

P.S.A. NEWSLETTER

Proudly affiliated with the
PROSTATE CANCER
FOUNDATION of AUSTRALIA



**PROSTATE(CANCER)
SUPPORT AWARENESS
ADELAIDE GROUP**

www.psaadelaide.org

A Member of the Association of Prostate
Cancer Support Groups (SA) Inc.

Mailing Address:-
PSA Prostate Cancer Support Group
39 Greenfield Rd
Seaview Downs, SA 5049
Ian at (08) 8296-3350

NEWSLETTER NO. 79

July 2007 Newsletter including a report on the July Meeting
held at the **Fullarton Centre** on **July 16 2007**.

Thank you to our sponsors:- State Funded Volunteer's Support Fund. Members please note:- At our next meeting
Graeme Goodings will speak about his bowel cancer experience at **7.30 pm** in "**The Lounge Room**"
Aug 20th 2007, at the **Fullarton Park Centre, 411 Fullarton Road, Fullarton**.

We have invited members of the Colonoscopy Association to attend.

July 16, 2007 Meeting

Chair: Phil Davis

Members present 28

Apologies: Reg, John, Gary, Keith and Joy, Trev, Noel and Darrell.

New Member(s):- Alf, Rob and Brian. Brian said he had recently been diagnosed and was tossing up between brachytherapy and surgery. Alf also spoke of where he was in his prostate cancer journey.

The Positions of President and Secretary:

Much to Barry Oakley's relief, Phil Davis has volunteered to take over the president's position for our group. He ably chaired our July meeting. He was recently seen at a PCFA meeting and is much better at pronouncing a certain word properly! We still need a person to volunteer for the secretary position.

ProstateSA:

A number of our group and of other groups attended the cocktail party and the netball game at ETSA Park on Friday July 27th. There were a number of short speeches including ones by Brent Frewen, from ProstateSA (who in the absence of any Urologist present put on a rubber glove and offered to do DREs!), Ms Kate Thiele - Group Executive, Marketing & Communications, The Cancer Council South Australia and our own Trevor Hunt. Unfortunately the PA system was not working well and all may not have heard Trev! After a good feed all went out to see our Netball SA's Adelaide Thunderbirds win a game against the Perth Orioles. See page three items from Brent Frewen of ProstateSA.

PCFA and Commonwealth Bank RoadShow:

At Murray Bridge Dr Adrian Porter was the key speaker with Dean Wall and Trev Hunt speaking as survivors. Approximately 40 people attended, a disappointing number. Having said that, the night itself was well received by the audience with Dr Porter giving a concise, easy to understand overview of prostate cancer with a nice touch of humour. It was particularly pleasing to hear his strong support for testing including both the PSA and the DRE. (*words from Trev*).

The Port Pirie meeting was much better attended. Andrew Giles advised at a meeting on August 6th that the attendance was 103!

Due to the unavailability of a Urologist, the Port Lincoln show has been cancelled.

**This newsletter was prepared
with funding assistance from the
Australian Government as part
of the Building Cancer Support
Networks project.**



Australian Government

Cancer Australia



Meeting Summary

Discussion about Taxotere - John received a reply to his Taxotere letter from The Hon Christopher Pyne MP. It was not very sympathetic, claiming that Taxotere treatment not yet proven "cost effective". And that "data demonstrating that Taxotere is cost effective in the treatment of prostate cancer has not been presented to the PBAC."

Videos:- Two short videos were viewed from a DVD. Channel 7's recent program conducted by Lee McCluskey on Tomotherapy was shown, the audio was not very loud, members should refer to the last issue of our newsletter for further information. (I Fisk has a copy on DVD if anyone is interested). The other program was about tomatoes which basically said "Eating lycopene-rich tomatoes offers no protection against prostate cancer, according to the latest research, contrary to the findings of some past studies." The story has been widely reported many times. There is a good coverage on the ABC News in science part of the ABC website here:- <http://www.abc.net.au/science/news/stories/2007/1928384.htm>

We asked Dr. Bob Such, MP, Member for Fisher, to take up the acquisition of a Tomotherapy machine in South Australia with the Minister for Health, the Hon. John Hill. Bob said he would and has sent us a copy of the letter he directed to the Minister. Let's hope they get one of these machines in the RAH as soon as possible. Incidentally Barry went along to the installation of a new machine at the RAH recently and was able to blow down John Hill's ear about new technology and PSA testing etc.

Donation to TCCSA

Our last Newsletter was the biggest ever with 12 pages. Reg assisted with some stories. The Cancer Council (SA) printed 325 copies for us which we duly posted out free to members. We supplied the paper but they supplied the machine, labour and ink. It would have cost us close to \$300 to have it printed at a photo-copy shop at 7 cents per page. Reg has recommended that we donate \$50 to the Cancer Council. Moved:- Phil Davis, Seconded:- George Murgatroyd - Carried.

General Discussion

After some discussion on the days of Work Reg Mayes put into the report to the Fed Government Grant people, detailing accounts from all the support groups and writing a report it was decided that a letter of thanks be sent to Reg. Reg has also been busy typing up agendas and notes for our meetings this year.

Barry mentioned that it has been 13 years since his diagnosis and treatment, emphasising that there is life after prostate cancer diagnosis. He fully intends to be around for quite a while more too! He had a initial PSA of 36, initially he had a prostatectomy and is now on hormone treatment.

Wes spoke about DRE's. He had many times with Cows been in at arm's length so did not seem to be too concerned

about a finger length DRE! His PSA at diagnosis was 5 to 6, Gleason 7. At 77 he was too old for surgery and went on hormone treatment. One of the few good side effects of hormone treatment for him was that he could almost give up shaving! He has almost completed 29 sessions of External Beam radiotherapy. One side effect is he has to get up every one and a half hours at night!

Robert – had PSA tested from 50 and regularly after that. When it rose to 8.7 with a Gleason score of 7 he had surgery. Jan Rowe from Repat (our June speaker) was most helpful.

Arthur (our treasurer) Had a Da Vinci Robot prostatectomy. He experienced some challenges with his Catheter! His PSA has been going up. He has been on the "Zone Diet" drinking lots of green tea, having apricot kernels, pomegranate juice and taking lots of Vit C. Radiotherapy has been recommended, but he is not at all keen on radiotherapy.

Ross spoke of his positive experiences with radio therapy. For years he had been treated by his Chiropractor for aching bones, he had had lots of blood tests but only one earlier PSA test. Eventually a younger GP had a PSA test done, the level was 38! His prostate cancer had metastasised to his bones! He went on hormone treatment resulting on his PSA going down to 0.3 but it soon rose to 0.9. A CAT scan revealed a large tumour very close to his bowel and kidney. After radiotherapy his PSA is now undetectable. He has been spreading the word to his male friends to get tested. Several have since been diagnosed and thanked him for his recommendation!

John who is now on hormone treatment, spoke on how inspiring he found our speaker Ray Nickolson (April 2007) inspirational. He has read Ian Gawler's book and taken up meditation, now having up to two 10 minute sessions a day. He has found it very helpful to cope with his Pca and also the stress of his sons' health challenges.

Phil (our new President)

As well as telling the group a couple amusing stories, Phil spoke of his Pca experience. He was diagnosed two years ago. By the time of his diagnosis his PCA had spread outside the prostate capsule and too late for surgery. Hormone treatment was recommended, but his case was discussed at a meeting of Urologists and High Dose Rate Brachytherapy was also suggested. He had external beam radiotherapy in Adelaide and travelled to Melbourne for the HDR Brachy. The last PSA level was very low 0.01, but that could be due to the residue effects Hormone treatment. He has suffered some bowel damage having to have parts lasered every three months. He also has some lingering salmonella problems that won't go away! (they are colonizing his bile duct)

In closing Phil thanked members for their participation and reminded them of our next meeting featuring Graeme Goodings. Should anyone have a friend who has had bowel cancer, bring them along to the meeting as well.

Prostate Cancer Call-in 13 September 2007, 6-9pm Tel: 13 11 20



From 6-9pm on Thursday 13 September 2007 The Cancer Council South Australia will host the eighth annual Prostate Cancer Call-in.

Anyone living in South Australia can call **13 11 20** for the cost of a local call and speak to a professional about prostate cancer, and related issues.

Medical professionals will be on hand to answer questions or concerns about prostate cancer, including those relating to early detection, risk factors, treatment and management of this disease.

Alternatively, click onto the Lions Australian Prostate Cancer website, www.prostatehealth.org.au and 'Ask Andy'.



PROSTATESA Update

Loose Change Day

ProstateSA wishes to sincerely thank all those involved for supporting Loose Change Day 2007.

We believe the event has continued the good early work of ProstateSA as we endeavour to achieve our vision 'to beat prostate cancer in South Australia'.

Our unique ProstateSA branded utes driving through the streets of Adelaide and displayed in shopping centres have definitely heightened awareness of prostate cancer in the community. The event raised in excess of \$15,000 to help in the fight against prostate cancer.

After a debrief meeting with those key personnel involved in the project, we have identified numerous ways to further enhance the branding and fundraising capacity of the event, with the aim of increasing the tally next year.

We look forward to continuing our campaign of raising awareness throughout the community and fundraising with 'blue ribbon' events. *Brent Frewen*



Netball SA

ProstateSA recently joined forces with Netball SA for the ETSA Utilities 'blue ribbon' weekend.

The weekend represented a great opportunity for ProstateSA to raise awareness of prostate cancer in the community. Highlights included:

An exciting match between the Medibank Adelaide Thunderbirds and the Perth Orioles, with all players wearing blue ribbons in their hair. (The Thunderbirds came out on top after a tight game)

Fathers, grandfathers and uncles of the players and coaches were invited to the match to show their support.

The weekend also included local netball matches at ETSA Park, which attract more than 6,000 players and spectators every Saturday.

The inaugural ETSA Utilities 'blue ribbon' weekend raised \$3,942 towards the fight against prostate cancer. Thanks to all who showed their support.

Look out for 'Boys will be Boys' - next on the 'blue ribbon' event calendar, check out www.prostatesa.org.au for details.

Brent Frewen



L-R: Trevor Hunt, Richard Twisk (ETSA Utilities), Laura von Bertouch, Terry von Bertouch, John McLimont, Natalie von Bertouch and Karen Thomas (ProstateSA Board member) with the cheque for \$3530.00 donated by ETSA Utilities after the match. (picture supplied by Brent Frewen)





Prostate cancer awareness evening

Men and/or their partners are invited to attend this free presentation.

When: Wednesday, 19 September
7:00 – 9:30 pm

Where: Sturt Football Club
Cambridge Room
39 Oxford Tce, Unley

MC: Barry Ion

Speakers and topics

- Urologist – Professor Willis Marshall AC
An overview of prostate cancer
- Prostate cancer survivors
Speak about their own experience
- Nutritional information – Cheryl Antal
Nutrition and cancer prevention
- Prostate cancer support group presentation
The role of support groups
- Question time

RSVP by Friday 14 September to
The Cancer Council Helpline 13 11 20

This awareness evening is presented by ProstateSA in conjunction with the Prostate Cancer Action Group (SA) Inc.

Cancer Voices One Year On gains “Incorporation”

For Cancer Voices SA (the consumer advocacy group that represents the views of those whose lives have been affected by cancer), 25 July 2007 will certainly go down as a milestone. “Making History” was the theme of this evening which not only ratified/endorsed readiness for ‘Incorporation as an Association’, but was also an opportunity to celebrate Cancer Voices SA being one year old!

Ashleigh Moore, the Chair reported the many achievements of the first year and highlighted how Cancer Voices (CVSA) members now sit on the main groups responsible for improving cancer care at National and State levels including Cancer Australia, the Safety and Quality in Health Care Council and the Cancer Care Statewide Clinical Network.

With the foundations now in place, members of the CVSA Executive team are keen to meet with support groups to explain what the Cancer Voices is about and how we aim to work towards improving cancer treatment and care in SA.

Membership is free. To get involved, have your voice heard and issues raised by Cancer Voices, please visit www.cancervoicesa.org or email info@cancervoicesa.org

*Cancer Voices SA
raising a voice for South Australians affected by cancer*





CITY OF ADELAIDE CONCERT BAND

Presents

“Mozart to Sinatra”

for

The Prostate Cancer Foundation of Australia



Featuring

- Guitarist *Jorge Tirota*
- International Soprano *Samantha Rogers*
- Vocalists *Nina Moseby & Geoffrey Whitman*
- The City of Adelaide Pipe Band

Sunday 9th Sept 2007
2 pm

Adelaide Town Hall

Tickets \$23.00 Concession \$18.00
Book at BASS



Supported by the Adelaide City Council and Land S.A.

Reg Mayes and Gary Bowes Update

Reg is still not fit enough to attend meetings, the water works are defective.

Gary Bowes, our Association chairman, has decided to stay at home instead of returning to the Mary Potter Hospice for further treatment.

Our thoughts are with Gary and Margaret in this stressful period

ABC Radio Nation Program "The Health Report"

On Monday 30 July Prostate cancer treatment - a personal story

"It was a very personal story from a woman whose husband has undergone treatment for prostate cancer and the effect this treatment has had on their relationship."

The full transcript of the program is available on the ABC website and also is a mp3 podcast file that will be available for downloading for approximately four weeks after July 30th.

The full transcript is around eleven pages long, so too long to include in this newsletter.

Dr Ross Cartmill is President of the Queensland AMA was also interviewed. His recommendations about PSA testing certain are not what the PCFA recommend. He said "we don't subscribe that PSA (test) should be done on non-symptomatic men. We do though think that men should see their doctor about once a year and men over the age of 50 we think their prostate should be felt, in other words we think they should have a rectal examination." In other words do a DRE, but not PSA tests if there are no symptoms. As most of us know, by the time there are symptoms the Prostate Cancer has probably

spread and only limited treatment options are available.

A lady Ann, not her real name, wrote to Norman Swan about the enormous impact her husband's hormonal treatment for prostate cancer has had on her and their relationship, and how they seem to have been left high and dry by the medical system.

Ann complained about a lack of information. From my experience there is a wealth of information available from very reputable sources, especially on the internet. The couple were not prepared for the side effects of hormone treatment, but did not seem to do very thorough research (in Ian Fisk's option). Her husband "didn't want anything to do with a support group". Etc.

As a number of our speakers have mentioned, one has take control of their situation and not expect the system to provide the solution!

I have the transcript on my computer as well as the audio file of the half hour program and will bring it along to the next meeting in case anyone wants it copied to their USB memory sticks. *Ian Fisk*

RAH Toolbox Meeting on Aug 1st

"Nuts & bolts of the Prostate" was the topic. The speaker was supposed to be Prof. Villis Marshall AC, but as he was overseas he was unable to give the lecture. In his place was Jehan Titus, MB.BS. FRACS Consultant Urological Surgeon.

Members may recall that Dr Titus recently spoke to the Mitcham Support Group. At that meeting he spoke mainly about incontinence and impotence where as at the RAH he gave a different general prostate talk. He spoke extensively about all prostate issues including prostatitis. Both talks were aided with PowerPoint presentations.



Tail End Charlie rides again

As previously mentioned a Ferguson Tractor will undertake a 38 day journey around Australia to mark the 50th Anniversary of the 1957 Mobilgas Round Australia Rally. The tractor will be in Adelaide on 21st August. One of the sponsors of the re-enactment is Bunnings and we are hoping to meet the tractor at a Bunnings store and raise funds by way of collection tins. Attempts will also be made to get an article and photo in the Advertiser.

When times are confirmed support group people are urged to be in attendance to greet the tractor.



PCFA National Men's Health Promotion Forum – Adelaide

Saturday 6th October 2007

To be held at the Hetzel Theatre, University of South Australia

Please keep this date free – further details shortly

Anne Collins will give us a lecture on **Monday 17th September** Anne will talk about raising funds for the Prostate Cancer Foundation of Australia by way of wine tastings and luncheons. Anyone interested in these functions please contact Anne on 8558 6236. Over the last 7 years she has raised \$25,000. She will also talk about the tragic death of her husband, Barry, from mental illness and prostate cancer.

Continence Awareness Week 2007 National launch

The nation launch was held 6th August 2007, 7:30am - 9:00am, The Bradman Room, Adelaide Oval, North Adelaide.

An invitation was sent out by our Prostate Cancer Foundation of Australia (PCFA) for up to 11 members of support groups to attend this breakfast launch.

I believe there were only three of us there, Dean Wall, Ray Power and myself.

Seven thirty AM is an early start! The breakfast was quite enjoyable. The

Hon Christopher Pyne MP, Minister for Ageing was supposed to open the week, but was unable to attend. He did provide a DVD that was played though!

Other speakers included Associate Professor Doug Lording, Board Member, Foundation 49, Barry Cahill, CEO, Continence Foundation of Australia and Andrew Giles, CEO of PCFA.

Foundation 49 is involved with Men's Health. The name came from the fact that 49 percent of the population are male, or at least were! The figure is lower in 2007! There is a fund of information on their website at www.49.com.au. Included in that are series of brochures for the different decades of men's lives, a do it yourself Health Assessment which provides a preliminary report on areas of 'risk' that men should take to their GP for follow up, Men's Health Information, Lifestyle information, an online medical encyclopaedia etc. There is



Dean Wall, Andrew Giles and Ray Power

also downloadable newsletter and an Advertisement urging men to regularly see their GP for a check up.

The Continence Foundation of Australia (CFA) is the national peak body for continence management, promotion and advocacy.

The CFA was established in 1989 by a group of health professional

and industry stakeholders who wanted to bring together the disparate healthcare professions treating and managing incontinence. Two pivotal figures in this process were Robert Taylor, an executive with Sancell Pty Ltd (a major incontinence products supplier, now SCA Pty Ltd) and Rosemary Calder from the Australian Council for the Ageing.

The CFA has weathered some difficult financial times but has since established itself as a leader in the continence arena. The organisation also receives strong support from the Australian Government via the National Continence Management Strategy, which recognises the growing issue of incontinence currently affecting nearly four million Australians.



Part of the Cover of "BRIDGE" the CFA Winter 2007 Magazine

PCFA Staff Member in South Australia

The provision PCFA staff in SA has increasingly been requested by most Support Groups in recent times.

Andrew Giles the CEO of PCFA advised that he had not been able to find a suitable individual and has since approached a number of Public Relations/Marketing organizations to see if they would be suitable.

One firm, Foster Hill wanted to meet representatives of the support groups so they could better evaluate what the job might entail. As Andrew was already going to be in Adelaide for the launch of nation continence week on Aug 6th, a meeting was arranged for that day.

Andrew Giles, and representatives from Foster Hill, mainly Karyn Foster and representatives from most of the support groups attended a meeting at the Norwood Hotel at 10AM. The meeting went until after 12 noon. Present were John and Phyllis Shields from the City of Onkaparinga group, Alan Hall from the Gawler/Barossa group, Phil Davis, John Mayes and Ian Fisk from the Adelaide Support Group plus Ray Power and Dean Wall from the Action Group, some are involved in a number of groups.

All present had ample opportunity to speak about their group and their expectations of PCFA staff. Karyn provided an 11



point agenda which included items such as:- The Product, Strategy, Objectives, Marketing Analysis, Target Markets, Personnel, Presentation, Profile, Work in Progress etc. All stayed for lunch at the hotel.

Minutes were emailed very promptly the next day.

At this stage Foster Hill have not been signed up by PCFA but they were the only organization that was keen to meet the support groups. More information on them can be found at www.fosterhill.com.au

What's on at the other Prostate Cancer Support Groups

Prostate Cancer Support City of Onkaparinga Group:

During their Aug meeting Justice (of the peace) Mel Smith spoke about - FIRST AID - Would you know what to do?

The Sept 5th meeting will have Jules Van Kekem and Lyn Sutton- from Sexual Health Information Networking and Education SA Inc.(SHine SA)-will be the Guest Speakers on "Sexuality and Prostate Cancer" Please phone John Shields on 8382 6671 for further particulars (or check their webpage www.pcsog.org). Everyone is welcome to attend!

Mitcham Support Group:

The July meeting was interesting with **three** speakers on "**Quality of Life - the new norm**" including - Dr Jehan Titus (Urologist), Virginia Gill (Pelvic Floor Physio), Darren Hosne

(Counsellor & Trainer). It was disappointing that there were very few people other than the Mitcham regulars there as a lot of effort was made to advertise the meeting, still the 40 or so there found the meeting very worthwhile.

The August 23rd meeting will have the inspiration speaker Ray Nicholson who will speak on his cancer experience and also the activities of the Cancer Care Centre at Unley

Barossa/Gawler Group:

They didn't have a July meeting but their August (on 21st) Guest Speaker will be James Smith, Senior Research Officer with the S.A. Department of Health, will speak about 'Men's Health'.



Treasurer's Report

For the month of July we made no donations to other organisations and received no grants. We received donations of \$200 from the Blakiston Rotary Club and \$35 from John and Jen Bailey - for which we offer many thanks.

Regards, Arthur Seager



RAH Toolbox Lectures

Robson Lecture Theatre Level 1 Eleanor Harrald Building, RAH

5th September - "Men and healthy eating" Tim Gore, Dietitian, Glenside Hospital,

12-12.45pm LUNCH INCLUDED

17th October - "Building your biceps - men and exercise" Chris French, Manager, RAH EFM,

12-12.45pm LUNCH INCLUDED

The Masonic Foundation Inc.

Proudly presents

The 2007 FREEMASONS ART EXHIBITION

(Patron: Lady Joan Neal, AM, DStJ)

To be held in The Great Hall of the Adelaide Masonic Centre

254 North Terrace

On 15, 16 and 20, 21, 22, 23 September 2007

Proceeds to Men's Health Projects including Prostate Cancer Research & The Cancer Care Centre Inc.

In Adelaide the third *Freemasons Art Exhibition* will be conducted to promote art in the community, raise the awareness of the **Men's Health Seminars, raise funds for Men's Health Projects** and the Cancer Care Centre Inc, and bring people into the Adelaide Masonic Centre on North Terrace. Daily tours of this magnificent heritage building will also be available for those interested in architecture and the work of Freemasonry in the community. Last year the *Freemasons Art Exhibition* raised \$10,000 which was all applied to Men's Health research projects areas.

Full details of the Exhibition are available on the web site: www.freemasonrysaust.org.au

"Zometa" Trials being conducted by the Royal Adelaide Hospital

For further information please contact the Research Coordinators, Catherine Easterbrook and Olivia Corso on (08) 8222 4438 or alternatively, Professor V. R. Marshall on (08) 8222 5680. Recruitment will finish Sept 2007.



Australian Story “For the Holy Grail”

The remarkable personal story behind a breakthrough in the treatment of cancer is revealed on Australian Story on the program on Aug 6, 2007.

Dr Jennifer MacDiarmid and Dr Himanshu Brahmhatt were scientists working on a disease in sheep at the CSIRO in the early 1990s when one of their colleagues was diagnosed with lung cancer.

The day before he died, the colleague urged them to start working on a cure for cancer. They began researching that very night, and initially focused on plant extracts which might have an effect on cancer cells.

A few years later, their boss at the CSIRO, Sir Malcolm McIntosh announced that he had terminal kidney cancer.

Interview with Professor Ian Olver

Professor Ian Olver is the Cancer Council of Australia’s Professor of Cancer Care and he talks to *Australian Story* about this new advance in cancer treatment.

I heard about the Engeneic development when I was asked to comment on it. Part of my job was the Cancer Council is interpreting some of the new advances for the general public, and I often get called up to read through scientific papers and extract the meaning from them. So I did.

This was a very interesting paper because it really was quite clever and quite a novel discovery, and it was along the line of the way cancer therapies are moving anyway. In the old days we’d give chemotherapy. It’d kill the cancer cells and all the normal ones as well. The normal ones would recover, the cancer cells wouldn’t and that’s how we got our effect. But it’s a very crude way of giving a treatment.

So the more modern treatments are all trying to target the cancer cell and leave the normal cells alone. So what this discovery does is just that. It tries to get as much of the drug as possible into a cancer cell without touching the normal cells. But it does it in a very clever way in that they’ve found that they can take the genetic material out of bacteria and use the bacterial wall as the carrier. Fill it full of chemotherapy, attach it to an antibody and then fire it at the cancer cell where it attaches to a protein, and the chemotherapy is then taken into the cancer cell and it kills the cancer cell. So it’s a very neat way of packaging high doses if you like of chemo in cellular terms and directing them right to the cancer cell without touching the normal cells.

There are drugs on the market now that are targeted cancer drugs. Probably the most popular is a drug called Herceptin which is being used in breast cancer and relies on the fact that there’s an over-production by a gene of a protein on some breast cancer cells that can be targeted by this Herceptin, which then tells the cell if you like to stop growing.

So the targeting is what has been happening. The other attempts to try and make very small particles and to coat them have been done. There’s a technology called Liposomal technology where if you like you’re trying to get chemotherapy covered

They began treating him with the plant extracts, and were so encouraged by the results, they decided to leave the CSIRO to set up their own company.

Eventually they developed a new idea to deliver anti-cancer drugs to the body in a way that avoids the need for chemotherapy. The technique targets the cancer with a nano-cell called an ‘EDV’ or Engeneic Delivery Vehicle.

Since being written up in the international medical journal *Cancer Cell*, the breakthrough has generated enormous interest among scientists working in this field.

The EDV has been successfully tested on animals, and human trials are expected to begin later this year.

by small globules of fat and target it to tumours. So bits of it have all been done. But putting both of those together to find a packet, a bacterial wall where the cell, the chemotherapy doesn’t leak out is an advance on the fat globules if you like. And combining that with an antibody to specifically target the tumour uses bits of both of those techniques to try and do even better.

I think it’s a very clever new idea and one that certainly worth trying out. The things that are very clever in cell systems and animal systems don’t always work in humans for all sorts of reasons. So you’ve got to be a little bit cautious in saying so far everything they’ve done has been very positive.

The real test will be the first of the human studies. A, to see whether it’s tolerated and B, to get some idea of how effective it will be on tumours in human beings.

There have been many great ideas that have worked in laboratory systems, in cells in dishes and small animals but unfortunately when they’ve been tried in human beings haven’t worked at all. So the big test for this new treatment will be to see after great success in the early studies whether it will actually work in humans.

The significance of the EDV idea is to simply find something that can carry toxic chemotherapy but keep it wrapped up until it actually gets right inside the cancer cell. And the significance of their way of doing this is it doesn’t appear to leak out on the weight of the cancer cell, and yet they can attach an antibody to this small packet and so that it gets to the tumour and doesn’t get to any other normal cell.

This type of technology actually means that we’ll be able to test it on all sorts of different types of tumours and hopefully it will do better than if you just gave the chemotherapy drug without packaging it, or you tried to package it in other ways.

The most promising element is the way it’s quite a reasonable amount of drug is delivered right inside the cancer cell. And so it has every chance of killing the cancer cell and leaving everything else alone so that you have an effective but non-toxic therapy.

On the ABC site at <http://www.abc.net.au/austory/> is the complete program that can be viewed on line (with broadband) plus transcripts etc.

New Look for Lions Australian Prostate Cancer Website



Site created by Australian Prostate Cancer Collaboration

There were many items on the Lions web site that may have been of interest, but there was not enough space to include them all in this newsletter.

Please have a look at www.prostatehealth.org.au especially the “What’s New” area.

Some of the topics included on Aug 9th include:-

Clinical trials: three glasses a day may keep cancers at bay - Aug 07, 2007

A Queensland-made punch packed with anti-oxidants killed the cells of five different cancers in clinical tests, it has been claimed. Prostate, breast, bladder, colon and stomach cancer cells were all dramatically reduced after just two weeks of treatment with Dr Red’s Blueberry Punch.

Gene changes causing prostate cancer: new understandings - Aug 03, 2007

A new paper in the prestigious journal ‘Nature’ describes the types of genetic changes that might give rise to prostate cancer

Screening: older doctors order more PSA tests - Jul 26, 2007

‘Prostatempathy’ could explain why older male doctors are more likely than their younger counterparts to order unnecessary PSA tests, according to US research.

Success rates for prostate cancer depend on experience of surgeon - Jul 26, 2007

Surgeons performing operations to remove patients’ prostate glands—the primary treatment for prostate cancer—go through a steep learning curve, according to a study published online July 24 in the Journal of the National Cancer Institute.

Public health: men avoiding prostate cancer tests (NSW) - Jul 23, 2007

Specialists say the number of diagnosed cases of prostate cancer in the Hunter has not gone up in line with the rest of Australia, renewing fears that Hunter men are reluctant to be tested.

New drugs for hormone-resistant prostate cancer investigated - Jul 09, 2007

Second-line agents for hormone-refractory prostate cancer are emerging to fill an unmet need, say researchers .

Study shows treatments vary with specialists seen - Jul 09, 2007

A large US study shows treatment for localised cancer varies with the type of doctor seen

Support: prostate cancer patients’ need overlooked - Jul 05, 2007

Prostate cancer patients feel they are not getting enough support to address their sexual and psychological needs after diagnosis or treatment, according to a new study by the Cancer Council NSW.

Research: prolonged survival in metastatic prostate cancer - Jul 05, 2007

Men who have bony metastases at the initial presentation of prostate cancer have a surprisingly good prognosis. Of 12,005 patients diagnosed between 1990-2004, 284 (2.4%) were diagnosed with metastatic disease. After a median follow-up period of 3.8 years, 107 patients (39%) died. Of those who died, 68 (64%) died of causes related to prostate cancer, whereas 39 (36%) had died of causes not related to prostate cancer. The 5-year survival of all patients was 71% and the median survival had not been reached at the time of last follow-up. Approximately 84% of patients received some form of hormonal therapy within 6 months of diagnosis, the use of which increased throughout the study period. Prostate cancer-specific mortality was found to be correlated with the presence of comorbid illness, younger age at diagnosis, and a Gleason score >7 in the primary tumor.



This Newsletter was compiled and typed by Ian Fisk. Ian Fisk, Paul Ferrett, Reg and Amy Mayes and Jeff Roberts folded and posted the Newsletter. 325 copies were distributed. Pam Fisk proof read the Newsletter. We would like to thank the Cancer Council South Australia for providing their support and particularly to Chris Noland for her contribution. The views expressed in this Newsletter do not necessarily represent the views of the Cancer Council SA. Disclaimer – The PSA (Adelaide Group) is not responsible for advice given by guest speakers, or use of products mentioned in this Newsletter. Nor are we responsible for information contained on websites, books, magazines, pamphlets or extracts from articles mentioned in this Newsletter, nor for video, DVD’s or tapes distributed to members. Medical Advice should be obtained from your Doctor.