

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

June 24 Vol 2024:06



World Continence Week 17-23 June 2024

<p>Monthly Group Meeting: 9.45 FOR 10.00am, the last Friday of the month. (December no meeting – Christmas function) Venue: Belmont Park Pavilion, 162 Barrabool Rd, Belmont. Wheelchair accessible.</p>	<p>Coming Events</p> <table border="1"> <thead> <tr> <th>Date</th> <th>Time</th> <th>Meeting</th> </tr> </thead> <tbody> <tr> <td>Fri 28 Jun</td> <td>10.00 am</td> <td>Kay Talbot, Prostate Care Nurse - Incontinence</td> </tr> <tr> <td>Fri 26 Jul</td> <td>10.00 am</td> <td>Celia Bolton - Meditation</td> </tr> <tr> <td>Fri 2 Aug</td> <td>10.00 am</td> <td>Partner's Coffee Morning</td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Date	Time	Meeting	Fri 28 Jun	10.00 am	Kay Talbot, Prostate Care Nurse - Incontinence	Fri 26 Jul	10.00 am	Celia Bolton - Meditation	Fri 2 Aug	10.00 am	Partner's Coffee Morning			
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<p>PCFA ONLINE COMMUNITY DIGEST Stay up-to-date with the latest articles, videos and news posted to the website PCFA Online Community http://onlinecommunity.pcfa.org.au/</p>	<p>PCFA Expert Telenursing Support 1800 22 00 99</p>															
<p>Geelong Group</p> <table border="1"> <tr> <td>Convenor:</td> <td>Bill Rebula</td> <td>info@geelongpsg.net</td> </tr> <tr> <td>Secretary:</td> <td>0414 524 155</td> <td></td> </tr> <tr> <td>Treasurer:</td> <td>Murray Sayers 0407 437 707</td> <td>muzanne@bigpond.com</td> </tr> <tr> <td>Mentor:</td> <td>Alan Barlee 0429 438 673 03 5223 3327</td> <td>abarlee@bigpond.net.au</td> </tr> <tr> <td>Newsletter Editor:</td> <td>Graham Rees 0408 990 971</td> <td>reesy60@tpg.com.au</td> </tr> </table>	Convenor:	Bill Rebula	info@geelongpsg.net	Secretary:	0414 524 155		Treasurer:	Murray Sayers 0407 437 707	muzanne@bigpond.com	Mentor:	Alan Barlee 0429 438 673 03 5223 3327	abarlee@bigpond.net.au	Newsletter Editor:	Graham Rees 0408 990 971	reesy60@tpg.com.au	<p>PROSTATE NEWS</p> <p>Issue 87 April 2024</p> <p>Check the PCFA Website https://www.pcfa.org.au/publications/prostate-news/</p>
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<p>Please email info@geelongpsg.net to provide feedback, comment or to redirect or cancel receipt of this newsletter.</p> <p>Support Group Website: https://www.prostate-cancer-support-geelong.net/</p>	<p>QUOTE OF THE MONTH</p> <p>“You can never do a kindness too soon, for you never know how soon it will be too late.” - Ralf Waldo Emerson</p>															
<p>Proudly affiliated with</p> <p>Prostate Cancer Foundation of Australia</p>	<p><i>Disclaimer: The information contained in this newsletter, or discussed at meetings, should not take the place of medical advice from a qualified health professional. The services of a qualified medical practitioner should be sought before applying any information to particular circumstances. This disclaimer is issued without prejudice.</i></p>															

Next Meeting

Our next monthly Group meeting will be held on Friday June 30 at the Belmont Park Pavilion at the usual time of 10.00 am. Our presenter, Kay Talbot, Prostate Care Nurse will talk to the group about our most raised topic – incontinence. Kay's qualifications are many and include Bachelor of Applied Science and a Certificate in Incontinence. Kay is passionate about informed consumer care and has won many awards for her presentations.

Note: Please remember partners are very welcome to the meeting.

May Meeting

The meeting was chaired by Graham who welcomed the 43 including one newbie, Noel.



Updates were from the following members

- Archie at his second meeting (reported he has a 24/7 internal catheter fitted, changed every six weeks by a nurse home visit, PSA = 0.1).
- John L - continence improving after recent radical prostatectomy.
- Peter M - tests suggest he is all clear after treatment five years ago.
- Gavin - two and half years after surgery he is in the clear, although with occasional incontinence.
- Rob H - doing well since diagnosis and treatment in 2010.
- Alan - survivor of over 20 years with advanced prostate cancer, recent treatments with hormone therapy – Zytiga - and stereotactic radiation, advocate for diet and exercise.
- Max - recovering well from radical prostatectomy in Feb 2024, doing exercises to improve continence.
- Noel, newbie, had a radical prostatectomy a few weeks ago, doing well, enjoys pool exercise.

Presentation

Bree McPhee, Exercise Physiologist, was an excellent speaker, one of our best. She had very good simple slides with a clear message. Bree presented a different slant to exercise and reinforced many of our ideas.

Bree stated that when considering physical exercise, “no one size fits all”. It is important we all experience the proven benefits exercise brings.

Exercise is **intentional** physical activity that aims to improve health and physical fitness eg, muscle strength, aerobic endurance, balance.

A good example was when exercise would be beneficial for those with PCa, namely:

- Prior to surgery and after surgery
- Before, during, after chemotherapy and radiation
- While on ADT/hormone therapy



HOW?

Starting or increasing physical activity

- Step 1: Discuss commencing exercise with your GP or Oncology team
- Step 2. Seek a referral for an Accredited Exercise Physiologist or Physiotherapist
- Step 3: Start slowly, build up gradually

Vale

Roger Steedman joined the GPSG in April 2012 and was a regular attendee at our meetings. He had recently been receiving treatment under a Peter Mac Phase 1 clinical trial at Peter Mac. Roger was particularly keen to promote the importance of these to prostate cancer research, and he wanted our members to keep open the possibility of enrolling in clinician-recommended trials, even when they may not provide personal benefit.

Roger passed away last week. Our sympathy goes out his family and friends.

In-the-News

Yoga4Cancer

Those who benefit from yoga, there are classes held at the Wellness Centre in Geelong. Click on the link: <https://yoga4cancer.com/view/teacher-profile/entry/12449/>

The Unknowns Challenge: Patient Partners with Prostate Cancer

Medscape Urology US 2024 — Prostate cancer has a huge impact on men, with an estimated 35,000 deaths in the US according to the American Cancer Society (100 times more than the current Australian total).

Treatment of prostate cancer with surgery or radiation can take its toll on men not just because it brings the risk of death but because it carries side effects like erectile dysfunction, loss of libido, and incontinence, which can be socially disabling and require adult pads. Treatment of more advanced cancers, such as with hormones or/and chemotherapy, can have additional side effects, such as hot flushes, loss of bone density and muscle mass, as well as occasional heart and cognitive issues.

Because of these treatment side effects, prostate cancer often is referred to as a "couple's disease" because it impacts spouses and partners who often serve as caregivers.

A quote from the article: “The diagnosis of a major disease is an opportunity to take a look at the bigger picture and what kind of person you are,” he said. “What kind of person do you think your spouse is? And what's your relationship? And honestly, if you're having problems dealing with their illness, I think you ought to seek counselling,”

Read more:

https://www.medscape.com/s/viewarticle/unknowns-challenge-patient-partners-prostate-cancer-2024a1000avz?ecd=wnl_edit_tpal_etid6588647&uac=88835BT&impID=6588647

MRI-Guided TULSA Effective at Five Years for Localized Prostate Cancer

TULSA is the US term for HIFU, (High Intensity Focused Ultrasound) a minimally invasive cancer treatment. There has been considerable success in the US with treatment of localised prostate cancer using HIFU with favourable outcomes including durable oncological control and functional preservation, according to a study presented at the annual meeting of the Society of Interventional Radiology, held from March 23 to 28 in Salt Lake City.

[Read More](#)

Scalp Cooling in Preventing Persistent Chemotherapy-Induced Hair Loss:

There has been a study on the effects of scalp cooling in preventing hair loss (alopecia) during chemotherapy, especially long term. The study conducted a randomized controlled trial to evaluate the efficacy of scalp cooling in reducing persistent chemotherapy-induced alopecia (PCIA) 6 months after chemotherapy.

Conclusion: Scalp cooling reduced the incidence of PCIA, primarily by increasing hair thickness compared with control. Scalp cooling is helpful in promoting qualitative hair regrowth.



Editor: When I had chemo in 2022 I wore a “cold” cap (see photo) and while all around me lost their hair I didn’t. It is a bit uncomfortable for 30 minutes then you get used to it. And I’ve still got it (the hair, that is).

To read more:

<https://ascopubs.org/doi/abs/10.1200/JCO.23.02374?md5=af2b01071485469ecdf4103ef2ee1a9f&cid=DM17490&bid=385530570>

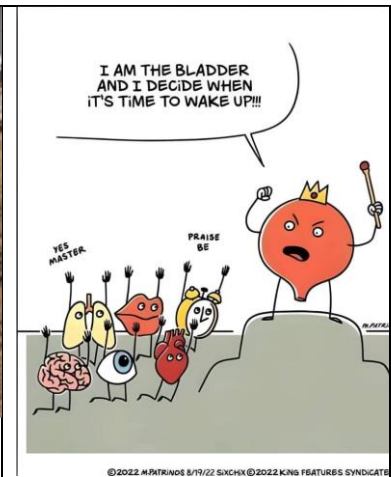
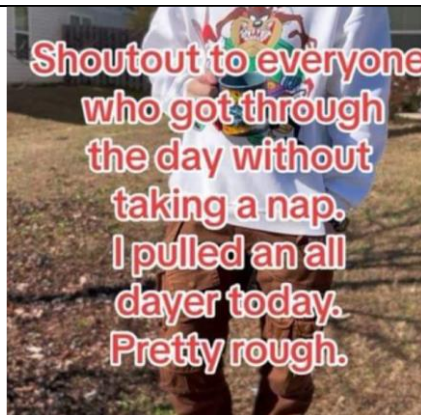
GPSG Partners’ Group Coffee Morning

The next Partners’ Coffee Morning will be on Friday August 2nd at 10am. The venue, as always, will be - No 42 Cafe, 42 Bell Parade Rippleside.

Looking forward to catching up with our regulars and hopefully meeting some new partners.



Some Humour



“If toast always lands butter side-down, and cats always fall on their feet, what happens if you strap toast on the back of a cat and drop it?”

Steven Wright

Useful Links

Geelong Prostate Support Group: <http://www.prostate-cancer-support-geelong.net>
Australian Advanced Prostate Forum <https://www.facebook.com/australianadvancedprostateforum>
Exercise For People With Cancer: <https://www.exmedcancer.org.au/>
Prostate Cancer Foundation of Australia (PCFA): www.pcfa.org.au
Prostate Cancer Specialist Nurse: email pcn@barwonhealth.org.au
Barwon South Western Regional Integrated Cancer Service
<https://www.barwonhealth.org.au/services-departments/item/barwon-south-western-regional-integrated-cancer-service>
Prostmate: www.prostmate.org.au
Cancer Council Australia: www.cancer.org.au
Cancer Council Victoria: www.cancervic.org.au
Continence Foundation Australia: www.continence.org.au
National Cancer Institute: www.cancer.gov
Healthy Male (Andrology Australia): www.healthymale.org.au
USA Prostate Cancer Foundation: www.pcf.org
Us TOO International Prostate Cancer Education And Support Network:
www.pcf.org/ustoo/
Prostate Cancer Research Institute (PCRI): www.pcri.org
American Institute For Diseases Of The Prostate (Dr Charles “Snuffy” Myers):
www.prostateteam.com
Prostate Cancer UK <http://prostatecanceruk.org>
Prostate Cancer Foundation – USA www.pcf.org
Prostate Rehabilitation Exercise Program www.prostaterehab.com
Malecare: www.malecare.org
Life Extension: www.lef.org
Beyondblue: www.beyondblue.org.au
Lifeline: <https://www.geelonglifeline.org.au/>
Chronic Illness Alliance: www.chronicillness.org.au
The Prostate Zone: www.theprostatezone.com
MatesCONNECT: www.prostate.org.au/support/matesconnect