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Prostate Cancer Foundation of Australia

THE WALNUT

April 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

Monthly Group Meeting, 6:30pm for 7 pm, Wednesday 19 April

This meeting will be held at our usual location at the Pearce Community Centre, Building 2, Collett Street, Pearce.

Our speaker will be Allison Turner, Prostate Cancer Specialist Nurse at The Canberra Hospital.

Coffee morning, 10:00 am Tuesday 11 April 2023

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

ZERO unveils new name and logo

ZERO began 27 years ago as the National Prostate Cancer Coalition (NPCC) in the US. In 2008, it became ZERO – The Project to End Prostate Cancer, and later ZERO – The End of Prostate Cancer. It has now unveiled its new name: *ZERO Prostate Cancer.*

The ZERO website (https://zerocancer.org) has a lot of useful information on prostate cancer, for the newly diagnosed, and for current patients.

From the President

Hi Everyone

A couple of things I would like to mention in this month's edition.

First, we have received the final donations from Harness Racing ACT as a result of our fundraiser held on 15 January. The total funds raised was $8,362.

Again, I would like to thank Harness Racing ACT for their very generous support. I would also like to thank other sponsors who helped to make the event successful.:

- O'Sullivan Electrical – (Frank O'Sullivan)
- Lonsdale Auto Electrics – (Gordon Cameron)
- Elite Plumbing & Drainage – (Ryan)
- Forrest Harness Racing – (Grant/Greg Forrest)
- Pacific Facilities Maintenance
- Tyre Power Belconnen.

If any of these sponsors offer services that you may need, please give them consideration. Supporting these businesses gives them a reason to continue to support Harness Racing ACT's sponsorship of the event.

If we are lucky enough again to be the beneficiary this year I hope as many people as possible will support the event.

We will be using the funds raised in June and September to further promote early detection and the support available from our Group.

We are also looking to hold conferences next year aimed at firstly GPs to reinforce the need for early detection through PSA tests and secondly at men over 40 and the need for testing, particularly where they have a family history.

If you have any previous skills in this area or just an interest in being part of a sub-committee to assist with the organisation please contact either myself or John McWilliam. While we understand not all members may want to be committee members for the Group, if you are happy to assist with smaller short term projects please let us know.

Thank you for your ongoing support of the Group.

Greg McRoberts

Peter Muir and John McWilliam at the Seniors Expo

Seniors Expo

Many thanks to those members who supported the Group's stall at The Seniors Expo at Exhibition Park on 15 March. There were very many people to whom the Group members spoke. It was evident that there are still many men in the community who are over 50 and who do not regularly monitor their PSA levels. There were also several men who had issues with an enlarged prostate and/or who said they had been waiting long periods for treatment in the public system.

We understand that a second Seniors Expo will be held in September, and once again we plan to be represented.

Christmas in July

This year we are planning to hold a 'Christmas in July' social function form 6:30 pm to 9:30 pm on Tuesday 18 July at the Canberra Southern Cross Club in Woden. So, please put a placeholder in your calendar for this event. It should be a most enjoyable evening.

Men's Health Week, 12-18 June

The theme of Men's Health Week 2023 is *Healthy Habits* – focusing on encouraging men and boys to build healthy habits by identifying small changes they can make that benefit their health and wellbeing.

We are looking at what we can do to promote awareness of the need for active management of men's prostate health, including awareness raising in the community and outreach events.

March Meeting

There were 18 at the meeting (including two on Zoom).

Don Bradfield reported on the Conference of the Combined Prostate Cancer Support Groups of Rural New South Wales that was held from 10 to 12 March in Dubbo. David and Dawn Ault from our Group also attended the conference. Like previous conferences, this one was favourably received.

Don provided a very detailed report on the conference, and the notes of his presentation can be downloaded HERE.

Elizabeth Allen, Secretary of the Combined Prostate Cancer Support Groups of Rural New South Wales and organiser of the Conference, has since made available the following podcasts related to the presentations of some conference speakers:

- podcast on prostate and urogenital issues by Professor Declan Murphy and Dr Renu Eapen: https://www.gucast.org/
- David Dangerfield's erectile recovery surgery: https://www.cucare.com.au/erectile-restoration-surgery/

Some books recommended during the conference were:

- Rosie King – Where did my libido go?
- Jane Lewis – Me and my menopausal vagina
- Tess Deveze – A Better Normal – Rediscovering intimacy after cancer.

Prostate Cancer Foundation of Australia

Do you subscribe to the PCFA's Blue Sky Horizons newsletter? If not, it is easy to do so. It contains many interesting news items.

The following are some recent items that were included:

Bridging the gap: Lowering the high costs of care

PCFA is currently consulting with experts and industry leaders to examine options for overcoming the large disparities in life-changing care between the public and private health systems. Read more.

Prostate cancer screening: New moves underway in UK

The UK's National Screening Committee has announced it will review the evidence for prostate cancer screening, following analysis of the latest European data on PSA testing and the management of test-detected prostate cancers. The research shows that the risks of harms arising from testing have largely been overcome, paving the way for consideration of population-wide screening strategies. Read more.

Register now for research: New program for men

If you are on hormone therapy for prostate cancer, register now for a research trial to test the effectiveness of a new enhanced supportive care program provided by PCFA Specialist TeleNurses. Participants will be randomly selected for one of two study groups for the project. Read more.

Genetic testing: New study evaluates the advantages

New research funded by PCFA is helping drive progress on genetic testing for prostate cancer. The study, by Associate Professor Haitham Tuffaha, aims to measure consensus among clinicians and consumers. To have your say, please use the link below to complete a short survey. 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.

New hormonal agent may slow progression of early-stage prostate cancer during active surveillance

Active surveillance is a treatment option for some men with early-stage, slow-growing, 'low-risk' or localised prostate cancer, potentially avoiding or delaying the need for definitive treatment, such as surgery or radiation.

Patients opting for active surveillance typically undergo regular prostate-specific antigen (PSA) screenings, prostate exams, imaging tests and repeat biopsies in order to carefully monitor prostate cancer growth or progression.

Although active surveillance is increasingly regarded as a standard of care for men with low-risk prostate cancer, many patients eventually need further treatment.

A preliminary clinical trial published in *The Journal of Urology* investigated whether adding apalutamide to active surveillance for men with early-stage prostate cancer might affect the rate of cancer detection in follow-up biopsies.

The preliminary study provided encouraging results, but a large scale randomised study will be needed to evaluate the effectiveness of this approach.

Further information is available in Oncology News, from which this report was taken

Treatment without hormone blockers improves outcomes in solitary prostate cancer metastases

For patients with solitary metastases from prostate cancer, an approach called metastasis-directed therapy (MDT) – focused treatment using surgery or radiation therapy, without androgen deprivation therapy (ADT) – can slow the time to cancer progression, reports a study in *The Journal of Urology*.

In the MDT approach, surgery or radiation therapy (stereotactic body radiation therapy, or SBRT) is used to specifically target the area of cancer spread. This is in contrast to ADT, systemic therapy to block testosterone and other male sex hormones, which promote the growth of prostate cancer.

Like the previous study, while there were encouraging results from the clinical trial, further research is needed to fully evaluate this approach.

Further information is available in *Oncology News*, from which this report was taken.

How prostate cancer may begin

A new study by researchers at the University of East Anglia reveals that the prostate as a whole, including cells that appear normal, is different in men with prostate cancer. It suggests that tissue cells throughout the whole prostate are primed and ready to develop prostate cancer. This means that it may be better to treat the whole prostate rather than only the areas in the prostate that have cancer. The team hopes its work could help scientists better understand the causes of prostate cancer, and even prevent it altogether.

Read more in *Science Daily*, 21 September 2022.

Research suggests commonly used prostate cancer treatment rewires engine of prostate tumours

Drugs like enzalutamide that inhibit male hormones from activating the androgen receptor have been used to treat advanced prostate cancer for more than a decade. While successful in most cases, these drugs can eventually stop working, but there is a limited understanding about how this change occurs.

A new study from the University of Michigan Rogel Cancer Center (*Nature Communications,* 15 September 2022) suggests androgen receptor inhibitors can fundamentally rewire and reshape how prostate tumours function, and in certain cases even make them more aggressive.

The study suggests that enzalutamide is causing tumours to adapt, in some cases dramatically.

Read more in *Science Daily*, 15 September 2022.

Mediterranean diet the best prevention against prostate cancer

New research by the University of South Australia shows that men who stick to a predominantly Mediterranean diet are less likely to be diagnosed with prostate cancer. This diet also improves their chances of recovery if they have prostate cancer and are undergoing radiation treatment.

Read more in *Science Daily*, 9 March 2023.

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, Paddywack Promotional Products and SAC Tyrepower, Belconnen.

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.