



COMMITTEE:

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Annual subscription - \$5

Meetings: 10:00am -12:30pm
Uniting Church Meeting Room
Seddon St, Ivanhoe

CALENDAR 2012

Wed 8th August 2012

[Healthy exercising](#)
[Neal Beachley](#)

Wed 12th September 2012

[PSA & Prostate markers](#)
[Ken Sikaris](#)

Wed 10th October 2012

Wed 14th November 2012

[Erectile Dysfunction](#)
[Chris Love](#)

Wed 12th December 2012

followed by [Xmas lunch](#)

CALENDAR 2013

Wed 13th February 2013

Wed 13th March 2013

Wed 10th April 2013

Wed 8th May 2013

Wed 12th June 2012

Wed 10th July 2012

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 11th July 2012 at the Ivanhoe Uniting Church Meeting Room at 10:00 am with 25 members in attendance. The meeting had 2 new members in attendance. David Gray, the new Prostate Cancer Nurse (paid for from "Movember" funds) at the Austin, was a special guest.

Partners or carers are welcome to all meetings.

PROSTATE HEIDELBERG'S 10TH BIRTHDAY

The meeting was followed by a well attended light lunch in celebration of Prostate Heidelberg's 10th birthday. Tom Melican the mayor of Banyule City Council gave a short speech. Amanda Pomery, PCFA's person supporting the support groups of Victoria and Tasmania, cut the cake, then gave us a certificate. Attending were a number of local urologists, and nurses and staff from the Austin Hospital's newly opened Olivier Newton-John Cancer and Wellness Centre.

The caterer was Helen Disseldorp. Prostate Heidelberg gave a special mention to Tom Melican for Banyule Council's sponsorship of the lunch. His invoice is in the mail.

WEB SITE

Max is continuing to develop www.prostateheidelberg.info, the group's own web-site. Any suggestions and comments you have, can be given to Max by phone or at the website. We hope this could become an important tool to assist the support group in its endeavours.

The old copies of the newsletter are on the site.



QUESTIONS & ANSWERS

(The comments following are the opinion of the Newsletter's author. The author does not have medical expertise; he does have advanced prostate cancer.)

I HAVE LOW GRADE PROSTATE CANCER - WHAT DO I DO?

We have answered before (in May's Newsletter N° 108) the steps in determining the stage and grade of your cancer. But there are usually still queries about what treatment options should you choose. A diagnosis of cancer is a terrifying trip into the unknown.

A consensus in our last meeting was for someone with a low risk cancer (e.g. Stage I / low Gleason) that surgery (a radical prostatectomy) might be deferred: active surveillance should be the discussed with their urologist.

There was a result of a study over 12 years published in the recent New England Journal of Medicine (and picked up by the popular press) that suggested that surgery did not guarantee survival (the survival rate was about the same in each case). There were complications from surgery in about 20% of the group studied. The big caution is that these men either had, or had not, surgery in about 1999/2000. In both cases (surgery or no surgery), the survival rate was greater than 92%.

For many men, no cancer is the best cancer. The urologists will consider a host of factors, including the pathology results, the patient's age and general health, possible complications, and the patient's attitudes, before recommending a treatment. It is hard for a patient to accept a wait and see (actually a close monitoring by "active surveillance") approach. The urologist has to also consider the "aggressiveness" of the cancer: active surveillance may miss a sudden cancer growth that means the cancer becomes "advanced" (and therefore not curable) before removed. The matter is complicated as there is currently no test that can measure prostate cancer "aggressiveness". From the urologist's perspective, the most conservative course can be surgery now.

There is no one answer that fits all cases. Your cancer journey is unique.

The answer is to read and get reliable information.

There will some point where you, the patient, have to trust your urologist (or choose one to trust if you get the second opinion). With the information, and an urologist you trust, discuss the options (active surveillance, hormone (androgen deprivation) therapy, radiation and chemotherapy, all in various combinations) and the complications / side affects of each. As you get to know the urologist, the urologist gets to know you. You can then agree on a treatment course you can both live with - and there is a high chance you will live with the cancer, and not die from it.



IS EXERCISE, WEIGHT CONTROL, AND A HEALTHY DIET IMPORTANT NOW I HAVE CANCER?

The answer is that some form of exercise and a healthy diet can support weight control, help you to feel good, help you cope with treatments and side effects, and can even increase survival.

There is an article on [Cancer Council Victoria](http://www.cancervic.org.au) website that promotes exercise, weight control and a healthy diet.

The article talks of the benefits of the exercise and a healthy diet.

1. A good diet and regular exercise will help you to keep a healthy body weight. Regular exercise has many benefits. It can help to combat fatigue, depression and muscle weakening. Unless there are particular reasons why you should not exercise, try to do some exercise on most days.
2. You need to eat a variety of foods to keep you well nourished during your treatment and keep your weight stable. This helps you to feel better, have more energy and be able to tolerate your treatment better.
3. Exercising can help to speed up recovery during and after treatment and help you to feel better.
4. Once a cancer has developed, no particular food or diet, supplement, or type of exercise, will cure it. Some vitamins can be toxic in large quantities. Some dietary supplements can interact with chemotherapy, radiotherapy or medications so that treatments don't work as they should.

http://www.cancervic.org.au/about-cancer/living-with-cancer/nutrition_and_exercise

Published Sunday 31 October, 2010

Reviewed: Jessica Passador and Kate Kaegi, Oncology Dieticians at Austin Health

A further recent article on the internet worth considering is from the [American Cancer Society](http://www.americancancer.org), which issued new guidelines recommending that people living with cancer maintain a healthy weight, get enough exercise, and eat a healthy diet.

Colleen Doyle, American Cancer Society Director Of Nutrition And Physical Activity, said, "While we've published previous reports outlining the evidence on the impact of nutrition and physical activity on cancer recurrence and survival, this is the first time the evidence has been strong enough to release formal guidelines for survivorship, as we've done for cancer prevention. Living a physically active lifestyle and eating a healthy diet should absolutely be top of mind for anyone who's been diagnosed with cancer." The guidelines include the following points.

1. Achieve and maintain a healthy weight.
Avoid weight gain during cancer treatment, whether you are at a healthy weight or overweight. Weight loss after recovery from treatment may benefit survivors who are overweight or obese.
2. Be physically active.
Studies show that exercise is safe during cancer treatment, and can improve many aspects of health, including muscle strength, balance, fatigue, and depression. Physical activity after diagnosis is linked to living longer and a reduced risk of the cancer returning among people living with cancer, including breast, colorectal, prostate, and ovarian cancer.
3. Eat a healthy diet, with an emphasis on fruits, vegetables, and whole grains.
The most health benefits are associated with a diet high in fruits, vegetables, whole grains, poultry, and fish, and low in refined grains, red meat and processed meat (such as hot dogs), desserts, high-fat dairy products and French fries.



Studies show that taking vitamins, herbs and other nutritional supplements often does not help cancer patients live longer, and may even shorten life. Before taking any supplement, discuss it with your health care provider.

The recommendations also include specific guidance for people diagnosed with breast, colon, endometrial, ovarian, lung, **prostate**, head and neck, and blood cancers. It includes a section with answers to common questions about alcohol, organic foods, sugar, supplements, and several other areas of interest.

Guidelines Address Diet, Exercise, and Weight Control For Cancer Survivors

<http://www.cancer.org/Cancer/news/News/guidelinesaddress-diet-exercise-and-weight-control-for-cancer-survivors>

Published Thursday April 26, 2012, by Stacy Simon

FINANCES

As of 23 July we had \$5,682.62 in the NAB bank account and \$50 petty cash. The Steering Committee has established a Budget to spend this money wisely on Prostate Heidelberg's support of families with prostate cancer. The Budget was outlined in the June's Newsletter N^o 109.

TRIAL MEETINGS AT NIGHT IN OCTOBER

It was agreed that we would trial a night meeting to attract members who cannot attend during the day. We are open to suggestions. October is the month for which we are aiming.

MAINTAINING CONTACT WITH SICK MEMBERS

In the June meeting it was proposed that we contact sick members. Neil Stewart volunteered to help establish the outreach support. But we need members (or their wives or partners) to support Neil in this activity.

BUNNING'S FATHERS' DAY ACTIVITIES

On Fathers' Day, Sunday 2nd September, Prostate Heidelberg is looking for manning a BBQ booth at Bunnings Hawthorn. Last year we raised about \$1,800 from this activity.

On Saturday 1st and Sunday 2nd September, we are able to hand out brochures at Bunnings Northland as we did last year. This could be for those who can't make Hawthorn.

PCFA'S BIG AUSSIE BARBIE CAMPAIGN

September is also PCFA's Big Aussie Barbie campaign month to coincide with International Prostate Cancer Awareness month. It is important to note that this Barbie campaign is different than the Bunnings BBQ's.

UNION FOR INTERNATIONAL CANCER CONTROL

Groups affiliated to PCFA are now members of Union for International Cancer Control (UICC). UICC (www.uicc.org), is the largest cancer fighting organisation of its kind in the world, with more than 400 member organisations across 120 countries. UICC's mission is to eliminate cancer as a life-threatening disease for future generations.

Global Network Membership is FREE to PCFA affiliated support groups. We hope that many members of our support group community will want to become involved, but there is absolutely no need to participate in any way if your group does not want to. PCFA sees UICC as a great forum to globally raise awareness of prostate cancer as an important men's health issue because it brings together the leading cancer control organisations from around the world.



LIBRARY SNIPPETS

From the PCFA, the Cancer Council and other expert organisations, the library includes books, pamphlets and DVDs on topics such as advanced or localised prostate cancer, treatments, incontinence, sexual dysfunction, diet and health, and a myriad of other titles. We encourage borrowers to return books, but we recognise that an important part of support is information dissemination. If you borrow material you found useful, let us know so others can share your enlightenment.

UPCOMING EVENTS and SPEAKERS CONFIRMED;

Wed 8th August, Neal Beachley will present his healthy exercise regime and recommendations.

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

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

NEXT MEETING: 10:00 am to 12.30 pm, Wednesday 8th August 2012 at the Ivanhoe Uniting Church Meeting Room, Seddon Street Ivanhoe (Melways 31 F8) - behind the Commonwealth Bank in Upper Heidelberg Rd.

CORRESPONDENCE:

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PCFA support group contact for Victoria and Tasmania is Amanda Pomery. Her email is amanda.pomery@pcfa.org.au.

USEFUL PROSTATE WEBSITES

Prostate Cancer Foundation of Australia www.pcfa.org.au;

USA Prostate Cancer Foundation www.pcf.org

Lions' Australian Prostate Cancer Collaboration www.prostatehealth.org.au;

National Cancer Institute: www.cancer.gov;

Cancer Council Victoria www.cancervic.org.au;

Continence Foundation of Australia www.continence.org.au;

Steve Dunn's Cancer Guide www.cancerguide.org;

Life Extension www.lef.org;

Us TOO International Prostate Cancer Education and Support Network www.prostatepointers.org

American Institute for Diseases of the Prostate www.prostateteam.com (Dr Charles "Snuffy" Myers)