



**Season's Greetings  
and Best Wishes for  
a Happy and Healthy New Year**



### **Invitation**

We'd like to invite you (and your partner) to Christmas Lunch on Wednesday 9 December after our December Meeting.

The lunch will be held at the Ivanhoe Hotel Bistro, a short walk across the car park from the Uniting Church Hall. Seniors' meals are available. Details of the menu are available at <http://ivanhoehotel.com.au/bar-bistro/menu/> Meals will be partly subsidised by the Group; drinks will be for your account.

Many of you reading the newsletter only come occasionally to the Group's monthly meeting. We hope that you'll join us for this special social occasion.

Please RSVP by email to [prostateheidelberg@gmail.com](mailto:prostateheidelberg@gmail.com)

### **Guest Speaker 9 December 2015**

Terry Wesselink from the Victorian Continence Resource Centre will speak about how to improve and manage your incontinence and bowel problems following prostate cancer treatment

One in six men who have a radical prostatectomy still has urinary incontinence 3 years after their surgery. Men who are treated with radiotherapy may have bowel problems (including faecal incontinence).



**1 in 6 men still has urinary incontinence 3 years after Prostate Surgery**

## Rethinking our approach to cancer

***“Why would a top cancer specialist in America call an astrophysicist for advice on how to tackle one of our biggest killers? What could a knowledge of outer space and cosmology offer doctors about treatment? It's a fascinating story.”***

Robin Williams of the ABC Science Show spoke to Dr Paul Davies from the Arizona State University Physical Sciences-Oncology Centre about a new and innovative approach to better understand and control cancer.

In 2009 the United States National Cancer Institute established a Network of 12 Physical Sciences – Oncology Centres. These centres bring together cancer biologists and oncologists with scientists from the fields of physics, mathematics, chemistry, and engineering to address some of the major questions and barriers in cancer research.

***“So when you find something so intensively studied as cancer over such a long period of time with such huge resources poured into it and very little progress, it makes you wonder if perhaps progress is slow because we are thinking about the problem the wrong way.***

***In other words, instead of saying we are not spending enough money, we can solve this problem if we throw enough money at it, maybe we are not thinking right. Maybe it's not a question of money, it's a question of rethinking the problem from the ground up.”***

You can listen to, or read a transcript of, this interview on the Science Show website:

<http://www.abc.net.au/radionational/programs/scienceshow/rethinking-our-approach-to--cancer/5246414#transcript>

**Highly Recommended!!**

## Who's in your Dream Team?

If you could pick "The Best of the Best" or "The All-Time Greats", who would you pick in your Dream Team, your team of champions?

Whether it's AFL, cricket, soccer, rugby, or basketball, everyone has a wish list for their Dream Team.

A few years ago some cancer organisations got together and said "If we could pick a Dream Team of cancer researchers, who would be in it? Who are the Best of the Best? Rather than having these leading scientists from different organisations competing for research funding, what would happen if we had the best researchers from the leading cancer centres working together on a problem?"

There are now 16 Cancer Dream Teams<sup>#</sup>, including some working on Prostate Cancer.

The last 5-10 years have seen amazing changes in the treatment of prostate cancer. With the Dream Teams the next 5 years are going to be very exciting!

<sup>#</sup> A Dream Team is a scientific task force, a collaboration of top researchers at different institutions who come together to develop new and improved approaches to cancer. By pooling their

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knowledge and their resources and working together for common goals, they can make progress faster and move therapies and treatments from the laboratory to doctors' offices, where they can benefit patients. Many research projects take many years to deliver benefits to patients. The Dream Team projects are designed to deliver patient benefits in the near term.

This distinctive approach to funding cancer research was specifically designed to eliminate barriers to creativity and collaboration by enabling scientists with different areas of expertise from different institutions across the United States and around the world to work together. The approach breaks down the "silos" that in the past have often kept scientists from working together.

### Olaparib

Rather than inventing new drugs, some researchers are studying whether certain drugs approved for other types of cancer are also effective to treat prostate cancer.

A major new trial has concluded that Olaparib, a drug developed to treat women with inherited cancers can also benefit men with certain types of prostate cancer. These results were published in the New England Journal of Medicine on 28 October 2015 following a collaboration by the one of the Dream Teams (the SU2C-PCF Precision Therapy of Advanced Prostate Cancer team)

Further clinical trials will be necessary before Olaparib will be generally available for prostate cancer patients. Because the United States Food and Drug Administration has already approved Olaparib for the treatment of ovarian cancer, it is likely to speed up the approval process to use Olaparib for prostate cancer.

### Activating the Mind/Body Connection

BY RALPH BLUM

Once you have found a medical team you trust, and have decided which treatment option is best for you (and that may be no immediate treatment), the single most important thing you can do is take an active role in your own recovery.

Respected psychiatrist and cancer researcher Dr. David Spiegel wrote, "Medicine has focused so much on attacking the tumor that it has tended to ignore the body coping with the tumor, and the social and psychological variables that influence the somatic response to tumor invasion."

As your immune system is the most powerful defense your body has against cancer, it is your task to do everything you can to support it. We all know that exercise and proper diet contribute to general good health and, therefore, to a healthy immune system. And most cancer survivors agree that vitamins and herbal supplements support maximum immune function and have made them a part of their recovery program. But your task doesn't stop there.

Research in the field of psychoneuroimmunology attests to the central role our emotions play in supporting our immune system and promoting healing. What you think and feel can directly impact your health. And it is generally agreed that the most potent immune suppressor is chronic emotional stress that floods the body with adrenaline and cortisone

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derivatives that interfere with the immune system's ability to seek out and destroy cancer cells. Of course this is a Catch 22, because a cancer diagnosis inevitably triggers a roller coaster of negative emotions—fear, anger, anxiety, resentment, grief, despair—all of which, when held onto, act to suppress the immune system. You can't expect to prevent these negative feelings. The trick is to acknowledge them, and then refuse to get stuck in them.

Blood tests have shown strikingly improved immune function among people who emote, and even those who confide their feelings to a diary show better immune function. Having an intimate group of supportive friends, or simply meeting with others in a support group can improve your chance of recovery. Practicing simple meditation and visualization (there are dozens of pre-recorded guided imagery and relaxation tapes available) supports your immune system and promotes healing.

And then there's my favorite immune booster: laughter. When you laugh, natural killer cells increase, as do T cells and B cells that make disease-fighting anti-bodies. So whatever other supplements you take, be sure to include laughter.

Above all, the will to live, a sense of optimism, and your belief in your chosen treatment play a huge role in your recovery. Combining the will to live with hope—the deeply confident expectation that you can beat this cancer—has a profound healing effect.

*Ralph H Blum, a prostate cancer survivor, and Dr Mark Scholz, an eminent American medical oncologist, are co-authors of a book "The*

*Invasion of the Prostate Snatchers" and a blog of the same name.*

*Thanks to Ralph for his generosity in giving us permission to publish yet another article from their blog.*

*PS: One of the highlights for me at the Prostate Cancer Research Institute Conference in Los Angeles in September was meeting Dr Mark Scholz.*

### If you're feeling anxious or stressed

A recent study published on 8 September 2015 in Renal & Urology News provides further evidence that stress can have adverse effects on the health of men with prostate cancer.

If you're feeling anxious or stressed:

- try some of the suggestions made by Ralph Blum in the previous article to get rid of emotional stress; or
- talk to your doctor about the help that is available to reduce anxiety and stress.

### 2016

There is no meeting in January.

**Our first new meeting in 2016 will be Wednesday 10 February.**

From February on, it will be the same time and place:

**2nd Wednesday of each month from 10:00am -12:30pm in the Uniting Church Hall, 12 Seddon Street, Ivanhoe.**