

**F** *We are here* **Y**  
**O**  **O**  
**R** *And, your Family* **U**



**PROSTATE CANCER SUPPORT  
City of Onkaparinga Group  
South Australia**

**An affiliate Member of the Prostate Cancer  
Foundation of Australia,**

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

**WE DO HOWEVER, GIVE YOU OUR  
WHOLEHEARTED SUPPORT.**



**Malcolm**

**Mark**

**John**

**Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings, and to all who support us.**

**OCTOBER 2017 NEWSLETTER (No 151)  
Your own local Newsletter**

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

 **OCTOBER 2017 REPORT.**

**Present:**

**Apologies:**

**Once again our meeting started with a Round Robin and members brought us up to date regarding their current situations.**

**Our Guest Speaker tonight was unable to attend so we had a look at WEBINAR'S. You name it and there will be a Webinar.**

**If it wasn't so expensive, I would love to have a Webinar on Prostate Cancer Support.**

**Dr David Malouf – Urological Surgeon**

<http://www.drdauidmalouf.com.au/conditions-treatments/prostate-cancer/-collapse2>

**How Prostate Cancer Treatment Affects Longevity**

**By: Mark Stibich PHD**

**Updated June 12<sup>th</sup>, 2017**

**From the Very+Well+Website**

**SALLY SARA**

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**From surgical removal of the prostate to watchful waiting, there are a variety of options when it comes to prostate cancer treatments. These treatments cover a wide range of approaches and impact life expectancy differently. Here is what you should know about the available treatment options for clinically localised prostate cancer – and what research says about their ability to prolong life expectancy.**

### **What Is Clinically Localised Prostate Cancer?**

**If you have been diagnosed with prostate cancer and your doctor has indicated that your cancer appears to not have spread beyond the prostate gland, you have what is known as clinically localised prostate cancer. Sometimes, they will also call cancer that has spread into the lining of the prostate gland clinically localised. According to the US Department of Health and Human Services, about 90% of men with prostate cancer have localised prostate cancer, and it is typically considered low - risk, meaning that patients can expect to live long after their diagnosis, in many cases even without treatment.**

### **Treatment Options for Localised Prostate Cancer**

**If you are diagnosed with a low – risk prostate cancer, you may be presented with a number of different treatment options. The most common include:**

- Active surveillance: Your doctor may want to monitor your disease to see if treatment is necessary. With active surveillance, you will have regular check – ups with your doctors, and he or she may perform biopsies regularly. If your test results change, your doctor will discuss your options for starting treatment.**
- Watchful waiting: While some doctors use the terms active surveillance and watchful waiting interchangeably, watchful waiting usually means that fewer tests are done. You will still visit your doctor regularly, but your doctor will discuss changes in your health as they relate to managing your symptoms, not curing your disease.**
- Prostatectomy: Removal of the prostate, called prostatectomy, is an option that has a strong likelihood of removing your cancer, since you are removing the gland where it is located. However, this is an invasive procedure that can lead to other issues, which will be covered later.**
- Radiation: Your doctor may suggest radiation as a means of therapy that targets tumours with radiation usually with daily treatments in a hospital or clinic over multiple weeks.**

### **Life Expectancy and Localised Prostate Cancer**

**So how do these treatments affect life expectancy? In one study, researchers in Switzerland examined the treatment and outcomes of 844 men diagnosed with localised prostate cancer. They compared men who had been treated with prostatectomy, radiotherapy and watchful waiting and found that at five years from diagnosis, the type of treatment made little difference to survival. When the researchers went to ten years from diagnosis, they did find a difference in survival based on treatment but it was fairly small. After ten years 83% of the men who had gotten a prostatectomy were still living, compared to 75% who had undergone radiotherapy and 72% who took a watchful waiting approach.**

### **Know Your Priorities**

**While this one study showed that people who get a prostatectomy may live longer, it's important to know the risks involved with each and to know your priorities. You may be quick in wanting to remove your prostate or get radiation treatment to get rid of the cancer right away however, there are many quality of life issues to take into account:**

- **With active surveillance your cancer may grow and spread.**
- **Choosing not to treat your cancer right away could lead to anxiety.**
- **Men who undergo radiation are more likely to have bowel problems.**
- **There is a chance you may lose bladder control after surgery**
- **You may lose your ability to have an erection after surgery.**

**The decision about how you will treat your prostate cancer is not one to be taken lightly. Discussing the risks and complications with your physician and your family, and thoroughly considering your priorities, can help you make a decision that is right for you.**

**To open: Right click on the Hyperlink then left click on Open Hyperlink**

**What happens when Prostate Cancer spreads to the bones.**

<http://www.healthline.com/health/prostate-cancer-prognosis-life-expectancy-bone-metastases>

**Prostate Cancer: Could a Breast Cancer drug reduce recurrence?**

<https://www.medicalnewstoday.com/articles/319301.php>

### **Breast Cancer**

<http://www.news.com.au/lifestyle/health/health-problems/the-pink-ribbon-breakfast-raising-funds-for-breast-cancer-needs-support/news-story/5c672ca43e39957ce9d9eba56fd843d3>

### **Hair – Hair**

[http://thebreastcancersite.gretergood.com/clickToGive/ad.click?siteId=2&adId=190993&placementId=498138&page=home&media=2017-06/468x250news12fo\\_170629115601.jpg](http://thebreastcancersite.gretergood.com/clickToGive/ad.click?siteId=2&adId=190993&placementId=498138&page=home&media=2017-06/468x250news12fo_170629115601.jpg)

### **10 Red Flag Symptoms**

[http://thebreastcancersite.gretergood.com/clickToGive/ad.click?siteId=2&adId=187646&placementId=498607&page=home&media=2017-03/468x250news12si\\_170329075631.jpg](http://thebreastcancersite.gretergood.com/clickToGive/ad.click?siteId=2&adId=187646&placementId=498607&page=home&media=2017-03/468x250news12si_170329075631.jpg)

**Rito's:**

**Support Group members, their family and friends, are invited to attend a luncheon, or have a cup of tea or coffee, and a friendly chat, at Rito's Café 101 Beach Road Christies Beach, on the third Thursday after each Support Group meeting. This is proving to be a good opportunity to just relax and talk about life in general, and gives real meaning to the word "Support."**

**Newsletters received with thanks from:  
Andrology Australia, Prostate Melbourne, Prostate Heidelberg & Sydney Adventist  
Hospital Prostate Cancer Support Group.**

 **OUR NEXT MEETING IS ON WEDNESDAY 1<sup>st</sup> NOVEMBER 2017 AT 6.30PM.  
OUR GUEST SPEAKER IS  
DOCTOR DAVID ELDER- UROLOGIST  
WE LOOK FORWARD TO SEEING YOU THERE.**