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Prostate Cancer Foundation of Australia

THE WALNUT

September 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 13 September 2022

Our next coffee morning will be held at the Canberra Southern Cross Club, Jamison. 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.

Annual General Meeting (AGM) and Group Monthly Meeting 6;30 pm for 7 pm, Wednesday 21 September 2022

Our next meeting, which will begin with our AGM, will be held at Building 1, Pearce Community Centre, Collett Place, Pearce.

At our AGM, there will be reports on the past year's activities, including presentation of the audited financial statements for the 2021–22 financial year. We will also elect nominees to the executive committee.

If you are willing to be nominated to the executive committee, please advise the secretary at secretary@pcsg-act.org.au.

Following the AGM, there will be a short presentation by Wayne Simpson, CEO of *Rise Above*, which provides financial assistance and support to cancer patients and family residing with them within the ACT, Queanbeyan and surrounds.

After normal business, we will meet for coffee and cake.

From the President

Dear All

September is Prostate Cancer Awareness Month and it is timely to think about how we can increase awareness among our families and friends for men who have not had their PSA tested. Men over the age of 40 (where there is a family history of cancer) or over 50 and who have not had their PSA tested should consider doing so. Early detection is the key to surviving prostate cancer.

As part of Prostate Cancer Awareness Month, we have a team called 'Beat Prostate Cancer ACT' in the 'Long Run' to help raise funds for the Prostate Cancer Foundation of Australia (PCFA). If you would still like to join us or donate to our fund-raising effort, click **HERE**.

This month we will be participating in the *Silver is Gold Veterans and Seniors Expo* on 28 September at Exhibition Park. If you are able to volunteer to help us out at the Expo, that would be really appreciated. Please email me at president@pcsg-act.org.au if you are able to do so.

You will soon seen a refresh of the Group's website to make it more relevant. You will also notice radio advertising to promote awareness of prostate cancer and of the role of the Group in supporting men and their families through their prostate cancer journey. The radio advertising is being done with support from PCFA.

I hope to see you at our meeting on 21 September, which will begin with our AGM and we will then have a presentation from the CEO of *Rise Above* (see opposite).

Greg McRoberts

Our August Meeting: Presentation on Radiation Oncology

We had a very pleasing attendance at our August meeting, with 18 attending in person and three members also attending via Zoom. The new state-of-the-art videoconferencing system at Pearce also worked well.

We had an excellent presentation from Dr Brandon Nguyen and Dr Farhan Syed from the radiation oncology unit at The Canberra Hospital's Cancer Centre. Our guests also arranged a wonderful fare of refreshments, courtesy of Ipsen Pharmacology, for which we are very grateful. It certainly helped to get the evening off to a most enjoyable start.

Dr Farhan spoke first and provided a very informative presentation on developments in radiation oncology over the past decades. In the last decade, in particular, radiation oncology has become a lot more precise, meaning that collateral damage from radiation treatment is now very much less of a problem than it has been in the past.

Dr Nguyen then discussed the various studies that have been undertaken in recent years and the results from those studies. There was also a discussion of stereotactic radiation therapy, which is an advanced technique used to treat small, well defined tumours or high risk postoperative areas. The technology allows a high dose of radiation to be delivered to the tumour very precisely, without compromising surrounding healthy organs due to the ability to treat with sub millimetre accuracy. Larger daily doses of radiation are provided over a much shorter period (in some cases a single treatment).

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.

Action on screening: RACGP agrees to rewrite the rules

In response to our advocacy, the RACGP has agreed to review the Red Book guidance for PSA Testing. Until now, the RACGP hand book has recommended against testing asymptomatic men, defying the evidence that PSA testing can help to identify aggressive prostate cancers at an earlier stage. The move is a major step forward for a wide-ranging review of the guidelines.

Read more

Reform of PSA Guidelines gains momentum

In partnership with national health authorities, PCFA is preparing to commence a major review of Australia's 2016 Clinical Practice Guidelines for PSA Testing. Our Chief of Mission and Head of Research, Professor Jeff Dunn AO, will be Chief Investigator and Chair of the review Steering Committee, overseeing an Expert Advisory Panel charged as they consider the evidence.

Read more

Fathers and sons: 630,000 face double odds of disease

New research by PCFA has found 630,000 Australian men may face double the average risk of prostate cancer, prompting renewed calls for greater government investment in education and awareness of the disease. The data also predicts a 43% increase in prevalence between now and 2040. The findings will be used to inform PCFA's wide-ranging review of guidelines for PSA testing.

Read more

Mental health matters:nPCFA can help

If you or someone you love has been impacted by prostate cancer, PCFA's new Prostate Cancer Counselling Service can help. The no-cost service offers you someone to talk to when the going gets tough, who can help you adjust towards a healthy new normal.

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.

Radiotherapy in Oligometastatic Prostate Cancer

Prostate cancer ranges from localised, low risk to metastatic, morbid disease. While radiotherapy is commonly incorporated in the treatment of early disease or for palliation of symptomatic lesions, its role in extending survival in metastatic disease is less well-established. Here, the authors review the available evidence surrounding localised radiotherapy in the presence of oligometastatic disease and metastasis-directed therapy in both hormone-sensitive and hormone-resistant prostate cancer. They further outline potential future incorporation of radiotherapy as an immune-sensitising therapy and the importance of highly sensitive imaging modalities in considering radiotherapy in metastatic disease.

The authors conclude that the findings of the studies they reviewed suggest a role for radiotherapy in metastatic disease that goes beyond the previous standard of care in which radiotherapy was used exclusively for symptom palliation. They believe that guidelines should be updated to include the routine use of radiotherapy in truly oligometastatic prostate cancer.

Read the full article in the International Journal of Radiation Oncology, Biology, Physics (22 July 2022).

Effect of Lowering Cholesterol Levels Through Diet on Serum PSA Levels

Statins appear to lower serum prostate-specific antigen (PSA) and improve prostate cancer (PCa) outcomes through cholesterol-dependent and independent mechanisms. While dietary modifications have an established role in serum cholesterol reduction, whether diet-driven cholesterol reductions yield similar PCa benefits to that observed with statins is unclear. The authors aimed to study the effect of diet-driven cholesterol reduction on serum PSA and estimated-PCa risk.

The authors evaluated data from 291 adult men without prostate cancer from six large randomised controlled trials to evaluate the impact of diet-driven cholesterol level reduction on serum PSA levels.

The serum PSA levels decreased by 1.9% for every 10% decline in LDL levels after dietary interventions. This decrease was greater in men with higher baseline PSA levels (PSA levels ≥ 2.0 ng/mL).

This is the first study to show an association between healthy dietary changes and decreased PSA values.

The authors indicated that additional research is required to determine the impact on prostate cancer risk, but that patients should be aware of this potential modifiable risk factor.

Read the full article in Canadian Urologic al Association Journal, Vol 18 No 8, August 2022.

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..