

**Prostate Cancer Support Group
Jacaranda Lodge**

185 Fox Valley Road, Wahroonga NSW 2076
P: 9487 9061 E: support@sah.org.au

Proudly affiliated with



Prostate Cancer
Foundation of Australia

AUTUMN 2019 NEWSLETTER

Meeting Program 2019

All those who have been affected by prostate cancer, both patients and carers, are invited to attend San Prostate Cancer Support Group meetings. There is no need to book and you do not have to be a patient of the Sydney Adventist Hospital. Video footage of speaker sessions will be available a few weeks after the meeting on DVD from the Cancer Support Centre or on the Sydney Adventist Hospital and PCFA websites. Please see the back page of this newsletter for further information about afternoon and evening meetings, as well as venue and parking details.

Below is a schedule for our upcoming meetings:

Next Meeting

**27 May, 7 p.m. to 9 p.m. - Nina Singh
Clinical Trials Unit—Sydney Adventist Hospital**

Meeting Dates For 2019

**May 27, 7 p.m. to 9 p.m. - Nina Singh
August 26, 7 p.m. to 9 p.m. - Speaker to be confirmed
November 25, 7 p.m. to 9 p.m. - Speaker to be confirmed**

The San Cancer Support Centre at Jacaranda Lodge

We provide a range of services including phone in/drop in support, education/information resources, meditation, counselling, reflexology, volunteer transport and more.

Phone: 02 9487 9061
Email: support@sah.org.au
Website: www.sah.org.au

FREE TO JOIN ONLINE: www.onlinecommunity@pcfa.org.au

PCFA Online Community gives the latest updates on treatments & research into Prostate Cancer.

'Game changing' treatment arrives

An Australian-first ground-breaking operation for men with enlarged prostates has been done at Sydney Adventist Hospital.

Over 50% of men aged 50 and over have enlarged prostates causing urinary problems including sleep disturbance, frequent need to go to the bathroom, flow and other urinary problems. It can be painful and debilitating, effecting the lifestyle of otherwise active men.



San Urologist Professor Henry Woo trained overseas for the Rezum procedure which involves delivering steam vapour directly to the prostate using thermal energy to kill the enlarged prostate tissue.

The water vapour literally cooks the prostate which then shrinks – as it does, the urethra is opened and men can pass urine more freely” said Professor Woo.

The day only procedure from which patients quickly recover within 48 hours, has minimal side effects in comparison to conventional treatments like medication and surgery which can result in sexual dysfunction in 70-80% of cases.

“To have a minimally invasive surgical treatment that preserves all aspects of sexual function is a game changing type of treatment “ said Professor Woo.

“I think it is very exciting that we are seeing this technology finally make its way to Australia. In the past men have chosen to have no treatment because men were

concerned of the risk. Men are after a procedure which will allow them a rapid recovery and also something that will have a negligible impact on their quality of life.”

*Printed with permission from the Sydney Adventist Hospital

<https://www.sah.org.au/news-detail?id=726>



Prostate cancer diagnosis puts Australian men at much higher risk of suicide: new research

A new study by Cancer Council NSW found that men who had prostate cancer are at a 70% increased risk of suicide, compared to the general male population. “In the ten years that our study looked at, over 51,000 men were diagnosed with prostate cancer. 49 of them were then recorded as taking their own life,” said A/ Prof David Smith, Senior Research Fellow at Cancer Council NSW.

“We also found that the risk of men whose cancer had spread was greatest – 2.7 times higher than for those with localised disease,” A/Prof Smith continued. “Single, divorced, widowed or separated prostate cancer survivors were over four times more likely to take their own life, compared to married survivors.” A/Prof Smith says that the psychosocial impact of a cancer diagnosis will only be affecting more and more men as the population grows and ages:

“Due to improved detection and diagnosis, the number of men surviving long after diagnosis has been steadily increasing. Our findings just reflect the tip of the iceberg in the spectrum of psychological stress that men with prostate cancer experience.

“While we need more research in this area, we know that vulnerable or lonely men and those with pre-existing depression or suicidal ideation who are Diagnosed with prostate cancer should be offered additional support.”

Cancer Council NSW encourages all prostate cancer patients and survivors to use its support services.

“For example, 13 11 20 is a confidential service where people affected by cancer and their families and friends can speak to a specialist cancer professional about anything to do with cancer,” said Annie Miller, Director of Cancer Information and Support Services at Cancer Council NSW.

“A lot of the prostate cancer patients and survivors who call 13 11 20 want to talk about emotional or psychological issues related to their diagnosis.”

For people who prefer to speak with someone who has gone through a similar journey, Cancer Connect volunteers provide peer support to patients.

“We encourage anyone who wants to find out more to call 13 11 20 to see how Cancer Council NSW can best support them and their families,” Ms Miller concluded.

The full paper is available to view at

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0198679>

*Printed with permission from the Cancer Council

<https://www.cancercouncil.com.au/media-release/prostate-cancer-diagnosis-puts-australian-men-much-higher-risk-suicide-new-research/>



San cancer outpatient services have been rated first in NSW for patient experience following a state wide survey of more than 11,300 patients attending 50 cancer clinics across NSW.

Campbelltown, Lismore and Tamworth hospitals were rated next.

Communication can be difficult at any time, let alone times of great stress. The following suggestions were developed in collaboration with patients, carers and health professionals. While many may appear obvious, it is helpful to remind ourselves of the basics to help us to achieve the best possible relationships with our care team.

Communicating Effectively with your Health Care Team—Part 5 Second Opinions

Second Opinions

It's important to be confident in your care—you would seek information and opinions about other major life decisions in your life. Second opinions are common place and you are entitled to seek another opinion: They are helpful for keeping health professionals up to date and delivering best-practice care. Second opinions are encouraged by many specialists and expected—if you do seek another opinion prepare, have relevant scans/results and be as open as possible. Consider meeting someone outside of your primary multi-disciplinary team to access a wider range of expertise.

Helpful Resources

Question prompt sheets

These comprise of lists of common questions people in similar situations may wish to ask about a medical situation. It can be helpful to guide your questions—we don't always know the questions to ask.

For examples see

<https://www.cancer.nsw.gov.au/>

Decision Aids

Decision aids have been developed to help you through the process of making a complex care decision, for example choosing between different treatment options.

<https://sydney.edu.au/medicine-health/our-research/sydney-school-of-public-health.html>

*Article provided by Headway Health Clinical & Consulting Psychology Services www.headwayhealth.com.au

Venue and Parking Details:

The support group meetings are held at the San Cancer Support Centre, Jacaranda Lodge, Sydney Adventist Hospital, 185 Fox Valley Road, Wahroonga.

Parking is plentiful and parking tickets can be validated for \$6.00. If you have any questions please do not hesitate to contact the San Cancer Support Centre on 9487 9061 or support@sah.org.au



FINDING YOUR WAY....



Visitors to the Cancer Support Centre can enter the site at Gate 1 or Gate 2. If entering via Gate 1 keep to the right and proceed to the roundabout, turning left into the multi deck car park. Enter the hospital via the walkway indicated in yellow, take the lift to level 3 and then make your way to the rear of the building and down to Jacaranda Lodge, past the new building site. If entering via Gate 2 proceed to the roundabout and turn left to the parking area behind Jacaranda Lodge. For those with mobility limitations there are six parking spots outside Jacaranda Lodge.

Cancer Support Centre, Jacaranda Lodge, Acting Manager

Sibs Bothma support@sah.org.au, phone: (02) 9487 9061

Prostate Cancer Support Group leaders:

Graham and Adele Staggs

Useful websites: www.pcfa.org.au www.prostatehealth.org.au www.beyondblue.org.au
www.cancercouncil.com.au www.andrologyaustralia.org

Disclaimer: *The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your qualified medical professional. While the SAH PCSG is proudly affiliated with Prostate Cancer Foundation of Australia (PCFA), content of this newsletter is independently published and does not necessarily reflect the views of PCFA.*