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Prostate Cancer Foundation of Australia

THE WALNUT

August 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 13 August 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, 7 pm, Wednesday 21 August 2024, Pearce Community Centre, Collett Place, Pearce

Our speaker this month is member, Mark O'Leary who will be speaking about his experience with brachytherapy.

President's Message

Welcome to this month's edition of the Walnut.

I trust you all are well and bearing up after the cold weather we have had of late.

With September just around the corner please keep in mind that this marks the start of PCFA's annual fundraiser The Long Run.

t's a great opportunity to either individually or with friends participate by walking, running or cycling 75 kms during September to help raise funds to continue support and research into prostate cancer.

Also, a timely reminder that our AGM is just around the corner in September. For full members with voting rights please note that your attendance and participation is greatly appreciated to ensure that we have a quorum and enable the AGM to be held.

As always we are always looking for new members of the committee to ensure we represent our broader membership. If you are willing to join the committee, please let our secretary know at:

secretary@pcsg-act.org.au

Take care and enjoy this month's edition.

Regards

Greg McRoberts
President

Our July Meeting

Our July social event was enjoyable. We had forgotten that it was also the night of the third State of Origin match. Nonetheless, it worked out well.

University of Canberra Study

Members will recall that at our February meeting, Assistant Professor Joe Northey, Sport and Exercise Science at the University of Canberra, supported by PhD student Alanah Pike, gave a presentation on the 'Active Brain' Research Group at the university.

The trial is still open to participants. Further information on the trial is as follows:

Projecttitle	Cognitive impairment in survivors of prostate cancer: combining cognitive and physical activity for a brain fog fix
Study contact details	Email: prostatebrainhealth@canberra.edu.au Phone number: 0405 645 139
Clinical Trial Registration	This research project has been registered with the Australia and New Zealand Clinical Trial Registry: ACTRN12623000767606.
Chief Investigator	Professor Ben Rattray University of Canberra Phone: 6201 5145 Email: ben.rattray@canberra.edu.au
Research Team	University of Canberra Dr Joe Northey, Mrs Alanah Pike, Professor Catherine Paterson and Dr Kristy Martin Australian National University Professor Nicolas Cherbuin, Dr Ganes Pranavan (Medical Oncologist) University of Melbourne Dr Amit Lampit ACT Prostate Cancer Support Group Mr Greg McRoberts

PCFA News

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

PCFA pushes for a national awareness campaign: The old guidelines have failed

PCFA has called for government funding of a nationwide awareness campaign on PSA testing for prostate cancer, following damning testimony from men who say they've been let down by the current guidelines. The call follows the release of an independent report by UniSQ, commissioned as part of PCFA's review into the now outdated testing guidelines, finding that 68% of men feel the current rules for PSA testing have been ineffective.

Read more

New Support Council of Prostate Cancer Support Groups in Victoria

Despite prostate cancer being the most commonly diagnosed cancer for men nationally, many men don't know about it or where to get help for the emotional impact of a diagnosis. In an effort to create increased awareness on this major threat to the health of Australian men, members from the30 prostate cancer support groups in Victoria have established a Council to be the advocate for all Victorian support groups.

Read more

Prostate Cancer Report Card

If you've been diagnosed with prostate cancer, you will know that there are many treatment approaches available to you, including:

- surgery;
- external beam radiotherapy;
- low dose rate brachytherapy;
- hormonal treatment
- active surveillance; and
- watchful waiting.

Courtesy of Australian Prostate Cancer, a prostate cancer 'report card' which clearly outlines the outcomes of various treatments is now available to help prostate cancer patients and their families make more informed choices.

Read more and download the report card.

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.

Evolution of hormonal therapy for prostate cancer

The Australian Journal of General Practice has an article on the evolution of androgen deprivation therapy [ADT]) , which has become the mainstay treatment of advanced prostate cancer disease.

Read the article.

Short-course vs no Androgen Deprivation Therapy added to postoperative radiotherapy for prostate cancer

The phase III RADICALS-HD trial evaluated the efficacy of a six-month course of ADT in addition to radiotherapy after radical prostatectomy in patients with intermediate- and high-risk localised prostate cancer. After a median follow-up of nine years, ADT did not improve metastasis-free survival, with ten-year rates of 79.2% and 80.4% in the no ADT and ADT groups, respectively. Although short-course ADT delayed the need for salvage ADT, it did not translate into overall survival benefits. Radiotherapy-related adverse effects were similar between the groups. Metastatic disease after postoperative radiotherapy in this subgroup of patients is rare, and these results fail to prove any added benefit from ADT.

Read the article in *The Lancet* (1 June 2024)

Long-Course vs Short-Course Androgen Deprivation Therapy Plus Postoperative Radiotherapy for Prostate Cancer

The RADICALS-HD trial compared the efficacy of long-course (24 months) versus short-course (six 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 ten-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 the article in *The Lancet* (1 June 2024)

Prostate cancer blood test equally effective across ethnic groups, study finds

The Stockholm3 blood test, developed by researchers at Karolinska Institutet, is equally effective at detecting prostate cancer in different ethnic groups, a new paper published in The *Journal of Clinical Oncology* reports. The test produces significantly better results than the current PSA standard.

Read the article in *Science Daily* (23 July 2024)

An Artificial Intelligence (AI) model may yield better outcomes for prostate cancer

By using AI to assist with cancer contouring, UCLA researchers found that predicting the cancer size was 45 times more accurate and consistent than when physicians used only conventional clinical imaging and blood tests to predict the cancer extent. This advancement can help ensure an accurate diagnosis, precise treatment planning and effective surgical procedures.

Read the article in *Science Daily* (11 June 2024)

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.