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Prostate Cancer Foundation of Australia

THE WALNUT

October 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 11 October2022

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.

Group Monthly Meeting 7 pm, Wednesday 19 October

Our next meeting will be held at the Icon Cancer Centre, 1 Broula Street, Corner Broula and Allawoona Sts, Bruce. This is on the University of Canberra campus.

Icon staff will give a presentation on prostate cancer treatments and a tour of the Cancer Centre.

The Icon Cancer Centre will be providing refreshments for attendees. So, to help with catering, please confirm your attendance and indicate any dietary restrictions by Sunday 15 October to the Secretary at:

secretary@pcsg-act.org.au

ICON CANCER CENTRE

From the President

Dear All

September has been a busy month.

To assist with prostate cancer awareness, in cooperation with PCFA, we have been running advertisements on FM106.3.

We attended the Veterans and Seniors Expo at Exhibition Park on 22 September. We connected with many men and family members and emphasised the need for biennial PSA testing for men over 50 years of age and more regular testing for men over 40 years who have a family history of cancer. We were able to provide these men and family members with copies of our updated information leaflet and the new PCFA booklets on relevant topics.

We raised $7,808 as part of The Long Run fund-raising for PCFA – a great effort. My thanks to David Ault and Andrew Gehrig for being part of the BeatProstateCancerACT team. A huge thank you to those members who donated and supported our Group's endeavour. I look forward to doing it again in 2023 and hopefully inspiring more people to get involved.

To help increase the accessibility of the Group, we are also refreshing our website.

September was, of course, when we held our annual general meeting. I am pleased that the current committee members have agreed to continue on the committee, but would would still encourage others to join the committee. This will provide a basis for future replacement of existing members, when the time comes, and so help[to ensure the sustainability of the Group.

Please note that our next meeting on 19 October is at the Icon Cancer Centre at Bruce and that it is important for catering purposes that you let us know if you will be attending. See opposite for details.

Greg McRoberts

Wayne Simpson, CVDEO of Rise Avove, addressibng tour September meet ing

Our Annual General Meeting on 21 September

At our AGM on 21 September, the following committee members were re-endorsed for 2022–23:

President: Greg McRoberts
Secretary: John McWilliam
Treasurer: Adrian Rumsey
Ex-officio members: Roger Carthey, Don Bradfield

We also reappointed Harwickes as our auditors for the coming year.

In his report to the meeting, Greg McRoberts reviewed the year, which had been made more difficult by the COVID-19 lockdown and the resignation of two committee members, former Secretary, David Newman and Andrzej Pietiewicz. Greg thanked both former members for their contributions. David, in particular, had played a major role in the review of the Group's Constitution in 2020–21.

After the AGM, Wayne Simpson, the new CEO of *Rise Above*, gave an interesting presentation on the part played by the organisation in providing financial support to people during the cancer journeys.

Leo's Place

Leo's Place is a beautiful, non-clinical, home-away-from-home for people with a life-limiting illness and /or their carers, which opened in January 2021. It provides day or overnight respite for this client group, at no cost to them.

An initiative of Palliative Care ACT, Leo's Place has received funding of $2.59 million in this year's ACT budget to se cure its future.

Clients and/or carers can self-refer.

Find out more here or call Ann, the manager, on 02 6171 2290 for a chat or to arrange a tour.

Save the Date

The Harness Racing Club of Canberra has advised that we are to be the recipient of their major fundraising event again.

In previous years the event was held in December, but due to conflicting bookings at EPIC with music festivals, it has been delayed till Sunday 15 January 2023.

This is always a fun event and has been well attended over the last few years. All funds raised from meals purchased and raffle tickets sold is donated to our Group.

Please put this date in your calendars and start speaking with your friends about getting together and being part of this wonderful event.

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.

PSA Guidelines: Testing and awareness saves lives

Awareness of prostate cancer in Australia is low - few of us know what the prostate does, even fewer know the PSA test guidelines, and many newly diagnosed men don't feel comfortable talking about prostate cancer. PCFA is about to change that by reviewing the 2016 Clinical Guidelines for PSA Testing. Read more about why we are taking action on PSA testing for early detection.

Read more.

Hormone therapy: Call for help if you need it

Up to half of all men diagnosed with prostate cancer undergo hormone therapy at some point during their treatment. Its side-effects can range from mild to severe, with impacts on energy levels, emotional balance, sleep, sex drive, and relationships. In this article, we cover the basics, to help newly diagnosed men and new support group members better understand the treatment.

Read more

Erectile dysfunction: Cancer, sex and side-effects

Erectile dysfunction impacts around 1 in 3 Australian men and around half of all Australian men over the age of 45. For men diagnosed with prostate cancer, erectile dysfunction can be a side-effect of treatment, and is one of the biggest issues arising from the disease. This week we brought together experts and consumers to talk about the key issues for men in our community.

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.

Walking the protstate cancer tightrope

This article from *InSight+* (Issue 38, 3 October 2022) indicates how the balance between finding men with high risk prostate cancer and avoiding unnecessary therapies for those with low risk disease is becoming less perilous thanks to a bank of 'triage tests'working their way into standard practice.

Read the article.

Association between coffee intake, caffeine metabolism genotype, and survival in men with prostate cancer

Need a justification for your current coffee intake? Well, here it is.

A large number of studies have evaluated the impact of coffee consumption on the outcomes in men with prostate cancer. A recent study published in *European Urology Oncology* used data from the PRACTICAL Consortium to investigate the association between coffee consumption and survival in a large group of patients with prostate cancer. Although not statistically significant, high coffee intake was associated with better prostate cancer–specific survival.

Read the article in *European Urology Oncology*, 19 August 2022.

Association between duration of gonadotropin-releasing hormone agonist use and cardiovascular risks

Androgen deprivation therapy (ADT), with gonadotropin-releasing hormone (GnRH) agonists and antagonists, is the mainstay of advanced prostate cancer treatment, but it has cardiovascular risks. A recent study in*The Prostate* investigated the associations between gonadotrophin-releasing hormone (GnRH) agonist use duration and cardiovascular risks.

This retrospective study included 4038 patients. The endpoints (myocardial infarction, stroke, or both) occurred in 735 patients over a median follow-up period of 4.1 years. Multivariate analysis showed that patients receiving GnRH agonists for ≥2 years had a 23% increase in the risk of cardiovascular events. The study indicates that physicians should intensify cardiovascular monitoring in patients receiving GnRH agonists for a long period.

Read the article in *The Prostate*, 1 August 2022.

Incidence of clinically significant prostate cancer among men with negative MRI and systematic biopsy results

Prostate MRI has become a valuable tool to improve the diagnosis of prostate cancer. This study evaluated the outcomes of using multiparametric MRI (mpMRI) as a replacement for confirmatory biopsy in a 3-year active surveillance protocol. The study included 172 men with prostate cancer who underwent mpMRI scanning at years 1 and 2 followed by an end of protocol biopsy at 3 years.

Positive mpMRI results and PSA density were identified as the factors significantly associated with disease progression. However, 14% of men with negative mpMRI results were found to have clinically significant prostate cancer at the end of protocol biopsy.

This study suggests that, in some men with prostate cancer, omission of serial biopsy during active surveillance may be safe; however, some patients may have occult clinically significant disease and negative serial mpMRI results.

Read the article in *BJU International,* 22 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..