

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

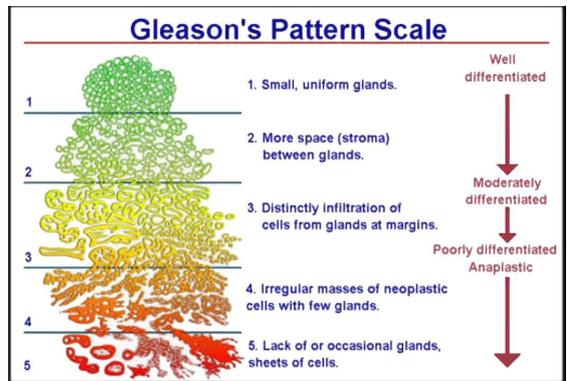
- Show respect to members, speakers and guests.**
- Allow people to speak and other attendees to listen.**
- Respect confidentiality**

**August Speaker**



Assoc Prof Ken Sikaris  
 BSc(Hons), MBBS, FRCPA, FAACB, FFSc  
 Director of Chemical Pathology, at  
 Melbourne Pathology

The Gleason Score ranges from 1-5 and describes how much the cancer from a biopsy looks like, healthy tissue (lower score) or abnormal tissue (higher score). Most cancers score a grade of 3 or higher.



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**Gleason Score**

**Prostate Cancer Grading & Prognostic Scoring**

The Gleason Score is the grading system used to determine the aggressiveness of prostate cancer. This grading system can be used to choose appropriate treatment options.

Since prostate tumors are often made up of cancerous cells that have different grades, two grades are assigned for each patient. A primary grade is given to describe the cells that make up the largest area of the tumor and a secondary grade is given to describe the cells of the next largest area. For instance, if the Gleason Score is written as 3+4=7, it means most of the tumor is grade 3 and the next largest section of the tumor is

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grade 4, together they make up the total Gleason Score. If the cancer is almost entirely made up of cells with the same score, the grade for that area is counted twice to calculate the total Gleason Score.

Typical Gleason Scores range from 6-10. The higher the Gleason Score, the more likely that the cancer will grow and spread quickly.

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### Information on inflammation

- Inflammation is an important and necessary part of our natural immune response to protect our body against harm.
- Our immune system triggers inflammation when it recognises anything that is alien to our body.
- The inflammatory process is only meant to last a short time.
- When our body's inflammatory response goes on for too long – known as chronic inflammation – it leads to adverse health conditions.
- Top causes of chronic inflammation include:
  - Foods with a high glycaemic index (GI) and added sugar
  - Trans fats
  - Poor quality saturated animal fats
  - Excessive alcohol consumption
  - Celiac disease
  - Smoking
  - Chronic, uncontrolled stress
  - Overweight and obesity
  - High ratio of omega-6 to omega-3 polyunsaturated fatty acids

- Pollution and environmental toxins

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### New Urine test for prostate cancer

New research published today takes us a step closer towards a urine-based test for prostate cancer, as results show that it could help to more easily spot aggressive cancers.

Researchers from the University of East Anglia extracted RNA (a type of genetic material) from the urine of over 500 men who'd just had a digital rectal exam for suspected prostate cancer. They looked for the pattern of activity of 36 genes, which they thought would classify the man into one of four risk groups: no prostate cancer, or low-, medium-, high-risk disease.

They found that the urine test could assign men into the same risk groups as a standard clinical risk score that uses a man's PSA level and the Gleason grade of his cancer. However, the urine test has the advantage of not needing to give the man a biopsy.

The researchers also found that they could predict which men on active surveillance might need treatment to kill or remove the cancer within five years. This suggests that the urine test has the potential to help men and their doctors to decide whether active surveillance really is a suitable option. "If the benefits of this approach are confirmed in larger trials, this could provide more clarity around whether men are likely to need more urgent treatment or can safely remain under active surveillance," says our Director of Research, Dr David Montgomery.

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"However, this study compares the test to older methods for predicting whether a man's prostate cancer will cause harm.

More research now needs to be done to see how accurate this is compared to the newer, non-invasive methods being offered, such as multi-parametric MRI scans."

Overall, these results are very promising, but there's still some way to go before this test can be offered to men.

In their next steps, the researchers will need to optimise the test so that it can be scaled up for a larger clinical trial.

More information can be found here:

<https://www.thesun.co.uk/news/9374877/urine-tests-predict-prostate-cancer/>

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### What foods to eat or avoid for prostate cancer?



A whole food Mediterranean diet is considered good but more evidence is needed before any individual food, or a particular diet, can be confirmed to help slow the growth of prostate cancer.

Certain foods or dietary supplements may help slow the growth of prostate cancer or lower the risk of it coming back after treatment. It's also thought

that some foods could be harmful for men with prostate cancer.

### Foods and Supplements to Eat

A diet high in vegetables, nuts, fruits and Omega-3 (Olive oil) is considered healthy.

#### Green tea

Some studies suggest that the chemicals in green tea may protect against prostate cancer growth.

If you decide to drink green tea, you'll need to brew it for five minutes to make sure plenty of nutrients are released, making the flavour quite strong.

Green tea has large amounts of a catechin called EGCG. Catechins are natural antioxidants that help prevent cell damage and provide other benefits.

#### Cruciferous vegetables

These include broccoli, cauliflower, cabbage, Brussels sprouts, bok choy, spinach and kale. Some studies suggest that cruciferous vegetables may help slow down the growth of prostate cancer and reduce the risk of advanced prostate cancer.

#### Tomatoes and lycopene

Tomatoes contain a plant chemical called lycopene. Some studies have suggested that lycopene could help to protect against prostate cancer growth and aggressive prostate cancer. Lycopene is also found in Watermelon, all tomato products, Papaya and cooked red capsicums.

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## Pomegranate

Some studies suggest that pomegranate juice may be good for men with prostate cancer. But this is not proven. If you want to try pomegranate juice, choose a variety with no added sugar.

## Turmeric

Researchers have found that **turmeric** and its extract, **curcumin**, may help prevent or treat **prostate cancer**. The warm, bitter spice contains anti-cancerous properties that may stop the spread and growth of cancerous cells.

## Quercetin

A bioflavonoid found in leafy vegetables, broccoli, red onions, peppers, apples, grapes, black tea, green tea, red wine, and some fruit juices.

## Resveratrol

A potent antioxidant, cell protector and modulator of hormones found in dark red black and purple grapes.

## Foods that you should eat less of

There is some evidence that eating a lot of certain foods may be harmful for men with prostate cancer. More research is needed to fully understand their effects on prostate cancer.

## Dairy foods and calcium

Dairy foods are high in calcium. Calcium is important for strong bones and your overall health, so you need some calcium in your diet.

Some studies suggest that eating a lot of calcium might increase the risk of your prostate cancer growing and spreading. Dairy food is also high in saturated fats, which has been linked to prostate cancer.

## Meat

The effect of red and processed meat on men with prostate cancer isn't clear. Some research suggests that eating too much may raise your risk of aggressive and advanced prostate cancer, while other research hasn't found any effect. Some studies have also suggested that a diet that is low in meat but high in fruit and vegetables may help to slow the growth of prostate cancer.

Large amounts of meat that have been cooked at very high temperatures or are very well done, such as barbecued, grilled or fried meat, may also increase your risk of advanced cancer. This may be caused by chemicals that are produced when meat burns, as they can damage cells. So try to avoid eating lots of meat cooked at very high temperatures.

## Fat

You need to eat some fat for your body to work properly. But eating too much fat can make you put on weight, which raises your risk of being diagnosed with aggressive or advanced prostate cancer.

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There are different types of fat. Replacing animal fats with vegetable oils may help men with prostate cancer live for longer. There is also some research that suggests eating lots of saturated fat might be linked with an increased risk of prostate cancer coming back after surgery, and of developing advanced prostate cancer. But we need more research to know for sure whether this is the case, as other studies haven't found a link.

Exercise, Meditation and Yoga have all been shown to be beneficial for men with prostate cancer.

Your doctor, Urologist or Oncologist should be made aware of any supplements you are taking as they may interfere with medical treatment.

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### Latest trial results

Several key abstracts presented at the 2019 ASCO Annual Meeting demonstrated practice-changing potential in the prostate cancer field. Long-term data from the phase III GETUG-AFU 16 trial (NCT00423475) showed that adding short-term hormone therapy to salvage radiotherapy after radical prostatectomy led to a significant improvement in metastasis-free survival (MFS) at 10 years versus salvage radiotherapy alone.

Results from the phase III TITAN trial showed that the addition of apalutamide (Erleada) to ADT led to a significant improvement in radiographic progression-free survival (rPFS) and overall survival (OS) versus placebo/ADT. Due to these data, apalutamide serves as a third drug— joining docetaxel and abiraterone acetate (Zytiga)—that can be utilized to extend life in this patient population.

Conversely, in metastatic castration-resistant prostate cancer (mCRPC), the phase III ALLIANCE A031201 trial failed to show prolonged survival with the addition of abiraterone acetate to enzalutamide (Xtandi). Furthermore, treatment with the combination resulted in more adverse events (AEs) than with enzalutamide alone.

Lastly, the phase III EORTC 1333/PEACE III trial provided confirmatory insight into whether the addition of bone-protecting agents to anticancer drugs in mCRPC treatment is beneficial in mitigating fracture risk. It is known that the risk of fracture increases when radium-223 dichloride (Xofigo) is added to enzalutamide; however, mandatory continuous administration of bone protecting agents, when started  $\geq 6$  weeks prior to the first injection of radium-223 almost eliminated the risk of fracture.

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### Pain relief using CBD oil

Both cancer and its treatment can lead to pain. Cancer often causes pain due to inflammation, pressure on internal organs, or nerve injury. When the pain is severe, it can even become resistant to opioids, which are powerful pain relievers.

Researchers think that CBD interacts with the CB2 receptors in your brain and immune system. Receptors are tiny proteins attached to your cells that receive chemical signals from different stimuli and help your cells respond. It creates anti-inflammatory and painkilling effects that help with pain management. This means that CBD oil may benefit people with chronic pain.

For more information:

<https://www.verywellhealth.com/cbd-oil-for-pain-4177627>

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### Correspondence

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### Committee

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Mike Waller, Treasurer  
Spiros Haldas, Library  
David Bellair, Web site  
Christine Dudley, Newsletter  
Michael Meszaros

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

Tues 20 Aug  
Tues 17 Sep  
Tues 15 Oct  
Tues 19 Nov  
Tues 17 Dec (including Xmas lunch)

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## Internet Resources

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](http://www.PCFA.org.au)

*For guides and help.*

### **Australian Cancer Trials**

[www.australiancancertrials.gov.au/](http://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/](http://www.PCF.org/guide/)

*PDF guide for men newly diagnosed with prostate cancer*

### **Us TOO International PCa Education (USA)**

[www.UsToo.org](http://www.UsToo.org)

*USA Prostate Cancer support groups information and newsletter.*

### **Cancer Council Victoria**

[www.CancerVic.org.au](http://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](http://www.ProstMate.org.au)

*The companion for those impacted by prostate cancer, particularly to record all your results.*

### **Beyond Blue**

[www.BeyondBlue.org.au](http://www.BeyondBlue.org.au)

*HELPLINE – 1300 22 4636; for help with depression or anxiety.*

### **Continence Foundation of Australia**

[www.Continence.org.au/](http://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](http://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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