Proudly affiliated with

Prostate Cancer Foundation of Australia

THE WALNUT

April 2024

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 9 April 2024

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

Come along and share your experiences with men who have been recently diagnosed with prostate cancer or who are continuing their prostate cancer treatment journeys.

Group monthly meeting, 6:30 pm for 7:00 pm, Wednesday 17 April 2024

Our April Group meeting is being held at our usual location – the Community Room at the Pearce Community Centre, Collett Place, Pearce.

Our speaker is Neil Henderson, who will take us through his journey and decision to run with NanoKnife therapy (also known as also known as Irreversible Electroporation (IRE) therapy) and his outcomes post-treatment.

President's Message

Advocacy

I am a staunch supporter of advocacy for prostate cancer.

I know that each and everyone of us have had a different journey and a broad range of outcomes.

It important to take the positives from from these outcomes and use it as a basis for discussions we have in our daily lives with family, relatives, friends and even the chance contact we may have with strangers.

These discussions can have a significant impact on others who follow us in their journeys.

If we don't advocate for early detection, then in some ways our journeys are wasted.

It's amazing what it does for your mental health and wellbeing when you know you have made that small difference to others.

Regards

Greg McRoberts
President

Our March Meeting

There were 21 attendees at our March meeting.

We did not have a speaker at this meeting, as our planned speaker had to withdraw for personal reasons. So we had an opportunity to share stories and talk about topics of mutual interest.

It was a most enjoyable occasion.

We had two new members at the meeting. They outlined their situations.

Other members also spoke about the treatments they have been receiving.

At our March meeting, Assistant Professor Joe Northey, Sport and Exercise Science at the University of Canberra and PhD student Alanah Pike spoke about a clinical trial that is being conducted. The trial is aimed at understanding the effectiveness, feasibility, and acceptability of a combined physical and cognitive intervention to improve brain health and cognitive function of men affected by prostate cancer receiving androgen deprivation therapy (ADT)

One member advised that he had joined the trial and had attended his initial visit. This had been interesting and he had not found the exercise demanding. The trial takes eight weeks and, at the end of it, participants are given a voucher for $360.

The member encouraged other members who are receiving ATD treatment to consider joining the trial.

One member spoke about how he is working to increase awareness in the Samoan community on the need to speak to their doctors about getting PSA tests. Culturally, Samoan men have been reluctant to speak about prostate cancer and, as a result, the incidence of advanced prostate cancer among them is quite high. The Group expressed a willingness to work with the member on this.

Our Treasurer, Roger Carthey, spoke about the work he is doing on behalf of the Group in raising awareness of the need for early detection of prostate cancer among Aboriginal and Torres Strait Islander men and among newly arrived refugee men. Like the Samoan community, there is a lack of awareness of prostate cancer and the need for early detection for successful outcomes. There is, however, great interest, in this health message.

Our Treasurer, John McWilliam briefed the group on a planned webinar for GPs in June to update them on advances in prostate cancer treatment and to ensure that they are aware of the current prostate cancer testing guidelines and available support for men who have been diagnosed with prostate cancer. Members will be able to join the webinar.

Further details on the webinar will be provided nearer the time.

Know when to get tested for prostate cancer

Read the Clinical Practice Guidelines

PCFA News

This information is taken from PCFA newsletters, press releases and the PCFA website

Latest Vodcast: The TITAN Trial–Investigating the addition of apalutamide to ADT–How clinicians decide between available treatment options

In this PCFA Vodcast, esteemed Dr Axel Merseburger and Katie Clift lead a discussion on the TITAN trial – investigating the addition of apalutamide to androgen deprivation therapy for men with different types of prostate cancer – while looking to address how clinicians decide between available treatment options.

WATCH NOW

More than 86,000 men lost to prostate cancer since 1996

PCFA is warning that more lives will be needlessly lost to prostate cancer if research funding isn't significantly increased, with more than 86,000 deaths from the disease since 1996.

The call comes as PCFA awards $1.2 million to researchers working to beat Australia's most common form of cancer.

PCFA's CEO, Anne Savage said that, "This year Australia will set a record for the highest number of prostate cancer cases diagnosed in the nation's history, with more than 25,000 men likely to hear the news they have prostate cancer."

In response, PCFA has awarded five new research grants worth a combined value of $1.2 million:

- Developing targeted theranostics for personalised prostate cancer treatment
  Dr Eric Kusnadi, Peter MacCallum Cancer Centre, University of Melbourne.
- Identifying new treatments with testosterone for prostate cancer
  Dr Nicholas Choo, Monash University.
- Interrogating the Prostate Tumour Microenvironment for Circulating Radiotherapy Biomarkers to Personalise Targeted Alpha-Therapy, Dr Kevin Koo, The University of Queensland.
- Addressing financial challenges in prostate cancer
  Dr Jessica Roydhouse, Menzies Institute for Medical Research - University of Tasmania.
- EV-PRECiSE: A Multi-Centre Cohort Study to Optimise Prostate Cancer Treatment Selection
  Dr Jessica Logan, University of South Australia.

Community champions recognised for service to men's health

Three Australian volunteers who have dedicated years of their lives to supporting Australian men and families impacted by prostate cancer have been awarded Prostate Cancer Foundation of Australia's (PCFA) prestigious annual Max Gardner Award for Distinguished Service.

- Don Lockley, Prosper-Darwin Prostate Cancer Support Group
  92-year-old Don Lockley was diagnosed with prostate cancer in 2004 and underwent successful radiation therapy. He co-founded Proshelp – the Katherine Prostate Cancer Support Group in 2009, which he led until 2013, before relocating to Darwin and taking on leadership of the Prosper Darwin Prostate Cancer Support group until 2022.
- Allan Cunningham, Latrobe Valley Prostate Cancer Support Group
  Allan Cunningham co-founded the Latrobe Valley Prostate Support Group in 2010, after several of his friends were diagnosed with the disease. Since then, he has gone on to champion one of the region's largest fundraisers for men with prostate cancer, the Latrobe Valley Biggest Ever Blokes' Lunch.
- Michael Bird, Ballarat Prostate Cancer Support Group
  Michael was diagnosed with prostate cancer in 2006 and underwent successful treatment with radiation followed by high dose brachytherapy. He joined the Ballarat Prostate Cancer Support Group in 2011 and has dedicated hundreds of hours to supporting men and families in the local community.

WHAT THE PROGRAM IS

Taking unused leftover male pads/continence products from men who do not need them anymore and giving them to men in need.

NEED PADS?

Call ahead to check availability and pick-up / appointment times **1300 006 438**

HAVE LEFTOVER / EXTRA PADS?

Drop off any leftover or extra pads to the below locations

INITIATIVE PROUDLY SUPPORTED BY

MENS HEALTH DOWNUNDER

Southside Physio

MENS HEALTH DOWNUNDER DEAKIN

Suite B3 Canberra
Specialist Centre
161 Strickland Crescent
DEAKIN ACT 2600

Monday - Thursday
9am - 4pm

SOUTHSIDE PHYSIO WODEN

Unit 3 - Level 1 Canberra
Health Point Building
16 Wilbow Street
PHILLIP ACT 2606

Monday - Thursday
7am - 7pm
Friday 7am - 3pm

PROSTATE CANCER SUPPORT GROUP ACT

Shout Building Pearce
Community Centre
3 Collett Place
PEARCE ACT 2607

At coffee mornings
or meetings

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.

Treatment options for prostate cancer

Understanding prostate cancer options and their side effects can be confusing. Now, a new prostate cancer resource—the Prostate Cancer Outcomes Report Card—hopes to make it easier for men and their families to better understand the treatment options and outcomes.

Created by a team of South Australian cancer researchers and specialists and led by the University of South Australia's Dr Kerri Beckmann, it breaks down different treatment types and evaluates survival rates, cancer recurrence, secondary treatments, and any impacts on urinary, bowel and sexual function.

The Report Card was funded by The Hospital Research Foundation Group and enabled by data collected as part of the South Australian Prostate Cancer Clinical Outcomes Collaborative (SA-PCCOC).

Read more and access the Report Card.

More information on treatment options for prostate cancer are available on the Icon Cancer Centre website.

World urged to prepare for doubling of prostate cancer diagnoses

The number of prostate cancers diagnosed globally will more than double – rising to 2.9 million diagnoses each year – by 2040, according to a special report authored by international experts including two from the Peter MacCallum Cancer Centre.

The Lancet Commission on Prostate Cancer, published online by *The Lancet* (5 April 2024) was formally unveiled in Paris at the annual scientific meeting of the European Association of Urology.

The report calls for the world to prepare for a surge in prostate cancer cases attributed to an ageing global population.

Read more

Advances in prostate cancer research

A useful summary of advances in prostate cancer research is provided by the US National Cancer Institute.

Read more.

Efficacy of PARP inhibitors by individual genes in homologous recombination repair gene-mutated metastatic castration-resistant prostate cancer

PARP, or poly (ADP-ribose) polymerase, is a protein that helps cells repair themselves. PARP inhibitors are drugs that block the DNA-repairing mechanism of PARP. By preventing PARP from repairing the damaged DNA within cancer cells, PARP inhibitors can help kill them.

The Journal of Clinical Oncology (14 March 2024) reported on a study to investigate the efficacy of PARP inhibitors in individual homologous recombination repair (HRR) mutated genes.

Data from clinical trials of PARP inhibitors in patients with HRR-mutated metastatic castration-resistant prostate cancer were evaluated to assess the efficacy of PARP inhibitors across different HRR gene mutations. The benefit from PARP inhibitors in terms of radiographic progression-free survival and overall survival was the greatest for patients with mutations in BRCA1, BRCA2, CDK12, and PALB2. However, no benefit was observed in patients with mutations in CHEK2 or ATM.

CHEK2 and ATM genes are 'cancer protection' genes that helps to protect against breast, prostate and pancreatic cancer. Everyone has two CHEK2 and ATM genes (one from their mother, and one

from their father). If one of the genes is not working, this is known as having a faulty gene, or having a mutation.

The researchers concluded that data from this study show that PARP inhibitor benefit is not equivalent across all HRR mutations. Additional studies are needed on PARP inhibitor benefit in patients with ATM and CHEK2 mutations.

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.