



The Vital Intangibles

After living with prostate cancer for over two decades, there are some things that really stick in my mind as a “need to know” for anyone newly diagnosed with the disease. The most relevant of these is the major impact you can have on your own healing.

Greg Anderson who, after surviving “terminal” lung cancer, founded the Cancer Recovery Foundation, once said, “Retaining a medical team without doing everything you can to help yourself is like attempting to walk with one stilt.”

Your doctors will primarily be focused on

attacking the tumor. It is your responsibility to support your mind, body, spirit—and your immune system. When I was first diagnosed, my ignorance about the immune system was monumental. Since then I’ve learned that my brain is constantly sending my immune system chemical messages which, for better or worse, influence its ability to function effectively.

A diagnosis of cancer tends to be overwhelming, and can generate feelings of disempowering fear and of loss of control.
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Our Next Meeting

Date: [Wednesday 8 October 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.**

Guest Speakers Dr Mitchell Lawrence & Dr Carmel Pezaro Tissue research and how the oncologist applies this

Led by Professor Gail Risbridger, the Prostate Cancer Research Group at Monash University aims to provide better diagnosis and treatments for prostate cancer and benign prostate disease. Scientists and clinicians are working together and with industry to develop more specific tests to distinguish between cancer and benign disease, and between fast and slow growing tumours. Understanding how prostate stem cells are regulated in normal as well as diseased tissue, underpins the development of novel diagnostic and therapeutic strategies.

Dr Mitchell Lawrence is a research fellow in the Prostate Cancer Research Group whose research interests include the tumour microenvironment and xenografting. Mitchell studied at the Beth Israel Deaconess Medical Centre (Boston) and Children’s Memorial Research Centre (Chicago) on a Fulbright Postgraduate Scholarship.

Dr Carmel Pezaro is a Senior Medical Oncologist and Senior Lecturer working with the Eastern Health Clinical School and the Medical Oncology Unit, Eastern Health. Carmel is the current EJ Whitten Fellow with the Prostate Cancer Research Group. She previously worked as a Prostate Cancer Clinical Trials Fellow at the Royal Marsden NHS Foundation Trust, UK, with leading prostate cancer researcher Professor Johann de Bono.



The Vital Intangibles contd

These responses have a negative physiological impact on the immune system. So reclaiming a sense of being in charge of your own life and health is an important foundation of the healing process.

There is growing evidence that creating high levels of well-being with proper nutrition, adequate exercise, stress management and emotional support is as necessary to your recovery as whichever cancer treatment you choose.

After understanding your diagnosis you will have several treatment options. Depending on the results of your pathology report, your doctor will recommend what he considers to be the best treatment program for you. But you need to play the central role in this decision. A passive, "Whatever you say, doc," attitude will not serve you.

Before you commit to any treatment it is essential that you thoroughly research it, and are convinced that it is the right treatment for you. It is equally essential that you follow it with conviction, with the belief that it will be successful. Hope, optimism, and excited belief are the great intangibles. The correlation between belief in treatment and effectiveness of treatment is extremely high.

Remember: Your medical team will be addressing just one part of your cancer journey. It is up to you to focus on your general health, and to examine your attitudes and your beliefs. According to a relatively new field of health psychology called "illness representation," your beliefs and expectations really do impact the outcome of the disease.

Ralph Blum is a prostate cancer survivor who has kindly given us permission to publish this article from his blog "The Invasion of the Prostate Snatchers"

Medicare & Chronic Disease

Prostate Cancer is a chronic medical condition.

Prostate Cancer Patients may be able to claim Medicare rebates for a maximum of five allied health services per patient each calendar year from eligible providers.

To be able to claim the Chronic Disease Management items under Medicare, you must have a GP Management Plan and Team Care Arrangements in place.

A GP Management Plan is prepared by your GP to provide a structured approach to your care. It is a comprehensive written plan which describes:

- your health care needs, health problems and relevant conditions;
- management goals with which you agree;
- actions to be taken by you;
- treatment and services you are likely to need;
- arrangements for providing this treatment and these services; and
- arrangements to review the plan by a date specified in the plan.

Team Care Arrangements are prepared by your GP and are for patients who have a chronic or terminal medical condition and complex needs requiring ongoing care from a multidisciplinary team.

Once you have a GP Management Plan and Team Care Arrangements in place, you can be referred for up to five allied health services each calendar year.

The five services can be provided by a single allied health provider or shared across different providers. You can request that your GP refer you to an allied health provider

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you already know, or your GP can recommend one.

Allied health providers need to meet specific eligibility criteria and be registered with Medicare Australia.

Eligible Allied Health Providers

- Aboriginal Health Workers
- Aboriginal and Torres Strait Islander Health Practitioners
- Audiologists
- Chiropractors
- Diabetes Educators
- Dietitians
- Exercise Physiologists
- Mental Health Workers*
- Occupational Therapists
- Osteopaths
- Physiotherapists
- Podiatrists
- Psychologists
- Speech Pathologists

**includes Aboriginal and Torres Strait Islander Health Practitioners, Aboriginal Health Workers, occupational therapists, mental health nurses, psychologists and some social workers.*

As with all health services, if a provider accepts the Medicare benefit as full payment for the service, there will be no out-of-pocket cost. If not, you will have to pay the difference between the fee charged and the Medicare rebate.

This information is based on the information provided at <http://tinyurl.com/k9tsojp>

Medicare & Depression

A similar scheme enables Prostate Cancer Patients suffering from depression or anxiety to claim Medicare rebates under the Better Access to Mental Health Care initiative. Medicare rebates are available to patients for selected mental health services provided by general practitioners, psychiatrists,

psychologists and eligible social workers and occupational therapists.

Normally the first step is to see your GP and have a GP Mental Health Treatment Plan prepared.

More information is available at <http://tinyurl.com/pofu53k> and <http://tinyurl.com/q9blwsr>

Cancer Dogs

We are all familiar with sniffer dogs at the airport looking for drugs or food stuffs. Will we be seeing sniffer dogs in hospitals?

It's been known for a long time that dogs can detect cancer. There are 220 million olfactory cells in a canine nose, compared with 50 million for humans. When dogs are trained to sniff for a target, they are detecting the chemicals emitted by the target. These chemicals are microscopic and are referred to as volatile organic compounds.

Research was presented at the American Urological Association (AUA) 2014 Annual Scientific Meeting about dogs detecting prostate cancer. In these recent tests two German Shepherds called Liu and Zoey (Ex Explosive Detection Dogs) were able to detect the presence of prostate cancer with an accuracy of 98%.

Researchers don't know exactly what volatile organic compounds the dogs were detecting. They don't know yet if it is possible to differentiate between clinically significant and clinically insignificant forms of prostate cancer based on the volatile organic compounds detected by the dogs.

If the researchers can discover the volatile organic compounds that are behind the odorous signature of prostate cancer, it will be possible to use gas chromatography or the "electric nose" as a sensor to pick them up.

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Newsletter No: 135

Next Meeting: 8 October 2014

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.*

COMMITTEE:

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

CALENDAR 2014

Meetings: **10:00am -12:30pm**

MEETING VENUE:

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

Wed 12 November '14
Wed 10 December '14 (Christmas Lunch)

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

Useful Prostate Cancer Websites

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

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

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

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

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

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

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

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

Contenance Foundation of Australia www.contenance.org.au;
HELPLINE: 1800 33 00 66

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

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

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

Australian Advanced Prostate Cancer Support Group www.jimjimjimjim.com;

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

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