



Funding for Specialist Prostate Cancer Nurses

Each year the number of women who are diagnosed with breast cancer and the number of men who are diagnosed with prostate cancer are fairly similar. Each year the number of women who die from breast cancer and the number of men who die from prostate cancer are fairly similar. If anything, the number of men is slightly higher.

With these statistics, it's bit a surprising to find that currently the Federal Government funds 57 Specialist Breast Care Nurses but only 14 Specialist Prostate Cancer Nurses.

At the moment there are 28 Specialist Prostate Cancer Nurses Australia-wide. There are more than 100 Specialist Breast Care Nurses Australia-wide.

It is very pleasing that the Shadow Health Minister has announced a commitment by the ALP to securing the existing Department of Health funded nursing positions for a further 3 years from 30 June 2017 and will fund an additional 14 nurses across Australia. This would bring the total number of Specialist Prostate Cancer Nurses to at least 42.

The Prostate Cancer Foundation of Australia has asked the Government to match this commitment but to date it has not done so.

A Specialist Prostate Cancer Nurse is an experienced registered nurse who has received additional training to make them an expert nurse in prostate cancer care. Carla D'Amico is the Specialist Prostate Cancer Nurse at the Austin Hospital. She helps prostate cancer patients at the Austin by coordinating their care and assisting them to access services both in the hospital and in the community during and after treatment.

8 June 2016 The Potential of Magnetic Resonance Imaging

Instead of a guest speaker at our meeting on 8 June 2016, we will watch a video of a presentation given by Dr Daniel Margolis, Assistant Professor of Radiology, UCLA at the 2015 PCRI Conference. Magnetic Resonance Imaging (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

Membership Renewal for 2016 now due

Annual Membership is \$5 per individual, couple, or family. You can pay this at the next meeting or pay it directly to the Group's bank account.

Details of the Group's bank account are BSB: 083-256 Acct No: 58-324-4292. If paying directly to the Group bank account, please include your name as the transaction reference and send an email to ProstateHeidelberg@gmail.com advising us of your payment.

Ask the Experts - Prostate Cancer: Diet, Supplements and Lifestyle

WEBCAST Wednesday 15 June 2016 7pm-8pm

On Wednesday 15 June 2016 from 7pm - 8pm the Prostate Cancer Foundation of Australia will be holding an Ask The Experts webcast "Prostate Cancer: Diet, Supplements and Lifestyle".

The experts will be:

Prof. Mark Moyad Professor of Preventative & Alternative Medicine, University of Michigan

Mark Moyad is arguably the world's leading medical expert on dietary supplements. He is the author of "The Supplement Handbook: A Trusted Expert's Guide to What Works & What's Worthless for More Than 100 Conditions" as well as more than 130 published medical journal articles.

Prof Phillip Stricker Urologist St Vincent's Sydney

Prof Stricker performs over 200 robotic surgeries a year, has performed over 4000 open prostatectomies (the fifth highest number in the world). His low-dose-rate and high-dose-rate brachytherapy cases number over 400 and almost 1,000 respectively (This is the largest brachytherapy series in Australasia). He has over 700 patients currently on active surveillance.

Dr Erica James Associate Professor (Public Medicine) University of Newcastle

Erica has qualifications in exercise science, health promotion and behavioural epidemiology. She leads a program of research exploring lifestyle behaviour change in relation to cancer prevention and control.

Jaimie Fronsek Accredited Dietitian & Nutritionist

Jaimie has a Bachelor of Nutrition & Dietetics and is currently completing a Masters of Clinical Science in Complementary Therapies. She is a regular contributor to Cleo, Cosmo & Women's Weekly; and has appeared on Today Tonight and A Current Affair.

What's a Webcast?

A webcast is a video broadcast of an event over the internet. This event will be a Question & Answer panel discussion by a group of experts that you can watch at home on your computer.

How do I watch the webcast?

If you want to watch the webcast, the first thing you need to do is to register for the webcast.

The way that you register is online via the link <http://www.webcasts.com.au/pcfa020316/> and filling in the form.

Once you have registered, you will be emailed details with instructions about how to watch the webcast on the night.

What if I can't watch the webcast on Wednesday 15 June 2016?

You can still register and you will be sent a link to the recorded webinar to watch later.

How do I ask questions?

When you register, you can send in questions that you would like the experts to answer. You can also send in questions on the night from your computer whilst you are watching the panel discussion.

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.

Pharmaceutical Benefits Scheme Costs

We're lucky in Australia to receive most of our prostate cancer medicines at heavily subsidised rates through the Pharmaceutical Benefits Scheme.

The Department of Health has just published details of prescription volumes and government costs under the Pharmaceutical Benefits Scheme for the year ending 30 June 2015.

The three drugs with the highest cost to government were:

- Adalimumab (\$313.0 million)
- Rosuvastatin (\$215.9 million)
- Fluticasone+Salmeterol (\$177.2 million).

Adalimumab is a medication used for rheumatoid arthritis, psoriatic arthritis, Crohn's disease, ulcerative colitis and chronic psoriasis.

Rosuvastatin, marketed as Crestor, is a statin used to treat high cholesterol and to prevent cardiovascular disease.

Fluticasone+Salmeterol is a formulation used in the management of asthma and chronic obstructive pulmonary disease

The PBS drugs most frequently dispensed were:

- Atorvastatin
- Rosuvastatin
- Esomeprazole.

Atorvastatin, marketed under the trade name Lipitor among others, is a statin, which is used primarily as a lipid-lowering agent and for prevention of events associated with cardiovascular disease.

Rosuvastatin, marketed as Crestor, is a statin used to treat high cholesterol and to prevent cardiovascular disease.

Esomeprazole reduces stomach acid and is used in the treatment of dyspepsia, peptic ulcer disease and gastroesophageal reflux disease.

Prostate cancer drugs featured on the list of high cost drugs were:

In 29th place Goserelin (Zoladex) \$58.37 million –(this figure includes use of the drug for breast cancer).

In 37th place Abiraterone (Zytiga) \$42.36 million

In 39th place Leuprorelin (Lupron/Lucrin/Eligard) \$41.93 million – (this figure includes use of the drug for breast cancer).

Enzalutamide (Xtandi) in its first year on the PBS cost \$14.25 million

Reference: PBS Expenditure and Prescriptions Report 2014

<http://www.pbs.gov.au/info/statistics/pbs-expenditure-prescriptions-30-june-2015>

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

CORRESPONDENCE

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

MEETING VENUE:

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

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

8 June '16

13 July '16

10 August '16

14 September '16

12 October '16

9 November '16

Wed 14 December '16 (Christmas lunch)

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