



Newsletter **May 2019** – Issue 184

Next Meeting: **Tuesday 21 May 2019**
Meeting Hall, Ivanhoe Uniting Church
19 Seddon Street, Ivanhoe

Prostate Heidelberg provides information, education and support for those affected by Prostate Cancer. At our meetings we:

- Show respect to members, speakers and guests.**
- Allow people to speak and other attendees to listen.**
- Respect confidentiality.**

Our Guest Speaker on Tues 16th April was A/Professor Miranda Xhilagha. Miranda is the Director, Research programs at PCFA



Miranda gave a talk on current research. She discussed some of the exciting trials that are currently taking place such

as the phase II clinical trial of Lutetium-177 PSMA for men with metastatic castration resistant prostate cancer. Lutetium-177-PSMA combines a scan with a treatment. The PSMA scan detects prostate tumours and the radioactive Lutetium-177 destroys the cancer cells. Initial studies with this approach have given promising results. But high-level evidence of its effectiveness and safety requires a randomised controlled trial.

The TheraP trial asks if Lutetium-177-PSMA improves survival times, stops cancer progression or shrinks tumours. It will also record side effects, quality-of-life and costs. The

study is open for recruitment in 11 sites across the country. To date, 84 patients have joined the trial.

Miranda also advised of a study assessing the success rate of a new surgical technique to restore sexual function after prostate surgery.

Many men continue to suffer from long-term impotence that is not helped by medications, such as tablets or injections.

A new surgical technique that was developed in Brazil and is now being performed in Australia by urologist Dr David Dangerfield (Complete Care Urology, Cabrini Brighton Hospital, VIC), and plastic surgeon Prof Christopher Coombs (Southern Plastic Surgery, Brighton, VIC). Prof Coombs travelled to Brazil to study the new technique which can restore sexual function for men who have long-term impotence after prostate surgery.

The Australian surgeons have made considerable modifications to the Brazilian method. Their technique

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involves a nerve-graft. Small sections of nerves are surgically removed from the lower leg and used to reconnect the penis nerves.



Photo above shows Miranda with the lady members present at the meeting.

Coffee compounds may slow growth of advanced prostate cancer

Compounds found in coffee may combat drug-resistant prostate cancer, research suggests.

Scientists in Japan tested six chemicals naturally present in coffee on prostate cancer cells in mice with the disease.

Two compounds, kahweol acetate and cafestol, were found to suppress the growth of tumours that are normally resistant to widely used chemotherapy drugs.

When the compounds were combined, they appeared to work together to increase their anti-cancer effect. The combination seemed to work synergistically, leading to a

significantly slower tumour growth than in untreated mice.

Lead scientist Dr Hioaki Iwamoto, from Kanazawa University Graduate School of Medical Science, said: "We found that kahweol acetate and cafestol inhibited the growth of the cancer cells in mice, but the combination seemed to work synergistically, leading to a significantly slower tumour growth than in untreated mice.

"After 11 days, the untreated tumours had grown by around three-and-a-half times the original volume (342%), whereas the tumours in the mice treated with both compounds had grown by around just over one-and-a-half (167%) times the original size."

The compounds are both hydrocarbons found in Arabica coffee beans.

They seem to be affected by the coffee-making process, said the researchers.

While the chemicals remain in espresso coffee, made by forcing hot water under pressure through finely ground coffee beans, they are stripped out of filtered coffee.

Dr Iwamoto warned that it was too soon to think of treating patients with the compounds. He said: "It is important to keep these findings in perspective.

"This is a pilot study, so this work shows that the use of these compounds is scientifically feasible,

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but needs further investigation; it does not mean that the findings can yet be applied to humans.

"We also found the growth reduction in transplanted tumour cells, rather than in native tumour cells.

"What it does show is that these compounds appear to have an effect on drug-resistant prostate cancer cells in the right circumstances, and that they too need further investigation.

"We are currently considering how we might test these findings in a larger sample, and then in humans."

This Is What Happens to Your Body When You Give Up Meat The more subtle effects of going vegetarian

By Grant Stoddard

Many esteemed evolutionary anthropologists point to a growing body of evidence showing that our earlier ancestors weren't the skilled and canny hunters of popular imagination. Increasingly, they posit that we got our taste for the flesh of other beasts from scavenging from animals that really are natural born killers. A 2015 study measured how much meat lions and leopards left on a kill and concluded that they'd be plenty left to meet the total daily caloric requirements of at least one male homo erectus, possibly more.

There's a broad consensus among scientists that the frequent consumption of meat enabled our brain volume and mental capacity to grow far beyond that of the other

hominidae—the taxonomic family that includes all the extinct species of gorillas, orangutans, chimpanzees, and bonobos. Though many of us might blanch at the thought, eating meat has made us who we are as a species. (As a side note, we are now on the cusp of consuming meat that comes without all the death that, until now, has been part and parcel of every delicious, nutritious mouthful.)

Given how important meat has been to the human story, and how vegetarianism and veganism has done a takeover of your Instagram feed, you might wonder what happens to the human body if you walk away from it completely. Well, wonder no more.

Inflammation decreases

The complex biological response of body tissues to harmful stimuli, such as pathogens, damaged cells, or irritants is commonly known as inflammation. In essence, it's a protective response—considered a mechanism of "innate immunity" and in many circumstances, it's your friend. Still, you don't want inflammation to come to your "rescue" when you have been chowing down on a ribeye, yet that's what can happen.

"Animal products contain inflammatory compounds such as saturated fats and endotoxins," says Virginia Beach-based dietician Jim White. He adds that by contrast, plant-based diets are naturally anti-inflammatory due to their high fiber

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and antioxidant content. White points us to a study which demonstrated that plant-based diets result in a decrease of the C-reactive protein, an indicator of inflammation within the body.

[You may run low on certain vitamins and minerals](#)

Most of us are well aware that meat packs a lot of protein and, depending on the animal, cut and preparation method, a fair amount of fat, too. What we don't talk about as much is the vitamins and minerals present in things we eat that once mooed, clucked, baaed, or oinked. Going without some of these vitamins and minerals for extended periods of time can have health consequences. That's why vegetarians and especially vegans often need to seek them elsewhere.

"Not eating meat does require you to pay more attention to certain nutrients," says Atlanta-based nutritionist Marisa Moore. Moore explains that B12, omega-3 fatty acids, and iron are a few of the top ones you'd need to keep an eye on. They can be found in places other than flesh: B12 is abundant in nutritional yeast and fortified foods, for instance, and "you can get vegetarian sources of iron in beans and leafy greens"—enhanced when combined with a source of vitamin C. Omega-3s, found in fish, come in an algae supplement or foods like chia or hemp seeds.

[Your microbiome changes.](#)

Your microbiome is the word used to describe the the trillions of microorganisms living in your body. Long overlooked, these microorganisms are increasingly recognized as being crucial to our overall health. They produce important nutrients, train our immune systems, turn genes on and off, help protect us from cancer, and keep the tissue in our gut healthy. Studies have demonstrated they play a role in obesity, inflammatory bowel disease, diabetes, atherosclerosis, autoimmune disease and liver disease.

The bad news for meat lovers is that meat and other animal products can create something called trimethylamine oxide, or TMAO, in the gut that frankly, you don't want in there. "Meat consumption triggers bacteria within the gut to produce a substance that the liver converts to the toxic product TMAO, which [at high levels] increases cholesterol, which could up your risk of cardiovascular disease," White says, explaining that plant-based diets produce little to no TMAO and their high fiber content promotes growth of healthy bacteria within the gut.

What's more, research suggests that people who have been sticking to a plant-based diet for some time make little or no TMAO after a meal containing meat, because they have a different gut microbiome. It only takes only a few days of cutting out animal products for our gut bacteria to change.

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Living longer is not out of the question

Seventh Day Adventists are a protestant Christian denomination whose American members, on average, live several years longer than the national average. The fact that their church discourages them from smoking and drinking alcohol is likely responsible for some of that difference, as are their tight-knit communities. They are also non-meat eaters. Given that the regular consumption of meat is associated with a slew of chronic diseases including cancer, heart disease, stroke, diabetes, infections, kidney disease, liver disease or lung disease, the significance of this particular behavior on longevity can't be ignored.

At the DNA level, there's evidence showing that plant-based diets are better at stopping people from fraying at the ends—literally. "A plant-based diet has been shown to lengthen telomeres, or the caps at the end of chromosomes that keep DNA stable, resulting in cells and tissue to age more slowly," says White, adding that shortened telomeres are associated with earlier death and aging. "Additionally, the nutrients in plant-based diets optimize how cells repair damaged DNA.

'Biomedical tattoo' might catch cancer early.

Often, cancer goes undetected until its advanced stages, when treating it becomes very difficult and the

outlook less promising. But researchers from Switzerland are developing an implant that could alert "wearers" to the presence of cancer early on. A brown mark on the skin.

A biomedical tattoo that looks like a brown mole when it 'lights up' could alert its 'wearer' to early signs of cancer.

Recently, the media has been inundated with the news of "smart tattoos" — developed by researchers from Harvard University in Cambridge, MA.

They help to monitor health using biosensitive ink that changes colour following the modifying composition of the body's interstitial fluid.

Now, Prof. Martin Fussenegger — of the Department of Biosystems Science and Engineering at Eidgenössische Technische Hochschule Zürich in Switzerland — alongside a team of researchers, has developed the prototype of another such "tattoo" for a precise purpose: detecting the possible presence of cancerous cells early on.

Numerous types of cancer are diagnosed late, which diminishes the efficacy of treatment and might mean that people will likely not see positive long-term health outcomes.

"Early detection increases the chance of survival significantly," explains Prof. Fussenegger, adding: "For example, if breast cancer is detected early, the chance of recovery is 98 percent; however, if the tumour is

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diagnosed too late, only 1 in 4 women has a good chance of recovery. "

"Nowadays," he continues, "people generally go to the doctor only when the tumour begins to cause problems. Unfortunately, by that point it is often too late."

Prof. Fussenegger and team believe that this situation might, in the future, be significantly improved by the specialized skin implant that they devised — which they call a "biomedical tattoo."

Their biomedical tattoo is set to recognize four of the most widespread types of cancer — which are also often detected late — namely: breast cancer, lung cancer, prostate cancer, and colon cancer.

The researchers have conducted a feasibility study, in which they tested the efficacy and accuracy of their prototype on mice and on pig skin.

Their results, which so far have been promising, are published in the journal *Science Translational Medicine*.

Preference-based intervention in prostate cancer

New research suggests that in localised prostate cancer an intervention- based on the patient's preference—called Patient Preferences for Prostate Cancer Care (PreProCare)—could improve patients' satisfaction with care and decisions, reduce patients' regrets about decision, and better align the

treatment choice with cancer risk category.

Ravishankar Jayadevappa (University of Pennsylvania, Philadelphia, PA, USA) and colleagues did a multicentre, randomised, controlled trial to evaluate the effectiveness of PreProCare (a web-based analysis tool for assessing preferences) in improving patients' satisfaction. Between January, 2014, and March, 2015, 743 patients were randomly assigned to PreProCare (n=372) or usual treatment (provided with standard information about prostate cancer treatment; n=371), and were assessed at baseline and at 3, 6, 12, and 24 months. The primary outcome was satisfaction with care. Secondary outcomes were satisfaction with treatment decision, decision regret, and treatment choice.

Patients in the intervention group had a significant improvement in satisfaction with care at all timepoints. Between months 3 and 24, the proportion of patients who were satisfied with treatment decision and had a reduction in regret about their treatment decision was higher in the intervention group than the usual care group for reduction in regret, respectively). 66% of low-risk patients in the intervention group and 54% in the usual care group underwent active surveillance.

Jayadevappa said, "Our preference assessment tool, PreProCare, helped patients reveal their preferences, leading to higher certainty in treatment decision, less decision conflict and improved satisfaction

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with care." Todd Morgan (University of Michigan, Ann Arbor, MI, USA) commented, "When we think of personalised medicine, we most often think about molecular testing and individualising treatment decisions based on the underlying disease biology. However, aligning patient values and preferences with treatment decisions is just as important and is undoubtedly an understudied area of personalised medicine." He added, "The results from this trial are compelling and suggest that decision aids like the one tested here should be offered and encouraged for men with newly diagnosed localised prostate cancer."

Paul Clifford (Hazard) Yates



Paul passed away peacefully at home with his family around him on April 8th 2019 Aged 56 Years.

Another victim of this insidious disease we as members are constantly battling. Paul was not a long serving member of our group but during the time he was a member he made his presence felt. Shortly after he joined the group, Paul joined the committee and immediately commenced producing our newsletter. A member who made a difference. RIP Paul – you will be remembered by your mates at Prostate Heidelberg.

A "Celebration of Hazard" was held on Sunday May 5th at St Margaret's Church Eltham which was attended by the following members of our group; Barry and Lorraine Elderfield, Graham Goebly and Spiros Haldas.

2019 Subscriptions

Due to increased running costs we are increasing annual subscriptions to \$20, \$10 for new members joining after July 2019.

Please pay at your next meeting, by mail to PO Box 241, Ivanhoe 3079 or directly into the Prostate Heidelberg bank account: BSB 083-256; Account 583244292 (include your name in the details).

Next Meeting Tuesday 21/05/2019

The May Meeting will feature Christine Dudley who will be taking us through a relaxation and meditation session.

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Committee

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Janis Kinne, Membership
Spiros Haldas, Library
David Bellair, Web site
Michael Meszaros

2019 Meetings: 10:00am - 12:30pm

Tues 21 May
Tues 18 Jun
Tues 16 Jul
Tues 20 Aug
Tues 17 Sep
Tues 15 Oct
Tues 19 Nov
Tues 17 Dec including Xmas lunch

Internet Resources

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Use the internet to find questions to ask your specialist. It should not be trusted to find answers for your personal case. The web is general. Your specialist specifically knows you.

Our members have found the following **websites** to be useful.

Prostate Cancer Foundation of Australia www.PCFA.org.au
For guides and help.

Australian Cancer Trials www.australiancancertrials.gov.au/
Information on the latest clinical trials in cancer care, including trials that are currently recruiting new participants.

USA Prostate Cancer Foundation (Guide) www.PCF.org/guide/
PDF guide for men newly diagnosed with prostate cancer

Us TOO International PCa Education (USA) www.UsToo.org
USA Prostate Cancer support groups information and newsletter.

Cancer Council Victoria www.CancerVic.org.au
For general help and to understand services supporting men with cancer.

Ex MED Cancer program <http://www.EXMedCancer.org.au/>
A Melbourne-based best-practice exercise medicine program for people with cancer.

ProstMate (PCFA) www.ProstMate.org.au
The companion for those impacted by prostate cancer, particularly to record all your results.

Beyond Blue www.BeyondBlue.org.au
HELPLINE – 1300 22 4636; for help with depression or anxiety.

Continence Foundation of Australia www.Continence.org.au/
HELPLINE – 1800 33 0066. For assistance with incontinence and for aids (such as pads).

Australian Advanced Prostate Cancer Support Group
www.JimJimJimJim.com
For men diagnosed with advanced metastatic prostate cancer.

PCRI Prostate Digest (USA) <https://pcri.org/insights/>
Prostate Cancer Research Institute supports research and disseminates information that educates and empowers patients, families, and the medical community

PAACT Newsletter (USA) <http://paact.help/newsletter/>
Patient Advocates for advanced Cancer Treatments.

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