



## UPCOMING SPEAKERS

Tuesday, 17<sup>th</sup> April 2018

### A GP's Approach to Shared Care

Prof Marie Pirotta and Dr Jane Crowe

Research GPs



Marie is Chair of the Royal Australian College of General Practitioners' National Standing Committee- Research. She is a general practitioner and an associate professor at the Department of General Practice, University of Melbourne. Her research interests include medicines and how they are used, in particular complementary medicines, as well as cancer in primary care. One of her current projects is exploring how people negotiate their way between complementary and orthodox medical systems.



Dr Jane Crowe, a General Practitioner and Prostate Cancer GP, currently at University of Melbourne, Australian Prostate Cancer Research, Victorian Primary Care Research Network, as well as private practice. She previously was at Epworth Prostate Centre.

Tuesday, 19<sup>th</sup> June 2018

### A Scientist's Look at PC Drugs



Dr David J. Owen Ph.D. is the Vice President, Research of Starpharma Ltd. He has experience in medicinal chemistry and biochemistry, and in managing commercially directed drug discovery. Dr Owen has worked across therapeutic areas, including Starpharma's on an improved dendrimer-docetaxel formulation.

## POWERS OF ATTORNEY AND

## ADVANCED CARE PLANS

We should all have an up-to-date will, financial and medical Powers of Attorney, and an Advanced Care Directive. This is whether we have cancer or not. We can never know what and when life circumstances change. Once done, we then can get on with living (and only update them if we consider necessary). Medical decision making laws changed on 12<sup>th</sup> March 2018 when the Medical Treatment Planning and Decisions Act 2016 commenced.

Powers of attorney are legal documents that let you appoint someone to make certain decisions for you, or support you in making and giving effect to your decisions. The enduring power of attorney continues even when you are unable to make decisions. It can be useful in planning for the future. Supportive attorney appointments are designed to promote the right of people with disability to make their own decisions about things that affect them.

### Advance Care Directive

The new laws allow for the creation of new legal documents called advance care directives, which may include either or both:

1. an instructional directive with legally binding instructions about future treatment the person consents to or refuses
2. a values directive which documents the person's values and preferences for future medical treatment.

The Victorian Office of the Public Advocate has guides and forms for the different Powers of Attorney and Advanced Care Directives:

<http://www.publicadvocate.vic.gov.au/>

**DISCLAIMER:** Information in this newsletter is not intended to take the place of medical advice. You should obtain advice from your doctor relevant to your specific situation before acting or relying on anything in this newsletter. We have no liability whatsoever to you in connection with this newsletter.

## Book Review

# PROSTATE CANCER, A NEW APPROACH TO TREATMENT AND HEALING

By Drs Emilia Ripoll, MD and Mark B. Saunders,  
Published by Lafayette, Colorado, USA.

*Reviewed by Michael Meszaros*

This book has been added to Prostate Heidelberg's library this year.

This book is progressive, interesting and encouraging, full of information and very positive in its approach that the body can heal itself with appropriate changes to lifestyle. It stresses the need for the right diet, plenty of the right exercise, changes in mental attitude and the avoidance of toxins in diet and environment. It strongly expresses the view that not only can PC be contained by these changes, but it can actually be cured by them, even from quite advanced PC in some cases.

By its own declaration, it is not a book to be read straight through, but is rather intended as a manual for a PC patient to look at aspects of PC which concern him, depending on where he is on his PC voyage.

I found it quite difficult to navigate despite its obvious intent to simplify the huge amount of information it contains. I found myself jumping back and forth, trying to look up things referred to, but not defined at that point. Its index and glossary are sometimes deficient on some key items the text prompts you to look up. In trying to keep the reader informed on a particular point, it often repeats information given on different aspects of PC, sometimes within a couple of pages.

On some points it is quite confusing. For example, it is very definite that testosterone does not

cause prostate cancer, and then launches into details of ADT without explaining why ADT works when it suppresses male hormones. Similarly, it warns against consuming any soy-based food without explaining why the countries where soy is most consumed have the lowest rates of PC. It is also confusing in its damning references to the different types of sugar (sugar, sucrose and fructose are not mentioned in the index).

It quotes treatments that we hear little about which appear to be more frequently used in the USA than here. However, it gives good pro and con comparisons of different treatment options within the same family of treatments, such as types of radiation. It also looks at emerging technologies and treatments.

It encourages caution and becoming educated in your condition, stage of disease, prospect of disease progression and treatment options and their consequences before launching into heavy duty treatment or surgery. It is very strong on selecting the right level of treatment appropriate to the individual's condition and getting second and third opinions to try to get that right. Similarly, it encourages the minimum appropriate treatment, or active surveillance, coupled to lifestyle changes.

With research and approaches to PC changing so rapidly, this book represents a very up-to-date survey of the latest positions, and as such, is a very worthwhile contribution to guidance on how to manage one's PC battle.

It uses so many acronyms that a glossary of them would be a distinct advantage.

**DISCLAIMER:** Information in this newsletter is not intended to take the place of medical advice. You should obtain advice from your doctor relevant to your specific situation before acting or relying on anything in this newsletter. We have no liability whatsoever to you in connection with this newsletter.

## 2018 SUBSCRIPTIONS \$10

The 2018 annual subscriptions are due from 1<sup>st</sup> January 2018. The rate is **\$10 per individual, couple or family**. Pay at your next meeting, by mail to the address below, or directly into the Prostate Heidelberg bank account:  
BSB 083-256; Account 583244292, including your name in the details.

## CORRESPONDENCE

Prostate Heidelberg,  
PO Box 241 IVANHOE VIC 3079  
[ProstateHeidelberg@gmail.com](mailto:ProstateHeidelberg@gmail.com)  
[www.ProstateHeidelberg.info](http://www.ProstateHeidelberg.info)

## COMMITTEE

Max Shub, Facilitator	0413 777 342
Barry Elderfield, Treasurer	0400 662 114
Patrick Woodlock, Newsletter	0438 380 131
Chris Ellis, Convenor	
Spiros Haldas, Library	
Janis Kinne, Membership	
David Bellair, Web site	

Please contact Patrick Woodlock to redirect or cancel receipt of this Newsletter at [ProstateHeidelberg@gmail.com](mailto:ProstateHeidelberg@gmail.com) or on 0438 380 131.

## CALENDAR

**2018** Meetings: **10:00am -12:30pm**  
 Tues 17 Apr '18 Drs Marie Pirotta & Jane Crow  
*"A GP's approach to shared care"*  
 Tues 15 May '18  
 Tues 19 Jun '18 David Owen, Chief Scientist,  
 Starpharma Ltd  
*"A scientist's look at Prostate  
 Cancer drugs"*  
 Tues 17 Jul '18  
 Tues 21 Aug '18 *"Survivorship studies, what are  
 we learning?"*  
 Tues 18 Sep '18  
 Tues 16 Oct '18 *"ED and Incontinence: do we  
 need to put up with it?"*  
 Tues 20 Nov '18  
 Tues 18 Dec '18 *"How genetics is impacting  
 therapy now and in the future"*  
 and Xmas lunch

**2019** Meetings: **10:00am -12:30pm**  
 Tues 19 Feb '19  
 Tues 19 Mar '19  
 Tues 16 Apr '19  
 Tues 21 May '19

Sometime 2019 Nik Zeps, Epworth  
*"Negotiating your way through  
 the medical system and life for  
 cancer patients"*

---

Use of the internet is to find your questions to ask your specialist. It should not be trusted to find answers for your personal case. The web is general. Your specialist specifically knows you.

The following [websites](#) members have found useful:-

Prostate Cancer Foundation of Australia  
*For guides and help.*

[www.PCFA.org.au](http://www.PCFA.org.au)

Cancer Council Victoria  
*For general help and to understand services supporting men with cancer.*

[www.CancerVic.org.au](http://www.CancerVic.org.au)

Ex MED Cancer program  
*A best-practice exercise medicine program for people with cancer.*

<http://www.EXMedCancer.org.au/>

Prostmate  
*To record all your results.*

[www.ProstMate.org.au](http://www.ProstMate.org.au)

Beyond Blue:  
HELPLINE - 1300 22 4636  
*For help with depression or anxiety.*

[www.BeyondBlue.org.au](http://www.BeyondBlue.org.au)

Continence Foundation of Australia  
HELPLINE - 1800 33 0066  
*For assistance with incontinence and for aids (such as pads).*

[www.Continence.org.au/](http://www.Continence.org.au/)

Australian Advanced Prostate Cancer Support Group  
*For men diagnosed with advanced metastatic prostate cancer.*

[www.JimJimJimJim.com](http://www.JimJimJimJim.com)

Us TOO International PC Education/Support Network  
*USA Prostate Cancer support groups and information newsletter.*

[www.UsToo.org/Read-Educational-Materials](http://www.UsToo.org/Read-Educational-Materials)

USA Prostate Cancer Foundation (Guide)  
*USA PDF guide for men newly diagnosed with prostate cancer.*

[www.PCF.org/guide/](http://www.PCF.org/guide/)

Commonwealth site for palliative care  
*Government information on palliative care.*

[www.Health.gov.au/PalliativeCare](http://www.Health.gov.au/PalliativeCare)

Banksia Palliative Care  
*Austin Health/ONJ's palliative care provider.*

[www.BanksiaPalliative.com.au](http://www.BanksiaPalliative.com.au)