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Prostate Cancer Foundation of Australia

THE WALNUT

November 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

L to R: Hugh Sheridan, Hon Jim Lloyd, Hon Jason Clare MP, Associate Professor Samantha Oakes, Adjunct Associate Professor Steve Callister AM, Will McDonald and Hon Warren Entsch MP

Annual PCFA Parliamentary Barbecue

The Prostate Cancer Foundation of Australia (PCFA) held its annual parliamentary barbecue at Parliament House in Canberra on 10 October 2024. This event is held each year to raise awareness about prostate cancer among parliamentarians and parliamentary staff. There is bipartisan parliamentary support for measures to increase awareness of the need for men and their families to know their risk factors for prostate cancer and to get tested, as recommended by the prostate cancer testing guidelines.

The MC for the event was Channel 9 newsreader from South Australia, Will McDonald. At the age of 42, Will was diagnosed with Stage 4 aggressive prostate cancer. He was fit an active until then, climbing and doing a lot of other activities. However, he developed a niggling injury in his left hip joint that wouldn't go away, no matter what he did. He had an MRI scan and all of a sudden alarm bells went off. Will is now on androgen deprivation therapy as part of his prostate cancer treatment and also maintains a very active lifestyle.

Will's diagnosis is a good case study of the importance for men to know their risk factors and to be proactive in getting tested for prostate cancer as recommended by the PSA testing guidelines. Will's father had also been diagnosed with prostate cancer in 2019.

The Minister for Heath, the Hon Mark Butler, and the Leader of the Opposition, the Hon Peter Dutton, both spoke supporting the need for men to be proactive in managing their prostate health.

Actor and entertainer, Hugh Sheridan, who has been announced as a new ambassador for the PCFA, also spoke (and sang) at the event. Hugh's late father, Denis, died from prostate cancer in 2021.

It was also announced at the barbecue that the PCFA and the Australian and New Zealand Urogenital and Prostate Cancer Trials Group (ANZUP) have agreed to a landmark three-year research partnership aimed at accelerating clinical trials and advancements in prostate cancer treatment.

The research collaboration will build on a long-standing relationship between the PCFA and ANZUP, which have co-funded clinical trials since 2015. The new partnership underscores the PCFA's commitment to innovative research, supported by the PCFA Prostate Cancer Future Fund, which was established in 2022 to drive national investment in prostate cancer research.

ANZUP's CEO, Associate Professor Samantha Oakes, said that the new partnership will see ongoing expansion of clinical trials focused on improving survival rates among Australians, particularly for those with advanced and aggressive forms of prostate cancer.

Adjunct Associate Professor Steve Callister AM, Chairman of PCFA, said that :"With more than 26,000 men expected to be diagnosed with prostate cancer this year, this research has never been more important — we are paving the way for breakthroughs that will save lives."

John McWilliam and Russell O'Neill represented the Group at the event.

The Minister for Health, the Hon Mark Butler MP

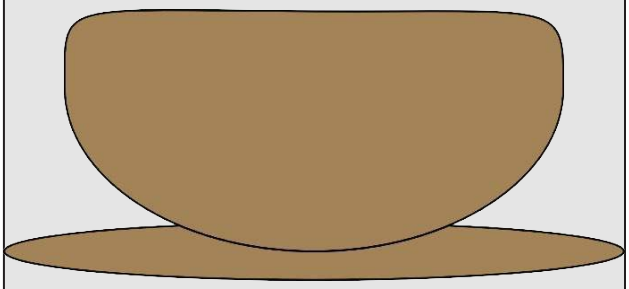
The Leader of the Opposition, the Hon Peter Dutton MP

Coming events

Coffee morning, 10:00 am Tuesday 12 November2024

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

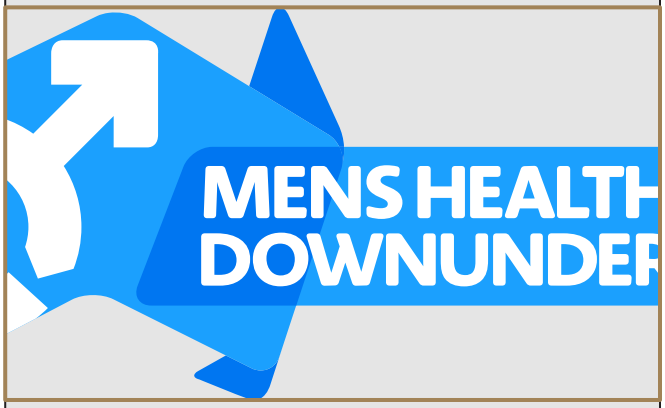
Come along and share your experiences with men who have been recently diagnosed with prostate cancer or who are continuing their prostate cancer treatment journeys.



General meeting, 6:30 pm for 7:00 pm, Wednesday 20 November 2024, Pearce Community Centre, Collett Place, Pearce

Our speaker this month is Brad Butt from Men's Health Downunder.

We hope you can come along and join us.



Harness Racing ACT Event, Sunday 15 December

This is our major fundraising event and Christmas party. Harness Racing ACT is our major sponsor and we are heavily indebted to them for their support.

We always enjoy these occasions and we arrange for tables to be put together for members to have dinner at the event. We will circulate information about this separately and invite expressions of interest for the dinner. But please consider joining us for this event and put it in your diary now.

If you know of someone who would be willing to donate a prize for the raffle, please advise John McWilliam (secretary@pcsg-act.org.au).

Our October Meeting

We had a very informative presentation from accredited practising dietician, Maddie Ferguson, from Southside Physio, at our October meeting.

Maddie provided handouts on her key messages, which are reproduced below under the heading 'Diet and Prostate Cancer'.

Diet and Prostate Cancer

Prevention

While there are no known foods that can completely prevent cancer, a healthy, balanced diet can help reduce your risk of getting cancer:

- Focus on fibre — aim for 30g of fibre every day including as much variety as you can
  - Aim for 5 serves of veg every day including as much variety as you can
  - Aim for 2 serves of fruit every day
  - When having grains, choose wholegrain options wherever possible.
- Decrease saturated fat intake
  - Foods high in saturated and trans fats include fatty cuts of meat, full fat dairy, baked goods and fried foods
  - Focus on healthy fats (unsaturated fats) including oily fish, avocado, nuts and seeds.
- Decrease intake of processed carbohydrates
  - This includes processed grains — white bread, pasta, white rice etc — sugar, confectionery and baked goods
  - Aim for no more than 5-6 serves of grain and choose wholegrain options as much as possible.
- Green tea and soy may help lower risk.

During treatment

Depending on the type of treatment you have, side-effects and energy requirements may vary:

Maddie Ferguson from Southjside Physio

- You will have increased energy requirements, regardless of whether it is chemo/radiotherapy or surgery
  - Small, regular meals can help with nausea and constipation.
  - Altering fibre intake slightly can help with diarrhoea and constipation — consult with a dietician for your GP
  - Taste changes are normal and usually return to normal post treatment, but there are some ways to adjust your meals to help with this too.

Post-treatment

While your body is healing, it is important to focus on protein as this is the main nutrient that will assist your body with healing:

- Focus on a good serve of protein with every meal and ideally a couple of high protein snacks
- Focus on protein that doesn't have saturated fat
- Your energy requirements will still be increased while healing.

Eating for long-term health

Once you have recovered from treatment, you can return to your normal diet focusing on the same goals for prevention:

- High fibre, good fats and maintaining a healthy body weight
- Good quality protein – focus on plant-based options
- Ideally all nutrients come from diet — supplementation only needed if there are deficiencies OR unless recommended by GP.

For more information regarding food groups and serving sizes, visit:

https://www.eatforhealth.go.au/

If you have further questions, or would like personalised help to improve your diet, please email maddie@sspg.com.au OR the office on 6282 5010.

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

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

INITIATIVE PROUDLY SUPPORTED BY

MENS HEALTH DOWNUNDER

Southside Physio

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.

Promise of delayed chemotherapy and ADT treatment from metastasis-directed therapy

A new study involving medical practitioners who are familiar to us (e.g. Associate Prof Haxhimolla, Dr Ganes Pranavan and Dr Patrick Bowden) provides promise that metastasis-directed therapy (MDT) for oligometastatic prostate cancer, including stereotactic body radiotherapy (SBRT), can delay the need for chemotherapy and hormone therapies for up to five years.

The study examined the five-year outcomes of fractionated SBRT for oligometastatic prostate cancer from the TRANSFORM phase II trial.

Stereotactic radiation therapy uses high doses of radiation to hit discrete tumours with pinpoint accuracy, without damaging the surrounding organs.

This method maintains a higher quality of life during treatment compared to traditional therapies, with the most recent trial from the Icon Cancer Centre indicating it delayed disease progression by an average of two years, and up to five years in a quarter of patients.

Read the research report in the International Journal of Cancer

An early blood test can predict survival in patients with metastatic prostate cancer

Before it spreads, prostate cancer can be cured with surgery or radiation. Once the cancer has metastasised and is no longer curable, systemic treatments are used to prolong survival as much as possible. Biomarkers that predict how patients will respond could allow for better personalisation of treatments, but they are few and far between.

A blood test, performed when metastatic prostate cancer is first diagnosed, can predict which patients are likely to respond to treatment and survive the longest, according to a study just published in *JAMA Network Open*. It can help providers decide which patients should receive standard treatment versus who might stand to benefit from riskier, more aggressive new drug trials. The research, part of a phase 3 clinical trial funded in part by the National Cancer Institute (NCI) of the National Institutes of Health, was just published in *JAMA Network Open*.

Read the article in *Science Daily*.

Nanoparticle therapy offers new hope for prostate cancer patients

A ground-breaking study, conducted by researchers from the University of Virginia, Mount Sinai, the University of Michigan, the University of Texas and others, has demonstrated the clinical success of a new nanoparticle-based, laser-guided therapy for prostate cancer treatment.

The study, which involved 44 men with localised prostate cancer, used gold nanoshells in combination with magnetic resonance imaging (MRI) and ultrasound fusion — an advanced technique that enhances MRI data— to precisely target and eliminate cancerous prostate tissue.

Gold nanoshells are tiny particles, thousands of times smaller than a human hair, that can be engineered to strongly absorb specific wavelengths of light and generate heat.

Read the full article in *Science Daily*
17 October 2024.

Diet and prostate cancer prevention

New research, published in *JAMA Oncology,* provides scientific evidence that a healthy diet may reduce the chance of low risk prostate cancer progressing to a more aggressive state in men undergoing active surveillance — a clinical option in which men with lower risk cancer are

carefully monitored for progression in lieu of treatments that could have undesired side effects or complications.

One of the study authors said that the study is the first to provide statistically significant evidence that a healthy diet is associated with a reduction in risk of prostate cancer progressing to a higher grade group.

Read the full article in *Science Daily*, 17 October 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, ACT Masters Hockey, and Paddywack Promotional Products.

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.