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Prostate Cancer Foundation of Australia

THE WALNUT

October 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 8 October 2024

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

Annual general meeting, 6:30 pm for 7:00 pm, Wednesday 16 October 2024, Pearce Community Centre, Collett Place, Pearce

Our speaker this month is accredited practising dietician Maddie Ferguson from Southside Physio.

This is an opportunity to discuss healthy diets, and how these change as we age.

We hope you can come along and join us.

President's Message

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

I would like to thank all those who attended our annual general meeting in September. These are important meetings.

I am also grateful to the committee members who have again stepped up to be on the committee for 2024–25. The committee members for 2024–25 are:

President: Greg McRoberts

Secretary: John McWilliam

Treasurer: Russell O'Neill

Other members: James Ashburner, Don Bradfield and David Hennessy

A copy of my report to the AGM is on pages 2 and 3 of this edition of *The Walnut*.

We were again represented at the ACT Seniors and Better Ageing Expo on 25 September. There was a lot of interest from attendees in talking about prostate cancer. This is one of our most successful outreach events each year. I would like to thank Russell O'Neill, Don Bradfield, David Hennessy, Greg Dunstone and Gary Monk for representing the Group at this event.

Greg McRoberts
President

Our Annual General Meeting

Many thanks to all who attended our Annual General Meeting. Seventeen members attended in person and one member attended via Zoom. There were three others who attended in person and six members provided proxy votes.

The report provided to the meeting by President Greg McRoberts is as follows.

2023–24 has been another positive year for our Group.

We have continued to spread the message of early detection and support through community engagements.

We have been represented at the Seniors Expo and other events, and have provided prostate cancer awareness sessions for first nations Australians and refugees and newly arrived Australians as part of programs organised by ACT Health.

We organised a webcast on prostate cancer for GPs with the support of the Capital Health Network and the Icon Cancer Centre. Our thanks to them and to urologist, Associate Professor Dr Hodo Haxhimolla, medical oncologist, Dr Neha Aggarwal and radiation oncologist, Dr Patrick Bowden, who joined me in making the presentations. One of the aims of the webcast was to ensure that GPs are aware of current PSA testing guidelines and the important role the testing plays in the early detection and treatment of prostate cancer, which is the most commonly diagnosed cancer among Australian men. It also updated GPs on recent developments in the treatment of prostate cancer.

We are also represented on ACT Health's committees for the Prostate Cancer Outcomes Registry and the Prostate Cancer Consumer Reference Group.

Group meetings have continued throughout the last 12 months with many informative presentations by guest speakers. I would like to offer our thanks to the specialists, nursing and allied health staff who have given up their time to present to us at our meetings. I would also like to thank Group members and members of other support groups who have given presentation on their own experiences. The value of the presentations is reflected in the many questions that members ask our speakers and the feedback from members on how they have helped to better inform their choice of treatment.

There has also been a relatively steady flow of new members to our ranks, some seeking information with others joining our group. Keeping members informed on changes and opportunities to access services is a key part of why we exist.

Coffee mornings continue to be an important part of our support, offering members who may not find our monthly evening meetings convenient. They are an opportunity to catch up with other members in an informal way.

Our monthly newsletter – The Walnut – aims to keep members well informed on our activities and on the latest developments in prostate cancer research and treatments. We have received positive feedback on The Walnut, including from members who are unable to attend our meetings regularly.

We have continued to support PCFA in its mission to fundraise and support men Australia-wide in their prostate cancer journeys and in its sponsoring of research into the prevention and treatment of prostate cancer.

I have many thanks to provide.

First, I would like to thank all those who have provided donations to the Group. In

particular, I would like to thank Harness Racing ACT, which has been our major sponsor over the past several years. It has devoted one of its race meets each year to raising money for the Group. It also provides an opportunity for our members to attend a most enjoyable social occasion. Last year this was in November 2023. Thank you to Genny Weston at Harness Racing ACT for all she does to make this such a successful occasion.

Another regular sponsor of the Group has been the ACT Hockey Association. Again, we are most appreciative of the support that they provide.

I would also like to thank my fellow executive committee members for their support in running the Group on your behalf. This year Roger Carthey is stepping down from the committee but will continue to support the Group's outreach activities. I would like to thank him for his work as the Group's Treasurer to 30 June 2024.

I believe that one of the key things we need to address moving forward is member participation and engagement. Attracting new committee members to ensure succession planning continues to be challenging. Please think about joining the committee. It is rewarding.

The year ahead will see us continue to do the basics as mentioned above.

10-day Kickstarter Mental Fitness Program

Commencing 1st October, PCFA has embarked on a 10 Day Mental Fitness Kickstarter program.

Details are on page 4.

Welcome!

MENTAL FITNESS kickstarter

USER GUIDE

1-10 OCTOBER

1

DOWNLOAD THEAPP

Easily download the app using the QR code

2

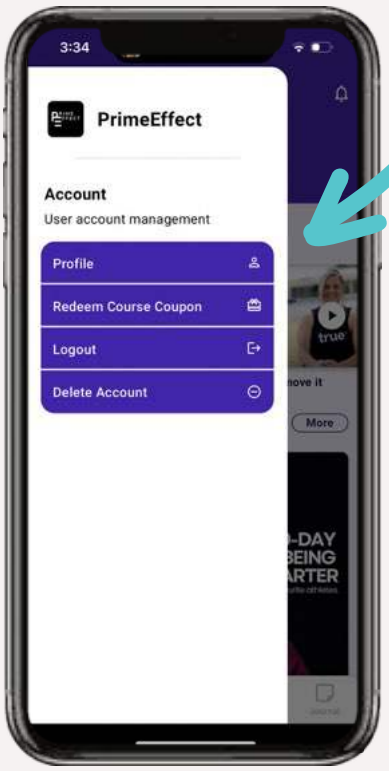
LOGIN + ACCESS

On the top left-hand corner, click on the 3 lines > Redeem Course Coupon > Enter course code: PCA_001

3

10 MINUTES A DAY

Hear from our athletes about how to lift your mood and learn how to cope with everyday stress. A fun and refreshingly positive program for optimal mental fitness!



Do you daily wellbeing check in, or press skip to take you to the home page

10-Day Kickstarter program on the home page

PRIME EFFECT

A 10-day mental fitness kickstarter

to transform the way you and your team approach **resilience, motivation and performance.**

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.

Novigenix to develop prostate cancer liquid biopsy test with €1.8M Eurostars Consortium Grant

Novigenix has announced that it has received approval for a Eurostars grant of €1.8 million (US$1.9 million) for a project that will support the development of a liquid biopsy test to predict myeloid-derived suppressor cell (MDSC) infiltration in metastatic castration-resistant prostate cancer patients.

The Lausanne, Switzerland-based company has developed an RNA-based liquid biopsy platform that uses AI to analyse immune-related gene expression for early evidence of disease or response to therapy.

The new funding will support a consortium that also involves the Dutch subsidiary of Crown Bioscience and researchers from Radboud University Medical Center to help develop the Myelo-Scan assay.

Novigenix said it believes Myelo-Scan could help to stratify prostate cancer patients, tailoring treatments to those most likely to benefit. According to the company, MDSC infiltration plays a critical role in the development of treatment resistance in advanced, castration-resistant prostate cancer.

The company and its collaborators expect to start clinically validating the test to support CE-marking by the end of 2026. Novigenix added that it projects revenues of €1.14 billion if it succeeds in bringing the test to market.

New prostate biopsy technique lowers infection risk

A multi-institutional clinical trial led by Weill Cornell Medicine and New York-Presbyterian investigators showed that a newer technique for collecting prostate biopsy samples reduced the risk of infection compared with traditional biopsy approaches.

The results of the study were published on 19 September 2024 in *JAMA Oncology*.

The technique, called transperineal prostate biopsy, collects prostate tissue via a needle through the skin of the perineum, the area between the rectum and the scrotum. The procedure, which uses local anesthesia to numb the area, allows physicians to bypass the traditional and more infection-prone route of collecting prostate biopsy tissue with a needle through the rectum.

Read the full article in *Science Daily*.

Inflammatory cells in tumor microenvironment promote the transformation of prostate cancer cells into treatment-resistant cells

There is a challenge related to prostate and many other cancers that cancer cells form resistance to treatments as the disease progresses. However, these resistance mechanisms are not yet fully understood. A new study by the University of Eastern Finland found that inflammation-promoting immune cells, M1 macrophages, can transform cancer cells into stem-like cells and thus immune to treatment. The results were published in *OncoImmunology* journal.

Macrophages are immune cells whose large number in the tumour area is often a sign of poor prognosis in relation to prostate cancer.

The study found that pro-inflammatory macrophages (M1) increase the stem cell traits of cancer cells and weaken the androgen response.

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.