



Education and information about prostate cancer is an important part of the Group's activities.

Here are details of our program for the year:

10 February 2016 "Making optimal use of available resources"

Carla D'Amico, Specialist Prostate Cancer Nurse, Austin Hospital.

Carla is an integral part of the Austin's multidisciplinary team for prostate cancer patients. She provides an expert point of contact for patients and their families.

Carla entered nursing as a mature age student and is very passionate about nursing care. She supervises and tutors nursing students at La Trobe University. Carla, who has post-graduate qualifications in Acute Care, Urology and Prostate Care Nursing. Previously worked as a Surgical, Urology and Oncology Ward Clinical Nurse Specialist at the Austin Hospital. She is a Member of Victorian Urology Nurses, Contenance Foundation of Australia, ANZUP and COSA.

9 March 2016 "Drug delivery, today and the future"

David Owen – Vice President Research, Starpharma Holdings Limited

Chemotherapy is a system-wide treatment which doesn't differentiate between healthy and cancerous cells.

What if we could deliver a drug to a particular destination in the body? Imagine a tiny nanoparticle targeting a prostate cancer cell and delivering a small amount of chemotherapy drug to that particular cell.

Australian company, Starpharma Holdings Limited, is a world leader in the development of synthetic nanoscale polymer products for medical applications.

13 April 2016 "Highlights 2015 PCRI Prostate Cancer Conference"

A video with the latest information about prostate cancer presented by Dr Mark Scholz and Dr Mark Moyad

Each year the Prostate Cancer Research Institute holds a Prostate Cancer Conference in Los Angeles. The conference provides men with prostate cancer a weekend of educational sessions on the latest treatment options, lifestyle changes, and quality of life issues presented by world-renowned physicians and researchers.

Dr Mark Scholz is a leading American medical oncologist specialising in prostate cancer and the co-author of the book "The Invasion of the Prostate Snatchers". Dr Mark Moyad is the Jenkins/Pokempner Director of Preventive & Complementary Medicine at the University of Michigan Medical Center.

2016 Program contd.

11 May 2016 “Exercise is medicine – What dose should be prescribed for men with prostate cancer?”

Associate Professor Prue Cormie, Institute for Health and Ageing, Australian Catholic University

Associate Professor Cormie is an Accredited Exercise Physiologist whose research and clinical work focuses on the role of exercise in the management of cancer. She has produced influential research exploring the efficacy of targeted exercise prescriptions in counteracting significant side effects of cancer and cancer treatments. A core component of her work is invested to translating research into practice for meaningful improvements in health care services for men with prostate cancer.

8 June 2016 “The Potential of Magnetic Resonance Imaging (MRI)”

Dr Daniel Margolis, Assistant Professor of Radiology, UCLA

A further video of the proceedings at the PCRI Conference. MRI has the potential to help distinguish between non-aggressive cancer which doesn't need to be treated and the more aggressive cancer which needs treatment.

13 July 2016 “It's not that I'm not fine. I am. I just think I can be finer.”

Roy Francis, Ambassador for Beyond Blue

As well as being an Ambassador for Beyond Blue, Roy is the leader of the Mornington Peninsula Support Group, one of the largest PCFA support groups in the country.

Sometimes we are so focused as patients on treating the cancer that we forget that we should be treating the patient -- and that's not just the body but the mind as well.

10 August 2016 Seed Implant Radiation

Dr. Peter Grimm, Radiation Oncologist, Executive Director Seattle Prostate Cancer Center

A further video of the proceedings at the PCRI Conference. Dr Grimm is one of the pioneers of prostate implantation as it is performed today.

14 September 2016 Speaker yet to be confirmed

12 October 2016 “Sexual Side Effects”

Dr John Mulhall, Director, Male Sexual and Reproductive Medicine Program, Memorial Sloan Kettering Cancer Center

A further video of the proceedings at the PCRI Conference.

9 November 2016 “Why are more men choosing active surveillance?”

Prof Mark Freydenberg, President, Urological Society of Australia and NZ

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Free personalised diet and exercise program

Do you want to receive free health coaching over the phone from an experienced cancer nurse?

The Healthy Living after Cancer program is available to people who have completed cancer treatment in the past 5 years.

You'll receive up to 12 health coaching calls over a period of six months from a Cancer Council nurse.

The nurse will work with you to make healthy lifestyle changes by setting goals for physical activity and healthy eating. He or she will help you reach these goals by giving you support, helpful tips and motivation.

The program can help you get active, eat better and feel better, so that you can do more of the things that are important to you.

If you are interested in finding out more about the program or would like to sign-up to take part, please phone the Cancer Council Victoria on 13 11 20 and ask about the Healthy Living after Cancer program.

Stress may be a Killer

*"Don't worry, be happy
In every life we have some trouble
When you worry you make it double
Don't worry, be happy"*

Lyrics by Bobby McFerrin

Researchers at the Karolinska Institute in Stockholm, Sweden have found that the risk of prostate cancer death is linked to higher levels of stress.

The researchers surveyed 4,105 men treated for clinically localized prostate cancer and found that those with the highest levels of perceived stress had a 66% increased risk of prostate cancer-specific mortality compared with men who had low stress levels!

This study contributes to the growing understanding of the negative effect that stress can play, especially for men with localized prostate cancer. It emphasizes the need for additional interventions

Some of the best ways to relieve stress include meditation, playing calm music, laughing, talking to friends, exercising or simply getting outside. All these things reduce hormones linked to stress.

Another nano-particle breakthrough

Once prostate cancer forms metastases, there are limited treatment options. While surgery and radiation treat primary tumours, it remains difficult to detect and reach metastatic cancer cells

Researchers at Cornell University have developed a nano-sized bubble which is filled with a protein that kills cancer cells. This bubble attached to white blood cells. As the white blood cells traveled throughout the bloodstream, the hitchhiking protein killed the tumour cells -- leaving the bloodstream free of cancer.

The therapy was remarkably effective when tested in mice in preventing the spread of prostate cancer. It showed several advantages, such as no toxicity and getting good results with very low dosages.

The researchers found that a single dose of the therapy -- even delivered very late in the course of the disease -- substantially reduced the number of tumour cells. The lead researcher commented: "This suggests that it may never be too late to help."

<http://www.sciencedaily.com/releases/2016/01/16/0112113612.htm?>

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Showing cancer cells whilst operating

When a surgeon removes the prostate, microscopic cancer cells may remain in the body. This can cause a recurrence of the cancer after the operation.

What if the surgeon were able during the operation to see the prostate cancer cells?

Doctors at Duke Medical Centre have tested a new injectable agent that causes cancer cells in a tumour to fluoresce. Cancer cells secrete more of a particular enzyme than healthy cells. The agent, when injected into the body, locates the cancer cells by targeting this enzyme.

The fluorescence in tumour tissue isn't visible to the naked eye and must be detected by a small wand, a handheld imaging device with a sensitive camera.

This method of "real-time" imaging has been tested during operations on mice and, more recently, on humans in a Phase 1 trial.



WORLD CANCER DAY 2016

The goal for all of us is to ensure fewer people develop cancer, more people are successfully treated and that there is a better quality of life for people during treatment and beyond.

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Prostate Heidelberg provides information, education and support for those affected by prostate cancer. At the meetings, we

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

We meet on the 2nd Wednesday of each month (February to December) from 10:00am -12:30pm.

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.

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.

After the meeting you are welcome to join us for lunch in a local Thai restaurant.

If you can't attend daytime meetings, the Diamond Valley Prostate Cancer Support Group has evening meetings: <http://www.dvpcsg.org.au/>

COMMITTEE:

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

MEETING VENUE:

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

CORRESPONDENCE

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

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

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

Wed 10 February 2016
Wed 9 March 2016
Wed 13 April 2016
11 May 2016
8 June 2016
13 July 2016
10 August 2016
14 September 2016
12 October 2016
9 November 2016
Wed 14 December 2016 (Christmas lunch)

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