

**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

May 2016 NEWSLETTER

Meeting program June — August 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:

13 June 2016 - 3pm: Queen's Birthday—No meeting

27 June 2016 - 7pm: David Sokol—Counsellor

Topic: “Embracing Life after Cancer”

25 July 2016 - 7pm: Assoc. Prof. Vincent Tse - Urologist

Topic: Bladder dysfunction and urethral and pelvic floor reconstruction

8 August 2016 - 3pm: Discussion meeting

22 August 2016 - 7pm: Dr. Kris Rasiah — Urologist

Topic: New guidelines for PSA testing



Afternoon meetings will now be held bi monthly, as such there is no meeting in July

Clinical trial funded by Movember:-

The role of Vitamin D in preventing progression of prostate cancer

PROF HOWARD GURNEY
Macquarie University Sydney, NSW

The clinical trial team headed by professor Howard Gurney from Macquarie University, will undertake a phase II randomised controlled trial of high dose Vitamin D on men with prostate cancer.

Project title:

A phase II randomised controlled trial of high-dose Vitamin D in localised prostate cancer cases with intermediate risk of progression (ProSD)

Aims of project:

There is evidence to suggest that Vitamin D may prevent prostate cancer progression. This proposal is a phase II randomised controlled trial of monthly oral high-dose vitamin D supplementation. The subjects are men diagnosed with localised prostate cancer who have intermediate risk of progression, and are on active surveillance. This trial will firstly establish the safety and efficacy of high dose vitamin D supplementation in prostate cancer cases. The aim is to examine if vitamin D supplementation will prevent prostate cancer progression in these men while on active surveillance. It also aims to determine if supplementation raises serum vitamin D (25OH) levels optimally to levels above 75nmol/L, and if it improves genome integrity. Information regarding the utility of multi-parametric magnetic resonance imaging, in conjunction with biopsy, to improve the classification of disease grade, will also be derived from this trial.

Potential impact:

If vitamin D supplementation does prevent prostate cancer progression, this will be the basis for a phase III trial. This intervention has potential to reduce anxiety in men with low-to intermediate-risk prostate cancer. It will allow these men to take control in managing their cancer during clinical monitoring, and improve perseverance of active surveillance, which will consequently reduce the uptake of unnecessary active treatment.

This article is a copy from Prostate News, issue 63 / March 2016 - Prostate Cancer Foundation of Australia

What's new at Cancer Support?

Casual yoga classes available

Yoga is now available on a casual basis, so participants pay only when they attend a class.

A next eight-week yoga course will start on Tuesday 26 April, and run every Tuesday from 2pm to 3pm until 28 June. The cost is \$15 per session.

The course is designed for people living with cancer, survivors and carers. The style of yoga is gentle, incorporating postures, breathing techniques, relaxation and meditation.

No yoga experience is necessary. Participants will need to bring their own yoga mat or blanket.

For further information and for bookings, contact the Cancer Support Centre: 9487 9061 or support@sah.org.au



Express yourself through art

Art therapy can enhance our ability to cope with symptoms, stress and traumatic experiences, while also enjoying the life-affirming pleasures of making art.

The next art therapy course at the Cancer Support Centre starts on Wednesday 8 June, from 10am to 12.30pm, and runs for eight weeks until 27 July.

The course is facilitated by Jody Thompson, who has a wealth of experience in working with people who have been affected by cancer.

The cost of the course is \$120, including all materials. Bookings are essential — contact the Cancer Support Centre.





Sniffing out prostate cancer

By Dr Wendy Winnall - PCFA Research Team*

Sometimes the answer to a medical problem needs to come from "left field". A bit of imagination can lead researchers on an unexpected pathway to success. For decades scientists have sought a more accurate test than PSA for detecting prostate cancer. An exciting "left field" approach has tried to use dogs to detect prostate cancer by smelling it.

Due to their highly sensitive sense of smell, dogs are very successful detectors of drugs and explosives, and trackers of missing people. Researchers have had some success training dogs to detect lung cancer by smelling human breath. Can dogs sniff out prostate cancer too?

Researchers have been attempting to train dogs to detect prostate cancer by smelling urine samples. It's hoped they can do this by detecting the presence of volatile organic compounds (VOCs). These molecules are released from the body in fluids such as urine and sweat, finding their way into nearby noses. VOCs are the by-products of normal cellular metabolism. If a person harbours cells growing out of control, such as in a prostate tumour, it's possible that the amount and the type of VOCs that are released into urine will be different, and this difference could be detected by a very sensitive nose.

A number of small scale trials have trained dogs to recognise prostate cancer in human urine, but with mixed success. Italian researchers recently trained two German Shepherds by using hundreds of urine samples from men with and without prostate cancer. The dogs recorded excellent results, with few false positives or false negatives.

A British group also trained 10 dogs using urine samples from 50 prostate cancer patients, compared to 67 samples without cancer. Two of the dogs gained the ability to detect urine from prostate cancer patients after the training. However, when these dogs were tested with new samples they had never smelt before, they could only do as well as expected by chance. It seems

these dogs were able to memorise the individual odours of large numbers of training samples rather than generalise on a common odour.

Although these projects have not yet led to a canine-based prostate cancer test, it has not been a waste of time. These results have demonstrated that the urine of prostate cancer patients likely contains differing patterns of VOCs than the urine of those without cancer. So even if training dogs can be a bit hit-and-miss, we have technologies that can be adapted to detect these VOCs.

This is exactly what a team of UK researchers have done, using a machine called an Odoreader. The Odoreader uses a process called gas-chromatography, which was combined with mathematical algorithms to identify patterns in the urine samples of prostate cancer patients. Not only could their technique discriminate between prostate cancer and normal urine samples, it could also show differences between prostate cancer and bladder cancer. The technique found that 23 different components of the urine odour could be used, together, to predict which of the people had prostate cancer.

As a diagnostic test, gas chromatography had a 95% sensitivity, which means it has a 95% chance of recognising a positive sample as positive. The specificity of the test was 96%, meaning that the rate of false negative results is low. When applied to the same people, the PSA test did not perform as well as gas chromatography. It's important to note here that these figures are calculated based on a diagnostic test, not a screening test. The experiment asked how well the gas chromatography could detect prostate cancer in those with urinary symptoms of this disease.

A much larger clinical trial needs to be conducted in order to validate these promising results. Urine samples are needed from different geographical regions, taking into account factors that will affect the urine such as ethnicity, age, smoking status and family history. If this technique eventually becomes a diagnostic test for prostate cancer, it certainly won't be the first time that such an innovation has come from ingenious imagination.

* Article reprinted with permission from PCFA website: www.pcfa.org.au

New Appointment

San Urologist Associate Professor Henry Woo has been appointed Professor of Surgery (Urology) at Adventist Health Care.

It supports the Urology Department by playing a key role in facilitating continuing research, education and clinical excellence in Urology.

We envisage this role will also assist the establishment of a Prostate Cancer Centre, actively guide clinical governance, and help foster multidisciplinary approach of the Urology Multidisciplinary Team.

The San Prostate Cancer Support Group meets:

3pm : **Bi monthly** the second Monday of the month
August - October - December

7pm : Fourth Monday of the month

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 www.prostatehealth.org.au www.beyondblue.org.au
www.cancercouncil.com.au www.andrologyaustralia.org

Useful websites USA: www.ustoo.org www.prostatenet.org www.pcri.org www.malecare.org

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