



THE WALNUT

JANUARY 2021

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>



Monthly meetings

Our regular meetings are held on the third Wednesday of the month (except in December) at 7:00 pm. Our usual location is Room 22, Building 1, Pearce Community Centre, Collett Place, Pearce, ACT 2607 ([see map](#)).

Our next monthly meeting will be held at **7:00 pm** on **Wednesday, 20 January**. With some of the COVID restrictions starting to lift and our COVID Safety Plan in place, we can now have up to 30 people in our meeting room. A copy of our Plan is on page 2.

Next coffee morning

Our 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.

Our next coffee morning will be held at **10:00 am, Tuesday, the 9th of February** at the **Jamison Southern Cross Club**.

All are welcome to attend our meetings and coffee mornings, and we'd love to see you there.



Happy New Year to all of us!

Welcome back and let's hope that 2021 is a better year for all of us than was 2020! Last year was not fun!

Our Group continues to go from strength to strength, and much of this is up to you, our members, as we build on where we've come from and expand how we can support each other. To help with this, we'd like to hear your ideas so that we can better understand what you'd like to see in the upcoming year:

- More and/or different social functions?
- Specific speakers and/or subjects for our meetings?
- Any ideas for what you'd like to see in the Walnut?

If you have any suggestions for what you'd like to see, please email: president@prostate-cancer-support-act.net

Our first meeting for the year will be held at **7:00 pm** on **Wednesday, 20 January** in our Pearce meeting room, where you'll be able to join us in person or by Zoom. Jim Lloyd from PCFA will be joining us at the meeting via Zoom, where we'll be bringing everyone up to date with some of our planning for the year so this will be one not to miss. If you are planning to come, please email Greg at president@prostate-cancer-support-act.net so we can make sure we don't exceed our COVID room limits.

COVID Safety Plan

Thank you for helping us to reduce the impact of COVID-19 in the ACT

The ACT Government has released updated rules and guidelines to help us safely continue our activities during the COVID-19 pandemic and ensure that we continue to comply with relevant laws and regulations. These include us developing and applying our own [COVID Safety Plan](#). We'll be using this Plan at our regular meetings and coffee mornings, in addition to any other requirements that our hosting venues may want to apply in order to keep us and others safe.

Please provide your contact details

- We will continue to log attendances at all of our meetings, just like we've done before.
 - This is held securely to ensure privacy and will only be released if required for tracing.
- Please use the [Check In CBR app](#) when you arrive; the sheet will be at the door.
- If you can't use the app, please ask someone to check you in on their device.

Ensure physical distancing

- We will be limited to a **maximum of 30 people** in our SHOUT meeting room.
- Please maintain a distance of **1.5 metres between others** who you don't know, wherever possible.
- We'll set up the chairs at our meetings for physical distancing so please don't move them.
- Zoom (or similar) will continue to be available for our meetings.

Cleaning and sanitising

- We will clean tables, chair backs, door handles and bench surfaces **before** and **after** meetings.
- Please use the hand sanitiser when you **arrive** and **depart**.

But what if I am sick or become sick later?

- **Please stay home if you are unwell.** This applies to all of us.
- **We retain the right to turn you away from our meetings** if you have clear symptoms of illness.
 - Please recognise that this is for everyone's benefit.
- **If you return a positive result to a COVID test within 14 days** of attending any of our meetings, please advise the President at president@prostate-cancer-support-act.net so that we can assist the ACT Government health services with contact tracing.

Compliance and enforcement

As good corporate citizens, we will do our best to keep each other safe and look forward to your help with this.

Current Activities

Membership database update. Our membership database audit is continuing and all of you should have received emails to help us validate your contact details. If not, please email Dave at secretary@prostate-cancer-support-act.net so that we can validate your data.

Auditing our membership database is a huge job as we have over 400 different people in our records that date back over a decade. Our membership database is a legislative requirement so we need to get it right and need your help. Thank you to everyone who has responded so far.

If you have received an email titled '**PCSG-ACT Membership Audit**' and not yet responded, **could you please respond to the original email, even if the information is correct?**

Constitution update. As discussed in the last Walnut, we ran the first meeting of our Constitution Working Group on the 7th of December to work through areas already identified for improvement and so we could brainstorm extra changes, including membership. The next draft will be reviewed at our second workshop and we are still on track to provide the finalised draft to you at a Special General Meeting, which will be timed with a normal Monthly Meeting.

Strategic Planning. As discussed in the last Walnut, we spoke about the strategic planning session that we had conducted on the 5th of November to help us develop a clearer way ahead and improve our support to all of our members and supporters. Since then, a draft Strategic Plan has been developed and we'll be providing an update to you at our January meeting.

I'm A Celebrity Get Me Out Of Here Australia - 2021



For those of you who follow reality TV, ARIA Award-winning songstress PAULINI has chosen PCFA to be the beneficiary of her charity winnings in this year's [I'm A Celebrity Get Me Out Of Here Australia](#).

PAULINI's father recently passed away from prostate cancer: *"I saw my dad suffering before he passed away and if I can make that suffering easier for just one person, my time in the jungle will have been worth it."*

Follow her on social media and tune in each night at 7.30pm on Channel 10 to see her overcome her personal fears of heights, rats (?!) and spiders.

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.

First report of clinical MRI-Linac treatments wins Journal Prize

A research paper describing the first clinical use of a 1.5 T MRI-Linac for MRI-guided radiotherapy has won its authors the 2020 *Physics in Medicine & Biology* citations prize.

Image-guided radiotherapy provides a means to visualise a tumour target in real time; and the use of MRI for this guidance confers exceptional soft-tissue contrast without the need for ionising radiation. The winning paper describes the first-in-man treatments using the prototype MRI-Linac, which integrates a diagnostic-quality 1.5 T MR scanner with a state-of-the-art linear accelerator.

The team treated four patients with lumbar spine bone metastases, chosen as these tumours are clearly visualized on MRI and the surrounding spinal bone can be detected on the integrated portal imager, providing independent verification of the targeting accuracy. Patients were treated with an intensity-modulated radiotherapy (IMRT) plan created while they were on the treatment table and based on the online MR images.

The study demonstrated that the MRI-Linac concept works in the clinic and that radiation can be precisely targeted using high-field MRI guidance. Absolute doses were found to be highly accurate, with deviations ranging from 0.0% to 1.7% in the isocentre. Portal imaging confirmed that the MRI-based targeting was better than 0.5 mm, ranging from 0.2 mm to 0.4 mm.

[\(Read more here\)](#)

LYNPARZA® (olaparib) approved for the treatment of BRCAm castration-resistant prostate cancer with distant metastasis

AstraZeneca and Merck, known as MSD outside the United States and Canada, have announced that **LYNPARZA** has been approved in Japan for the treatment of three types of advanced cancer: ovarian, prostate and pancreatic cancer. The concurrent approvals by the Japanese Ministry of Health, Labor, and Welfare are based on results from the PAOLA-1, PROfound and POLO Phase 3 trials, which each were published in *The New England Journal of Medicine*.

The approvals authorise **LYNPARZA** for the treatment of patients with BRCA gene-mutated (BRCAm) castration-resistant prostate cancer with distant metastasis (mCRPC).

The approval is based on a subgroup analysis of the PROfound Phase 3 trial which showed **LYNPARZA** demonstrated a substantial improvement in radiographic progression-free survival and overall survival versus enzalutamide or abiraterone in men with BRCA1/2 mutations. **LYNPARZA** is the first and only PARP inhibitor approved in Japan in mCRPC. PARP Inhibitors were discussed in the December 2020 Walnut.

AstraZeneca and Merck are exploring additional trials in advanced prostate cancers, including the ongoing PROpel Phase 3 trial testing **LYNPARZA** as a first-line treatment for patients with mCRPC in combination with abiraterone versus abiraterone alone. Data are anticipated in the second half of 2021.

[\(Read more here\)](#)



PCFA Online Community

PCFA runs Australia's largest online group dedicated to connecting Australian men and families who have been impacted by prostate cancer. By joining the conversation in their Community Forum, you can learn more about medical and other scientific breakthroughs. You can access the Community [here](#).

PCFA Webinar: Tackling the Urinary Challenges of Prostate Cancer.

For many men, urinary side effects after prostate cancer treatment can be challenging.

The webcast explained the causes of urinary issues and a range of treatments to help overcome common side effects such as leaking and difficulty emptying.

Subject matter

- Common side effects and causes
- Strategies for overcoming discomfort
- Managing leaks and choosing the right treatment for you
- Seeking support and affording access to care
- Knowing who to go to and where to turn

With 100 years of combined experience, the panel comprised Australia's leading experts in the field, who shared the wisdom gained from working one-on-one with Australian men and discuss emerging prospects for helping to overcome incontinence.

The presentation is now available for you to access at this [PCFA Webinar link](#). Register and then follow the links to replay it.



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.

Living Well After Cancer Program

Finished cancer treatment and ready to move on? Living Well After Cancer is a free program for people who have finished their cancer treatment. It is:

- run by two trained facilitators who have experienced cancer firsthand
- a 2 hour program providing practical support and open discussion
- for cancer survivors, carers, family, friends and work colleagues

More information can be found [here](#).

Publication: Living Well After Cancer - A guide for people with cancer, their families and friends.

This is for people who have finished initial cancer treatment or are on maintenance therapies to try to prevent the cancer coming back. Coming to the end of treatment may be when you notice the impact cancer had on you, your family and friends.

[Download the publication here](#)

Appreciation

The Group recognises and expresses its appreciation for the support provided over the past year by PCFA, the ACT Government, SHOUT, Paddywack Promotional Products, Harness Racing ACT, and the many individuals who have assisted in our fund-raising and other support activities.

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

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

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:

President: Greg McRoberts

Phone: 0413 480 864

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

Secretary: David Newman

Phone: 0412 812 875

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

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: secretary@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.