

**F** *We are here* **Y**  
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*And, your Family*



# **PROSTATE CANCER SUPPORT**

## **City of Onkaparinga Group**

### **South Australia**

**An affiliate Member of the Prostate Cancer Foundation of Australia, and a member of:-  
The PCFA Central Australia Chapter**

**<http://pcfacentralaustraliachapter.org>**

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**OUR GOLDEN RULE: We do not give medical advice, your GP, your Urologist and Allied Health Professionals are the only people who are legally qualified to give you medical advice.  
We do however give you our wholehearted support.**

Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings. Thanks also to our Sponsors: Southern Primary Health and to all who support us.

#### **JUNE 2012 NEWSLETTER (No 95)**


Your own local Newsletter

**Our President/Editor John Shields accepts responsibility for the content of this newsletter.**

**Present: 12**

**Apologies: Matt, Phyllis & Gladys.**

Phyllis has now been discharged by her heart Specialist. Yesterday she got the all clear after having the new Pacemaker checked and today she goes to FMC pre admission re having a Curette following the recent haemorrhage.

 Our mid-year get together, held in the dining area of the hospital shop, was very enjoyable and proved that Peter & Christine were wise in deciding not to have an outdoor BBQ, because we were able to look out the window and watch the rain tumbling down. Our thanks to Jules for arranging for us to use the dining area.

**Guest Speakers: July meeting.**

Janette Allen who is a Registered Nurse, has been nursing for 30 years and is studying Life Coaching, which is a field of study aligned closely with Counselling.

Janette helps people who want to change areas of their life by helping them to find the road blocks and the reason for their procrastination. Her presentation covers the topic of mindset and how what we think about affects how we feel.

**John Allan (no relation to Janette)**

John is an author, a Counsellor and Life Coach, and has been involved in assisting people with Cancer and serious illness for about fifteen years, he is also experienced in Clinical Hypnosis as a technique for reducing stress and seeking wellness.

John is in private practice in his home town nestled in the foothills of the beautiful Fleurieu Peninsular, on South Australia's south coast.

### **Advanced Prostate Cancer drug approved.**

**A DRUG which could extend the life of men with advanced prostate cancer, who have exhausted all other options has been approved for use in Australia.**

The drug Zytiga is the first of a new generation of drugs to be approved by the Therapeutic Goods Administration for men who have become resistant to prostate cancer hormone treatments.

Professor of medical oncology at the University of Western Sydney, Paul De Souza said, for the past five years, Chemotherapy had been the only option for men with this type of prostate cancer, apart from those in clinical trials.

He said there had been intense drug trials for the past three to four years testing the new treatments.

“This drug, Zytiga, is the first cab off the rank,” Prof De Souza told AAP.

“It’s a pill, it’s extremely well tolerated and it prolongs survival in men who have failed hormone treatment and chemotherapy, but it also works in men before starting chemotherapy.

PCFA Chief Executive Dr Anthony Lowe said the drug’s potential to extend the life of sufferers was a significant breakthrough.

“This is a group of men whom, until twelve months ago, there was really nothing available to them.. This is a very important development,” he told AAP.

Zytiga works by targeting prostate cancer cell growth, by stopping male hormone production at all sources – the testes, adrenal glands and the tumour itself.

University of Queensland Associate Professor of medicine, Dr Paul Mainwaring said prostate cancer growth was fuelled by androgens naturally produced in men.

“By inhibiting androgen production at all sources, this new therapy removes the fuel from the fire, reducing the cancer’s ability to grow and spread,” Dr Mainwaring said.

Side effects associated with Zytiga may include fluid retention, low blood potassium, high blood pressure, fatigue, adrenal gland problems and bone fractures.

Prof De Souza said the side effects were manageable.

The drugs manufacturer Janssen is working with the federal government to add the therapy to the Pharmaceutical Benefits Scheme (PBS) to be subsidised in Australia.

#### Meeting of the Southern Cancer Club.

Unfortunately, this monthly meeting coincides with the Chapter Council meeting so Phyllis and I are unable to attend regularly as we had hoped to do.

Newsletters received with thanks from:-

Prostate Melbourne, Prostate Heidelberg, Sydney Adventist Hospital PCSG, Andrology Australia and Hobart & Eastern Shores Prostate Cancer Support Groups.

**OUR NEXT MEETING  
AT NOARLUNGA HOSPITAL  
WEDNESDAY 4<sup>th</sup> JULY 2012 at 6.30pm.**

**GUEST SPEAKERS:-**

**JANETTE ALLEN-REGISTERED NURSE, COUNSELLOR AND LIFE COACH  
JOHN ALLAN-AUTHOR, PUBLIC SPEAKER, COUNSELLOR AND LIFE COACH.**

**PLEASE ENCOURAGE YOUR FRIENDS TO COME ALONG.**



**We are still working toward having a PCFA Click for Prostate Cancer website.**