

**Prostate Cancer Support Group  
Jacaranda Lodge**

185 Fox Valley Road, Wahroonga NSW 2076  
9487 9061, [support@sah.org.au](mailto:support@sah.org.au)

Proudly affiliated with



Prostate Cancer  
Foundation of Australia

**February 2016 NEWSLETTER**

**Meeting program February— May 2016**

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 on DVD from the Cancer Support Centre or on the Sydney Adventist Hospital and PCFA websites. 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 schedule for our upcoming meetings:

**22 February 2016 - 7pm: Dr Tommy Wong—Cardiologist**

*Topic: Heart health and prostate cancer*



**14 March 2016 - 3pm: Visit San Day Infusion Centre —TBC**

**28 March 2016: Easter Monday — **No meeting****

**11 April 2016 - 3pm: Donna Hendry—Macular Disease Foundation**

*Topic: What is macular degeneration?  
Risk factors and available treatments*



Our focus is your vision

**25 April 2016: Anzac Day — **No meeting****

**9 May 2016 - 3pm: Facilitated discussion and DVD**

**23 May 2016 - 7pm: Beyond Blue— Chris Gotham**

*Topic: Anxiety and Depression*



**Speakers sessions now available on San website**

Did you know that you can now access videos of our Prostate Cancer Support Group speaker sessions online at the Sydney Adventist Hospital website?

Videos will be posted on the site a few weeks after the evening meeting and can be accessed via the following link: <http://www.sah.org.au/cancer-support-videos>

## PSA testing guideline recommendations approved

New guidelines on PSA testing and early management of test-detected prostate cancer have now been approved by the National Health and Medical Research Council (NHMRC).

The guidelines were produced by the PCFA in partnership with Cancer Council Australia and a multi-disciplinary expert advisory panel, comprising urologists, medical oncologists, radiation oncologists, pathologists, general practitioners, epidemiologists, allied health professionals and consumers.

According to CEO of the PCFA, Associate Professor Anthony Lowe, the national guidelines were developed in order to “resolve the controversy surrounding PSA testing for both men and their doctors”.

“The guidelines do not recommend a population screening program for prostate cancer (a program that offers testing to all men of a certain age group), as evidence does not support such a program. For men who decide to be tested it contains guidance on matters such as what age to start testing; how frequently to be tested; when to stop testing; the PSA level which should prompt further investigation; family history; and the role of the digital rectal examination,” he says.

Further details are available on the PCFA website: <http://www.prostate.org.au/news->. A summary of the main points is reproduced below, with permission:

### Take home messages

- The PSA testing guideline recommendations are approved by NHMRC
- Men should be offered the opportunity to discuss the benefits and harms of PSA testing before making the decision to be tested
- Men at average risk of prostate cancer who decide to be tested should be offered PSA testing every two years from age 50 to 69
- The harms of PSA testing may outweigh the benefits for men aged 70 and older
- Men with a family history of prostate cancer who decide to be tested should be offered PSA testing every two years from age 40/ 45 to 69 with the starting age depending on the strength of their family history
- Digital rectal examination is not recommended in addition to PSA testing in the primary care setting

## What's new at Cancer Support?

- One of the latest books available for loan in the Cancer Support Centre library is *What My Daughters Taught Me* by Joseph Wakim. This is a heartwarming memoir of a widower bringing up his three daughters and the precious life-lessons they teach him.
- We also have some helpful new resources on sleep. These include two information sheets, as well as CDs available for loan that can assist in helping you achieve a deep, relaxing night's sleep. Please ask for help to locate these resources at the reception desk.
- We are pleased to let you know that Pippa Sangster has joined the team at the Cancer Support Centre and will offer counselling services on Thursdays and Fridays.

She comes to us with a wealth of experience in supporting cancer patients at the Cancer Council, alongside running her own counselling practice on the Central Coast, where she lives with her family.

The counselling service at the Cancer Support Centre is provided free of charge to clients, regardless of where treatment has been provided.

## ENRICH your life

Cancer survivors can take part in a free six-week healthy lifestyle program developed by the Cancer Council NSW and the University of Newcastle.



The ENRICH program is delivered by a qualified exercise physiologist/physiotherapist and a dietitian for two hours per week over six weeks. The sessions include exercise and information about healthy eating.

Participants need to be physically able to take part in a walking program, resistance training (physio banding) and be over 18 years of age. Partners, family and carers are also welcome to attend.

There are two upcoming ENRICH courses in the Sydney area: in Concord on Fridays from 19 February to 1 April 2016; and in Baulkham Hills on Saturdays from 30 April to 4 June 2016.

To register or for further information visit the [Cancer Council NSW website](http://www.cancer.org.au) or phone **1300 360 541**.

## Exercise and diet to help fight prostate cancer

*The following article is an excerpt reprinted with permission from the Prostate Cancer Institute website. The Prostate Cancer Institute is located within the Division of Cancer Services at St George Hospital, Kogarah in Sydney. Further information can be found at:*

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

Exercise and physical activity is important for all but can be even more important for those suffering from prostate cancer.

By improving your fitness level, it will help you:

- Overcome side effects of therapy
- Improve your general health
- Reduce fatigue associated with treatment options
- Slow the growth of the tumour

Exercise will help regain muscle mass, making you stronger. It assists in combatting weight/fat gain and the more muscle you have, the higher rate of metabolism, so you can burn fat even when just sitting around.

Reduced testosterone levels increases the risk of osteoporosis or bone thinning, and the best way to reduce that risk is with a good diet that includes calcium and weight-bearing exercise.

It is not uncommon for men diagnosed with cancer to feel depressed but depression can also be a side-effect of therapy. Exercise has been shown to be beneficial in depression because it positively affects the neurotransmitters in the brain. If your appetite is affected, exercise may help to make you feel hungry.

Exercise has many benefits. Apart from helping to manage weight, it can help reduce the risk of cardiovascular disease including high blood pressure, heart attacks, heart failure and stroke. It can also help reduce the risk of type 2 or adult onset diabetes. Exercise can also have beneficial effects on cholesterol levels and stress.

Recent clinical studies revealed that exercise reduced fatigue in men with prostate cancer, even after radiotherapy, which is known to cause fatigue. The men studied in these clinical trials also reported an improvement in their quality of life and feeling of strength.

Supporting your exercise routine should be your diet. In combination with exercise, a diet low in fat and high in fibre can help prevent prostate cancer.

A study has shown that this combination can help slow the growth of a tumour by up to 30%. Choosing the correct exercise should be undertaken in consultation with your doctor. It is important not to exercise too hard or too quickly, simply because your body is under siege from both the treatment and the disease.

Your exercise should be looking to achieve three objectives:

- Moderate aerobic exercise to help your stamina and endurance. Aerobic exercise uses the large muscles of the body to elevate the heart rate. It includes walking, swimming, jogging, cycling and dancing. It is suggested that you work toward maintaining some level of aerobic exercise for 20-30 minutes, three times a week.
- Improve muscular strength. Lifting weights or doing resistance exercise fits this category. The goal is to maintain muscle strength – and use just enough weight to do that. Lifting large weights is not recommended and once again you should seek assistance from a trainer or physiotherapist.
- Maintaining and improving flexibility is also important. Periods of inactivity and reduced movement can lead to stiffened joints and discomfort. Flexibility exercises might include knee lifts, shoulder shrugs and gentle stretching.

Exercise can also include routine physical activities such as mowing lawns, vacuuming and sweeping pathways. You do not have to run a marathon. Walking is extremely good because it puts less stress on the knees than running, and cycling is even better again. Playing golf and swimming are also good activities.

When starting, begin slowly and increase gradually. Make your exercise something that you enjoy and do not exercise when it is too hot or too cold. Warm up and cool down on either side of your exercise and drink plenty of water when exercising. Don't push it too hard – just enjoy it.



## 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:

22 February	7pm	Guest speaker
14 March	3pm	Visit to Day Infusion Centre —TBC
28 March		<b>No meeting</b> —Easter Monday
11 April	3pm	Guest speaker
25 April		<b>No meeting</b> —Anzac Day
9 May	3pm	Group discussion & DVD
23 May	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.pcf.org.au](http://www.pcf.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 proudly affiliated with Prostate Cancer Foundation of Australia (PCFA), content of this newsletter is independently published and does not necessarily reflect the views of PCFA.