



**19th DECEMBER SPEAKER:
PROSTATE CANCER SPECIALIST
NURSE - CARLA D'AMICO**

**“A NURSE LED PROSTATE CANCER
SURVIVORSHIP CLINIC.”**

Our guest speaker for December 2017 will be: Carla D'Amico, prostate cancer specialist nurse. Carla is with the Olivia Newton John Cancer, Wellness and Research Center. Carla is an excellent speaker with a wealth of information for Prostate Cancer sufferers.

As a Prostate Cancer Specialist Nurse Carla works as part of a multi-disciplinary team to coordinate your care wherever you are in your cancer journey. This support service provides individualised information about your diagnosis, treatment plan, side effects and any other concerns or questions you may have.

If you are still undergoing treatment you should not miss this opportunity to attend this meeting

MOVEMBER



Funds raised by Movember Foundation have started more than 1,200 projects around the world, many of them on prostate cancer.

The Prostate Cancer Foundation of Australia (PCFA) manages and contributes to a number of these Australian projects. Even though November is over, you can still donate, and/or start conversations about men's health.

**Movember Foundation
Stopping men dying too young**

**SEASON'S GREETINGS
AND BEST WISHES FOR
A HAPPY AND
HEALTHY
NEW YEAR**

We'd like to invite you (and your partner) to Christmas Lunch on Tuesday 19th December at 12:30 pm, 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. Details of the menu are available at <http://ivanhoehotel.com.au/bar-bistro/>.

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. (All attendees pay the full cost of their lunch. There are "seniors" meals available.)

**NUTRITION & PROSTATE
CANCER**

A healthy diet may reduce the risk of developing prostate cancer and possibly prevent or delay prostate cancer progression. Good nutrition also reduces the risk of developing other major chronic diseases, such as diabetes, obesity, hypertension and heart disease. It is estimated that one-third of cancer deaths in the United States can be attributed to adult diet and physical activity, including their role in obesity. Scientific evidence suggests that differences in diet and other lifestyle behaviors, such as exercise and smoking, may account for much of the variability in the rates of major chronic diseases across countries, including many cancers.

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Guidelines for a Healthy Diet &

Lifestyle

- 1) Plant-based diet.
 - Rich in fruits and vegetables.
 - High fiber - beans/legumes, nuts, seeds, whole grains.
- 2) Include lean protein with every meal - aim to include plant protein daily.
 - Plant proteins: beans/legumes, soy products (e.g., edamame, tofu, tempeh).
 - Lean animal proteins: fish, skinless poultry.
- 3) Choose healthy fats when cooking/baking, on salads, or at the table, such as extra-virgin olive oil, nut oils (e.g., macadamia nut oil, almond oil), avocados, and nuts/seeds.
- 4) Choose whole grains such as quinoa, wild rice, brown rice, oatmeal, amaranth, and teff, over processed and refined grains.
- 5) Limit added sugars.
- 6) Drink a sufficient amount of water (about 8 cups/day).
- 7) Do not drink sugar-sweetened beverages.
- 8) If you choose to drink alcohol, limit to 2 drinks per day or fewer for men (one drink or fewer per day for women).
- 9) Be physically active. Build up to 150 minutes/week or more of aerobic exercise and 2-3 sessions/week of resistance exercise, balance training, and flexibility exercises.
- 10) Achieve and/or maintain a healthy weight.

Page 5, **Health and Wellness: Living with Prostate Cancer, Part 2: Diet Recommendations** by University of California, San Francisco.

This guide was developed as a companion to complement the Prostate Cancer Foundation's "**Health and Wellness: Living with Prostate Cancer**" document. <https://www.pcf.org/guide/>

Absorbable Hydrogel Spacer Use in Prostate Radiotherapy

USA Oncology Weekly, Tuesday 5 December 2017

A Comprehensive Review of [Phase 3 Clinical Trial](#) was published on November 28, 2017.

Objectives of Trial

To provide an update on SpaceOAR® System, a FDA approved [hydrogel](#) indicated to [create distance between the prostate and rectum](#) which has been studied in phase 2 and 3 clinical trials. The Review included the safety of prostate-rectum spacer application technique; the implant quality and resulting rectal dose reduction, acute and long term rectal; urinary and sexual toxicity; as well as patient reported outcomes.

Methods

A prospective, randomized patient-blinded clinical study was performed comparing image-guided intensity modulated prostate radiotherapy (IG-IMRT) (79.2Gy in 44 fractions) in men with or without prostate-rectum hydrogel spacer. Patients were followed for 3 years, allowing for assessment of long-term safety and efficacy.

Results

Spacer application was well tolerated with a 99% technical success rate. The mean additional space created between the prostate and rectum was just over one centimetre which allowed for significant rectum and penile bulb radiation dose reduction, resulting in less acute pain, lower rates of late rectal toxicity, and improved bowel and urinary QOL scores from 6 months onward.

Improvements in sexual QOL were also observed at 37-months in baseline-potent men, with 37.5% of Control and 66.7% of Spacer men capable of "erections sufficient for intercourse".

Conclusions

Prostate-rectum hydrogel spacer application is a relatively safe technical procedure which is well tolerated and has a high technical success rate.

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Spacer application significantly reduces rectal radiation dose, and results in long-term reductions in rectal toxicity as well as improvements in bowel, urinary and sexual QOL

[Urology. 2017 Nov 23. pii: S0090-4295\(17\)31213-X. doi: 10.1016/j.urology.2017.11.016](#)

Author Information

Lawrence Karsh ¹, MD, Eric Gross ¹, Christopher M. Pieczonka ², Philip J. Aliotta ³, Christopher J. Skomra ³, Lee E. Ponsky ⁴, Peter T. Nieh ⁵, Misop Han ⁶, Daniel A. Hamstra ⁷, Neal D. Shore ⁸

¹ The Urology Center of Colorado, Denver, Colorado.

² Associated Medical Professionals of NY PLLC, Syracuse, New York.

³ Western New York Urology Associates, Cheektowaga, New York.

⁴ University Hospitals Case Medical Center, Cleveland, Ohio.

⁵ Emory University, Atlanta, Georgia.

⁶ The Johns Hopkins University, Baltimore, Maryland.

Editor's Note:

The SpaceOAR[®] System is used in all prostate radiations by the ONJCWC, as the meeting was informed by Dr Daryl Lim Joon earlier this year.

OUR MEETINGS

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 **3rd 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. If you can't attend daytime meetings, the Diamond Valley Prostate Cancer Support Group has evening meetings: <http://www.dvpcsg.org.au/>

CORRESPONDENCE

Prostate Heidelberg,
PO Box 241 IVANHOE VIC 3079
ProstateHeidelberg@gmail.com
www.ProstateHeidelberg.info

COMMITTEE

Max Shub, Facilitator	0413 777 342
Barry Elderfield, Treasurer	0400 662 114
Patrick Woodlock, Newsletter	0438 380 131
Chris Ellis, Convenor	
Spiros Haldas, Library	
Janis Kinne, Membership	
David Bellair, Web site	

Please contact Patrick Woodlock to redirect or cancel receipt of this Newsletter at ProstateHeidelberg@gmail.com or on 0438 380 131.

CALENDAR

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

Tues 20 th Feb '18	Michael Hoffman	<i>"Changing the diagnostic & treatment paradigms with PET"</i>
Tues 20 th Mar '18		
Tues 17 th Apr '18	Marie Pirotta & Jane Crow	<i>"A GP's approach to shared care"</i>
Tues 15 th May '18		
Tues 19 th Jun '18	David Owen	<i>"A scientist's look at Prostate Cancer drugs"</i>
Tues 17 th Jul '18		
Tues 21 st Aug '18		<i>"Survivorship studies, what are we learning?"</i>
Tues 18 th Sep '18		
Tues 16 th Oct '18		<i>"ED and Incontinence; do we need to put up with it?"</i>
Tues 20 th Nov '18		
Tues 18 th Dec '18		<i>"How genetics is impacting therapy now and in the future"</i> and Xmas lunch

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The following websites members have found useful:-

Australian Advanced Prostate Cancer Support Group
Beyond Blue:

HELPLINE - 1300 22 4636

Cancer Council Victoria

Continence Foundation of Australia

HELPLINE - 1800 33 0066

National Cancer Institute

Prostate Cancer Foundation of Australia

Prostmate

SA Prostate Cancer Clinical Outcomes Collaborative

Us TOO International PC Education/Support Network

USA Prostate Cancer Foundation (Guide)

www.JimJimJimJim.com

www.BeyondBlue.org.au

www.CancerVic.org.au

www.Continence.org.au/

www.Cancer.gov/types/prostate

www.PCFA.org.au

www.ProstMate.org.au

www.ProstateHealth.org.au

www.UsToo.org/Read-Educational-Materials

www.PCF.org/guide/

Commonwealth site for palliative care

Banksia Palliative Care

www.Health.gov.au/PalliativeCare

www.BanksiaPalliative.com.au

ONJ Prostate Cancer Nurse

carla.d'amico@austin.org.au

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