



THE WALNUT

FEBRUARY 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, 17 February**, where we will be joined by Dr Catherine Paterson. Our COVID Safety Plan is now in place so please check in on the app when you arrive.

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 March** at the **Woden Southern Cross Club**.

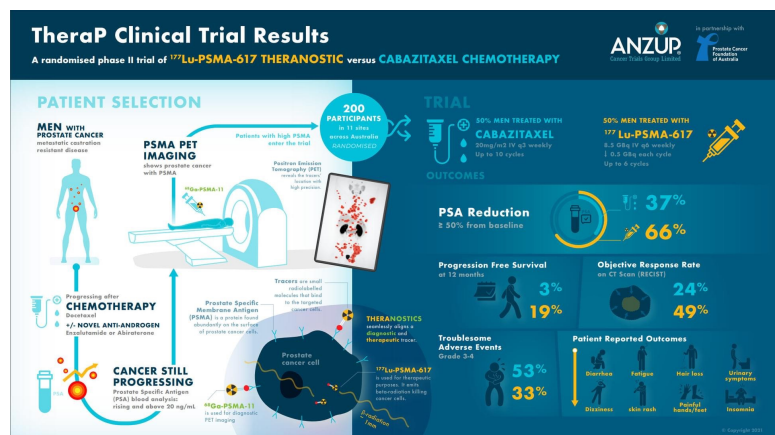
All are welcome to attend our meetings and coffee mornings, and we'd love to see you there.

¹⁷⁷Lu-PSMA-617 (Lu-PSMA) trial

ANZUP has reported the results of its “TheraP” clinical trial, which was partially funded by PCFA; [read more here](#).

TheraP is the first randomised trial comparing ¹⁷⁷Lu-PSMA-617 (Lu-PSMA), a novel radioactive treatment, to current standard-of-care chemotherapy called cabazitaxel for men with metastatic castration-resistant prostate cancer whose disease had already progressed after standard chemotherapy.

This treatment involves “mapping” the cancer with a PET scan, then treatment with a radioactive substance Lutetium-177 attached to a similar molecule as used for the PET scan. This novel dual approach of imaging and treatment is called “theranostics.”



The study found:

- **A favourable response**, defined by reduction of PSA by 50% or more, **occurred in 66% of men** assigned to receive ¹⁷⁷Lu-PSMA-617 compared to 37% with cabazitaxel chemotherapy
- **¹⁷⁷Lu-PSMA-617 also delayed the time to progression** defined by a rise in PSA or progression on CT or bone scans.

PCFA 2020 Impact Report

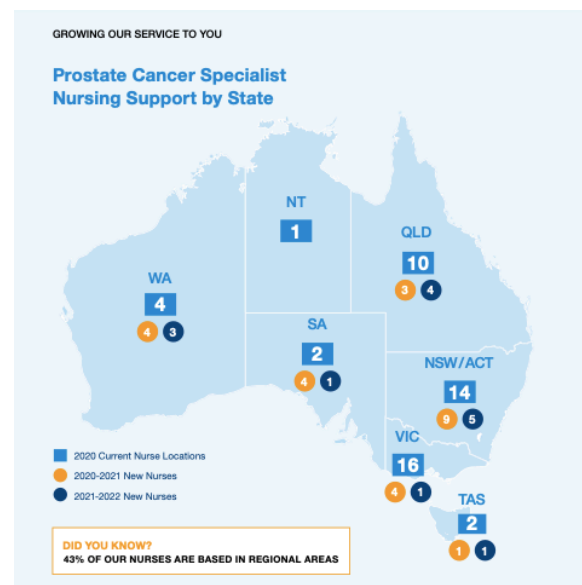
We were joined at our January monthly meeting by Professor Jeff Dunn AO, CEO PCFA and also President-elect of the Union for International Cancer Control (UICC). He described some of the key points from the PCFA 2020 Impact Report

2021 Advocacy Priorities

- Review of the NHMRC-endorsed PSA Test Guidelines.
- Action to support the approval of new medicines and treatments.
- Public health awareness activity on prostate cancer risks and family history, via The STARGATE Project.
- Improving engagement with men who have a high risk of prostate cancer to raise their awareness of relevant risk factors.
- Enhancing support for men with high-risk forms of prostate cancer, including advocacy for new prostate cancer research and treatment.

2021 Service Priorities

- Expansion of the Prostate Cancer Specialist Nursing Service.
- Launch of a new Prostate Cancer Specialist Telenursing Service.
- Growth of the Support Group Network, Ambassadors Program, and associated peer support innovations, such as MatesCONNECT.
- Engagement of the community in our work through campaigns such as The Long Run and Big Aussie Barbie.
- Strengthen community outreach through the distribution of evidence-based information, our magazine Blue Sky News, and other media.



AUSTRALIA HAS
ONE OF THE HIGHEST
RATES OF PROSTATE
CANCER IN THE WORLD

1 IN EVERY 6 MEN
DIAGNOSED BY AGE 85

25 NEW
NURSES
OVER THE NEXT
12 MONTHS

15 NEW
NURSES
STARTING FROM
JUNE 2021

STARGATE Project

Professor Dunn spoke at length about the Stargate Project, which is shortly to be launched and aims to improve prostate cancer awareness by providing the Australian community with fact sheets on the burden of disease at a regional level, nationwide.

Using a new website, people will be able to search by postcode or area name for information on specific Australian regions and share the fact sheets to help improve community understanding and save lives. Importantly, it will help us to identify geographic areas where prostate cancers are being diagnosed at later stages, in order to improve earlier detection.

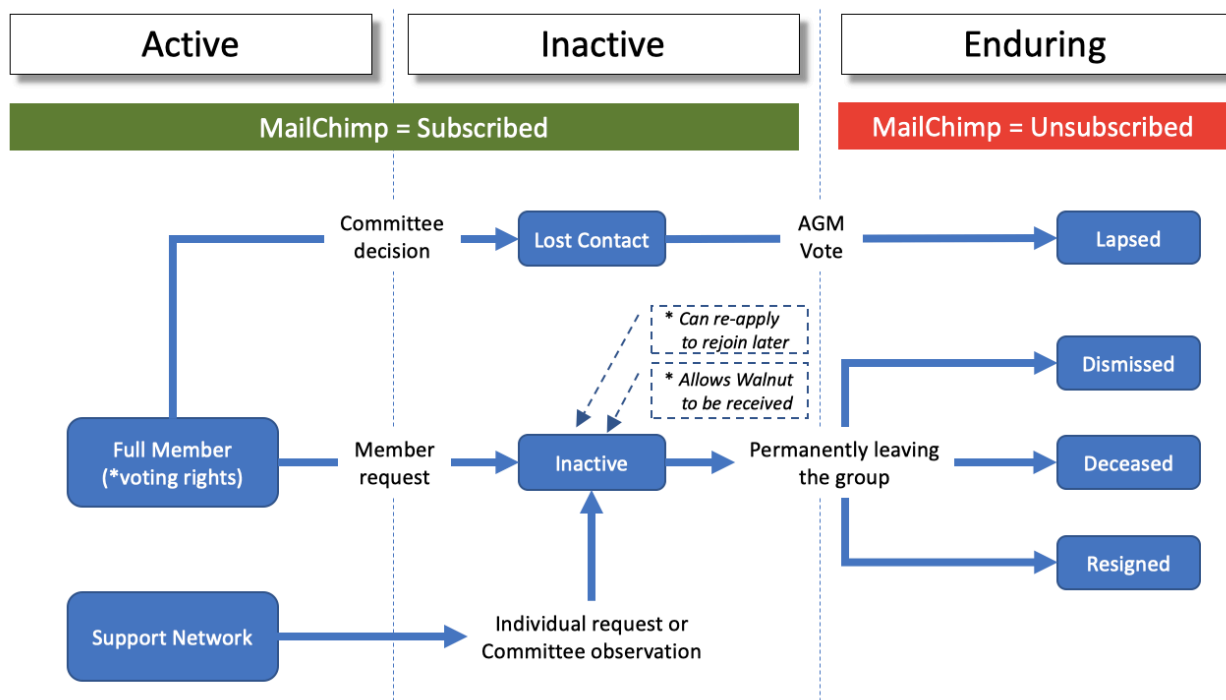
Current Activities

Membership database update. Our membership database audit is continuing and all of you have received emails to help us validate your contact details.

- If you have received an email titled '**PCSG-ACT Membership Audit**' and not responded, **could you please respond to the original email, even if the information is correct?**
- If not, please email Dave Newman at secretary@prostate-cancer-support-act.net so that we can validate your contact and other information.

A key outcome of our membership audit is the identification of membership records that appear to be no longer active, with them ultimately to be rendered inactive through the 'lost contact' procedure (shown below) for the purposes of meeting quorums and voting. This can also lead to these records being tagged as 'lapsed' and unsubscribed from our MailChimp mailing list, so they will no longer get the Walnut, or be notified of our meetings or other events. **This is why your response to our membership audit emails is so important** - we don't want to risk inadvertently reducing our support to you because we can't get in contact with you.

PCSG Database Management Path



Constitution update. The draft update to our Constitution ([you can also download it here](#)) was sent out to all Full members shown in our database on the 31st of January for your review by **Sunday, 14 Mar 21**. We are planning to table and vote for/against the draft by Special Resolution at a Special General Meeting on **Wednesday, 17 Mar 21**, on the same night as our monthly meeting. Could you please provide any comments (if needed) beforehand to the Secretary?

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.

Systemic Therapy for Nonmetastatic Castrate-Resistant Prostate Cancer

This article is an interview with Prof Neeraj Agarwal and discusses the following trials:

- PROSPER trial with enzalutamide,
- SPARTAN trial with apalutamide, and
- ARAMIS trial with darolutamide.

All three were large trials, for over 1,000 patients in each. All three delayed metastasis and improved quality of life, which was a great outcome. From an absolute timeframe perspective, there was a 2-year delay in metastasis in all patients. ([Read more here](#))

Comparison of Systemic Treatments for Metastatic Castration-Sensitive Prostate Cancer

The authors analyzed seven trials with 7287 patients to evaluate the addition of docetaxel, abiraterone acetate, apalutamide, or enzalutamide to androgen-deprivation therapy (ADT) for the treatment of metastatic castration-sensitive prostate cancer.

- When added to ADT, abiraterone acetate, apalutamide, and docetaxel best improved overall survival.
- When added to ADT, enzalutamide, apalutamide, abiraterone acetate, and docetaxel best improved radiographic progression-free survival. Docetaxel, was associated with substantially increased serious adverse events.

According to these data, abiraterone acetate and apalutamide appear to provide the greatest overall survival benefits with relatively low risk for serious adverse events.

([Read more here](#))

Prostate-Only vs Whole-Pelvic Radiation Therapy in High-Risk and Very High-Risk Prostate Cancer

The authors of this phase III, randomized trial evaluated prostate-only or prophylactic whole-pelvic radiation for patients with nonmetastatic node-negative, high-risk adenocarcinoma of the prostate undergoing radical radiotherapy.

- There were fewer biochemical failures in the whole-pelvic radiation group. The 5-year biochemical failure-free survival was 95% for whole-pelvic radiation compared with 81.2% for prostate-only radiation.
- The 5-year disease-free survival was 89.5% for whole-pelvic radiation versus 77.2% for prostate-only radiation.
- There was a significant association between whole-pelvic radiation and both biochemical failure-free response and disease-free response, particularly in patients aged <66 years.

Prophylactic pelvic irradiation for high-risk, locally advanced prostate cancer improved biochemical free failure and disease free survival, compared with prostate-only radiotherapy, but overall survival did not appear to differ.

([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](#).

Pathfinder – PCFA's Research Register.

Here's your chance to help give back!

What is Pathfinder?

Pathfinder is a national online register and joint initiative of PCFA and Griffith University for men and women interested in participating in research into improving the health and lives of people post prostate cancer treatment.

Pathfinder saves researchers valuable time in recruiting participants for their projects, freeing up more time to spend on vital research. Registration is free and all your personal details are kept completely confidential.

How do I join? You can register [here](#).

When registering, you will be asked to fill in a very brief questionnaire to provide some information about yourself, which will be kept strictly confidential. By registering with Pathfinder, you are simply agreeing to receive information about research that we are looking for people to participate in. It is completely up to you what you choose to participate in.

[Download your Jan 21 Blue Sky News here](#)



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.

Podcasts 'The Thing About Cancer'

How do people cope after a cancer diagnosis? What if cancer affects your sex life? Why is everyone talking about [immunotherapy](#)? Can you do anything about fatigue?

Cancer Council NSW runs a series of podcasts and their latest of 'The Thing About Cancer', hosted by Julie McCrossin who you may remember from some of the Council's other webcasts. Login and have a listen!

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

Publication: Caring for Someone with Cancer.

This booklet is for people who are looking after someone with cancer. You may still be adjusting to the news that someone you know has cancer and that you could become their carer. It's natural to be worried about the demands that come with a caring role and the impact this might have on your life.

[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.