



# THE WALNUT

AUGUST 2020

Newsletter of the Prostate Cancer Support Group—ACT Region

Affiliated with the Prostate Cancer Foundation of Australia (PCFA)

Postal address: PO Box 650, Mawson ACT 2607

<https://prostate-cancer-support-act.net>



## Group monthly meetings

**19 August (7 pm):** Speaker is urologist, Dr Kieran Hart.

**16 September (7 pm):** Speaker to be announced. This will also be our Annual General Meeting.

Meetings of our support group are held on the 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 map](#)).

## Next coffee morning

**11:00 am, Friday, 14 August** at the **Jamison Canberra Southern Cross Club**.

Coffee mornings are normally held at 10:00 am on the second Tuesday of each month and alternate between the Woden and Jamison venues of the Canberra Southern Cross Club. There may be some changes due to COVID, so please keep an eye out in the Walnut!

All are welcome to attend our Group meetings and coffee mornings. Just come along and you will be most welcome.

## President's Message

We will resume our monthly meetings at 7 pm on **Wednesday, 19 August**. However, we are still not back to 'normal' because of COVID-19 and are only permitted to have a maximum of 15 people in our meeting room at Pearce. So if you would like to attend in person, please [register by email](#) to me. If you do not wish to attend in person, you can 'attend' by Zoom and are also asked to [register for this](#). We would like to have our full complement of 15 attendees, so please do attend in person if you can.

Our speaker at our August meeting will be urologist, Dr Kieran Hart. Dr Hart has previously been one of our speakers, and is always interesting and informative.

Our next coffee morning will be at **10 am on Tuesday, 11 August** at the **Jamison Canberra Southern Cross Club**. Please [register by noon](#) on **Monday 10 August** so that we can make a suitable booking (the Club still has restrictions on numbers).

In September we hope to have an in-person meeting with a guest speaker. We will also hold our Annual General Meeting after this address. David Hennessy will be stepping down as Secretary and I will be stepping down as President. I am pleased that we do have members who are willing to be nominated for our positions (Greg McRoberts for President and David Newman for Secretary). Nonetheless, I encourage other members to nominate for committee positions, even ex-officio positions, to ensure that a range of views is available on the Committee and for our Group's future sustainability.

John McWilliam

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## Executive Committee Meeting

The Executive Committee met on 5 August and discussed a range of issues in the lead-up to our next meetings and coffee mornings. Life has been pretty turbulent for us all over the last few months as we've dealt with the pandemic, and so it has been good to meet and start to get us all back on an even keel.

- **August Group Meeting.** We discussed arrangements for our next Group meeting, which will be held back at the **Pearce Community Centre**. We look forward to hearing from urologist Dr Kieran Hart.

This will be our first in-person meeting for a while and, as discussed in the President's message, we will be limited to a maximum of 15 people (Dr Hart, plus up to 14 of us). So please email John McWilliam before the meeting if you can attend so that we can make sure that there's space for you. We also agreed to use *Zoom* for those who would like to attend remotely. So please [email John McWilliam](#) before the meeting if you would like to attend by *Zoom* so that we can set everything up.

- **August Coffee Meeting.** Our next coffee meeting will be held at **10 am on Tuesday 11 August** at the **Jamison Canberra Southern Cross Club**, following our successful coffee meeting in July at Woden.

Please [email John McWilliam](#) by noon on Monday 10 August if you can attend so that we can make a suitable booking.

- **September Group Meeting.** We'll be running our September meeting on the 16th with a guest speaker, followed by our Annual General Meeting. At this stage, we hope to have Dr Kellie Toohey from the University of Canberra join us. Dr Toohey is an Accredited Exercise Physiologist with a PhD in Exercise Oncology and Masters Degree in Clinical Exercise Physiology. Her talk should be fascinating and not one to miss. Another 'not to miss' will be the AGM, of course! We need a good attendance here, too, because we need to elect the Committee again, and two of our stalwarts will be stepping down. Notwithstanding that Greg & David have already offered to join the Committee, we're always on the lookout for more help, so please add your name to the list at the AGM if you can.
- **October and November Group Meetings.** Plans are still being made for the last two meetings of the year, and we're looking at having a speaker at one and just keeping the other for general discussion. We need to hear from you, our members, to make sure that the Group is meeting your needs.

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## Borrowing items from the Library

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 or finding out more about our collection can contact U.N. Bhati, email:

[librarian@prostate-cancer-support-act.net](mailto:librarian@prostate-cancer-support-act.net)

Please also let U.N. know if there are publications we can usefully add to the Library.

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## Articles and Reports of Interest

The following articles may be of interest to members. Any opinions or conclusions expressed are those of the authors. Please see the Disclaimer at the end of this edition of *The Walnut*.

### Evaluating the trade-offs that men with localised prostate cancer make between the risks and benefits of different treatments

Originally published in Urology:

[Read more here](#)

Selecting the most appropriate treatment option for intermediate-risk prostate cancer should be a shared medical decision between patient and provider. The COMPARE study evaluated trade-offs that men would be willing to make between active surveillance and curative-intent treatment for localised prostate cancer. Active surveillance, focal therapy and radical therapies all were considered. Men with low- to intermediate-risk disease were willing to trade a 6.99% reduction in survival to pursue active surveillance over definitive therapy. In both intermediate- and high-risk disease, patients were willing to trade decreases in survival for a quicker return to normal activities, including urinary and sexual function.

Although urologists may centre their recommendations on mortality, data suggests that patients are willing to sacrifice optimal survival for side-effects minimising strategies.

### Management of intermediate-risk prostate cancer

European Urology oncology June 3 2020:

[Read more here](#)

Treatment options for **intermediate-risk prostate cancer** range from surveillance to focal therapy to whole-gland treatment. Literature reviews have shown that radical prostatectomy and radiotherapy had long

follow-up with good long-term oncological outcomes, but observed that carefully selected **intermediate-risk patients** can undergo active surveillance or partial-gland ablation with reasonably good expected outcomes.

The review concluded that, although radical prostatectomy and radiotherapy may have best-in-class oncological outcomes, newer treatments may offer a better balance of outcomes and side-effects for some patients.

### PSMA-directed focal stereotactic re-irradiation for locally recurrent prostate cancer

International Journal of Radiation Oncology:

[Read more here](#)

What to do with recurrence of prostate cancer after radiation remains a conundrum, with no clear consensus on how to manage these patients. In the article, Bergamin and colleagues presented a novel concept based on PSMA imaging. In their small study of 25 patients, men with a local recurrence demonstrated by PSMA PET were re-irradiated. All patients had a PSA-only relapse four or more years after the treatment and a median PSA of 4.1 (range, 1.1–16.1). Both MRI and PSMA PET were used for patient selection. Biopsies were required, and less than one lobe involvement was required.

Radiation was focused on the MRI/PSMA PET fusion regions of positivity. Outcomes included 24/25 patients with a PSA decline, and 23 patients had no evidence of disease on repeat PSMA 12 months later. Toxicity was minimal in short-term follow-up.



**Prostate Cancer  
Foundation of Australia**

### PCFA Online Community

The PCFA Online Community is open to anyone who has been impacted by prostate cancer to share their experiences and connect with others. Through the Research Blog, Online Community members can learn more about the latest prostate cancer research developments and findings. The Research Blog has a recent article on:

- *Predicting the effectiveness of prostate cancer treatment from a blood test:* What if a simple blood test could predict the effectiveness of a treatment for metastatic castration-resistant prostate cancer (mCRPC)? In a recent Australian study, researchers were able to detect circulating cell free DNA and RNA for altered androgen receptors in the blood of men with mCRPC. Men who had altered androgen receptor DNA or RNA in their blood had a poor response to treatment.

[Read more here](#)

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

### Webinar

On 29 July, PCFA ran a Webinar on the ProPSMA Pet/CT trial, presented by Profs Michael Hofman and Declan Murphy.

The presentation is now available for you to access at:

- [PCFA Webinar link](#), and
- [YouTube](#)



**Cancer  
Council  
ACT**

### Cancer Council 13 11 20

Cancer Council 13 11 20 is a free, confidential telephone information and support service.

Their specially trained staff can answer your questions about all aspects of cancer, including prevention, early detection and treatment. They can also assist with practical and emotional support as well as referring you to appropriate services in the area.

They are open Monday to Friday, from 9am – 5pm. Outside these hours, you can leave a message and they will call you back.

### Cancer Council NSW Study: the impact of COVID-19

Cancer Council ACT has asked us to promote the following activity by Cancer Council NSW, which is inviting participants to take part in a research study to investigate the impact of COVID-19 and social distancing measures on people affected by cancer. If you are living with a current or previous cancer diagnosis, or if you are a carer or family member of someone affected by cancer, you may be interested in participating in the study.

The findings from this research will be used to provide new insights about the psychological and environmental impacts of COVID-19 to ensure that there are appropriate systems and support in place both during and after this evolving health crisis in Australia.

You can find out more information about this research project on the Cancer Council NSW website by clicking [here](#).



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## What is the Long Run?

The Long Run is an awareness and fundraising event inspiring you to run, walk or wheel 72km to raise awareness and funds for Australian men and families impacted by prostate cancer. You can cover the distance during the month of September anyway and anywhere you like. On Father's Day you'll be invited to take part in our 4k Family Fun Challenge.

If 72km is more than you can manage, you can also set your own distance and goals, suited to your fitness level.

## When is it?

September 2020, but Pre-registration opened Monday July 20

## Where is it?

Anywhere in Australia – Online via your own personal Fundraising Page, on Facebook, Instagram, and Twitter.

## How do I sign up?

1. Sign up for the challenge at [www.thelongrun.org.au](http://www.thelongrun.org.au)
2. When you register, you'll be automatically set up with a personal fundraising.
3. Download resources from the website to help with your fundraising
4. Share your story and track your training miles on social media
5. Invite others to join the campaign and donate towards your challenge

Along the way, you'll earn virtual badges for display on your fundraising page, keeping you motivated and inspiring your fundraising.

## Goals

Our goal is to raise awareness and funds for prostate cancer research, support, advocacy, and outreach. We hope you'll be one of 1750 Australians taking part, to reach our fundraising target of \$498,000.

[www.thelongrun.org.au](http://www.thelongrun.org.au)

[thelongrun@pcfa.org.au](mailto:thelongrun@pcfa.org.au)

Phone 1800 22 00 99

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## Notice of Annual General Meeting

Notice is hereby given that the Group's annual general meeting will be held at 7 pm on Wednesday 16 September. Any enrolled member of the Group can be nominated for election to the executive committee. The nomination form is available [HERE](#).

### Appreciation

The Group recognises and expresses its appreciation for the support provided over the past year by: Harness Racing ACT; TAB Corporation; Holy Family School Gowrie; Paddywack Promotional Products; the Residents' Social Clubs at Isabella Gardens, Isabella Plains and The Grove, Ngunnawal; the ACT Masters Hockey Association; the PCFA; SHOUT staff; and the many individuals who have assisted in our fund-raising activities.

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### Personal support

For general information, please call SHOUT (Self Help Organisations United Together) during normal office hours on (02) 6290 1984, and their staff will arrange for someone to contact you.

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

President: John McWilliam

Phone: 0416 008 299

Email: [president@prostate-cancer-support-act.net](mailto:president@prostate-cancer-support-act.net)

Secretary: David Hennessy

Phone: (02) 6154 4274

Email: [secretary@prostate-cancer-support-act.net](mailto:secretary@prostate-cancer-support-act.net)

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#### 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, we would 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 to our distribution list, or if you no longer wish to receive copies of the newsletter, please send an email to:

[president@prostate-cancer-support-act.net](mailto:president@prostate-cancer-support-act.net).

#### 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 does 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 Group. Any recommendations made in such materials may not be applicable in your 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 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.