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Prostate Cancer Foundation of Australia

THE WALNUT

November 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 Events

Coffee morning, 10:00 am Tuesday 14 November 2023

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

Harness Racing ACT Fundraiser, 6 pm Sunday 19 November 2023

Harness Racing ACT will be hosting our major annual fundraiser on 19 November.

These events are always most enjoyable, and the support provided by Harness Racing ACT plays a vital role in helping us undertake awareness promotion on the importance of prostate cancer screening and early detection. It also enables us to contribute to research into the effective treatment of prostate cancer through the PCFA.

Harness Racing ACT donates all proceeds from the event to the Group.

As is past years, members and their families and friends are invited to join us for dinner at the event. We have our own dedicated tables for the dinner. This is also a good way of getting to know other members in a social setting.

The cost of the buffet dinner (as much as you can eat, including dessert) is $35 for dinner only or $65 for the dinner and wine, beer and other drinks (not spirits) for those over 16 years. Children under 12 years are free and for children 12-16 years the cost of the meal only is $20 per child.

If you would like to join us, please advise John McWilliam at: secretary@pcsg-act.org.au by **Tuesday 14 November** to reserve a place on a table. Payment will be made on the night.

For more information and to register your interest, please email:

secretary@pcsg-act.org.au

From the President

Hi All,

This is the final issue of *The Walnut* for 2023, so I would like to take the opportunity to wish you all the compliments of the coming Christmas Season.

For some of you, I know that this will have been the year that you were diagnosed with prostate cancer. This is always a shock to the system, but I hope that we have been able to assist you in some small way in navigating your path through this difficult journey.

For others, like me, it has been a matter of continuing to navigate our treatment for prostate cancer.

I hope that ,whether you have been newly diagnosed with prostrate cancer or are still receiving treatment for it, the treatment is working out well for you.

I hope to see many of you at the Harness Racing ACT fundraiser on 19 November. This will be our final Group event for 2023, except for our coffee morning on Tuesday 12 December.

If I don't see you before then, I look forward to catching up with you again at our meetings in 2024.

Greg McRoberts
President

Our October Group Meeting

Member, John Reis, provided a presentation and led a discussion on active surveillance, based on his own experience.

John had been monitoring his PSA levels for some time and, between March 2021 and August 2022 they almost doubled from 4.6 to 8.6. John then had a biopsy in November 2022 and was diagnosed with localised prostate cancer and a Gleason score of 7 (3+4). Based on this diagnosis, he decided to actively monitor the progression of the cancer for a year and also to change to a predominantly vegan diet to see whether this might slow the progression of the cancer. Encouragingly, subsequent PSA results have indicated a decline to 6.8 in September 2023.

John will make a decision on whether to continue with active surveillance or have treatment for the cancer when he meets again with his urologist in December 2023.

John said that he had done a lot of reading on ways of reducing the need for the treatment of cancer or reducing the risk of getting prostate cancer. In particular, he recommends that people read:

- Dr David Servan-Schreiber, *Anticancer: A New Way of Life*. Already a recognised pioneer in neuroscience, David discovered he had brain cancer . He went on to research alternative medicine and founded and directed a Center of Integrative Medicine at the University of Pittsburgh Medical Center. This book is a culmination of his experience in the field of cancer, as a doctor and as a patient. It is his personal story; the story of the cases he has come across, and the medical and scientific story of the disease.

- Michael Greger MD, *How Not to Die*. This book provides simple nutritional advice aimed at beating the most common diseases and living longer. *How Not To Die* examines each of the most common diseases, chapter by chapter, and discusses what, how and why different foods affect us and how increasing our consumption of certain foods and avoiding others can dramatically reduce our risk of falling sick and even reverse the effects of disease.

- Dr Ian Gawler, *You Can Conquer Cancer: A New Way of Living*. The Ian Gawler story is well-known. As a young veterinarian and decathlon athlete, Ian had his right leg amputated as a result of bone cancer in 1975. The cancer returned later that year. Against almost impossible odds, he recovered and went on to found one of the world's first lifestyle-based cancer self-help and support programs in 1981. Ian has used meditation in his own journey.

- Dr Peter Attia with Bill Gifford, *Outlive: The Science and Art of Longevity*. Dr Peter Attia believes that we must replace the traditional medical framework with a personalised, proactive strategy for longevity. He argues, among other things, that exercise is most important, followed by nutrition.

John went on to outline the results of studies that he had read about. These provided support for the approaches outlined in these books in improving health outcomes.

While John may elect to have treatment of his prostate cancer in the future, he argues that it is important to do what we can to get better health outcomes and as a part of active surveillance. He also sees the approaches in these books as encouraging and worth pursuing along with any other necessary treatments.

PCFA News

This information is taken from PCFA newsletters

Scanxiety and the new age of imaging: What's next?

Do you know the difference between MRI, CT and PET scans? If not, this webinar is for you. The conversation brings together three expert panellists with PCFA Champion Will McDonald to talk about next generation imaging and therapies in prostate cancer, exploring new diagnostic methods and treatment pathways into theranostics and nuclear medicine, providing valuable advice.

Watch now.

Focal therapy for prostate cancer: All you need to know

Over recent years focal therapy has become more common among men with intermediate low-risk forms of prostate cancer. The therapy targets just the prostate cancer, while leaving the prostate intact, in order to preserve as much normal function as possible and reduce the side-effects of treatment. This article looks at the options and the outcomes, in light of the latest evidence.

Read the article.

Roundtable: Rewriting the rules on PSA Testing

Around 70% of Australians don't know the guidelines for PSA testing, resulting in late diagnosis and lost lives. In response, PCFA is reviewing the guidelines, with an aim to promote earlier detection of prostate cancer and improve management of the disease.

View the podcast.

New research: LuPSMA prior to surgery proves powerful

New research has found that up to two cycles of LuPSMA treatment before a radical prostatectomy in men with high-risk localised prostate cancer is safe and effective in delivering targeted doses of radiation to tumour-affected tissues. The study found that the treatment was well tolerated with minimal treatment-related adverse events, allowing safe surgery with a low rate of complications.

Read more.

Transforming cancer care: The expert's guide to action

Written by two of the world's leaders in psychological cancer care, The Health Professionals' Guide to Delivering Psychological Care for Adults with Cancer outlines a new way forward for holistic cancer care. The book provides a step-by-step guide on how to support a person's mental health following a diagnosis. Enter the code PCFA2023 at the checkout for a 15% discount .

Order here

The fast track to survival: FDA approves new drug

The United States Food and Drug Administration (FDA) has granted fast track approval to a new hormone therapy for research into the treatment of men with relapsed or refractory metastatic castration-resistant prostate cancer that has become resistant to other novel hormonal agents such as Enzalutamide and Abiraterone. The clinical trial will run for five years.

Read more

National public toilet map: Good guide for life

With many men in our community challenged by continence issues, knowing where to find a public toilet is important. This guide helps you do just that. For information and support with continence concerns, call PCFA's specialist nursing team on 1800 22 00 99.

Check out the guide.

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.

Increasing use of shorter-course radiotherapy for prostate cancer in the US

This article in JAMA Oncology (5 October 2023) reported on a cohort study of the temporal patterns of radiotherapy courses in the US in more than 300,000 patients with localised prostate cancer who underwent radiotherapy with curative intent. Radiotherapy schedules were analysed as either ultrahypofractionation (≤7 fractions), moderate hypofractionation (20–30 fractions), or conventional fractionation (31–50 fractions).

From 2004 to 2020, there was a significant decrease in the number of patients who received conventional fractionation and a significant increase in the number of patients who received moderate hypofractionation or ultrahypofractionation. Treatment at a community cancer program (compared with that at an academic or research centre) was associated with the receipt of shorter radiotherapy courses.

From 2004 to 2020, the national use of shorter radiotherapy courses for prostate cancer increased and the use of conventional fractionation decreased.

Read the article by James B. Yu, MD, MHS; Yilun Sun, PhD; Angela Y. Jia, MD, PhD; et al.

ESMO guide on prostate cancer

The European Society for Medical Oncology (ESMO) has published a guide on prostate cancer.

This guide was prepared to help patients, as well as their friends, family and caregivers, better understand prostate cancer and its treatment. It contains information on the causes of the disease and how it is diagnosed, up-to-date guidance on the types of treatments that may be available and any possible side effects of treatment.

The medical information described in guide is based on the ESMO Clinical Practice Guideline for prostate cancer, which is designed to help clinicians with the diagnosis and management of prostate cancer. All ESMO Clinical Practice Guidelines are prepared and reviewed by leading experts using evidence gained from the latest clinical trials, research and expert opinion.

The information included in the guide is not intended as a replacement for your doctor's advice. Your doctor knows your full medical history and will help guide you regarding the best treatment for you.

Read the guide.

Ability to reverse cancer's resistance to therapy opens possibility of treatment for late-diagnosed men

The *Guardian* (17 October 2023) reported that scientists say a new way to treat prostate cancer may be on the horizon after finding it is possible to reverse its resistance to therapy.

By blocking the secret messages that cancer cells send to hijack healthy white blood cells, researchers were able to reverse resistance to therapy in a small group of patients. In some, they were able to shrink tumours or halt their growth. The findings were published in *Nature*.

In a trial led by the Institute of Cancer Research (ICR), the Royal Marsden and the Institute of Oncology Research in Switzerland, scientists recruited 23 patients with advanced prostate cancer that had stopped responding to hormone therapy. They were given a combination of AZD5069, an experimental drug that prevents white blood cells from being dragged inside tumours, and enzalutamide, a hormone therapy commonly used to treat prostate cancer.

Of 21 patients who could be evaluated, five (24%) showed evidence of their tumours responding to the combination, the ICR

reported. Their tumours shrunk by more than 30%, they experienced "dramatic decreases" in circulating levels of prostate specific antigen (PSA), a marker often elevated by cancer, or their blood levels of circulating tumour cells dropped, it said.

Patients also showed a drop in the white blood cells targeted by the treatment – myeloid cells – in the blood, and biopsies revealed fewer of them in their tumours.

Read the full *Guardian* article.

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.