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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. ABN: 31 521 774 656**

**And a member of
The PCFA Central Australia Chapter**

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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.


SEPTEMBER 2015 NEWSLETTER (No 129)

Your own local Newsletter

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

Present: 14

Apologies: 5

 **Our Guest Speaker for September was unable to attend, so we extended our "Round Table" time, to talk about our Prostate Cancer journey since we last met. This was a valuable time together and gave us the opportunity to bring out our questions and thoughts in more detail.**

We then watched a DVD from PCFA about Depression and Managing the Mind.

The three Speakers are:- Dr Deepi Miller-Psychiatrist, GP Professor Kerryn Phelps, and Jamie Rose Fronzeklps-Nutritionist.

I have this DVD along with many others from Associate Professor Phillip Stricker, and if you would like to check these out, please see me at the meetings. John.

Chapter Council Meeting.

The meeting was held on Friday 2nd October and I am in the process of preparing the report for that meeting, however our Support Group will be having an Information Day at the Hackham Baptist Family Church on Friday November 20th 2015, from 3.00pm to 6.00pm, and I needed to get permission from the Chapter Council, to use the Logo on a new Brochure that I had produced specifically for LADIES, and to print copies to have on all future Information Days in the community.

The Brochure which has Beverley's Contact Details on it, received approval and Amanda Rishworth's Office Staff said that they will be happy to print enough copies for the whole Chapter. Discussion took place about putting Contact details on too many copies as the name of the Contact Person will change from time to time.

When this happens, I can provide Labels with new Contact details, to stick over the names of anyone who is no longer the Contact Person for a particular area.

We will however have a lot of copies printed without Contact Details, and these can be put on whenever they are needed.

I also made a Brochure for GAY MEN, and this has been left with our Deputy Chairman to reword, and there will be a Teleconference before our next Chapter Council Meeting, to finalise this before getting the new Brochure printed.

The following information is an extract from a report on a Prostate Cancer site on the computer, and may be of interest regarding what is happening in our own country.

CLINICAL STUDY: PROSTATE CANCER TREATED BY NEXT GENERATION PDT.

STUDY BY: Dr Donald Murphy 1,2 Dr Brian Meade 3, Dr Avni Sali 3.

LOCATIONS IN VICTORIA AUSTRALIA: Geelong Private, St John of God & Colac Hospitals 1, Skills Laboratory RACS. Melbourne2, National Institute of Integrative Medicine Melbourne.

Introduction;

This phase 1 ethics approved trial has been established to assess the potential role of Sono and Photo-dynamic Therapy using Radachlorin, Sonnelux and Photosoft sensitisers in a cohort of 66 patients, across a range of biopsy-proven prostate cancer patients. Including patients with focal disease who are under surveillance and also patients with persisting cancer, after radical treatments.

Results:

For 26/40 patients now treated for > six months. The dosage of the sensitisers as well as the spectral range of the two energies used, have been shown to be safe. There have been no safety issues. The sensitisers used have displayed no systemic toxicity or sun sensitivity. The interim results are as follows:-

1. The flow studies, IPSS profile and Quality of Life due to urinary symptoms, recorded low scores as improved or unchanged, except for one patient.
2. The PSA patient data for > 6 months post treatment :-
 - (a). Stable or decreasing in 13/26.
 - (b). Increasing in 8/13 (neg. Bone/CT Scans) with a positive prostate biopsy and 3/13 a negative biopsy.
 - (c) Increasing PSA (Positive Lymph Nodes on ABD. CT) in 2/13
3. UTI in 2 patients, cleared on treatment.
4. No urinary incontinence or rectal injuries.
5. One 79 year old patient with increasing obstructive urinary symptoms was treated by TURP.
6. Decreasing prostate size on assessment.(DRE, Ultrasound & MRI)
7. No alteration in erectile function.

Conclusions.

The phase 1 criteria have been met regarding the sensitiser doses and equipment safety. Normal bladder and bowel function, as well as unaltered potency have been recorded in 13/26 patients. An apparent/proven decrease in prostate size (ref.1) has been noted. This experimental treatment may have a future in the management of prostate disease.

Newsletters received with thanks from:

Andrology Australia, Prostate Melbourne, Prostate Heidelberg, Sydney Adventist Hospital PCSG and Hobart & Eastern Shores PCSG'S.

**OUR GUEST SPEAKER
FOR THE OCTOBER 7th MEETING
TBA**

 We are still hopeful of eventually having a PCFA Click for Prostate Cancer website.