

\*\*\*\* NEW MEETING TIMES \*\*\*\*

Prostate Heidelberg

now meet on the

3<sup>rd</sup> Tuesday of each month

The 1<sup>st</sup> of these meetings is **TUESDAY 20<sup>TH</sup> JUNE**

We still meet at

the Ivanhoe Uniting Church Meeting Room

(entry either Seddon St or Waterdale Rd)

at 10:00 am to 12:30 pm

***There are NO further meetings on the 2<sup>nd</sup> Wednesdays.***

## **OUR SPEAKER for 20th JUNE is KATHY SIMMONS**

**Achieving best practice cancer care through integrated cancer services.**



Ms Kathy Simons, the Program Manager of North Eastern Melbourne Integrated Cancer Service (“NEMICS”), will be the guest speaker at our June meeting. NEMICS is a clinical network in the northern metropolitan area of cancer services that includes public hospitals, community-based services, general practitioners and other primary health organisations, private hospitals and supportive care services. NEMICS’ role is to deliver the best care to cancer patients in northern Melbourne.

NEMICS hosts the Victorian Tumour Summits on behalf of the Victorian Integrated Cancer Services, as well as the implementation of the Cancer Plan and Optimal Cancer Care Pathways in the north eastern region of Melbourne.

Kathy will speak on what the Prostate Optimal Care Plan Pathways means; key findings from the Victorian Tumour Summit and what’s next; opportunities for advocacy in supporting the Optimal Care Plan Pathways work; and the role of NEMICS.

## 2017 CALENDAR OF SPEAKERS

20 Jun	Kathy Simmons	<i>Best practice cancer care through integrated cancer services.</i>
18 Jul	Daryl Lim Joon	<i>Developments in Radiation Therapy for Prostate Cancer.</i>
19 Sept	Nik Zeps	<i>Negotiating your way through the medical system and life for cancer patients.</i>
21 Nov	Austin Urology	<i>Erectile dysfunction and Incontinence; do we need to put up with it?</i>
19 Dec	Carla D'Amico	<i>A nurse led Prostate Cancer survivorship clinic.</i>

## “LET’S TALK ABOUT PROSTATE CANCER”

### PCFA / PETER Mac FORUM 15TH JUNE

PCFA is partnering with Peter MacCallum Cancer Centre to host the “Let’s Talk About Prostate Cancer” forum during Men’s Health Week, with the program featuring stories and presentations from men living with prostate cancer who are members of our PCFA support network.

Date: Thursday 15 June 2017

Time: 5.30pm - 8.00pm

Venue: Peter MacCallum Cancer Centre Lecture theatre, Level 7 305 Grattan Street Melbourne, VIC 3000

**RSVP is essential** via <https://www.eventbrite.com/e/lets-talk-prostate-cancer-tickets-34720175981> by **Monday 12 June 2017**.

This forum is HIGHLY RECOMMENDED to all men who have been diagnosed with prostate cancer, and their partners. The forum is open to patients, carers, the community and health professionals.

With an experienced panel of speakers and personal insight, this free community event will take you behind the research and explore the reality of prostate cancer at every stage of a patient’s

experience, from screening and diagnosis to treatment and beyond. Facilitated by Peter Mac’s Director of Psychosocial Oncology Dr Steve Ellen.

#### Speakers:

- Professor Jon Emery, University of Melbourne
- Associate Professor Nathan Lawrentschuk, Peter MacCallum Cancer Centre
- Associate Professor Prue Cormie, Institute for Health and Aging, Australian Catholic University
- Professor Penny Schofield, Swinburne University of Technology
- Mr Alan White, Prostate cancer survivor and author
- Amanda Pomery, Prostate Cancer Foundation of Australia

The promotion PDF is available at [https://www.petermac.org/sites/default/files/media/uploads/00363\\_INVITATION\\_Mens\\_Health\\_Week\\_2017\\_FINAL.pdf](https://www.petermac.org/sites/default/files/media/uploads/00363_INVITATION_Mens_Health_Week_2017_FINAL.pdf)

**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.

## PROSTATE CANCER

## TREATMENT RESEARCH

## FOUNDATION

Visit the Prostate Cancer Treatment Research Foundation website at <http://www.pctrf.org/>

The Foundation works to help people interested in, and affected by prostate cancer through education and research. The Foundation is supported by the members of the Prostate Cancer Results Study Group, an international team of experts in the field of prostate cancer.

The primary goal of the foundation is to help people make better decisions about prostate cancer treatment.

They accomplish this goal by supporting and promoting educational resources relevant to prostate cancer treatment such as the “**Prostate Cancer Results Study Group**” and the “**PCa Commentary**” by making their results readily available to patients, and the groups that support them, and to medical professionals, as they seek to provide the best care for their patients.

The foundation’s major work is coordinating and supporting the “**Prostate Cancer Results Study Group**” or **PCRS**G. The PCRS G efforts are directed to evaluating the comparative effectiveness of modern prostate cancer treatments. The task of the group is to find comparable studies and present these studies and outcomes in an easily understandable form to interested parties. This ongoing study is breaking new ground in a few different ways:

1. It is the first effort to present all of the data in one clear graphical form.
2. It is constantly being updated.
3. It is provided every 6 months to a large network

of patients, loved ones, and physicians around the world.

They believe this unprecedented work will be used as a standard reference as patients, their families and physicians look to determine appropriate options for prostate cancer therapy.

The graphs show that men should very much consider radiation and other options before committing to surgery.

## ProCARE TRIAL

The 2012-2015 ProCARE trial was a phase II randomized controlled trial of shared care for follow-up of men with low to moderate risk prostate cancer. It compared men who, over a year, had standard hospital follow ups with men who had “shared care” - modified standard hospital follow up where two of the routine hospital visits were replaced by GP visits and an additional GP visit at 2 weeks after joining trial is also included to discuss the patient care plan (a survivorship care plan, recall and reminders, and screening for distress and unmet needs).

Outcome measures included psychological distress, prostate cancer-specific quality of life, satisfaction and preferences for care and healthcare resource use. There were no clinically important or statistically significant differences between groups with regard to distress, prostate cancer-specific quality of life or satisfaction with care.

At the end of the trial, men in the “shared care” group were significantly more likely to prefer a shared care model to hospital follow-up (64%) than those in the control group (24%).

Less time in hospital and more personalised care sounds good.

*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 **3<sup>rd</sup> Tuesday** of each month (except January) from 10:00am -12:30pm 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 and various bus routes are 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 (depending on numbers). 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
Barry Elderfield, Treasurer	0400 662 114
Patrick Woodlock, Newsletter	0438 380 131
Paul Hobson, Secretary	
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Please contact Patrick Woodlock to redirect or cancel receipt of this Newsletter.

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## CALENDAR

**2017 Meetings: 10:00am -12:30pm**

Tues 20 <sup>th</sup> June	K Simmons "NEMICS"
Tues 18 <sup>th</sup> July	Daryl Lim Joon "Radiation"
Tues 15 <sup>th</sup> Aug	
Tues 19 <sup>th</sup> Sept	Nik Zeps "Survivor Pathways"
Tues 17 <sup>th</sup> Oct	
Tues 21 <sup>st</sup> Nov	Austin Urology, ED/Incontinence
Tues 19 <sup>th</sup> Dec	Carla D'Amico (Christmas lunch)

**2018 Meetings: 10:00am -12:30pm**

Tues 20 <sup>th</sup> Feb	
Tues 20 <sup>th</sup> March	
Tues 17 <sup>th</sup> April	
Tues 15 <sup>th</sup> May	
Tues 19 <sup>th</sup> June	
Tues 17 <sup>th</sup> July	