



**Committee:**

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Annual subscription - \$5

**Calendar 2012**

Meetings at Uniting Church  
Meeting Room, Seddon  
Street Ivanhoe at 10:00 am  
Wed 11<sup>th</sup> April 2012  
Wed 9<sup>th</sup> May 2012

[Dr. Renea Taylor Monash University](#)

Wed 13<sup>th</sup> June 2012

Wed 11<sup>th</sup> July 2012:

[10<sup>th</sup> Birthday celebration](#)

Wed 8<sup>th</sup> August 2012

Wed 12<sup>th</sup> September 2012

[Melbourne Pathology - Ken Sikaris](#)

Wed 10<sup>th</sup> October 2012

Wed 14<sup>th</sup> November 2012

Wed 12<sup>th</sup> December 2012

followed by [Xmas lunch](#)

[2013 Meetings](#)

Wed 13<sup>th</sup> February 2013

Wed 13<sup>th</sup> March 2013

Remember, the PCFA's Localised Prostate Cancer Patient Pack is available to newly diagnosed men from local pharmacies including nationally all ChemMart Pharmacies and Terry White Chemists. Ask your urologist for a voucher or contact Patrick Woodlock.

*Prostate Heidelberg supports men with prostate cancer, and their families and carers. The support takes the form of shared experiences and knowledge from books, subscriptions, internet sites and help lines.*

**Disclaimer**

Information contained in this newsletter or discussed at meetings, should not take the place of proper medical advice from a qualified health professional. The services of a qualified health practitioner should be sought before applying the information to particular circumstances. This disclaimer is issued without prejudice.

**Our Culture**

1. Show respect to members and speakers;
2. Listen and allow people to speak;
3. Respect confidentiality;
4. Allow new ideas to be shared.

The Prostate Heidelberg Cancer Support Group last met on 14<sup>th</sup> March 2012 at the Ivanhoe Uniting Church Meeting Room at 10:00 am with 18 members in attendance.

Partners or carers are welcome to all meetings.

Amanda Pomery is the new Support Group and Outreach Coordinator for Victoria and Tasmania. Amanda visited our March meeting and expressed a willingness to answer questions from the public as well as supporting the group leaders. Contact her at [amanda.pompery@pcfa.org.au](mailto:amanda.pompery@pcfa.org.au).

The group was very grateful to PCFA's Miranda Xhilaga who presented an informative talk on the potential outcomes of current research projects. Miranda gave us a very good insight in the life cycle of a research projects, including the multi-faceted peer reviews. She clearly and succinctly answered a number of questions from the group.

**Vale - JACK FALIA**

Jack Fallia passed away peacefully on 17<sup>th</sup> March. A number of our group attended his funeral. Jack bore his fate with great dignity and shared his experiences generously with us. We will miss him. Our thoughts are with Marilyn, his wife, and his family.

[A special reminder that we are celebrating our 10<sup>th</sup> birthday on Wednesday 11<sup>th</sup> July with a lunch at 12:30pm \(immediately following our normal meeting\). Banyule Council have donated the catering. Reserve the date for yourself and partners.](#)

Some **CLINICAL TRIALS / STUDIES** currently being undertaken in Victoria

1. **Peer Support at Time of Diagnosis Project;**
2. **Depression in men with Prostate Cancer;** and
3. **The Cancer of Prostate Translational Research In Victoria (CAPTIV) Collaboration**

The Victorian Government on 23<sup>rd</sup> March 2012 announced the state's largest investment in finding a cure for prostate cancer, funding a project which will bring together over 50 leading researchers and clinicians. Led by Associate Professor Mark Frydenberg at Monash University, the CAPTIV project was awarded a \$2 million Victorian Cancer Agency research grant. As was disclosed in last month's newsletter, the project aims:-

1. To establish a collaborative, multidisciplinary, effective research governance structure.
2. To improve the clinical approach to Active Surveillance of Prostate Cancer across Victoria.
3. Integration and clinical annotation of archived and prospective tissue-based resources as effective scientific discovery and validation platforms.
4. To progress Prostate Cancer tumour growth platforms and enable preclinical novel therapeutics testing
5. Expansion of the clinical and scientific role of the Victorian Familial Prostate Cancer cohort.

#### **CALL TO DEVELOP NATIONAL GUIDELINES ON PROSTATE CANCER CARE**

The PCFA on 1<sup>st</sup> March 2012 called for development of national guidelines on prostate cancer care following latest European study results that Prostate Specific Antigen (PSA) test cuts deaths by 21%. On 29<sup>th</sup> February 2012 in Paris the European Randomised Study of Screening for Prostate Cancer (ERSPC) released the analysis of 11 years of follow up - two years more than previously. The ERSPC commenced in the 1990s and involves around 162,000 men from eight countries.

“Currently men and their treating GPs receive differing opinions about the value of the PSA testing,” says Associate Professor Frydenberg. “Many doctors, including prostate cancer specialists are also concerned about the extent of treatment for prostate cancer and the side effects that can follow it. It would be timely to take stock now, with this new evidence, bring all relevant information together, and decide how our community can best control prostate cancer.” Tragically almost 20,000 Australian men will be diagnosed with prostate cancer and 3,300 men will die of the disease.

#### **CANCER NEWS WEEKLY'S HOT TOPIC:**

##### **NEW TELEPHONE SEXUAL COUNSELLING SERVICE FOR PEOPLE WITH CANCER**

Recognising the importance of addressing sexuality in oncology is a key quality of life issue for cancer survivors. Sadly, survivors and their partners, for many reasons, suffer silently, harbouring significant side effects and relationship issues as a result of cancer and cancer treatment. Potential issues for both sexes, and specific problems for men, and for women, are extremely common with over half of all cancer patients and partners experiencing high levels of sexuality and intimacy concerns. These are extremely worrying statistics for people with cancer and clinicians.

Cancer Council Victoria has developed a telephone psychosexual counselling service for cancer patients and partners. Dr Susan Carr, Head of Psychosexual Services at Royal Women's Hospital and her colleagues, Dr Anita Elias, Dr Wendy Vanselow and Dr Debbie Owies will be available for consultation with cancer patients and partners, anywhere in Victoria by telephone. Please contact Cancer Council Helpline (13 12 20) for details.

*Cancer Council's Cancer Information and Support Services News 7 February 2012*

## **CUT YOUR CANCER RISK**

### **1. Check for unusual changes and have regular screening tests**

For most cancers, finding it early means treatment has a better chance of success. Chances are you won't have cancer but it's important to get checked out. Men who are concerned about prostate cancer should speak to their doctor to help them decide whether testing is right for them. Visit [www.prostatehealth.org.au](http://www.prostatehealth.org.au) for more information.

### **2. Maintain a healthy weight**

Maintaining a healthy weight is about getting the balance right between what you eat and how active you are.

### **3. Limit alcohol**

Even moderate amounts of alcohol increase the risk of certain cancers. To reduce the risk of cancer, limit your intake of alcohol. There is no evidence to suggest that alcoholic drinks (such as red wine) protect against any type of cancer. Drink water rather than alcohol when thirsty.

### **4. Eat a healthy diet**

Fruit and vegetables are low in fat and calories and help maintain a healthy body weight. Aim to eat five servings of vegetables and two servings of fruit each day. Limit red meat intake to three or four serves a week. Limit or avoid eating processed meats like sausages, frankfurts, salami, bacon and ham.

### **5. Be physically active**

One hour of moderate activity or 30 minutes of vigorous activity is recommended on most days for general health and fitness. Moderate activities include brisk walking, medium-paced swimming or cycling. Vigorous activity includes active sports like football, tennis and basketball and activities such as aerobics, dancing, jogging and fast cycling. Be active in as many ways as you can.

### **6. Be SunSmart**

It is important to balance the risk of skin cancer with maintaining adequate vitamin D levels.

### **7. Quit smoking**

About one in five deaths from cancer are due to smoking. More than 10,000 Australians are diagnosed with a smoking-related cancer every year. It's never too late to quit smoking, and the sooner you quit, the more you cut your risk of cancer.

[http://www.cancervic.org.au/downloads/cpc/cut\\_your\\_cancer\\_risk\\_infosheet.pdf](http://www.cancervic.org.au/downloads/cpc/cut_your_cancer_risk_infosheet.pdf)

*October 2010*

## **UPCOMING SPEAKERS CONFIRMED;**

Wed 9th May 2012, **Dr Renea Taylor**, Research Fellow at the Centre for Urological Research, Monash Institute of Medical Research  
Topic: "Tissue Research"

September 12<sup>th</sup> **Dr Ken Sikaris**, Director of Chemical Pathology, Melbourne Pathology.  
Topic: "How to interpret PSA and the latest developments in Prostate markers"

November 14th **Dr Chris Love**, Specialist in Urological Prosthetics, Bayside Urology.  
Topic: "Erectile Dysfunction"

**NEXT MEETING:** 10:00 am to 12.30 pm, Wednesday 11<sup>th</sup> April 2012 at the Ivanhoe Uniting Church Meeting Room, Seddon Street Ivanhoe (Melways 31 F8) - behind the Commonwealth Bank in Upper Heidelberg Rd.

**CORRESPOND** - Prostate Heidelberg, PO Box 241 Ivanhoe Vic 3079; [ProstateHeidelberg@gmail.com](mailto:ProstateHeidelberg@gmail.com)

#### **USEFUL PROSTATE WEBSITES**

Prostate Cancer Foundation of Australia [www.pcfa.org.au](http://www.pcfa.org.au);

USA Prostate Cancer Foundation [www.pcf.org](http://www.pcf.org)

Lions' Australian Prostate Cancer Collaboration [www.prostatehealth.org.au](http://www.prostatehealth.org.au);

National Cancer Institute: [www.cancer.gov](http://www.cancer.gov);

Cancer Council Victoria [www.cancervic.org.au](http://www.cancervic.org.au);

Continence Foundation of Australia [www.continence.org.au](http://www.continence.org.au);

Steve Dunn's Cancer Guide [www.cancerguide.org](http://www.cancerguide.org);

Life Extension [www.lef.org](http://www.lef.org);

Us TOO International Prostate Cancer Education and Support Network [www.prostatepointers.org](http://www.prostatepointers.org)

American Institute for Diseases of the Prostate [www.prostateteam.com](http://www.prostateteam.com) (Dr Charles "Snuffy" Myers)