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Prostate Cancer Foundation of Australia

THE WALNUT

August 2022

Newsletter of the Prostate Cancer Support Group—ACT Region

Postal address: C/- SHOUT, Building 1, Collett Place, Pearce ACT 2607

https://pcsg-act.org.au

Coming Group events

Coffee morning, 10 am, Tuesday 9 August 2022

Our next coffee morning will be held at the Canberra Southern Cross Club, Woden. There is no need to provide an acceptance. Just come along. This is a good way of chatting informally about issues and getting to know other members.

Group Monthly Meeting and Dinner 6;30 pm for 7 pm, Wednesday 17 August 2022

Our next meeting will be held at Building 1, Pearce Community Centre, Collett Place, Pearce.

The speakers at this meeting will be radiation oncologists, Dr Brandon Nguyen and Dr Farhan Syed from the Cancer Centre at The Canberra Hospital.

Dr Syed will speak about contemporary radiotherapy techniques and Dr Nguyen will present some clinical data for new indications of radiotherapy in prostate cancer.. There will be time for questions on this and on other aspects of the treatment of prostate cancer using radiation.

Dr Nguyen and Dr Syed have arranged sponsorship of refreshments.

We hope you can join us for what will be an informative and enjoyable meeting.

From the President

Dear All

Did you hear the news that prostate cancer has overtaken breast cancer as the leading cause of cancer diagnosed in Australia? The good news is that, if detected early, there is a high chance that it can be treated successfully.

I am pleased to say that new state-of-the art audio-visual equipment has now been installed at our meeting venue at Pearce. Hopefully, we will now be able to have excellent reception for those who can only attend our meetings on Zoom.

Unfortunately, our speaker for our dinner in July, Wayne Simpson, Chief Executive Officer of Rise Above Capital Region Cancer Relief., Was sick with COVID and was unable to attend. The good news is that Wayne will speak after our annual general meeting in September. Rise Above provides financial assistance and support to cancer patients and family residing with them within the ACT, Queanbeyan and surrounds.

Talking about the AGM in September, we are always keen to have new people on our executive committee. What's that saying, 'Many hands make light work"? It also helps to ensure that we have members ready to step up into our three office holder positions (President, Treasurer and Secretary) as office holders step down. Why not nominate to be a member of our committee? It is a very worthwhile experience.

Greg McRoberts

Help Raise Funds for Prostate Cancer

September 2022 will see this annual fundraising kick off again to help raise funds for the Prostate Cancer Foundation of Australia.

It's an opportunity for everyone out there who can to participate by walking, running, cycling or canoeing 72 kms over the month of September.

Our Group has set up a team this year called 'Beat Prostate Cancer ACT'.

I know that we have a few cyclists among us, so why not get together, join our team and make a difference.

When you join our team, share the link to donate with you family and friends.

Its easy to do, over the last couple of years I have managed to raise around $6,000, so imagine what we can achieve as a team.

To register for our team or donate click **HERE**.

I will also send out emails to everyone about the ride.

Please get behind PCFA and help raise funds for all the amazing work that it does supporting us throughout our journeys.

Greg McRoberts

President

If you don't already subscribe to PCFA's Blue Horizons newsletter, why not do so. There is no charge and it contains a lot of useful information. The following are some items from the latest newsletter.

You're not alone: New data prompts call for action

Prostate cancer has overtaken breast cancer as Australia's leading cause of cancer, with a 34% jump in the estimated number of men diagnosed. The move is a call to action for policy makers and practitioners to support our review of the Clinical Guidelines for PSA Testing. New guidelines are needed to reduce late diagnoses and improve survival outcomes for Australian men.

Read more.

TheraP clinical trial: 3 year follow up proves positive

The three-year follow-up results from the TheraP clinical trial for men with metastatic prostate cancer has found sustained benefits of LuPSMA treatment. The results found 66% of patients had a reduction of PSA by 50% or more, whereas only 37% of patients given cabazitaxel chemotherapy saw an equivalent reduction. The trial also found the side effects of LuPSMA were less severe.

Read more

Let's talk about sex: Pills, pricks, and pressure pumps

When men are diagnosed with prostate cancer, a different form of arousal is often the last thing on their mind. But for many men, maintaining sexual function is key to quality of life after prostate cancer. Learn more about your options in this week's blog by Tim Baker.

Read more

Your postcode is key: Cancer survival data for your area

Do you know how many men are impacted by prostate cancer in your local region? Get your free STARGATE fact sheet now and learn more about the patterns and trends that face our community now and in future. Help PCFA map a new landscape by sharing the data to raise awareness and promote access to PSA testing for men in eligible risk groups. If you need help with understanding your local data, call PCFA.

Read more

Articles and Reports of Interest

The following articles which have appeared recently on web sites or other sources may be of interest to members. Any opinions or conclusions expressed are those of the authors. See Disclaimer below.

Healthy lifestyle cuts prostate cancer mortality among high-risk men

Adherence to a healthy lifestyle is associated with close to a 50 per cent lower risk for developing lethal prostate cancer among men at high risk for the disease, according to a study recently published in *European Urology* (27 May 2022).

Anna Plym, Ph.D., from Brigham and Women's Hospital in Boston, and colleagues examined whether men at an increased genetic risk for prostate cancer can offset their risk for disease or disease progression by adhering to a healthy lifestyle. The analysis included 12,411 genotyped men participating in the Health Professionals Follow-up Study (1993 to 2019) and the Physicians' Health Study (1983 to 2010).

The researchers found that the polygenic risk score (PRS) enabled risk stratification not only for overall prostate cancer but also for lethal disease, with a fourfold difference between men in the highest and lowest quartiles.

Read more

Assessment and Mitigation of Cardiovascular Risk in Patients With Prostate Cancer Receiving ADT

An article in the *International Journal of Clinical Practice* (17 May 202) reports on a comprehensive review on the impact of androgen deprivation therapy (ADT) on cardiovascular disease (CVD). It provides insights regarding the management of patients with advanced prostate cancer by highlighting the benefits and risks related to the use of gonadotropin-releasing hormone (GnRH) antagonists compared with that of luteinizing hormone–releasing hormone (LHRH) agonists.

The abstract for the article reads:

CVD is a common comorbidity in patients with prostate cancer. In this review, we summarise the published literature on the association of cardiovascular risk with androgen deprivation therapy (ADT) treatment and explore the potential differences between the gonadotropin-releasing hormone (GnRH) agonists and antagonists and the molecular mechanisms that may be involved. We also provide a practical outlook on the identification of underlying CV risk and explore the different stratification tools available. Results.

While not definitive, the current evidence suggests that GnRH antagonists may be associated with lower rates of certain CV events vs agonists, particularly in patients with pre-existing CVD. Risk reduction strategies such as lifestyle advice, consideration of ADT modality, and co-medications may help to reduce CV risk factors and improve outcomes in prostate cancer patients receiving ADT.

Conclusions. Given all the data that is currently available, identification of baseline CV risk factors may be key to risk mitigation in patients with prostate cancer receiving ADT.

Read the article

Use of Hydrogel Spacers Prior to Radiation Therapy for Prostate Cancer

Insertion of a hydrogel spacer is a low-morbidity surgical intervention that may reduce rectal toxicity after radiation therapy in patients with prostate cancer. The insertion technique is relatively simple and is typically performed under general anaesthetic.

In a review of the use of hydrogel spacers prior to radiation therapy for prostate cancer published in *BJU International* (10 June 2022), the authors outline the

published data regarding the impact of hydrogel spacers on rectal separation, rectal radiation dosimetry, and rectal toxicities. The authors discuss the types of hydrogel spacers used, practicalities of inserting hydrogel spacers, and complications associated with hydrogel spacer insertion.

The study concludes that hydrogel spacers provide a low-morbidity method to potentiall reduce rectal toxicity after radiation therapy in men with prostate cancer. Data outlining sexual function and oncological outcomes are limited to date. Future studies, currently being conducted, may provide further clarification of the role of hydrogel spacers in prostate cancer management.

Read more

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:

mailto:librarian@pcsg-act.org.au

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: Greg McRoberts, president@pcsg-act.org.au, 0413 480 864

Secretary: John McWilliam, secretary@pcsg-act.org.au 0416 008 299

Appreciation

Thanks to all those supporting the Group's fund raising activities, in particular, Harness Racing ACT, the Canberra Southern Cross Club, ACT Masters Hockey, Chartertech ACT and Paddywack Promotional Products.

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@pcsg-act.org.au.

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..