



THE WALNUT

November 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 Wednesday 19 November 2014 at our usual location and time (see details here: <http://tinyurl.com/ley8grl>). There is no guest speaker. There will be lots of time available for current and any new members and carers to exchange information and to discuss matters of interest or concern. As this is the last meeting in 2014 we will be having food and drink in an augmented supper. All welcome: blokes, carers, partners, members, non-members.

Contact us

Postal address

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

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

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/42fyxq>

Mike Boesen
Editor

President's report

AGM held in September 2014. The Annual General Meeting on 17 September 2014 was held last month with Peter Daley filling in for me as Chair. The following people were elected as members of the executive committee:

- President – Chris Hansen
- Secretary – George Kayaba
- Treasurer – John Lucas
- Member – Graham Erickson
- Member – Aidan Moore
- Member (co-opted) – Mike Boesen

Recent Events of note:

- **Long Ride Show and Shine event at Russell Offices on 10 September.** Our group was represented by Daryl O'Brien. Daryl took the opportunity to chat about prostate matters and our group with staff, including Air Chief Marshall Mark Binskin. (See pics later - Ed.)
- **Big Aussie Barbie on 24 September at Parliament House.** Our group was represented at this PCFA-organised event by George Kayaba and Aidan Moore. (See Aidan's interesting notes later in this newsletter - Ed.)
- **Murrumbateman Field Days on 18 - 19 October.** Once again we had a successful weekend at this event, with plenty of people passing our marquee and quite a number of people showing interest in the issue of prostate cancer. Thank you to all those members who participated. (See pics later - Ed.)
- **Parliamentary Friends Luncheon on 29 October.** Graham Erickson and I attended this event which was primarily aimed at getting Xofigo – Radium 223 dichloride – listed on Medicare. This drug is being used for treatment of patients with castration-resistant prostate cancer (CRPC), symptomatic bone metastases and no known visceral metastatic disease. (See details, for instance here: <http://www.xofigo-us.com/index.php> Ed.). There were 14 MP's and Senators present from the Coalition, Labor Party and Palmer United Party, all of whom showed a genuine interest in the matter. MP's Dan Tehan and Deb O'Neill committed to follow this up with the government.
- **Presentation by Steve Sweet.** On 30 October Steve - one of our long term members and a great

presenter - gave a talk about prostate health and treatment to 20 members of the Weston Creek Mens Shed on 30 October. He got very positive feedback: "*Many thanks for your lively presentation; it certainly brought forth a lively discussion and no doubt some quiet contemplation from some present.*"

Upcoming Events

- **Men's Health Seminar** at 6.30 pm 26 November at the Hellenic Club. This event will feature well-known urologist Dr Hodo Haxhimolla. It is being organised by the PCFA in association with AMS, a provider of medical prostheses. Past seminars of this type have been attended by many members and they have found them to be very informative. (See details later - booking necessary Ed.)
- **Presentation to the Tuggeranong Men's Shed.** Mike Boesen and Graham Erickson will be giving an awareness presentation to members of the Shed in the near future.

Secretary's report on the monthly meeting on 15 October 2014

Attendance: There were 25 members at the meeting. No new member were present. Again the tally in the book does not tally with the head count. It has been mentioned before, signing the attendance book is quite important for the reporting requirements that we need to comply with. It is also important to sign legibly and to print the individual names.

Guest speaker was Tanya Maselli who gave us an inside view of incontinence and the working of the muscles in the pelvic area.



Tanya's talk was of great interest as she explained how her work begins when the work of the surgeon is completed. She indicated that :

- Usually there would be three professions involved in the treatment of prostate cancer: urologist/

specialist/surgeon, continence nurse and physiotherapist. On some occasions a dietician may be involved.

- As a general rule we should consume about 1.5 to 2.0 litres of liquids daily. When we pee the output should be between 300 to 450 ml each time. Need for urination should occur normally 4 to 7 times a day. Bowel movements normally occur between 3 times per day to 3 times per week. Those figures vary between individual persons.
- There is connection between forced passing of stools and continence and those actions could contradict each other.
- Tanya stressed importance of regular pelvic floor exercises and its maintenance throughout one's life.
- She informed us about the Prostatectomy Education Sessions conducted by ACT Health every fortnight. These are of relevance to men and carers before and after a prostatectomy .
(See details [here](#) or here: <http://tinyurl.com/2apn9jlv> Ed.)

General business

The President thanked Peter Daley for conducting the Annual General Meeting in his absence.

Aidan Moore reported that the Big Aussie Barbie at Parliament House was a great success. He also approached Ms Bettina Arndt from the Eros foundation for constructive comments on his talk delivered to our forum last month.

The roster for staffing of our marquee at the Murrumbateman Field Days was finalised.

November meeting

The next regular monthly meeting will be on 19th November 2014. See details on p1 of this newsletter.

**George Kayaba
Secretary**

Pics from Murrumbateman Field Days

Here are a few pictures taken at Murrumbateman on 18 and 19 October.



Barry Ingram (centre) providing information



On left - George Kayaba and Chris Hansen



Graham Erickson (right). Horses waiting to get information about prostate health.



Aidan Moore's notes about the Big Aussie Barbie at Parliament House

I attended the Parliamentary Big Aussie Barbecue in the House of Representatives courtyard on 24 September 2014 with George Kayaba. About 60 people were present, including the Minister for Health, Peter Dutton, and Senator Zhenya Wang. David Sandoe, the National Chairman of PCFA, and Professor Anthony Lowe, the CEO, were present and, from memory, Marie-Claire Cheron-Sauer, the Director of the PCFA Support Network. The two PCFA blokes were deep in conversation with the Minister.

I got into conversation with the Minister's Exec Assistant. I asked her to remind the Minister when considering proposals put to him by PCFA that he could well be joining us at a later date. She asked 'why?' I replied that he could be nominated by a very influential party. 'Who?'. I responded: 'Mother Nature.'



Lots of shiny bikes!

Pics from The Long Ride Show and Shine at Russell Offices

The Long Ride event is described [on this page on the PCFA site](#). We were represented at the related Show and Shine event on 10 September by Daryl O'Brien. There were lots of folk there with their machines. Daryl was able to spread the word about prostate health and to provide pamphlets and information to lots of guys.



Daryl with Air Chief Marshall Mark Binskin AC

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. If you cannot access any of the articles, contact me and I'll help.

Mike Boesen
Editor

Another study on prophylactic effect of statins

In a Renal & Urology News article dated 15 September 2014, Jody A Charnow reports an updated meta-analysis that confirms a potential beneficial effect of statins on prostate cancer patients treated with radiotherapy. He writes: "Henry S. Park, MD ... and colleagues analyzed data from 17 observational studies that included a total of 30,816 patients (7,709 treated with radiotherapy and 23,107 treated with radical prostatectomy). ... In radiotherapy patients, statin use was associated with a significant 25% decreased risk of PCa recurrence. The investigators found no significant effect of statins on PCa recurrence in radical prostatectomy patients... These results corroborate the findings of the researchers' previous meta-analysis of 13 observational studies totaling 21,185 patients."

Note that Charnow does not mention whether or not the meta-analysis took into account the types of statin being taken by patients: in the March 2014 Walnut a study undertaken by Lustman is noted and that study appears to indicate that prophylactic effect varies by type of statin. The September 2014 article [can be read here](#) or here: <http://tinyurl.com/kgqg8fl>

On a related subject in a separate Renal&Urology News article, Charnow reports a small retrospective study undertaken by Emma H Allott *et al*. Those researchers studied the relationship between lipid

levels and biochemical recurrence of prostate cancer after radical prostatectomy. Charnow reports that the researchers found that patients who had abnormally high triglyceride levels had an increased risk of recurrence. He also reports that for patients with dyslipidemia, higher risk of recurrence was associated with higher cholesterol levels, and lower risk of recurrence was associated with HDL levels. That article is dated 15 October 2014. It [can be read here](#) or here: <http://tinyurl.com/md9pf8u>

Genes related to prostate cancer risk

In a Medscape Urology article dated 16 September 2014, Alexander M Castellino MD reports that:

“.. a large meta-analysis that included 87,040 individuals has identified 23 new genetic variants for prostate cancer susceptibility, bringing the total number of common genetic variants linked to prostate cancer to 100. Together, these 100 genetic variants may explain 33% of inherited risk for prostate cancer in European men, and there is hope that they may eventually be useful in a screening test...The new findings come from a huge global research effort led by scientists at the Institute of Cancer Research in London, the University of Cambridge, United Kingdom, and the University of Southern California. The study was [published online](#) in *Nature Genetics* on September 14 2014.”

The September 2014 article provides details about the meta-analysis and it [can be read here](#) or here: <http://tinyurl.com/mhjqpdx>

Diffusion-weighted MRI (DW-MRI) highly accurate in detecting prostate tumours

In a Renal&Urology News article dated 14 August 2014, Jody Charnow reports the results of a small-scale study undertaken by Lauren J Bains MD *et al* at the University of Bern in Switzerland. Charnow summarises the study and its finding in these terms:

“Diffusion-weighted magnetic resonance imaging (DW- MRI) noninvasively detects significant prostate tumors with a high probability and without contrast medium or an endorectal coil...The researchers prospectively studied 111 men with prostate and/or bladder cancer who underwent DW-MRI of the pelvis without an endorectal coil prior to radical prostatectomy (78 patients) or cystoprostatectomy (33 patients). Based on qualitative imaging analysis, 3 independent readers blinded to clinical and pathologic data assigned a prostate cancer (PCa) suspicion grade...The sensitivity and specificity of DW-MRI for detecting significant PCa was 89%–91% and 77%–81%, respectively, for the 3 readers. The median reading time was 13–18 minutes, with good inter-reader agreement.” The Charnow article [can be read here](#) or here: <http://tinyurl.com/n9ywdws>

Prostate cancer - related mortality after EBRT higher than after radical prostatectomy

Yet another article by Jody A Charnow in the 9 October 2014 Renal&Urology News summarises a study of mortality rates for 13,803 men who undertook either radical prostatectomy, EBRT (external beam radiation therapy) or brachytherapy. The study was led by Andrew J Stephenson MD of Cleveland Clinic. Charnow states that the study indicates that:

- “External beam radiation therapy is associated with greater 10- year prostate cancer-specific mortality (PCSM) than radical prostatectomy across a range of nomogram-predicted risks of biochemical recurrence.”
- “The investigators found no significant difference in PCSM risk between brachytherapy and radical prostatectomy, although they acknowledged that patient selection factors and lack of statistical power limited this analysis.”

The Charnow article [can be read here](#) or here: <http://tinyurl.com/kwap7yr>

Coloplast seminar on 26 November 2014

PCFA has asked us to publicise a free seminar about urinary incontinence and erectile dysfunction. The seminar is organised by them in conjunction with Coloplast. PCFA has provided the following statement about the seminar:

“From time to time PCFA partners with Coloplast to host Prostate Cancer Presentation evenings. We are in a fortunate position to host an information evening in Canberra in late Feb/March 2015 with Dr Hodo Haxhimolla delivering the main presentation on prostate cancer. Generally when we run an event of this nature the urologist presents on prostate cancer, treatments, and devices to assist in erectile dysfunction and following this David and Pam Sandoe share their experience on prostate cancer and the penile implant. We also like to deliver a presentation on the psychosocial and emotional impact on prostate cancer and then also there is time available generally for one more speaker. After all speakers present we run a panel Q & A.”

You will need to make a booking by phone: 1800 642 369, or by email: amsaustralia@ammd.com. A copy of the publicity brochure is on the following page.

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.



Free Men's Health Seminar

Everything you need to know about the effective treatment for Male Urinary Incontinence and Erectile Dysfunction

You, your partner, and guests are invited to attend a **FREE HEALTH SEMINAR** on men's health topics.

Speaker: Urological Surgeon, Dr. Hodo Haxhimolla
Date: 26th November 2014
Time: 6.30pm for a 7pm start
Venue: The Hellenic Club of Canberra
13 Moore St, Canberra ACT 2601

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