



THE WALNUT

November/December 2016

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

Affiliated with the Prostate Cancer Foundation of Australia



Postal address

C/- SHOUT

PO Box 717, Mawson, ACT 2607

Website: <http://prostate-cancer-support-act.net>

What's in this issue

Next monthly meeting and AGM—p. 1
Appreciation—p. 1
Personal support—p. 1
President's report—p. 1
Previous meetings—p. 2
Murrumbateman Field Days—p. 3
Woden Seniors Club prostate health awareness event to coincide with Veterans' Health Week—p. 3
Upcoming events—p. 3
Stay up-to-date—p. 4
Borrowing items from the Library—p. 4
Articles and reports of interest—pp. 4-5
From the editor—p. 5
Disclaimer—p. 6

Next monthly meeting and AGM

All are welcome to attend our regular monthly meetings, including partners and carers. No notice is required—simply come along and introduce yourself, or contact one of the people listed later in this newsletter.

Meetings of our support group are held on every **third Wednesday of the month** (except in December) at **6:30 pm for 7:00 pm**. The **usual location** is Room 22, Building 1, Pearce Community Centre, Collett Place, Pearce, ACT 2607. See our website here for details and map showing the location: <http://tinyurl.com/8gkhysb>.

Our next monthly meeting will be on **Wednesday, 16 November** at our usual location and time (see above). In line with past practice, there will be no speaker at our November meeting. Following a discussion of general business, there will be an informal end-of-year get-together, with refreshments, including pizzas and drinks.

There will be plenty of time available at the meeting for current and new members to exchange information and to discuss matters of interest or concern.

Personal support

For general information, please call SHOUT (Self Help Organisations United Together), who will arrange for someone from the Group to contact you. They are available during normal office hours on (02) 6290 1984.

If you would like immediate advice, support or assistance, please contact any of the following people:

President: John McWilliam

Phone: 0416 008 299

Email: president@prostate-cancer-support-act.net

Secretary: David Hennessy

Phone: (02) 6154 4274

Email: secretary@prostate-cancer-support-act.net

Appreciation

The Group recognises and expresses its appreciation for the support provided over the past year by:

- the Canberra Southern Cross Club
- Holy Family School, Gowrie
- the Burra Patchwork and Quilters Group
- the Naval Association of Australia
- many individuals in its fund-raising activities.

President's report

Our November meeting will be the last meeting for the year. Unfortunately, I will be unable to attend it, as I will be overseas in November. However, it should be a most enjoyable occasion, as it will be our usual end-of-year celebratory occasion. Our Secretary, David Hennessy will be chairing the November meeting.



We have many ideas on what we would like to do. But we do need more help to implement them. We are examining the possibility of engaging some administrative support. But we also need more help from you, our members. While you may not be able to take on a particular responsibility, you may be able to help someone in doing this. Please let David Hennessy or me (contact details above) know if you are able to do this.

As this will also be the last newsletter for the year, I would like to take this opportunity to thank you for your continued support of the work of the Group and to wish you all a most enjoyable and safe Festive Season. Christmas is a time when we like to celebrate with family and friends. It is also a time when we are encouraged to renew contacts with distant family and friends. Yes, some of us still do send Christmas cards or Christmas emails!

I look forward to catching up with you again in 2017. I hope that we can continue to provide valuable support to those who have been diagnosed with prostate cancer and to provide information on prostate health to the wider community.

John McWilliam
President

Previous meetings

October General Meeting

Our speaker at our October meeting was Felicity Butt, Accredited Practising Dietician, Nutrition Department, Canberra Hospital. Felicity stressed the importance of diet in maintaining a healthy position and in the management of diseases such as prostate cancer and heart disease. A balanced diet can play an important part in mitigating the risk of getting cancer. Diet can also affect how well we recover from operations.

Moderation and variety of the daily diet are essential and should be based on selections from the five food groups.

- **Vegetables:** there should be five units a day and half the plate should be vegetables. Felicity lamented that 95% of Australians do not eat sufficient vegetables to balance their diet.
- **Fruit:** Essential and should be a 'rainbow' choice – but for those with type 2 diabetes their intake needs to be moderate.
- **Breads:** Multigrain breads were suggested.

- **Meat:** Red meat should not exceed the size of your palm and at least one meat-free-day each week is suggested.
- **Fish:** should be included in your diet for an intake of omega fatty acids.

In terms of alcohol, again moderation was suggested with only 2-3 standard drinks/day (a standard glass of wine is 100 mL) and including an alcohol-free day each week.

Those undergoing surgery should exercise to build/maintain muscle mass and increase their protein intake before surgery and whilst eating properly was stressed, those with metastasised PCa could take reputable supplements which can be purchased at reasonable cost through referral to the Canberra Hospital. These supplements include the following:

- *Ensure a calcium fortified protein supplement*
- *Resource a meal in a packet*
- *Fortisip a multifibre drink with protein.*

Felicity provided a most interesting and helpful presentation, and there were many questions during it.

Members who are concerned about dietary issues should ask their doctor for a referral to a dietician.



Felicity Butt being presented by John McWilliam with a small gift as thanks

Executive Committee Meeting

At its October meeting, the Executive Committee, among other things:

- noted progress in investigating the possible provision of administrative support to the Group;
- discussed a strategic approach to the future meetings program. This will be considered further at the December meeting of the committee;
- discussed the approach to be used in outreach activities. The approach used needs to be tailored to the target group. We need to seek to increase community awareness of the support that our Group can provide to people who have been diagnosed with prostate cancer. We need to provide more talks to groups, such as workplace groups, where we can help to increase awareness of the need for early detection of prostate cancer and of ways of reducing the risk of getting prostate cancer. We also need to link our activities to major annual events, such as Men's Health Week, Prostate Cancer Awareness Week and Movember. Ideas for doing this were discussed and will be progressed further at later meetings;
- agreed that we should seek to start coffee groups in February 2017. A coordinator for these groups is needed. While we may need to start with monthly coffee mornings, the ultimate aim would be to have two a month, one on the northside of Canberra and the other on the southside of Canberra; and
- agreed that we should do more to recognise the support provided by donors and organisations that assist us in our fund raising activities;

Murrumbateman Field Days

Thanks to those who assisted with our stall at the Murrumbateman Field Days on 15 and 16 October.

A number of men who had recently been diagnosed with prostate cancer sought advice.



L to R: Graham Erickson, Fran Moore, Tony Griffith, Aidan Moore and U.N. Bhati at the Murrumbateman Field Days



L to R: John Hayhoe and John Lucas at the Murrumbateman Field Days

Woden Seniors Club prostate health awareness event to coincide with Veterans' Health Week

The Woden Seniors Club conducted a prostate cancer awareness event on Wednesday, 26 October 2016. The Prostate Cancer Specialist Nurse at Canberra Hospital, Allison Turner, spoke and David Hennessy and John Richmond from the Prostate Cancer Support Group were on hand to answer questions about the support that we can provide.

Upcoming events

General meetings

The first general meeting for 2017 will be held on Wednesday, 18 January. It will be an open forum for discussion of issues of interest to members.

Other organisations' events:

Movember: The Movember Foundation's 'Grow a Mo for November', one of its major fund raising events, is fast approaching. The Movember Foundation is a global charity committed to men living happier, healthier, longer lives. Since 2003, millions have joined the men's health movement, raising \$685 million and funding over 1,000 projects focusing on prostate cancer, testicular cancer, and suicide prevention. You can sign up to grow a moustache in November and help raise funds to improve men's health by clicking on the following link: <http://tinyurl.com/gus6g65>.

Stay up-to-date

Stay up-to-date by joining the PCFA Online Community. The PCFA Online Community is open to everyone who has been impacted by prostate cancer to share their experiences and connect with others. Through the Research Blog, PCFA Online Community members can also learn more about the latest prostate cancer research developments and findings.

It is free and easy to become a member of the PCFA Online Community. You can sign up at: <http://onlinecommunity.pcfa.org.au>

Borrowing items from the Library

Don't forget that you can borrow items from the Group's Library. There is a wide range of materials, from books to videos. Those who are interested in borrowing items from the Library (such as the new *Cancer Recovery Guide* book that we have acquired) or finding out more about materials we have can contact U N Bhati email: unbhati@gmail.com.

Articles and reports 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. Any opinions or conclusions expressed are those of the authors. Other medical practitioners or other practitioners may have other views. The articles are simply being drawn to your attention so that you can read them in full for yourself and make your own evaluation.

Mindfulness could help men to cope when living with cancer

A diagnosis with prostate cancer can trigger a period of stress for many men and their families. Depression and anxiety are particularly common for those with a poor prognosis, but this can also be experienced by any man waiting for a PSA test to see if their cancer has returned. The partners and families of these men often share this stress. Many men with prostate cancer won't have seriously considered using mindfulness (meditation and yoga) to reduce this stress. But as the evidence for their benefit increases, the number of people finding help from these interventions is also increasing.

Read full article by Wendy Winnall, dated 19 September 2016, on PCFA Online Community website, accessible at <http://tinyurl.com/zes7dgr>. It requires one to be a member, membership is free. The PCFA Online Community website <http://onlinecommunity.pcfa.org.au/> has several articles of interest to men with prostate cancer and their loved ones.

Alcohol and smoking linked to premature death in many cancers

Eleven of the 15 cancers (including prostate cancer) responsible for premature death and loss of healthy life years in US residents are closely linked to smoking and alcohol, a new study shows.

Estimates of the burden of cancer in 2011, assessed by race and ethnicity for 24 cancers, reveal a loss of 9.8 million years of healthy life because of cancer, say Joannie Lortet-Tieulent, of the American Cancer Society in Atlanta, Georgia, and colleagues.

"In all races/ethnicities, the cancer burden was largely driven by years of life lost, highlighting the need to prevent death at middle age through broad implementation of structural and behavioral measures of primary prevention, early detection, and treatment," the researchers note.

"Avoiding smoking and avoiding drinking alcohol is a good way to decrease the risk of losing healthy life years to cancer. Almost a quarter of all healthy years lost to cancer are due to lung cancer," she pointed out.

Read the full article by Kristin Jenkins in the 20 October 2016 issue of Medscape Medical News, Oncology, accessible at <http://tinyurl.com/h2vpgck> (requires free registration at <http://www.medscape.com>).

Sweden hits record highs for watching prostate cancer

The use of active surveillance for the management of nonaggressive prostate cancer has soared to record highs in Sweden in recent years, providing a 'benchmark' for the rest of the world, according to the authors of a new study.

From 2009 to 2014, the proportion of Swedish men with very-low-risk cancer choosing active surveillance increased from 57% to 91% and, among those with low-risk cancer, it rose from 40% to 74%, report the investigators, led by Stacy Loeb, MD, MSc, from New York University in New York City. The authors used data from a nationwide prostate cancer registry.

Low-risk prostate cancer and its prolonged natural history can be safely managed with active surveillance and the deferred, as-needed use of curative treatment, such as prostatectomy and radiation therapy, explain Dr Loeb and her coauthors, who include academics from three different Swedish universities.

Notably, in Sweden, medical records distinguish between active surveillance, which includes blood testing, biopsy, and imaging, and watchful waiting, which is a passive approach that waits to see whether clinical symptoms develop before medical intervention.

The new Swedish active surveillance data, which are an update from an earlier report that extended only to 2011, are the "highest rates yet reported" and "should serve as a benchmark to compare the use of active surveillance for favorable-risk disease around the world," write the authors.

Currently, the United States does not measure up very well, suggest the authors. Most low-risk disease is treated immediately, they observe.

Dr Loeb has been an ongoing supporter of the use of active surveillance. At a press conference at the 2014 annual meeting of the American Urological Association (AUA), she declared the "era of active surveillance" had arrived. This meeting featured multiple studies indicating large upticks in its use.

Dr Matthew R. Cooperberg, MD, MPH, from University of California San Francisco says that active surveillance rates "are still too low" in the United States.

Read full article by Nick Mulcahy in the 20 October 2016 issue of Medscape Medical News, Oncology,

accessible at <https://tinyurl.com/hmp2h44>, (requires free registration at <http://www.medscape.com>).

Largest series to date finds HIFU effective for localized prostate cancer

Hemiblation with high-intensity focused ultrasound (HIFU) appears to be an effective treatment for patients with unilateral localized prostate cancer, and preserves erectile function and continence in most patients, according to a new report.

The multi-center study in 111 patients is the largest study of HIFU-hemiblation published to date, with the longest follow-up, Dr Pascal Rischmann of Rangueil University Hospital in Toulouse, France, told Reuters Health in a telephone interview. The findings were published online October 7 in European Urology.

Active surveillance (AS) is the preferred option for patients with low-risk disease and radical prostatectomy is indicated for high-risk patients, but options for prostate cancer patients who fall in between have been limited, Dr. Rischmann noted.

Focal treatment with HIFU for patients with localized disease offers the option of "sparing the prostate without burning the bridge for other treatments," he explained. "If this management fails, you can do radical prostatectomy if the patient is not too old, and if he is older then you can do radiation."

Ten U.S. centers offer HIFU for prostate cancer, Dr Rischmann noted, but second-generation HIFU technology is not yet available in the U.S. The device used in the study, the Focal One from EDAP TMS, makes it possible to evaluate treatment during the procedure using contrast-enhanced ultrasound, he said.

Dr. Rischmann and his colleagues conclude: "The efficacy of HIFU partial prostate gland therapy should be evidenced by comparative studies conducted versus standards of care."

Read full news report by Anne Harding in the 21 October 2016 issue of Medscape Urology, accessible at <http://tinyurl.com/h7yvpnj> (requires free registration at <http://www.medscape.com>).

From the editor

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 like to be informed of them. If you have received this newsletter indirectly and

would like to be emailed a copy direct, or if you would like to add any of your friends or carers, or if you no longer wish to receive copies of the newsletter, please send me an email through the form here:

<http://tinyurl.com/grshy8s>.

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.