



Securing the Future

Our next meeting will be a special one which we hope as many members as possible can attend.

In the last year both Patrick Woodlock, the Group Convenor, and Max Shub, the Group Facilitator, have experienced health problems. Fortunately Max is now out of hospital and on the mend.

Patrick is about to begin treatments which will take place over a number of months. As a result he has decided to step down from the role of Convenor and from writing the newsletter. Patrick will remain on the Steering Committee.

We would like to thank Patrick for all his hard work and the excellent job that he has done as Group Convenor and Newsletter Editor, particularly when he has been unwell.

Paul Hobson will take over writing the newsletter. Producing a monthly newsletter is very onerous. Patrick is to be congratulated for producing month after month a high quality newsletter with interesting and useful articles which other prostate support groups have used for their own newsletters.

In recent years a number of Victorian prostate cancer support groups have had declining membership numbers: some groups have even closed. The Steering Committee wants to discuss how to maintain Prostate Heidelberg as a strong group for the future, including how to recruit new members and how to plan for succession and renewal on the Steering Committee.

Amanda Pomery, the PCFA Support Group and Outreach Coordinator (VIC/TAS), will be attending the meeting to assist us.

Our Next Meeting

Date: [Wednesday 9 July 2014.](#)
Time: [10:00 am to 12.30 pm,](#)
Place: [Ivanhoe Uniting Church, Seddon Street, Ivanhoe](#) (Melways 31 F8)
Free car parking available at rear.

- Meetings are open to anyone interested in getting support or information on a prostate cancer journey.
- Partners or carers are welcome to all meetings
- **There is no charge for attending.**

ANZUP Community Engagement Forum [Sunday 13 July 2014](#)

See details on page 5 of this newsletter.

Contact Us

Email us: prostateheidelberg@gmail.com
Phone: Max Shub 0413 777 342 or Paul Hobson 0405 086 869
Website: www.prostateheidelberg.info

See the last page of this newsletter for more information about the Group.

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Cancer Depression No Denying It Haunts Us All

We all are subject to developing depression and prostate cancer survivors are subject to a large share of it. Besides dealing with the everyday issues of living our life, we also are hounded by our diagnosis. However, it is important to understand that there are everyday types of depression and what is referred to as clinical depression. Understanding the differences and how to deal with depression is important.

The everyday types of depression are caused by bumps in the road of life. Over time, we can learn to accept these problems or take steps to resolve them and put the depression aside.

Clinical depression is a medical condition that becomes part of your consciousness, obstructs your ability to function and requires the attention of a mental health practitioner. If you find your world darkened by feelings of depression; if you withdraw from social encounters, lack any energy or will, or just don't get pleasure in anything anymore; if you are eating too much or getting too little sleep or can't sleep at all, feel fatigued or if you believe you are experiencing a complete personality change, you might be suffering from clinical depression.

Having a cancer diagnosis, especially of advanced prostate cancer, in and of itself is significant. For many of us, especially as we make our way through the treatment process, clinical depression comes with the territory. But it can be managed.

If you find that you are becoming clinically depressed:

1. Seek the help of a social worker, psychologist or a psychiatrist, one who works with oncology patients.

Counselling can:

- Help you develop ways to cope with your diagnosis.
 - Understand the meaning and implications of your diagnosis.
 - Help you make better treatment choices.
 - Help you manage your feelings.
 - Help you develop better communication skills with your families, friends and healthcare providers.
 - Manage your symptoms, drug side effects, pain and fatigue.
 - Deal with some of the financial burdens you face.
 - Deal with workplace issues resulting from your cancer or its treatments.
 - Understand and devise coping mechanisms to resolve cancer related sexuality issues created by the cancer and its treatments.
 - Develop strategies to enter the post treatment world.
2. Exercise regularly; it has shown to not only to enhance physical health, but also as an excellent way to combat depression. Walk, walk, and walk some more.

There are a number of different ways to find an appropriate counsellor;

1. Ask your oncologist or their clinical nurse about counselling services available at your hospital or cancer treatment centre.
2. Ask your oncologist or clinical nurse for referrals to counsellors and counselling services in your community.
3. Find out if your employer has an employee assistance program that provides counselling services.

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4. Check with your prostate cancer brothers from a support group for recommendations of counsellors experienced in treating men with prostate cancer.

Reduce stress in your life. There is some evidence that the stress hormone cortisol encourages the growth of cancer cells. Higher and more prolonged levels of cortisol in the bloodstream (like those associated with chronic stress) have been shown to have deleterious effects, such as: impaired cognitive performance, suppressed thyroid function, blood sugar imbalances, including hyperglycemia, decreased bone density, loss of muscle tissue, elevated blood pressure, lowered immunity and inflammatory responses in the body, slowed wound healing, also increased abdominal fat, which is associated with more health problems than fat deposited in other areas of the body, including heart attacks, strokes, the development of metabolic syndrome (elevated levels of “bad” cholesterol (LDL) and lower levels of “good” cholesterol (HDL), leading to even more health problems!

Get a pet! Pets are known to improve the quality of life and our physical health. There have been many studies that show that the physical stroking of a pet lowers our blood pressure and increases the levels of (good) mood related hormones serotonin and dopamine. When I was having trouble walking my family gave me a dog, Charlie. I now walk Charlie several times a day, getting much needed exercise besides having a constant companion and a great friend.

Joel Nowak is the Director of Advocacy & Advanced Prostate Cancer Programs of Malecare, one of America's largest volunteer men's cancer support group and advocacy non-profit organization. Joel is a survivor of Thyroid, Recurrent Prostate and Renal Cancers. He has kindly given us permission to

reproduce this article from his [Advanced Prostate Cancer Blog](#).

Some Resources for Depression:

Beyondblue Helpline: 1300 22 4636

(24 hours a day, 7 days a week)

“We all have good days and bad days. Then there are those days when something isn't quite right, you've got something on your mind, or things just seem too much.

Whatever it may be, sharing the load with someone else can really help. So no matter who you are, or how you're feeling, you can talk it through with us.”

www.beyondblue.org.au

Includes interactive checklists, fact sheets on anxiety, depression, information on available treatments, how to help someone with depression, how to reduce stress and sleeping well.

Cancer Council Helpline: 13 11 20

(9am - 5pm, Monday to Friday)

As well as offering emotional or practical support, the Cancer Council can provide information on mental health professionals in your local area, particularly those who have experience in working with people with cancer.

Please return books or DVDs borrowed from the library

Prostate Heidelberg currently has a significant number of books and DVDs that have not been returned. The usual borrowing period is one month. As there are other people who would like to use these library resources on their cancer journey, please return them at the next available meeting. If you borrowed a book and since lost it, please notify the Group's Librarian.

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Prostate cancer in the family

Bruce Kynaston reports on the significance of acting on a family history of prostate or breast cancer.

During 2013, Angelina Jolie had both her breasts excised because of a family history of that problem; tests had shown mutation in one of her BRCA1 and 2 genes.

We all have two BRCA genes, but hopefully ones that have not altered. Actually, it is only BRCA2 gene mutation that applies to prostate cancer risk. Gene mutation occurs occasionally and usually some property that the gene controls is lost, so resulting problems can arise.

Sometimes family cancer histories are not easily traced. Friends of mine have two sons aged in their 50s who have each been diagnosed with prostate cancer. Neither parent has suffered prostate or breast cancer, but it is possible that a gene mutation occurred in the germ cells of either parent and passed to their sons. I suggested they could contemplate having the check for BRCA gene mutation, as such information would be important for the children of these men.

A recent notable medical paper addresses such issues: Germline BRCA Mutations are associated with Higher Risk of Nodal Involvement, Distant Metastasis, and Poor Survival Outcomes in Prostate Cancer (Elena Castro and others, 2013, JClinOncol 31:1748-1757.)

This paper shows that:

- 2019 patients with prostate cancer were eligible for the trial, of whom 79 were BRCA carriers-but only one had a BRCA 1 mutation.

- 16 per cent of the patients were 65 years at diagnosis, and 34 per cent had a family history of prostate cancer.
- Prostate cancer was mainly diagnosed as a result of clinical symptoms.
- The proportion of BRCA carriers diagnosed through PSA screening was significantly higher compared with non-carriers.

Its results suggest why the words in the title are perhaps not a true reflection on modern earlier diagnosis-before 'higher risk of nodal involvement, distant metastasis, and poor survival outcomes in prostate cancer' would be expected. Other research sources show that only the BRCA2 gene mutation appears to be the one that is related to prostate cancer.

In essence then, a family history of prostate or breast cancer may be relevant, especially if there are many cases, and genetic testing may be warranted.

Don't rely on Internet sites that offer such tests. The recommended approach is to call Cancer Council Helpline 131120 and explain why you have called. All of the various States' Cancer Council Helplines have access to identical information. If you have a referral from a GP, and if there is uncertainty as to where to go next, return to the Helpline (with your referral) and ask for direction.

We are grateful to Dr Bruce Kynaston, a retired radiation oncologist and prostate cancer survivor, and the Prostate Cancer Foundation of Australia for permission to reproduce this article which appeared in the May 2014 issue of the Queensland Prostate Cancer News

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ANZUP Community Engagement Forum

Sunday 13 July 2014 1:00PM - 4:00PM

Hilton on the Park, 192 Wellington Parade, East Melbourne

Members are invited to attend a Community Engagement Forum by the Australian and New Zealand Urogenital and Prostate (ANZUP) Cancer Trials.

The forum will provide information about ANZUP and the importance of clinical trials in improving treatment for people diagnosed with prostate, bladder, kidney or testicular cancer.

Booking is essential as seating is limited. Registration is free and afternoon tea will be provided.

Prostate Heidelberg members - To book, please send an email that you want to attend to prostateHeidelberg@gmail.com as soon as possible but not later than Friday 4 July.

Useful Prostate Cancer Websites

ProstMate, individualised Prostate Cancer support www.ProstMate.org.au

Prostate Cancer Foundation of Australia www.pcfa.org.au;

Cancer Council Victoria www.cancervic.org.au; HELPLINE - 13 11 20

Beyond Blue: www.BeyondBlue.org.au; HELPLINE: 1300 22 4636

Continence Foundation of Australia www.continence.org.au; HELPLINE: 1800 33 00 66

Cancer Council Australia: www.cancer.gov.au;

Lions' Australian Prostate Cancer Collaboration www.prostatehealth.org.au;

Australian Advanced Prostate Cancer Support Groups website www.jimjimjimjim.com;

Royal Australian and New Zealand College of Radiologists www.targetingcancer.com.au;

Commonwealth site for palliative care <http://www.health.gov.au/palliativecare>;

Banksia Palliative Care <http://www.BanksiaPalliative.com.au>

Blog by Dr Charles "Snuffy" Myers <http://askdrmyers.wordpress.com/>

National Cancer Institute (US): www.cancer.gov

Us Too International Prostate Cancer Education and Support Network www.UsToo.org

USA Prostate Cancer Foundation www.pcf.org

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If you wish to make a Donation

If you wish to make a donation to support cancer research or treatment, we suggest that you consider the following organisations

Australian Cancer Research Foundation <https://acrf.site-trust.net/cgi/donate.cgi>

Prostate Cancer Foundation of Australia
<https://secure4.everydayhero.com.au/event/PCFAtax2014/donate>

Cancer Council Victoria <http://www.cancervic.org.au/how-you-can-help/donate>

ONJ Cancer & Wellness Centre <https://www.oliviaappeal.com/General-Donation>

Banksia Palliative Care https://www.banksiapalliative.com.au/support_banksia.html

About the Group

Prostate Heidelberg provides information, education and support for those affected by prostate cancer.

At the meetings, we

- 1. Show respect to members and speakers;*
- 2. Allow people to speak and we listen;*
- 3. Respect confidentiality;*
- 4. Allow new ideas to be shared.*

We meet on the 2nd Wednesday of each month (February to December) from 10:00am -12:30pm. (Members are invited to stay for lunch after the meeting at the Thai Lantern Restaurant.)

We meet at the Uniting Church Meeting Room, Seddon St, Ivanhoe (behind the Commonwealth Bank in Upper Heidelberg Rd).

Free parking is available in a large public parking area at rear of the church. Ivanhoe railway station is nearby.

Annual subscription - \$5 from 1st January per individual, couple, or family.

COMMITTEE:

Max Shub Facilitator 0413 777 342
Paul Hobson Secretary 0405 086 869
Chris Ellis
Spiros Haldas
Patrick Woodlock

MEETING CALENDAR 2014

Wed 9 July '14
Wed 13 August '14
Wed 10 September '14
Wed 8 October '14
Wed 12 November '14
Wed 10 December '14 (Christmas lunch)

CORRESPONDENCE

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Please contact Paul Hobson to redirect or cancel receipt of this Newsletter.
