

Prostate Heidelberg

cancer support group

Information, Education and Support for men and their families

Newsletter **JULY 2018** - Issue 175

Next Meeting: **Tuesday 17th JULY 2018**

Prostate Heidelberg provides information, education and support for those affected by prostate cancer. At the Meetings we:

- Show respect to Members, Speakers, and Guests.
- Allow people to speak and the other attendees listen.
- Respect confidentiality.

UPCOMING SPEAKER

Tuesday, 21st Aug 2018

Gina Akers

Survivorship Studies: What are We learning?



Gina Akers, is currently working at the Department of Health and Human Services in the Cancer Strategy and Development unit. She is responsible for the Victorian Cancer Survivorship Program, which funds organisations to pilot and implement models of care for survivorship. Her background is cancer nursing, having worked in a number of roles in clinical areas, management, research and patient support over the past 30 years.

A SCIENTIST'S LOOK AT PROSTATE CANCER DRUGS

Presented to Prostate Heidelberg 16th June 2018
by Dr David J. Owen, Starpharma Ltd

Starpharma is a Melbourne-based ASX300 company with a market capitalisation of approximately \$A500 million. Its unique

proprietary polymer (dendrimer) platform is of most interest for prostate cancer patients.

Most of the presentation was about what worked in mice and hopefully will work the same in humans. Current and future clinical trials will prove the success of Starpharma's synthetic drugs.

The science underlying Starpharma's proprietary dendrimer platform is the development of a macro-molecule of usually only 5-15 nanometres (a nanometre is one billionth of a metre). Through its research, Starpharma can produce its product by attaching other drugs around its proprietary nano-sized dendrimer molecules. Compared to the original marketed drugs, the dendrimer versions are proving to be more effective, less toxic, more soluble (the dendrimer drug does not need to be mixed with a detergent to make it a watery solution that can be injected), and better absorbed in blood stream (therefore, lasting longer without a spike at time of injection).

Starpharma's new produced drugs hold hope for prostate cancer patients as two of the most successful research outputs are using the common prostate cancer chemotherapy drugs, Taxotere[®] (doxetaxel) and Jevtana[®] (cabazitaxel) to create DEP[™] docetaxel and DEP[™] cabazitaxel. This breakthrough technology promises for the

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currently proven (though toxic) chemotherapy drugs to be a better, safer (without neutropenia and other side-effects), and less toxic chemotherapy solution in the future.

Starpharma is currently conducting a Phase 2 clinical trial for DEP™ docetaxel and has begun a Phase 1 clinical trial for DEP™ cabazitaxel. The successful outcomes of these trials would be of considerable benefit to prostate cancer patients.

Book Review

THRIVE, DON'T ONLY SURVIVE

Dr Geo's Guide to Living Your Best Life Before and After Prostate Cancer

By Dr Geo Espinosa with Matthew Solan

Review by Tony Gorbaty

Dr Geo Espinosa, a naturopathic urologist, is the founder and director of the Integrative and Functional Urology Center at New York University Langone Medical Center (NYUL-MC) and adjunct professor at NYU, School of Nutrition. He is a renowned naturopathic doctor recognized as an authority in natural interventions for prostate cancer and men's health.

This is a book written by a medical doctor ("MD") but devoted to Naturopathy. The book provides quite an elaborate scientific explanations of the author's naturopathic recommendations. Their adequacy is confirmed by the very favourable introduction by Dr Aaron Katz MD (an urological surgeon and the Head of New York Center for Integrative Medicine). Dr Katz is the author of a book about Prostate Cancer, which the reviewer also liked.

The subject matter is written as a friendly manual, with recommendations like "write down in the evening your schedule for tomorrow, in order for you to know why you should get up", or "if you

happen pig-out, as everybody, me (*the author*) included, sometimes does", don't despair, just be extra vigilant next day. The somewhat patronizing style giving advice such as to watch TV on a treadmill, or find a way to do some movement while reading, might be useful for somebody to whom such ideas would never cross their mind (unless they also read books of Dr Dean Ornish MD). It is in light of how dreadfully harmful for us our sedentary lifestyle.

The content of the book is encapsulated in what is dubbed as **CaPLESS Method** (*Carcinoma of Prostate, Lifestyle, Exercise, Stress and Sleep, and Supplementation*) and the pinnacle of the book is supposed to be his 21 day introductory regimen of diet and exercise, which, if followed staunchly, will make your life "thriving", while you are surviving. He points out however, that the book outlines only general principles, and actual implementation should be individualized. This I found especially enticing, since for a long time I have been wondering why most of the recommendations, including dosages of medicine, are not related to at least the weight of the individual.

However, for how to do it, he uses his website: www.ThriveDon'tOnlySurvive.com. The reviewer went to this website but found only steps to follow to order the book. Again, those who read books of Dr Dean Ornish will find not many revelations in this book. But those who staunchly mistrust any out of main stream of "western Medicine", after reading this book, might give naturopathy, complementary, alternative medicine another benefit of doubt. Mathew Solan is Executive Editor, Harvard Men's Health Watch.

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2018 SUBSCRIPTIONS \$10

The 2018 annual subscriptions are due from 1st January 2018. The rate is **\$10 per individual, couple or family**. Pay at your next meeting, by mail to the address below, or directly into the Prostate Heidelberg bank account:

BSB 083-256; Account 583244292
(include your name in the details).

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Chris Ellis, Convenor	
Spiros Haldas, Library	
Janis Kinne, Membership	

CALENDAR

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

Tues 17 Jul '18
Tues 21 Aug '18 Gina Akers
"Survivorship studies, what are we learning?"
Tues 18 Sep '18
Tues 16 Oct '18 Dr Renu Eapen
"ED and Incontinence: do we need to put up with it?"
Tues 20 Nov '18
Tues 18 Dec '18 A/Prof Nathan Lawrentschuk
"How genetics is impacting therapy now and in the future"
plus Xmas lunch

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

Tues 19 Feb '19
Tues 19 Mar '19
Tues 16 Apr '19
Tues 21 May '19
Tues 18 Jun '19
Tues 16 Jul '19
Tues 20 Aug '19
Tues 17 Sep '19
Tues 15 Oct '19
Tues 19 Nov '19
Tues 17 Dec '19, including Xmas lunch

Sometime 2019
Nik Zeps, Epworth *"Negotiating your way through the medical system and life for cancer patients"*

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

The following **websites** members may find useful:-

Prostate Cancer Foundation of Australia

For guides and help.

www.PCFA.org.au

USA Prostate Cancer Foundation (Guide)

USA PDF guide for men newly diagnosed with prostate cancer.

www.PCF.org/guide/

Us TOO International PC Education/Support Network (USA) www.UsToo.org/Read-Educational-Materials
and <http://www.ustoo.org/Read-the-HotSheet-Newsletter>

USA Prostate Cancer Support Groups information and Newsletters.

Cancer Council Victoria

For general help and to understand services supporting men with cancer.

www.CancerVic.org.au

Ex MED Cancer program

A Victorian-based best-practice exercise medicine program for people with cancer.

<http://www.EXMedCancer.org.au/>

ProstMate (PCFA)

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

www.ProstMate.org.au

Beyond Blue

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

www.BeyondBlue.org.au

Continence Foundation of Australia

HELPLINE - 1800 33 0066

For assistance with incontinence and for aids (such as pads).

www.Continence.org.au/

Australian Advanced Prostate Cancer Support Group

For men diagnosed with advanced metastatic prostate cancer.

www.JimJimJimJim.com

PCRI Prostate Digest (USA)

Prostate Cancer Research Institute supports research and disseminates information that educates and empowers patients, families, and the medical community.

<https://pcri.org/insights/> “Prostate Publications”

PAACT Newsletter (USA)

Patient Advocates for advanced Cancer Treatments.

<http://paact.help/newsletter/>

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