us about John's passing. She read the following poem to us. We thought its message was well worth repeating here.



John and Marcia at Murrumbateman Field Days 2012

*The thing that goes the furthest toward
making life worthwhile,
That cost the least and does the most...
is just a pleasing smile;
The smile that bubbles from the heart,
that loves it's fellow-men,
will drive away the clouds and gloom
and bring the sun again.
There is no room for sadness...
When we see a cheery smile,
It always has the same good luck
it's never out of style.
It spurs us on to try again
when failure makes us blue.
The dimples of encouragement
are good...
for me and you*