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Prostate Cancer Foundation of Australia

THE WALNUT

July 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 July 2024

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

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, 7 pm, Wednesday 17 July 2024, Community Room, Canberra Southern Cross Club, Woden

This month's meeting is a mid-winter dinner.

We hope you can join us for this social gathering.

It is in the Community Room on the ground floor, just opposite the main entry to the Bistro.

You will be able to order your dinner and drinks at the Bistro.

Note that there is no meeting at the Pearce Community Centre this month.

President's Message

I trust that this month's newsletter finds you all well and in good spirits despite some of our recent low temperatures. Mind you I confess I have been enjoying milder temperatures in Port Macquarie since late April as we complete some personal business there.

Our association with ACT Masters Hockey and my attendance at their fundraising event back in early April resulted in a $1200 donation to our group. Thank you again to them for their generosity. I look forward to continuing our relationship with them.

My heartfelt thanks to John McWilliam and Don Bradfield for their parts in organising the webinar event in association with the Canberra Health Network which provided an opportunity to update Canberra GPs on the latest in prostate cancer treatments. The evening was informative and I was honoured to represent our group, providing GPs with an overview of my journey with prostate cancer journey and the real benefits of early detection.

I would also like to welcome Russell O'Neill to the executive committee as our new treasurer from 1 July 2024. Many thanks to Roger Carthey for his assistance with role. I hope he stays with the committee moving forward as his contribution is greatly appreciated.

Regards

Greg McRoberts
President

Our June Meeting

There were 29 members who attended the June webcast for GPs on prostate cancer treatments. The webcast was hosted by Dr Leonie Harcourt from the Capital Health Network, and the speakers were:

- Urologist, Associate Professor Hodo Haxhimolla
- Medical Oncologist, Dr Neha Aggarwal
- Radiation Oncologist, Dr Patrick Bowden
- Our President, Greg McRoberts.

Our grateful thanks to the Capital Health Network and to our speakers.

A recording of the webcast in now available on the Capital Network's website:

WATCH HERE

Queanbeyan Christmas n July Fair

Many thanks to the members who supported our stall at the Queanbeyan Christmas in July Fair on Saturday, 6 July 2024. Your support was greatly appreciated.

PCFA News

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

Register now for Dry July: Make a difference for men with prostate cancer

Looking for a challenge that will improve your health, save you money, and contribute to a good cause? Yes!? Register now in our Dry July campaign for 2024 and make a difference for Australian men and families fighting prostate cancer. When you join, you'll gain access to a range of advice and support to help you get through the challenge.

Learn more

A little exercise goes a long way: Fighting fit to reduce risks of prostate cancer

What does exercise have to do with prostate cancer? Quite a lot, according to new research from Australia and abroad. In fact, international researchers following more than 57,000 men have found increases in cardiorespiratory fitness can significantly reduce men's risks of prostate cancer. Find out more in our new webcast on Men's Health.

Watch the webcast.

Breaking news: MSAC ruling on Lutetium Imaging & Therapy

PCFA has just received word that Australia's Medical Services Advisory Committee has recommended the listing of Lutetium Imaging and Therapy for men with metastatic castration resistant prostate cancer.

The decision is a major step forward for Australian men and families facing prostate cancer, providing a pathway for the subsidisation of LuPSMA and other life-saving nuclear medicines in Australia.

The recommendation follows three years of advocacy by PCFA .

This treatment is aimed at men who are advancing in disease, despite treatment with second-line ADT.

PCFA now awaits the Government's response to the Committee's recommendation, and will meet with the Minister for Health and Ageing to call for action.

PCFA's ultimate goal is to ensure that new and emerging treatments like this are made available to Australian men without delay.

Surgeons gain a second pair of eyes: Glowing dye helps identify rogue cancer cells

Scientists in the UK have found that a fluorescent dye attached to a molecular marker can help identify small prostate cancer cells that aren't visible to the naked eye during surgery. The dye improves the ability of surgeons to excise all cancerous tissues, reducing the likelihood of recurrence, while sparing healthy tissues and nerves.

Read more.

Image fusion to the fore: Better targeting with PSMA PET/CT and MRI combined

As reported in our June edition of *The Walnut,* image fusion of PSMA PET/CT and MRI scans using software automation may help clinicians improve the accuracy of prostate cancer diagnosis and better target treatment. This image fusion may provide a more powerful tool for the diagnosis and management of prostate cancer, particularly when compared to PSMA PET/CT and MRI in isolation.

Read more

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.

Royal Australian College of General Practitioners – Red Book for guidance for GPs

The RACGP has recently updated its Red Book which provides guidance for GPs on PSA testing.

Read more.

New rules on what Medicare will fund for PSA testing

Basically several new or altered item numbers have been introduced.

For screening purposes in the average patient it is restricted to once every 23 months. If there is a suspicious lesion , then you may have another repeat test with free PSA within a given period.

- If you are at high family risk you can repeat every 11 months.
- Patients who are being followed for a defined suspicious level may have up to 4 tests over following 11 months.
- Patients with prostate cancer being monitored have no restriction.

BUT your Medicare rebate depends upon the following issues:

1. Have you been bulkbilled for the pathology or not? Due to increasing pressures on pathology companies and overall reduction of Medicare rebate benefits, some companies have drastically cut back on bulk billing and are only offering it to concession card holders. Remember that bulk billing means the provider is giving you a discount, NOT the government.
2. Did you forget to sign the bulkbilling entry on the path form?
3. Did the person who ordered the pathology put sufficient information on the path form? Specifically:
   (a) did the pathology provider put PSA or PSA-previous prostate cancer or PSA-followup of previous abnormal test etc? The item number for PSA previous cancer is different to PSA, and if the latter number is billed, there will be no refund if within 23 months of the previous one.
   (b) The Medicare billing also includes an item for collection fee.
4. IF the $108 is the complete fee and not just the gap for the testing, then you may apply to Medicare for a partial refund. It is via the Medicare part of the MyGOV site. You will need to scan in your bill and receipt.

Long-course vs short-course androgen deprivation therapy plus postoperative radiotherapy for prostate cancer

The Lancet (16 May 2024) reported on the RADICALS-HD trial that compared the efficacy of long-course (24 months) versus short-course (6 months) androgen deprivation therapy (ADT) in addition to postoperative radiotherapy as a treatment for patients with intermediate- or high-risk localised prostate cancer.

After a median follow-up of 8.9 years, the longer course was associated with improved metastasis-free survival. The 10-year rates were 78.1% with long-course ADT and 71.9% with short-course ADT. Time to salvage ADT was also improved; however, no differences were noted in overall survival. Higher toxicity rates were observed with long-course ADT.

These results suggest that longer courses of ADT are associated with improved outcomes in patients with intermediate- or high-risk prostate cancer but need to be weighed against known associated adverse events.

Read more.

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.