



**Prostate Cancer Support Group
Jacaranda Lodge
185 Fox Valley Road, Wahroonga NSW 2076**



**November 2015 NEWSLETTER
Christmas Edition**

Meeting program November — December 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:

**9 November 2015 - 3pm DVD Presentation – ‘Who Cares for the Carer?’
Gabrielle Moran**

Gabrielle and her husband have been members of the Nepean Blue Mountains Prostate Cancer Support Group for more than 14 years, acting as leaders of the group for many of those years. Gabrielle has been the carer for her husband during his long journey with prostate cancer. She has given many presentations on this subject and has some beneficial tips for carers.



23 November 2015 - 7pm Dr Thomas Dean – Urologist

Dr Dean has been a urological surgeon practicing on the North Shore of Sydney for 22 years. He has a particular interest in Green Light Laser for Benign Prostatic Hyperplasia (BPH) and in the role of multi-parametric prostate MRI for the early diagnosis and management of prostate cancer.



San Prostate Cancer Support Group Christmas Party

Monday 14 December - 2.30pm



A big welcome to all present and past members of the group to enjoy our usual Christmas afternoon tea feast. Please bring a small plate to share. Cool drinks, tea and coffee will be provided.



Special thanks to Shirley Lofgren, Manager of Jacaranda Lodge and the Cancer Support Centre, and Rebecca Abbott who, along with her many other tasks, edits the newsletter. We thank them on behalf of the group for their continued support and assistance over the past year.
Graham and Adele Staggs — Leaders, San Prostate Cancer Support Group

New genetic test for prostate cancer

A new genetic test that can predict the behaviour of a particular prostate cancer is being used by San urologist Dr Phillip Katelaris.

The Genomic Prostate Score gives a sophisticated genetic analysis of the likely biological behaviour of a particular prostate cancer by analysing 17 genes.

Dr Katelaris explained: "That is, based on the genes expressed by the cells in your biopsy sample it is possible to predict the behaviour of your cancer over time, whether it will progress and whether you will benefit from treatment."

This information is not only crucial in helping doctors to individualise a patient's treatment but it also allows the patient to make an informed decision about prostate cancer treatment options.

"Gene signature analysis has been used in breast cancer patients for a number of years and will be increasingly relevant to the management of men with prostate cancer, particularly those with equivocal biopsy results where the decision to undergo active surveillance versus active management is difficult," said Dr Katelaris.

Dr Katelaris has been liaising with the central laboratory in the United States performing the gene analysis (Genomic Health) and is now using this test to appropriately manage his patients with prostate cancer.



New scan to target prostate cancer

Another significant advance in the staging of prostate cancer is the advent of PMSA PET-CT scanning.

"PSMA PET scanning is a new and exciting technology for evaluating men with a rising PSA after definitive radiation therapy or radical prostatectomy surgery," said Dr Katelaris, who is using this technology in his practice.

PSMA is a protein specifically located on the surface of prostate cells that can be targeted using a Gallium-68 radiolabel. The radiolabel then lights up on PET-CT scanning, showing the location of any prostate cancer cells in the body.

In certain men it identifies the presence of discrete prostate cancer cells, allowing them to be targeted by stereotactic radiation therapy as an attempt to definitively eradicate recurrence.

Further information about these stories can be found at: www.katelarisurology.com.au

Try your hand at digital scrapbooking

A free digital scrapbooking tutorial will be held at the San Cancer Support Centre on Friday 13 November at 10.30am.

The one-hour tutorial will explain how to use the It's About Us digital scrapbook platform in order to create a memory book that can be saved digitally and be printed.

It's About Us was created by Associate Professor Gavin Marx and his wife, Jo, to enable cancer patients to easily capture feelings, emotions and memories.

If you would like to attend the It's About Us tutorial session, please contact the Cancer Support Centre on 9487 9061 or support@sah.org.au



Support the PCFA this Christmas

This Christmas when choosing greeting cards and gifts for your loved ones, why not lend your support to the Prostate Cancer Foundation of Australia at the same time?

Charity Hampers has a large range of hampers and gift baskets for all budgets, and 10% from every hamper purchase goes to the PCFA. You can find Charity Hampers online at: www.charityhampers.com.au/prostate-cancer-foundation-of-australia

Look out for the PCFA logo on the back of selected Simson Cards this Christmas, as royalties from the sale of these cards are generously donated to the PCFA.

The cards are available in all David Jones and Myer stores and selected Australia PostShop, newsXpress and Nextra outlets, as well as over 1,000 newsagents and speciality card shops across Australia.

You can also purchase PCFA-branded Christmas cards online from the following websites:

www.simsoncards.com.au
www.christmascards4charity.com.au/pcfa



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:

9 November	3pm	DVD presentation
23 November	7pm	Guest speaker
14 December	2.30pm	Christmas party
8 February 2016	3pm	Group discussion

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 Clark Tower building. 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 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

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.