

Newsletter **February 2019** – Issue 181

Next Meeting: **Tuesday 19 February 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.**

**Congratulation Max Shub OAM**



Members of Prostate Heidelberg are aware that Max has made a huge contribution to our group since assuming the Facilitator's role in 2005. Outside our own group, Max has expanded his support activity involvement to state and national levels at the Prostate Cancer Foundation of Australia. He held the position of chair of the Victorian and Tasmanian chapter for four years and has also been a member of several cancer research groups.

Max's on-going advocacy work on behalf of all men with PCa has resulted in him receiving an Order of Australia Medal for service to community health in the 2019

Australia Day Honours List. Please join the Committee in congratulating Max on this richly-deserved award.

**Next Meeting Tuesday 19/02/2019**

**Guest Speaker**

**Michelle Wells**  
**ACP Education Project Officer**  
**Advance Care Planning Australia**



Michelle is a registered nurse whose expertise and knowledge have been gained in acute and primary health care settings. Michelle is the education project officer for the Advance Care Planning Australia education program assisting with online learning as well as face to face workshops. Michelle is an experienced nurse educator who provides education not only on advance care planning but a variety of public health topics such as immunisation.

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## Meeting Tuesday 19/03/2019

The March Meeting will feature a general discussion and round robin. New members in particular are invited to introduce themselves and share their journeys with the Group.

## Last Meeting December 2018

**A/Prof Nathan Lawrentschuk**  
***"How genetics is impacting therapy now and in the future."***

Associate Professor Lawrentschuk presented a stimulating discussion regarding the opportunity for genetic testing to shape individualised treatment plans

## 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).***

## Focus on Clinical Trials

**[A phase II study of Avelumab + stereotactic ablative body radiosurgery \(SABR\) for metastatic castration-resistant prostate cancer \(mCRPC\) | ICE-PAC](#)**

Trial Sponsor:  
 Monash Health  
 246 Clayton Road, Clayton VIC 3168

Trial ID: ACTRN12618000954224

This project will investigate the combination of SABR and Avelumab for metastatic castration resistant prostate cancer (mCRPC). SABR is a noninvasive,

high precision radiotherapy technique. The high precision of SABR allows a high dose of radiation to be delivered to the target areas with minimal toxicity to the surrounding areas.

Avelumab is a monoclonal antibody that works against a protein called PD1 on the surface of the cancer cells. It is thought that cancer cells with increased levels of PD1 avoid detection by the body's immune system. In this study, we hypothesise that combining Avelumab with standard therapy high dose precision radiotherapy (SABR) may enhance the antitumour efficacy of Avelumab in mCRPC. This study will evaluate the patient survival, tumour regrowth and side effects with this combined treatment in patients with mCRPC.

You may be eligible for this study if you have been diagnosed with metastatic castration-resistant prostate cancer (mCRPC) and have a predicted life expectancy of at least 6 months.

For more information, visit this web page.

<http://www.australiancancertrials.gov.au/search-clinical-trials/search-results/clinical-trials-details.aspx?TrialID=374725&ds=1>

## Prostate Cancer: Starving Out The Enemy

Published: 7 Feb 2019

Source:

<https://pursuit.unimelb.edu.au/articles/prostate-cancer-starving-out-the-enemy>

An old military tactic, widely used in Roman and medieval times, is now being put to good use in cancer research.

The idea is that if you starve out your enemy - they will either submit or die. And in the race to develop treatments for prostate cancer, starving out those hostile cancer cells is proving effective.

Metabolic biologist at the University of Melbourne, Professor Matthew Watt,

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teamed up with Associate Professor Renea Taylor, a cancer biologist from Monash University Biomedicine Discovery Institute (BDI) to better understand how cancer grows, what it feeds on and how to deny it these resources in order to improve tumour treatment.

“We chose to focus on prostate cancer many years ago,” says Professor Watt, head of the Department of Physiology at the University of Melbourne. “Prostate cancer is the most diagnosed cancer in men, and the second leading cause of cancer death. But we now see younger men getting prostate cancer earlier than ever before and we wanted to explore why that was.” Statistical analysis by other groups shows that obesity is associated with getting more severe prostate cancer. In particular, men who consume more saturated fatty acids had more aggressive progression of the disease and poorer outcomes.

Fatty acids are the building blocks of the fat in our bodies and in much of the food we eat, and they are increased in the blood of obese men compared with lean men. “So, a key question for us was whether fats produced in the body played a particular role in prostate cancer development,” says Professor Watt.

Samples of prostate cancer and normal tissue were taken from patients.

The two types of tissue, cancerous (malignant) and normal (benign) tissue were examined for the type of ‘fuel’ they used. “In the first experiments, we showed that fatty acids were taken up into prostate cancer cells and increased tumour growth,” says Associate Professor Taylor. “In contrast, we saw that normal tissue had a preference for using the sugar glucose as fuel for growth.”

Fatty acids move into the body’s cells via a transporter, a type of dedicated channel in the cell wall. And this particular transporter, CD36, is associated with highly aggressive cancers. “Our next step was to genetically delete the

transporter to see what happened without it,” Associate Professor Taylor says.

“We found that the deletion slowed the cancer’s development by 30 to 50 per cent compared with the samples without this deletion.”

The team now understood more about the transporter’s integral function in prostate cancer’s growth, and turned their attention to investigating how a potential therapy could work by stopping it functioning.

“We designed antibodies that specifically targeted the CD36 transporter. By binding to the transporter, the antibodies effectively create a roadblock for fatty acids trying to enter the cell,” says Professor Watt. “The antibodies were then applied to organoids, an artificially grown mass of cultured prostate cells that resembles the organ.” And results are very promising says Professor Watt.

“The treated organoids showed a 90 per cent reduction in growth. This was a really pleasing outcome, but perhaps more hopeful was that this treatment also stopped the signalling or communication between lipids and the cancer.”

“Stopping this signalling was part of the reduction in tumour growth.” With sights set on a potential treatment, the idea is that the antibodies would block some, but not all, fatty acid transporters as we need some of these fatty acids to maintain normal functions in non-cancerous cells.

“Applying knowledge of the metabolism to cancer and providing the evidence to develop a therapy to treat a disease that impacts so many men is deeply satisfying,” Professor Watt says. “Our whole concept is about giving more appropriate treatment earlier to stop men getting to the late or advanced stage of prostate cancer.” The ultimate goal is combining the fatty acid therapy and existing treatments like chemotherapy and radiotherapy at lower doses to kill the cancer and reduce any side effects.

## Correspondence

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Prostate Heidelberg,  
 PO Box 241 IVANHOE VIC 3079  
[ProstateHeidelberg@gmail.com](mailto:ProstateHeidelberg@gmail.com)  
[www.ProstateHeidelberg.info](http://www.ProstateHeidelberg.info)

### Committee

Max Shub, Facilitator 0413 777342  
 Barry Elderfield, Treasurer  
 Janis Kinne, Membership  
 Spiros Haldas, Library  
 David Bellair, Web site  
 Paul Yates, Newsletter  
 Michael Meszaros

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

Tues 19 Feb Guest Speaker Michelle Wells  
 Tues 19 Mar General Discussion  
 Tues 16 Apr  
 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

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**  
*For guides and help.*

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

**Australian Cancer Trials**

*Information on the latest clinical trials in cancer care, including trials that are currently recruiting new participants.*

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

**USA Prostate Cancer Foundation (Guide)**

*PDF guide for men newly diagnosed with prostate cancer*

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

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

*USA Prostate Cancer support groups information and newsletter.*

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

**Cancer Council Victoria**

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

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

**Ex MED Cancer program**

*A Melbourne-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](http://www.ProstMate.org.au)

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**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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