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Prostate Cancer Foundation of Australia

# THE WALNUT


## September 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 10 September 2024

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

### Annual general meeting, 6:30 pm, Wednesday 18 September 2024, Pearce Community Centre, Collett Place, Pearce

This month we are holding our annual general meeting (AGM). We will start the meeting around 6:30 pm, with pizzas and soft drinks.

We will then hold our AGM (this should start around 7 pm) and this will be followed by an informal monthly Group meeting.

We hope you can come along and join us.

## President's Message

Welcome to this month's edition of *The Walnut*.

This month we are holding our annual general meeting (AGM). We will start the meeting around 6:30 pm, with pizzas and soft drinks. This will provide an opportunity for members to socialise before we start the formal proceedings.

The AGM itself should not take too long, probably no longer than around 30 minutes. I will provide a report on our activities of the past year, and our Treasurer, Russell O'Neill, will present our audited financial statements for 2023–24 and draft budget for the coming year. We will then elect committee members for the coming year.

Any member with full voting rights is eligible to nominate for membership of the committee. Nominations may be received prior to the start of the AGM. However, if you would like to nominate to join the committee, it would be helpful if you could advise our secretary, John McWilliam, as soon as possible (secretary@pcsg-act.org.au).

We require at least five members on our executive committee. Five of the current six committee are willing to be renominated for the committee, but other members are encouraged also to nominate and to join the committee.

Under our constitution we require at least 15 members who are qualified to vote to be present in person, or by telephone or internet link, or who are represented by proxy, So, if you are a voting member and you are unable to attend in person or online/phone, please advise John McWilliam of the person you would like to nominate as your proxy.

Following the AGM, we will hold our normal monthly Group meeting. We will not have a speaker on this occasion, but there will be an opportunity to discuss matters of interest to members.

Greg McRoberts
President

# Our August Meeting

Many thanks t Mark O'Leary for a most informative and interesting presentation on his experience with brachytherapy.

# September is Prostate Cancer Awareness Month

One in six cancers diagnosed in Australia today are prostate cancer, in a growing burden that accounts for more than 3,900 deaths annually.

September is Prostate Cancer Awareness Month, and the Prostate Cancer Foundation of Australia (PCFA) is calling on Australians to get active in the fight against the disease by joining in 'The Long Run'.

Run, ride or walk 72km during Prostate Cancer Awareness Month to raise awareness and funds for the 72 Australian men diagnosed with prostate cancer each day.

Your support can make a life-changing difference for men impacted by the disease in your community.

You can sign up for the 'The Long Run' or make a donation HERE.

# ACT Seniors and Better Ageing Expo 25 September 2024 Old Bus Depot Building in Kingston

The Group will be represented at this event to help increase awareness of prostate cancer prevention.

If you would like to assist with this event, please contact Russell O'Neill via treasurer@pcsg-act.org.au.

# PCFA News

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

## Pluvicto approved for men with metastatic prostate cancer

Australia's Therapeutic Goods Administration has approved the first targeted nuclear medicine for men with prostate cancer, registering the Novartis therapy Pluvicto® for use in the treatment of men with metastatic castration-resistant prostate cancer. Prostate Cancer Foundation of Australia is advocating to have the drug listed.

Read more.

## Prostate cancer cases surge: 16% of all newly diagnosed cancers are prostate cancer

Prostate cancer accounts for nearly 16% of all cancers diagnosed in Australia, according to new data published by the Australian Institute of Health and Welfare. The surge in cases to 26,368 per year is equivalent to 72 men diagnosed each day, highlighting the need for a national awareness campaign. The number of deaths has also risen to 3,901.

Read more.

## ADT for advanced prostate cancer: The evolution of hormonal therapies

Androgen Deprivation Therapy, or ADT, has been widely used for the treatment of prostate cancer for over 70 years, with around 30% to 50% of all men diagnosed undergoing ADT at some point in the course of their disease. Over recent years a number of new and very effective hormonal therapies have been listed for men with advanced prostate cancer.

Read more

## Baseline MRI improves prognostic accuracy in prostate cancer

Some cases of prostate cancer could be labelled as lower-risk than they actually are, in situations where baseline MRI has not been given for risk stratification. New research has found that adding baseline MRI to conventional prostate cancer risk assessment can improve prognostic accuracy, informing decisions about surveillance and treatment pathways.

Read more.

## Your complete prostate cancer toolkit: access to evidence-based information for all

Check out the new Survivorship Toolkit, filled with the latest prostate cancer resources. It's free, evidence-based, and perfect for support group members. Visit www.prostate.org.au and share it in your community.

Access the toolkit.

## Latest edition of *Blue Sky News*

The latest edition of *Blue Sky News* is out now, including features on Alpha Therapy, the Nanoknife, and groundbreaking research into prostate cancer biomarkers. This edition also explores a new form of hormone therapy that has had promising results in clinical trials, known as Bipolar Androgen Therapy. You can also learn more about advances in Artificial Intelligence.

Access Blue Sky News.

## 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.

## Precision drug olaparib may be effective without hormone therapy for some men with biochemically recurrent prostate cancer

The anti-cancer drug olaparib may be effective in treating biochemically recurrent prostate cancer without accompanying hormone therapy for men who have mutations in genes such as BRCA2, according to results of a phase II clinical trial of 51 patients conducted at the Johns Hopkins Kimmel Cancer Center and three other sites.

The study was done of men experiencing signs of cancer recurrence after surgical removal of the prostate, as measured by a high level of the protein prostate-specific antigen (PSA). Following treatment with olaparib, 13 participants, including all 11 who had BRCA2 mutations, had a decrease in PSA of at least 50% -- a sign that their cancers were receding.

Read the article in Science Daily.

## 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.

Stockholm3, a prostate cancer test developed in Sweden, runs a combination of protein and genetic markers from a blood sample through an algorithm to find the probability of a patient having clinically significant cancer.

Studies in more than 90,000 men have shown that Stockholm3 produces significantly better results than the current PSA standard.

The test improves prostate cancer diagnosis by reducing unnecessary MRIs and biopsies and by identifying significant cancers in men with low or normal PSA values.

Previous studies have been conducted primarily in Scandinavia on a mainly white population with uncertain generalisability to the rest of the world. A Swedish-American research group has now examined how well it works in an ethnically mixed group of men in the USA and Canada and found it t be equally effective.

Read the full article in Science Daily.

## Study finds 1 in 12 patients labeled as having 'benign' results actually had high-risk prostate cancer

New research highlights the challenge of balancing the risks of over-diagnosing and under-diagnosing prostate cancer early enough to intervene and minimise the risk of death.

Recently, some experts have called for the lowest grade of prostate cancer –biopsy Gleason Grade Group (GGG) 1 – to be reclassified as 'benign.' But a new study led by a researcher from Mass General Brigham has found that many patients with a biopsy GGG1 may have a more aggressive cancer than their biopsy alone suggests.

Read the full article in Science Daily.

# 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.