

**Prostate Cancer Support Group  
Jacaranda Lodge**

185 Fox Valley Road, Wahroonga NSW 2076  
9487 9061, support@sah.org.au

Proudly affiliated with



Prostate Cancer  
Foundation of Australia

**April 2015 NEWSLETTER**

**Meeting program April — May 2015**

All those who have been affected by prostate cancer, both patients and carers, are invited to attend San Prostate Cancer Support Group meetings. There is no need to book and you do not have to be a patient of the Sydney Adventist Hospital. Video footage of speaker sessions will be available a few weeks after the meeting from the Cancer Support Centre or on the PCFA website. Please see the back page of this newsletter for further information about afternoon and evening meetings, as well as venue and parking details. Below is a list of guest speakers at our upcoming meetings:

**13 April 2015 — 3pm Marion Wright—Oncology Pharmacist**

Marion is a full-time Oncology Pharmacist at the San Pharmacy and the Clinical Trials Unit. Marion's role is to dispense both oral and IV chemotherapy, as well as clinical trials to patients in the Integrated Cancer Centre. She also advises patients on the appropriate and safe use of medications. In this Q&A session, Marion will discuss your previously submitted questions and answer any other questions you may have.



**27 April 2015 — 7pm Dr Katharine Hodgkinson—Clinical Psychologist  
Dr Jodie Landstra—Clinical Psychologist**

**'Tools to manage a prostate cancer diagnosis': This session will be beneficial for the well-being of anyone who is undergoing cancer treatment or has been recently diagnosed.**

**Dr Katharine Hodgkinson** has over 18 years experience in client care, research and education. Katharine has a special interest in the care of patients, carers and loved ones affected by cancer and facilitating adjustment post cancer. Katharine leads a group of Clinical Psychologists and a Dietitian providing specialised clinics with Headway Health at the SAH, Frenchs Forest and Hornsby.



**Dr Jodie Landstra** has over 15 years clinical experience assisting people living with chronic health problems, including cancer. She uses a range of tools including Acceptance and Commitment Therapy to assist patients to best manage their health, treatments and emotions while living meaningful vibrant lives.



**11 May 2015 — 3pm Judith Daley—Ambassador, National Stroke Foundation**

StrokeSafe Ambassador with the National Stroke Foundation, Judith Daley, talks about strokes and stroke prevention. The National Stroke Foundation is a not-for-profit organisation that works with stroke survivors, carers, health professionals, government and the public to reduce the impact of stroke on the Australian community. Learn more about the Foundation, as well as current medical treatments for stroke victims and prevention advice.



**25 May 2015 — 7pm Associate Professor Gavin Marx—Medical Oncologist**

A/Prof Gavin Marx is an associate in clinical practice with the Northern Haematology Oncology Group (NHOG), which provides comprehensive cancer care for patients with various malignancies. Gavin will update us on new treatments for Advanced Prostate Cancer. It is this information that provides so many of us with hope for the future.



## Prostate Group given tour of new TomoTherapy treatment machine

The afternoon meeting for the Prostate Cancer Support Group on 9 March included a visit to the Radiation Oncology Institute in the San's new Integrated Cancer Centre.

Dr Andrew Fong, Radiation Oncologist, and Kathy Fletcher, Director of Radiation Therapy, gave an excellent presentation, outlining the workings and operation of the new TomoTherapy machine at the Centre. This is the newest of only three TomoTherapy machines in NSW.

Following this, the group was shown where the Radiation Oncology team designs a personalised treatment plan for each individual patient.

TomoTherapy technology 'modulates', or divides, one beam into many smaller narrow 'beamlets'. Each beamlet can deliver a different dose of radiation. Different doses go to different parts of each tumor, with less damage to surrounding healthy tissue.

We were then taken to the TomoTherapy treatment room where it was explained how the machine attacks tumours with highly precise radiation, delivered from 360 degrees around the patients. This helps to decrease the damage to surrounding healthy tissues and organs.

A most interesting and informative afternoon was had by the group.

*Graham & Adele Staggs  
Leaders, San Prostate Cancer Support Group*



## How can acupuncture benefit cancer patients?

This was the question discussed at the Prostate Cancer Support Group evening meeting on Monday 23 March. Guest speaker and acupuncturist, Susie Mee, explained how acupuncture can relieve the side-effects of cancer treatment and improve a patient's quality of life.

"Cancer rates are increasing worldwide—biomedical treatments are effective at prolonging life but often they have negative side-effects on the quality of a patient's life, often meaning patients can't complete their treatment cycles. People have started looking elsewhere for something to help increase their quality of life," said Susie.

Susie noted that significant research into the benefits of 'oncology acupuncture' has led many cancer treatment centres offering this service to their patients.

### ***How does acupuncture work?***

Acupuncture treats holistically (considering mental, physical and emotional aspects of a person as interconnected) and individually (each person's case is looked at individually).

Acupuncture works on the principle that vital energy, or Qi, flows around the body in channels called meridians (similar to blood and lymph systems). Very fine needles are inserted in specific acu-points on the body to encourage the smooth flow of Qi and promote healing. This in turn boosts the immune system and improves the patient's well-being.

There are minimal side-effects and acupuncture can be safely combined with drugs used in cancer treatment.

### ***What side-effects can it relieve?***

Acupuncture can often help with side-effects of cancer therapies (chemotherapy, radiotherapy) such as:

- Nausea, vomiting, constipation, diarrhoea
- Fatigue
- Hot flushes
- Pain / loss of sensation
- Emotional issues

Susie gave the example of how acupuncture can assist with hot flushes from radiotherapy. "Radiotherapy is hot – puts heat into the body – and sometimes we see 'hot symptoms', such as hot flushes, dry mouth, constipation. If we reduce the heat in the body using acu-points that reduce heat and promote cooling, then the 'hot symptoms' will reduce also," she said.

When discussing recent research into acupuncture, Susie also noted that acupuncture has been shown to have a positive effect on chemotherapy-induced peripheral neuropathy.



*Susie Mee*

Susie treats at the Cancer Support Centre on Thursdays, as well as at the Northern Haematology and Oncology Institute. For more information phone the Cancer Support Centre on 9487 9061.



## Supper meeting for parents who have been diagnosed with cancer

A special supper meeting for parents who have been diagnosed with cancer will be held on Tuesday 12 May from 7-9pm, at the San Cancer Support Centre.

Parents of school-aged children, along with their partners, are invited to come along to meet other parents and share experiences; explore some of the challenges of being a parent/ partner with cancer; and learn some communication strategies.

The guest speaker is Dr Katharine Hodgkinson, Clinical Psychologist at Headway Health (see page 1). Katharine will explore issues such as:

- How do you talk to children about cancer?
- How do you talk about cancer with each other as parents?
- How do you manage the school environment/ talk to the school?
- How do you manage the challenges of parenting while undergoing treatment?

A light supper will be provided from 6.40pm and subsidised parking is available for \$5.

To register please contact the Cancer Support Centre on 9487 9061 or support@sah.org.au



## Resources for teenagers who have a parent with cancer

If you are a parent with cancer there are some great resources for your teenage children available at the Cancer Support Centre, including two 'Now What?' booklets published by CanTeen titled, 'Dealing with Your Parent's Cancer' and 'When Your Parent's Cancer Can't be Cured'. We also have a new book titled, 'My Parent Has Cancer and it Really Sucks' by Maya and Marc Silver. For more information, please see staff at the Cancer Support Centre.

## Yoga at the Cancer Support Centre

The next yoga course at the Cancer Support Centre will start on Wednesday 29 April, and will run for six weeks on Wednesdays from 1.30pm to 2.30pm until 3 June.

The course is designed for cancer patients, survivors and carers. The style of yoga is gentle, incorporating postures, breathing techniques, relaxation and meditation. No yoga experience is necessary.

The cost is \$15 per session or \$90 payable upfront for six sessions. For further information and for bookings, contact the Cancer Support Centre: 9487 9061 or support@sah.org.au



## Cancer is so Limited

© 2007 by Robert L. Lynn

*They've sentenced you with invisible cells that embed themselves deep in body recesses and multiply:  
lymphatic assault on vital functions.*

*Can cancer conquer you?  
I doubt it, for the strengths I see in you have nothing to do with cells and blood and muscle.*

*For cancer is so limited---*  
*It cannot cripple love.*  
*It cannot shatter hope.*  
*It cannot corrode faith.*  
*It cannot eat away peace.*  
*It cannot destroy confidence.*  
*It cannot kill friendship.*  
*It cannot shut out memories.*  
*It cannot silence courage.*  
*It cannot invade the soul.*  
*It cannot reduce eternal life.*  
*It cannot quench the spirit.*  
*It cannot cancel Resurrection.*

*Can cancer conquer you?  
I doubt it, for the strengths I see in you have*



## Meeting details ...

The San Prostate Cancer Support Group meets at 3pm on the second Monday of each month and at 7pm on the fourth Monday of each month. The meeting dates for the next few months are:

13 April	3pm	Q& A with guest speaker
27 April	7pm	Guest speaker
11 May	3pm	Guest speaker
25 May	7pm	Guest speaker
8 June	3pm	Group discussion
22 June	7pm	Guest speaker

**Tea and coffee is available half an hour before the start of each meeting.**

## Venue and Parking Details:

The support group meetings are held at the San Cancer Support Centre, Jacaranda Lodge, Sydney Adventist Hospital, 185 Fox Valley Road, Wahroonga.

Parking is plentiful and parking tickets can be validated for \$5.00. If you have any questions please do not hesitate to contact the San Cancer Support Centre on 9487 9061 or support@sah.org.au



### FINDING YOUR WAY....

Visitors to the Cancer Support Centre can enter the site at Gate 1 or Gate 2. If entering via Gate 1 keep to the right and proceed to the roundabout, turning left into the multi deck car park. Enter the hospital via the walkway indicated in yellow, take the lift to level 3 and then make your way to the rear of the building and down to Jacaranda Lodge, past the new building site.

If entering via Gate 2 proceed to the roundabout and turn left to the parking area behind Jacaranda Lodge.

For those with mobility limitations there are six parking spots outside Jacaranda Lodge.

**Cancer Support Centre, Jacaranda Lodge, Manager Shirley Lofgren, support@sah.org.au, phone: (02) 9487 9061**

**Prostate Cancer Support Group leaders:**  
Graham and Adele Staggs

**Useful websites:** [www.pcfa.org.au](http://www.pcfa.org.au) [www.prostatehealth.org.au](http://www.prostatehealth.org.au) [www.beyondblue.org.au](http://www.beyondblue.org.au)  
[www.cancercouncil.com.au](http://www.cancercouncil.com.au) [www.andrologyaustralia.org](http://www.andrologyaustralia.org)

**Useful websites USA:** [www.ustoo.org](http://www.ustoo.org) [www.prostatenet.org](http://www.prostatenet.org) [www.pcri.org](http://www.pcri.org) [www.malecare.org](http://www.malecare.org)

**Disclaimer:** The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of your qualified medical professional. While the SAH PCSG is affiliated with Prostate Cancer Foundation of Australia (PCFA), content of this newsletter is independently published and does not necessarily reflect the views of PCFA.