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Prostate Cancer Foundation of Australia

THE WALNUT

January 2023

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, 10:00 am Tuesday 10 January 2023

Our next coffee morning is at the Canberra Southern Cross Club, Woden.

Harness Racing ACT fund-raiser, 5:30 pm Sunday 15 January 2023

Harness Racing ACT is again sponsoring the Group at its meet on Sunday 15 January. Details are in the President's Message (opposite).

PCFA's Shine a Light 2022 Webinar Series

This webinar series is now available on PCFA's YouTube channel.

They include webinars on the following topics:

- Urination troubles after surgery and radiation – various updates
- Mental health & wellbeing
- Erectile dysfunction
- Exercise, nutrition, and sexual intimacy

From the President

I hope you have all survived the Christmas and New Year celebrations successfully and that you have a good 2023.

Thanks to those members and their partners who attended the Christmas celebration at the Canberra Southern Cross Club. It was a most enjoyable evening.

I hope that many of you will be able to join us for the Canberra Harness Racing fundraiser for Group on Sunday 15 January 2023 at 5.30pm.

This event replaces the January Group meeting. There will be no Group meeting on 18 January. The next Group meeting will be on 15 February at Pearce.

We will be having a number of tables for Group members to join us at the Harness Racing event for dinner. The cost will be $60 per head which will include a two-course meal, wine, beer and soft drink.

If you do not wish to join us for dinner, you can still come along and support the event and enjoy the evening.

All proceeds from the meals and raffles on the night are donated to our Group, so please show your support by attending and where possible inviting friends to join us as well.

Please advise by email advising attendance and numbers by 5pm on Monday 9 January.

Payment details will be advised.

Greg McRoberts

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.

The Year of Alpha Therapy

Australian researchers are about to start work on a clinical trial to test the effectiveness of a new nuclear medicine known as 'Alpha Therapy'. The treatment is up to 100 times more powerful than LuPSMA and could improve outcomes for men with metastatic prostate cancer who do not respond to LuPSMA and other therapies. Many men experience no side effects with the treatment.

Read article in *The Australian*.

Research is key: Price of care highlights need for support

Australian health system expenditure on prostate cancer has hit $1.35b annually, making it the nation's most costly single disease to treat. The figures highlight the increasing impact of prostate cancer on Australian men, and have prompted a call for improvements in early detection, more timely treatment of disease, and a government focus on prostate cancer as a national research priority.

Read article.

Pandemic pains: Hundreds of prostate cancers MIA

New data released by the Victorian Cancer Registry has found more than 600 Victorian men may not know they have potentially lethal prostate cancers. The data has prompted an urgent call for men to get a prostate cancer check-up. The figures were published in the latest 'Cancer in Victoria' report, identifying a possible correlation with the impacts of the COVID-19 pandemic.

Read article.

Forging new frontiers: Latest discoveries in treatment

In December PCFA brought together some of Australia's leading clinicians to talk about new and emerging treatments for prostate cancer. The discussion included the latest information on robotic and open surgery, advances in radiation treatment, and new research on side-effects such as erectile dysfunction and incontinence.

Stream the session on demand from your device.

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:
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.