

**Prostate Cancer Support Group
Jacaranda Lodge**

185 Fox Valley Road, Wahroonga NSW 2076
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Proudly affiliated with



Prostate Cancer
Foundation of Australia

WINTER 2018 NEWSLETTER

Meeting Program 2018

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:

All meetings listed below start at 7pm:

24 September 2018 - 7pm

17 December 2018 - 7pm

The San Cancer Support Centre at Jacaranda Lodge

We provide a range of services including phone in/drop in support, education/information resources, meditation, counselling, reflexology, massage, volunteer transport and more.

Phone: (02 9487 9061)
Email: support@sah.org.au
Website: www.sah.org.au/cancer-support

FREE TO JOIN ONLINE: www.onlinecommunity@pcfa.org.au

PCFA Online Community gives the latest updates on treatments & research into Prostate Cancer.

San Launches ‘Game Changing’ Male Surgery

Jenny Barlass



Ground-breaking new surgery promising relief from enlarged prostates has been developed at the The Sydney Adventist Hospital in Wahroonga.

The new procedure puts paid to the sexual dysfunction that frequently accompanies conventional treatments like medication and surgery which can result in sexual dysfunction in up to 80% of cases.

Half of all men over 50 have enlarged prostates causing painful and debilitating problems including sleep disturbance, frequent need for the bathroom, flow and other urinary problems.

San Urologist Professor Henry Woo, who learned the new technique recently in Sweden, is now delivering the Rezum procedure which involves delivering steam vapour directly to the prostate using thermal energy to eradicate enlarged prostate tissue.

“The water vapour literally cooks the prostate which then shrinks. As it does, the urethra is opened and men can pass urine more freely” said Professor Woo. It’s a day procedure in hospital and men are able to return to normal activities within days.

“To have a minimally invasive surgical treatment that preserves all aspects of sexual function is a game changing type of treatment.

“The treatment has been commercially available in the US and Europe for almost

two years and it’s really exciting to see that Australian men will now have the opportunity to access this state of the art technology.”

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Communicating Effectively with your Health Care Team — Part 2

Making the most of your appointment

Communication can be difficult at any time, let alone times of great stress. The following suggestions were developed in collaboration with patients, carers and health professionals. While many may appear obvious, it is helpful to remind ourselves of the basics to help us to achieve the best possible relationships with our care team.

- Prioritize your questions and keep them relevant. Check the time available for your appointment; if you know you need a long appointment discuss this when booking your appointment. If the doctor is running late, it may be helpful to confirm the time that you have available. You may want to telephone ahead on the day to see if the clinic is running on time.
- If you don’t clearly understand your health care professional, please ask for additional explanation. It can also be helpful to see who else can provide information or provide follow-up, for example your Cancer Care Co-ordinator, GP or Pharmacist. With time you will work out who is your “go to” person and how to most effectively use your whole health care team. It is OK to ask about what is involved in your treatment, how to best prepare for treatment/ what to take to hospital, and what to expect from your recovery.

- When you are preparing your notes for your appointment you may wish to tell your health professional about new concerns and/or changes in relation to your treatment and health, as well as share a record of your physical and emotional wellbeing. It can be helpful to bring a diary of symptom occurrences and/or severity to help them understand the impact on your wellbeing; there are a number of SMARTapps that can help you log details so you are not just relying on your memory (See TOP TIPS SmartApps to Assist Your Wellbeing, Headway Health www.headwayhealth.com.au).
- Taking notes during your consultation can provide a really valuable record of the recommendations for later review and can help when sharing information with family and friends, especially if the information is complex. Research shows we all forget a large amount of the information provided. Taking a support person with you provides 'more ears' and/or a scribe; be aware that you may need to guide the support person in what you may need and how to best assist.

* Article provided by Headway Health
Clinical & Consulting Psychology Services

For further information:
 Phone 9453 3027
 Email info@headwayhealth.com.au
www.headwayhealth.com.au



Clinical Trial

Study title

TheraP: A randomised phase 2 trial of 177Lu-PSMA617 the ranostic versus cabazitaxel in progressive metastatic castration resistant prostate cancer.

Lead investigator

Prof Michael Hofman, Peter MacCallum Cancer Centre.

Summary of project

Lutetium-177 PSMA radionuclide therapy (Lu-PSMA) is a new treatment for advanced prostate cancer. Lu-PSMA is a radioactive molecule that specifically attaches to cells with high amounts of PSMA on the surface of the cells. This allows the radioactivity to be delivered mainly to the prostate cancer cells wherever they have spread, while sparing most normal tissues. Previous small studies of Lu-PSMA showed promising activity in patients with advanced prostate cancer. This randomised study will compare Lu-PSMA with a type of chemotherapy called cabazitaxel, which is the standard treatment for advanced prostate cancer when other treatments have stopped working. Half the participants will receive Lu-PSMA and half will receive cabazitaxel. This study will provide further information about the risks and benefits of Lu-PSMA compared with cabazitaxel in men with prostate cancer. We plan to enrol 200 participants in the study in Australia.

Who is this trial for?

You may be eligible to participate in this trial if you have been diagnosed with metastatic castration resistant prostate cancer for which you have previously received docetaxel.

Where is the trial being held?

St Vincent's Hospital (open)
 Royal North Shore Hospital (estimated to open second quarter 2018)
 Liverpool Hospital (open)

If you are interested in this study:

Print the details from [this form](#) and take to your GP or specialist to discuss the trial. For more information, please contact:
 phone: +61 2 9562 5363
 email: therap@ctc.usyd.edu.au

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 \$6.00. 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 www.prostatehealth.org.au www.beyondblue.org.au
www.cancercouncil.com.au www.andrologyaustralia.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.*