

We are here



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>

Mail us at:

**PO Box 627
Noarlunga Centre,
SA 5168**

Telephone:

Malcolm: (08) 8326 5588

malell@iinet.net.au

John: 08 8382 6671

jshields@iinet.net.au

www.pcsog.org

Brian: (08) 8556 2012

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. It is sad news indeed that Southern Primary Health Morphett Vale is closing.

AUGUST 2014 NEWSLETTER (No 118)

Your own local Newsletter

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

Present: 23

Apologies: Peter & Sybil, Steve, Matt, Erica & Carl

Our Guest Speaker: Senior Sergeant Ian Cramond, Officer in Charge, SAPOL Forensic Services Branch

Ian opened by talking about response to Chemical hazard materials and terrorist activities/counter terrorism, funding and training. Preservation of Crime scenes. State Government responsibilities. Agreement with interstate authorities and the Australian Federal Police (AFP), who will come in and provide assistance. How to control and prevent these things happening. Bombing investigation.

Ian was involved in a Capex exercise (AUSCANUKUS) held at Fort Story, Virginia Beach, USA. This consisted of teams from USA, Canada, UK, and Aus/NZ. The Aus/NZ team was made up of members from each State plus AFP and 2 NZ reps. The Aus/NZ team consisted of 26 members (with a hired truck and white boards) who held their own successfully against US (120 person team and huge purpose built computerised command posts), Canada (100) and UK (80). The Aus/NZ team took ten minutes to set up, another 10 minutes to sit and think about the situation they needed to deal with (their team leader had been decided on before they left Australia) and they were away on the exercise. The US team took well over an hour to set up their equipment and hadn't even discussed who was to lead their team. These training events are held biannually. Ian answered questions as they were asked, rather than wait until after his presentation. However, he did continue to interact with us and answer questions which were put to him. This was very much appreciated. Many thanks Ian.

Some information from Beverley.

**Prostate cancer nurses trial and treatment breakthrough by Professor Jim Denham
SUE DUNLEVY NATIONAL HEALTH REPORTER.**

Up to 4000 prostate cancer victims will get special care and support from a nurse as they battle the deadly disease under a \$6 million program unveiled by the Abbott Government.

It comes as a research breakthrough has identified a **new treatment method** that slashes the spread of **prostate cancer** by 40 percent in the third of patients with aggressive disease.

An Australian clinical trial run by the **Trans-Tasman Radiation Oncology Group (TROG)** has found the most effective treatment for men with the most aggressive cancers is 18 months of testosterone suppression therapy combined with medicine called **zoledronic acid** plus radiotherapy.

For men with less aggressive cancer, testosterone suppression combined with radiotherapy was enough without zoledronic acid, research published in **The Lancet** (Friday 15th August) shows.

Lead researcher **Professor Jim Denham** said the new treatment regime was the result of a five year study on 1071 patients and could reduce the spread of tumours by more than 40 per cent.

The treatment would most likely have a knock-on effect of a 30-40 per cent lower death rate among men fighting this type of cancer, he said.

The RADAR study also spared men receiving treatment the long term side effects associated with longer durations of testosterone suppression of between 28 and 36 months, which is commonly used in treatments around the world.

"The only downside is that zoledronic acid, which costs about \$2,500.00 for this course, is not subsidised for use in men with locally advanced prostate cancer," he says. "However, cancer centres in Australia and New Zealand may be able to purchase the medication at lower cost in the coming months, so they can make it available."

Health Minister **Peter Dutton** will fund 14 specialist prostate cancer nurses to provide support and co-ordinate care for patients, their families and carers, particularly in rural and regional areas.

The program will work in a similar way to the breast cancer nurses funded by the **McGrath Foundation**.

"Prostate cancer nurses are specially trained registered nurses who provide information, care and support to men with prostate cancer and their families and carers, within a multidisciplinary health care team, by coordinating access to care and services such as physiotherapy and counselling, Mr Dutton said."

The nurses will be employed in Adelaide and other States. The NT is not mentioned.

Prostate cancer is the most commonly diagnosed cancer in Australia and over 3,200 men a year die from the disease. Mr Dutton said the five year relative survival rate of 92 per cent for prostate cancer "means there is a large group of men who have been diagnosed and treated, who are now either living with prostate cancer or have survived treatment and it's side effects." Thanks Beverley.

Newsletter received with thanks from:- Andrology Australia, Prostate Melbourne & Prostate Heidelberg, Sydney Adventist Hospital PCSG and Hobart & Eastern Shores PCSG's

**OUR NEXT MEETING
AT NOARLUNGA HOSPITAL
WEDNESDAY 3rd SEPTEMBER 2014
AT 6.30 PM**

**OUR GUEST SPEAKER WILL BE
STACEY
RECREATION & HEALTHY LIFESTYLES
WITH ONKAPARINGA COUNCIL.**