

Prostate Heidelberg

cancer support group

Information, Education and Support for men and their families

Newsletter No. 178

Next Meeting Tuesday 16th October 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 to listen.
Respect confidentiality.*

"ED and Incontinence: do we need to put up with it?"

Our Guest Speaker on Tues 16 Oct'18

Dr Renu Eapen is a Consultant Urologist in the Genitourinary Oncology service at the Peter MacCallum Cancer Centre, the Austin Hospital and Olivia Newton-John Cancer Centre.

She has an interest in the treatment of voiding dysfunction in men and women. Dr Eapen has subspecialty training in performing urodynamic studies and various procedures for female urinary incontinence as well as male slings and the insertion of artificial urinary sphincters.

Dr Eapen is a member of the Urological Society of Australia and New Zealand (USANZ), the American Urological Association (AUA), Society of Urologic Oncology (SUO) and Society of Urodynamics, Female Pelvic Medicine and Urogenital Reconstruction (SUFU)"

Federal Health Minister Greg Hunt has announced \$12 million will be spent to establish an alliance of research teams to research prostate cancer.

Aussie researchers trying to find a cure for prostate cancer have been given a \$12 million boost with a joint federal government and Movember Foundation cash splash.

Health Minister Greg Hunt announced on Thursday the government would chip in \$6 million over three years with the foundation matching the cash to establish the Prostate Cancer Research Alliance.

The research teams will work to stop the progression of prostate cancer to more deadly stages, improve treatments and life expectancy for those with advanced stages

THANK YOU PATRICK FOR PRODUCING OUR NEWSLETTER

In all organisations there are members in the background working away doing those things necessary to keep it up and running and Prostate Heidelberg is no exception.

For the past seven years Patrick Woodlock supported by his wife Elizabeth has at times been Treasurer of our group and has among other things edited and produced the newsletter you have received each month.

Unfortunately our friend and mate is doing it tough at the moment and is unable to continue to produce the newsletter. Patrick is battling the common enemy we all have.

We, on the committee, are very aware of how much Patrick has done in the past seven years and we consider it appropriate at this point in time to say a heartfelt thank you to Patrick and Elizabeth for the contribution they have both made to our group.

We hope you might be able to make it to some meetings, but if not, rest assured friends - you will both be in our thoughts - and we take this opportunity to wish you all the very best. Your friends and mates at Prostate Heidelberg.



PATRICK AT THE RECENT MEN'S HEALTH WEEK FUNCTION AT THE ONJ CENTRE

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Penile Rehabilitation

The goal of penile rehabilitation is to stimulate blood flow to the penis after radical prostatectomy surgery to help improve spontaneous erections and sexual function. Both psychological and physical factors involving nerves and blood supply are required in achieving an erection.

Erection problems or impotence can also result from:

Damage to arteries, which reduces blood flow to the penis & vein leaks

During radical prostatectomy (removal of the prostate gland) delicate nerves that play an important role in the health of penile tissue may be removed or damaged.

Damage or trauma can occur when the surgeon divides the nerves to gain access to the prostate gland during surgery.

Some physicians suggest that if a man's penis stays soft and limp for a long period of time after his surgery, it may lead to permanent damage to the sponge-like regions of erectile tissues (called *cavernous tissue*) and the smooth muscle in the penis can also develop irreversible scar tissue. These tissues contain most of the blood when a man has an erection. Penile rehab maximising erectile function recovery by using strategies that help restore the regular erections it needs to prevent scar tissue from forming. When you get an erection it helps maintain stretch on the penis which may also help prevent penile shortening in the future.

Increasing blood flow to the penis right after surgery, is believed to help maintain the penile tissue healthy while the neural pathway regenerates.

Sexual recovery often takes some time after surgery. It can take 12-18 months for erectile function to return to some degree or if at all.

Every man is different.

A man will have dry orgasms or dry sex after surgery, because the prostate gland and seminal vesicles have been removed.

Sex or intimacy after prostate cancer can be deeply satisfying but it may be different than it was before.

The involvement of a partner is beneficial in making this process as smooth and successful as possible. If you require any further confidential assistance with information and support Please contact –

Prostate Cancer Specialist Nurse Service
T: 9496 9181 | E: carla.d'amico@austin.org.au
| Mon - Fri

Sexual Health Service
Sexual Health Clinical Nurse Consultants
T: 9490 7232 | E: sexualhealth.service@austin.org.au

Penile Rehabilitation - The 5 P's

Dr. Michael Chamberlain
For Erectile Dysfunction (ED)

Psyche – Wellbeing and counselling: You have to be in a good head space

Pills – Oral Medication - PDE5-1 inhibitors
Viagra @ \$2.50/100mg - Sildenafil (take on empty stomach)

Cialis @ \$25.00/20 mg - Tadalafil
Levitra @ \$15.00/20mg - Vardenafil
May start pre-or post- surgery for radical prostatectomy

They only help you get an erection if you are sexually stimulated.

Available from your General Practitioner (GP) & Urologist

Ask for free samples to try one first. Do not take together.

Pricks – Intra-cavernosal Injections – ICI
Prostaglandin E1: Caverject@ \$ 22.00/20 mcg - 2-3 times/week

Mixture: Trimix (Epworth pharmacy)
Available from your Urologist/Austin Health Urology nurses to teach you how to use first Very small needles are used!

Pumps- Penile vacuum constriction devices
Use with rings and lubricant, trim your pubic hair for a better fit

Start at \$50.00 - \$600.00 (medical grade).

Prosthesis- Penile implants for men who do not respond to medication, devices or patient preference.

Cost: \$10,000 - \$12,000 and lasts about 8 years

Available in private practice only, Medical Insurance advised

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Time for bed: Anti-cancer drug putting cancer cells into a permanent sleep



Australian scientists have discovered a new type of anti-cancer drug that can put cancer cells into a permanent sleep.

After almost a decade of research Australian scientists have discovered a new type of

anti-cancer drug that can put cancer cells into a permanent sleep, without the harmful side-effects caused by conventional cancer therapies.

Research led by Associate Professor Tim Thomas and Associate Professor Anne Voss from the Walter and Eliza Hall Institute, Professor Jonathan Baell from the Monash Institute of Pharmaceutical Sciences and Dr Brendon Monahan from Cancers Therapeutics CRC investigated whether inhibiting the KAT6A and KAT6B proteins could be a new approach to treating cancer.

The KAT6A and KAT6B proteins are responsible for amplifying genes that stimulate cancer growth.

"Early on, we discovered that genetically depleting KAT6A quadrupled the life expectancy in animal models of blood cancers called lymphoma. Armed with the knowledge that KAT6A is an important driver of cancer, we began to look for ways of inhibiting the protein to treat cancer," Associate Professor Thomas said.

By targeting specific proteins the researchers were able to develop a small molecule that inhibits their activity. The process can stop tumour growth and spread without damaging the cells' DNA.

Through our partnership with the Cancer Therapeutics CRC we helped with our skills in crystallography, protein production and biophysics. Our scientists designed the protein constructs and expressed, purified and characterised all of the proteins used in these experiments. They also performed the SPR and crystallography experiments.

These experiments helped to understand how the compounds bound to the proteins and what affinity the compounds had for the proteins (the KAT proteins).

Putting side effects to sleep

The new class of drugs means better treatment for cancer patients. Conventional cancer therapies (like chemotherapy and radiotherapy) cause irreversible DNA damage as they target both cancer cells and healthy cells. The DNA damage can result in short-term and long-term side effects such as nausea, fatigue, hair loss and susceptibility to infection, as well as infertility and increased risk of other cancers developing. This new class of anti-cancer drugs simply puts the cancer cells into a permanent sleep.

"This new class of compounds stops cancer cells dividing by switching off their ability to 'trigger' the start of the cell cycle," Associate Professor Voss said.

"The technical term is cell senescence. The cells are not dead, but they can no longer divide and proliferate. Without this ability, the cancer cells are effectively stopped in their tracks."

The development of the drug is currently at a pre-clinical stage

FOUR FACTS

These facts are irrefutable. Be careful, be very careful.

A wise person once said:

1. We all love to spend money buying new clothes but we never realize that the best moments in life are enjoyed without clothes.
2. Having a cold drink on hot day with a few friends is nice, but having a hot friend on a cold night after a few drinks - PRICELESS.
3. Arguing over a girl's bust size is like choosing between Fosters, Victoria Bitter, XXXX & Crown Lager.

Men may state their preferences, but will grab whatever is available.

AND

(I haven't verified this on Snopes or Google but it sounds legit.)

4. A recent study found that women who carry a little extra weight live longer than the men who mention it.

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**This is the first in a series of articles
about the services offered by Austin
Health**

What is NEMICS

The North Eastern Melbourne Integrated Cancer Service (NEMICS) is one of 9 Integrated Cancer Services set up in 2005 by the Victorian Government as the agencies to drive change and improvements in cancer care. NEMICS core member partners include the 4 public hospitals in the region: Austin Health, Eastern Health, Northern Health and Mercy Hospital for Women. A large focus for all Integrated Cancer Services is the Optimal Care Pathways (OCPs). The OCPs are a series of guidance resources that describe what optimal cancer care looks like for different cancer types. Lena Elkman is currently working with urology clinicians, health service managers and patients to implement the Prostate OCP across the NEMICS region. This includes ensuring all men diagnosed with prostate cancer have their case presented at a multidisciplinary meeting (MDM). Early results are extremely positive- where close to 100% of newly diagnosed men with prostate cancer are now having their treatment planned by team of clinicians at Austin, Eastern and Northern MDMs. To address some of the supportive care needs of men with prostate cancer, NEMICS is partnering with Cancer Council Victoria to deliver a Living with Prostate Cancer Education session later at Northern Health in the year. As part of the Prostate OCP project, NEMICS also plans to upskill staff at each health service to support patients and partners with concerns related to sex and intimacy through a series of training seminars.

STEERING COMMITTEE

Barry Elderfield	Treasurer
David Bellair	Website
Janis Kinne	Membership
Max Shub Ph 0413 777 342	Facilitator
Patrick Woodlock	
Spiros Haldas	Library

**Prostate Cancer
Community
Education
Event**

- Treatment decision support for patient
- Advances in prostate cancer diagnosis & treatment
- Prostate cancer care plan
- Role of peer support groups in the prostate cancer journey

Proudly Supported By
 Prostate Cancer Foundation of Australia

Register: wcmics-prostate.eventbrite.com
Cost: Free Event
Date: Monday 15th October 2018
Time: 9:00 am – 11:30 am
Place: Lecture Theatre B, Level 7,
Peter MacCallum Cancer Centre
305 Grattan St, Melbourne VIC 3000
Contact: (03) 8559 9066 or contactus@wcmics.org

Western & Central Melbourne Integrated Cancer Service
collaborate. facilitate. innovate

CALENDAR 2018

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

Tues 16 Oct'18

Dr Renu Eapen

“ED and Incontinence: do we need to put up with it?”

Tues 20 Nov'18 General Discussion

Tues 18 Dec'18

A/Prof Nathan Lawrentschuk

“How genetics is impacting therapy now and in the future.”

Associate Professor Nathan Lawrentschuk is a urological surgeon and oncologist in the Uro-Oncology Service at the Peter MacCallum Cancer Centre. He also has appointments at The University of Melbourne, Department of Surgery and Olivia Newton-John Institute for Cancer Research at the Austin Hospital, Melbourne

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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 web is general. Your specialist specifically knows you. The following are web sites members have found useful:

Organisation	Details	Website
Prostate Cancer Foundation of Australia	<i>For guides and help.</i>	www.PCFA.org.au
Prostate Cancer Foundation (USA)	<i>Guide for men newly diagnosed with prostate</i>	www.pcf.org/guide/
Us TOO International PC Education	<i>USA Prostate Cancer support groups and information</i>	www.UsToo.org/Read-Educational-Materials
Cancer Council Victoria	<i>For general help and to understand services supporting men with cancer.</i>	www.CancerVic.org.au
Ex MED Cancer program	<i>A best-practice exercise medicine program for people with cancer.</i>	www.EXMedCancer.org.au/
Prostmate	<i>The companion for those impacted by Prostate Cancer</i>	www.ProstMate.org.au
Beyond Blue	<i>For help with depression or anxiety. HELPLINE – 1300 22 4636</i>	www.BeyondBlue.org.au
Continence Foundation of Australia	<i>For assistance with incontinence and for aids (such as pads). HELPLINE – 1800 33 0066</i>	www.Continence.org.au/
Australian Advanced Prostate Cancer Support Group	<i>For men diagnosed with advanced metastatic prostate cancer.</i>	www.JimJimJimJim.com
Commonwealth site for palliative care	<i>Government information on palliative care.</i>	www.Health.gov.au/PalliativeCare
Banksia Palliative Care	<i>Specialist home based community palliative care service for people living in the north east suburbs of Melbourne</i>	www.BanksiaPalliative.com.au
University California San Francisco	<i>One of the leading Prostate Cancer Research centres</i>	www.urology.ucsf.edu/patient-care/cancer/prostate-cancer

Useful Newsletters

PAACT Newsletter	www.paact.help/newsletter/
PCRI Prostate Digest	www.pcri.org/insights-blog/2018/04/prostate-digest-volume21-issue1
US TOO Hotsheet	www.ustoo.org/Read-the-HotSheet-Newsletter

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