



Below the Belt!

Vol. 20 No. 3

June – August, 2021

Newsletter of The Nepean / Blue Mountains Prostate Cancer Support Group Inc.
(ABN No. 35 871 442 176)



PCFA – 25 Years “Young”

The Prostate Cancer Foundation of Australia (PCFA) recently celebrated the 25th Anniversary of its beginnings in 1996.

Television personality, Roger Climpson (O.A.M.) along with members of the Lane Cove Rotary Club, was a driving force in establishing a group to both raise awareness of Prostate Cancer and raise funds for research. This group combined with a number of similar groups to form the Prostate Cancer Foundation of Australia (PCFA)

The celebrations co incided with the launch of the Prostate Cancer Specialist Telenursing Service.

(See item on Page 3)

(Photo shows Mary Jones, Northern Beaches and Bernie Riley, General Manager, Tele Nursing Service cutting the cake with Salky Sara Manager Nursing Services and Prof Jeff CEO in the background.)

What's to Come

Group Meeting – Monday June 21st

Video Presentation on Incontinence

Group Meeting – Monday July 19th

To be Advised

Group Meeting – Monday August 16th

To be Advised

Meetings are now held at the Emu Sports Club (Home of Leonay Golf Club)

Gather at 6-30pm for a 7-00pm start.



Our Web Site www.prostatesupport.org.au is now sponsored
by the Members of Emu Plains Lions Club

Food for Thought

Top foods for a strong healthy immune system

ALL RAINBOW COLOURED FRUIT AND VEGETABLES

The different colours in fruits and vegetables are responsible for different vitamins like Vitamin C, which you need daily for a strong immune system. You will find lots of Vitamin C in capsicums, kiwi fruit and citrus fruit.

There are also many other vitamins essential for a strong immune system found in every other fruit and vegetable. This is why we recommend eating a VARIETY of colours EVERY day.

GARLIC, GINGER, TURMERIC AND CHILLI

Alongside a good punch of flavour, they also contain vitamins and minerals that will strengthen the immune system, help fight harmful bacteria, reduce inflammation and alleviate the physical symptoms you feel when you're sick with a cold.

POULTRY

Chicken soup is a classic 'go to' when you need comforting and nourishing during a cold or flu. There is good reason behind this common conception. Chicken and turkey are high in Vitamin B6, which is an important player in the proper functioning of your immune system. Roast chicken, chicken mince or chicken broth are all good sources.

NUTS AND SEEDS

Nuts and seeds are high in many vitamins that provide lots of health benefits. In particular, they are a good source of vitamin E, which is important in maintaining good functioning of your immune system.

Will Vitamin C supplements boost my immune system?

There are many tablets and powders out there that claim to 'boost immunity'. However, there is no credible evidence out there that shows a single vitamin supplement to 'boost the immune system' nor prevent infection. What we recommend is *eating a variety of plant foods* which will give your body easy access to a variety of vitamins.

Prostate Cancer Specialist Telenursing Service

If your life has been impacted by prostate cancer, our Specialist Telenursing Service is available to help.

When you call, you'll be connected to a Prostate Cancer Specialist Nurse who can:

- provide clear and consistent evidenced based information and resources about all aspects of prostate cancer.
- help you to understanding your diagnosis, treatment options and ways you can manage side effects.
- provide you with support to make decisions about your health.
- offer relevant practical and emotional support tailored to your prostate cancer needs.
- link you with local support networks including Prostate Cancer Support Groups and locally based Prostate Cancer Specialist Nurses.

Connecting with a PCFA Specialist Telenurse is easy, phone free call 1800 22 00 99.

Alternatively, you can fill out our **online enquiry form** to request a callback, ask a question, or access resources.

If you prefer email, write to **telenurse@pcfa.org.au**.

Our Prostate Cancer Specialist Telenursing Service is proudly supported by Dry July. To donate towards the service, [click here](#).

Access

- If you have a hearing or speech impairment, call the National Relay Service on 1800 555 677 and ask to be transferred to PCFA's Telenursing Service at 1800 22 00 99.
- If English is not your main language and you need an interpreter, call TIS National on 131 450 and ask to be transferred to PCFA's Telenursing Service at 1800 22 00 99.

Operating hours

Monday, Tuesday, Thursday, Friday 9am-5pm (AEST)

Wednesday 10am-8pm (AEST)

During busy times

There may be times when a Prostate Cancer Telenurse is unable to take your call. If this is the case, there is an option to record a message and have your call returned either by the next available Telenurse or at a time more suitable to you. We'll ensure every effort is made to respond to your calls and emails within one business day of your request during our hours of operation.

Feedback

We value your feedback highly. At the end of your call you may be asked to do a short survey to help us understand the effectiveness of our services. If you'd like to provide additional feedback, please email us via feedback@pcfa.org.au

Privacy

We value your privacy. Our privacy policy is available here <https://www.pcfa.org.au/privacy-policy/>.

Contact enquiry form here with opt-in for communications from PCFA and must tick privacy policy understanding.

“STARGATE” launch:

Australia's deadliest regions for prostate cancer revealed

Prostate Cancer Foundation of Australia (PCFA) has launched a new data portal showing the areas of Australia with the highest diagnosis and mortality rates from prostate cancer, and highlighting disparities that must be addressed to save lives.

The country's three highest death rates from prostate cancer are in the Queensland Outback, Ballarat, and Darwin, with the three highest rates of diagnosis in the Sutherland area of Sydney, on the Mornington Peninsula in Victoria, and at Mandurah in Western Australia.

Prostate cancer is the most common male cancer in Australia, killing 9 men each day.

Known as the STARGATE project, the portal gives Australians access to the prostate cancer statistics for every suburb nationwide, for the first time.

PCFA's CEO, Professor Jeff Dunn AO, said; “The STARGATE data gives us a deeper analysis of the tragic fact that men in regional and rural areas of Australia face a 24 per cent higher than average risk of death. Over recent years we have come a long way to defeating prostate cancer, but we still have a long way to go.”

Over the next 10 years more than 30,000 men will die if no action is taken, a death toll that PCFA says can be avoided if rates of early detection and access to treatment are improved.

“Community awareness is key to beating prostate cancer. Many Australians don't know the risk factors for prostate cancer, such as age and family history. If you have just one direct male relative who has had the disease, your risk doubles,” said Prof Dunn.

For the first time, the comprehensive data also reveals stage of disease at diagnosis for all suburbs, painting a complex and concerning picture of prostate cancer in Australia.

Prof Dunn urged Australians to view the data at www.stargate.org.au and see for themselves.

The STARGATE project aims to improve prostate cancer awareness by providing information on the burden of disease at a regional level, nationwide.

You can search by postcode or area name for factsheets of specific Australian regions and share these with your friends, family, and workmates to help improve community understanding and save lives.

The data includes diagnoses, deaths, and prostate cancer stage at diagnosis, unlocking information that has not previously been shared in this way with the community.

Here is an excerpt from the “Stargate” site that relates to our region (Sydney Outer West and Blue Mountains)

For complete details follow the link above.

<u>Comparing Prostate Cancer</u>	<u>In this region</u>	<u>In Australia</u>
Men living with prostate cancer*	2,844	229,615
Number of new cases per year**	252	19,504
Median age at diagnosis**	67 years	68 years
Percentage of all male cancers**	30%	27%
Percentage of all male cancer deaths***	11%	12%

Average rate of new cases per 100,000 men (2012-2016) In this region = 163
In Australia = 150

As you can see from these statistics there are a lot of men in our region that we (NBMPCSG) are not in contact with and who does not know of our existence.

Which leads me into the next subject.....

How do we become better known in our area?

Given the vast amounts of information available 'on line' are the days of organised Support Groups numbered? Or, like me, do you welcome the 'Face to Face' contact and shared experiences of men in a similar situation to yourself.

Apart from the actual support we give to men 'traveling the Prostate journey' we also try to raise awareness of this disease in our local community.

The Group Board would like to hear some feedback from you, the Group Members.

Do you want to hear from more Guest Speakers? Any suggestions as to who we should invite?

What subjects would you like to be addressed?

Do you like our 'Open Forums' (where men can discuss topics of interest to them)

Do you have any contacts that can assist us.

During all of the disruption caused by the Covid pandemic, face to face meetings were not able to be held.

What do we need to do to get you back to attending our monthly Group Meetings

Basically.....What do **YOU** want from **YOUR** support Group?

We really need your feedback. Send your ideas to Wayne (Group Secretary) at info@prostatesupport.org.au



Research shows that how we think about our cancer and exercise may influence how much we exercise.

Research by Dr Siân Cole and the Psycho-oncology Research Team at the Olivia Newton-John Cancer Wellness and Research Centre – Dr Gemma Skaczkowski and Prof Carlene Wilson - found that beliefs around exercise and cancer influence levels of exercise engagement in adults undergoing treatment for cancer.

It is known that exercise is an important part of managing cancer and can help with increasing physical and mental wellbeing while dealing with treatment side-effects. However, most adults going through treatment for cancer decrease their exercise. This research aimed to investigate the reasons why this happens. The study had 366 participants who were going through treatment for a variety of cancer diagnoses including prostate cancer, breast cancer, brain cancer and blood cancers.

Dr Cole's research, similar to research in other parts of the world, found that most people decreased their exercise (Decreasers; 58.1%). However nearly a third increased their exercise participation (Increaseers; 30.4%) and a small group maintained (Maintainers; 9.2%) their pre-diagnosis exercise levels^[1]. These three groups (Decreasers, Increaseers and Maintainers) all differed in how they thought about exercise and their cancer.

Dr Cole's research found that Decreasers had lower levels of beliefs about *their ability to exercise*^[2]. In addition, Decreasers and Maintainers had higher levels of *concern that exercise could make their cancer worse* than those who increased their exercise. Increaseers believed that they have *personal control over their health* and they thought more about the *emotional impact their cancer* has on them.

It appears that adults who are undergoing treatment for cancer, who think about their personal responsibility to manage their health and the emotional impact cancer has on their life, plus feel confident about exercising and are not worried about exercise having a negative impact on their cancer were more likely to increase their exercise during cancer treatment. Whereas, Decreasers thought the opposite, and therefore decreased their exercise. Maintainers had concerns about the impacts of exercise on cancer and tended to not think much about their personal responsibility regarding their health; they did have the highest levels of feeling confident about exercising.

Dr Cole recommends that if you have concerns about your health when exercising please talk to your doctor and/or members of your treating team. They will be able to provide health advice or refer you to an exercise physiologist or physiotherapist who can advise you on how to exercise safely. Also, if you enjoyed a certain exercise prior to your diagnosis such as Pilates or tennis then try to continue to do what you have already done - you will feel more confident due to its familiarity and you will be more likely to do it. Lastly, it is okay to have emotions during treatment for cancer. Emotions can help motivate us, move us towards action that helps us feel more in control with our health. If you feel your emotions become overwhelming, please talk to your treating team about a referral to a psychologist in the oncology team.

^[1] There was a small group of Never-Exercisers (2.2%) which were excluded from the analysis due to their small size.

^[2] Even after controlling for symptom severity and time since diagnosis

Exercise & Prostate Cancer

At our May meeting, Graeme showed us a small video from the PROST! Organisation. So I have decided to include in this edition of our Newsletter various forms of exercise and how to access it.

Physical activity is very important for maintaining or even improving your physical and psychological health. You should try to do some physical activity most days, if not every day. Exercise is a planned, structured type of physical activity. It can address specific health issues and prevent other chronic diseases such as heart disease, stroke, diabetes and high blood pressure as well as other cancers. There is extensive evidence that targeted exercise is very beneficial and safe for men with prostate cancer. In fact, current Australian recommendations are that all men should perform some exercise each week, no matter the stage of their prostate cancer or whether they are undergoing difficult treatments. Exercise is now recognised as a medicine because it is a powerful way to improve your health before, during, and after the primary treatments for prostate cancer.

PROST! Exercise 4 Prostate Cancer.inc

PROST! Inc. is a not-for-profit organisation that provides professionally guided exercise training and support to men during Prostate Cancer treatment, to optimise preparation and recovery. PROST! particularly focuses on pelvic floor muscle training to assist continence and erectile function recovery, within every exercise session, in addition, whole-body resistance and cardiovascular training, Pilates & Yoga. The Prostate Cancer Foundation of Australia (PCFA) has recently joined forces with PROST! inc to further expand this program in 2021, so look out for it more broadly, across Australia and internationally.

To access the PROST! Exercise 4 Prostate Cancer Website click here: <http://prost.com.au/>

(Editors Note: Researching this topic on 'Google' I found quite a lot of information about Alain Prost the French motor racing champion!)

Pelvic Floor Exercises

Here is a comprehensive article on a pelvic floor exercise program starting before prostate surgery to improve the recovery of urinary continence

<http://www.menshealthphysiotherapy.com.au/wp-content/uploads/2014/08/PCFA-Dr-Jo-Milios-PHD-pelvic-floor-blog-dec-2019.pdf>

(When practicing your Pelvic Floor Exercises don't forget the new 'mantra' "Nuts to Guts")

Live Life – Get Active

Also at our May meeting Gwen advised us of the 'Live Life – Get Active' program.

Live Life Get Active is a registered health promotion charity that specifically looks to address key health issues facing communities today.

Issues such as obesity, diabetes, depression, and illness recovery. They also seek to address the growing issue of social disconnection.

They are a unique offering in a crowded health and wellbeing market place because every aspect of their offering is FREE to the community.

They have developed an innovative interaction between technology and our audiences that promotes better health and a change in behaviour.

Live Life Get Active has exercise camps located across Australia and there are new camps being launched every month. A number of these camps are located locally. You can use the link below to find a camp convenient for you

Local camps are held at:- Tench Reserve in Penrith
Lomatia Park in Springwood
Water Gum Park in Jordan Springs
Lang Park in St Marys

Here is the link to find out complete details about this organisation.

<https://livelifegetactive.com/>

THE BENEFITS OF EXERCISE FOR PROSTATE CANCER PATIENTS

Posted in **Men's Health** by **Suari Price**

(This article was recently included on the "Exercise Right" web site – Exercise and Sports Science Australia ESSA) <https://exerciseright.com.au/the-benefits-of-exercise-for-prostate-cancer-patients/>)

Prostate cancer affects 1 in 6 Aussie men, making it the most commonly diagnosed cancer in men. It's characterised by uncontrolled rate of cell growth within the prostate that has the potential to metastasize (spread) to other parts of the body.

The prostate gland is situated within the pelvis and underneath the bladder. It's responsible for producing the fluid needed for ejaculation. Other conditions that involve the prostate include prostatitis (inflammation of the prostate) and benign prostate hypertrophy (non-cancerous enlargement of the prostate).

EXERCISE HELPS TREATMENT

Exercise is safe and effective in assisting in the treatment of [prostate cancer](#). Evidence shows that prostate cancer patients with higher energy expenditure experience a lower rate of death from both prostate cancer and overall.

PSA doubling time (which is a favourable prognosis) also significantly improves with increased fitness levels. In addition, being physically active can [help to manage the symptoms of ADT](#) (which is a common treatment method for prostate cancer).

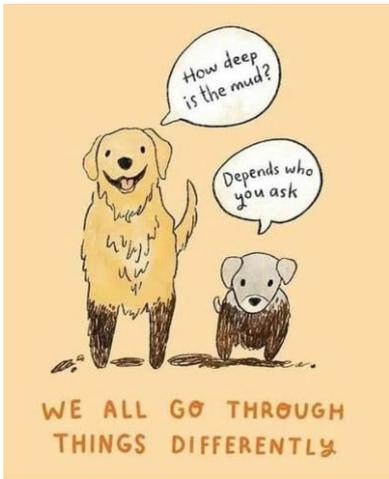
Exercise can also help you to better tolerate cancer treatment. Relative dose intensity of treatment and ability to tolerate these treatments is higher in groups that have performed exercise during treatment cycles. This means that exercise may allow patients to receive and tolerate a greater percentage of their outlined treatment plan.

Outside of these specific benefits, strength & aerobic exercises have been found to:

- Increase blood flow – An increase in blood flow allows more oxygen to diffuse into the site of the tumour, which can offset the current hypoxic environment
- Improve immune function – Physiological processes, in combination with increased blood flow, allow more of the body's immune system to flood the infected area
- Help offset the effects of fatigue, sarcopenia (muscle loss), osteoporosis and cardiovascular fitness parameters.
- Reduce fat mass and body weight, while increasing lean body mass.

WHY SEE AN ACCREDITED EXERCISE PHYSIOLOGIST?

There is no "one best program" for prostate cancer patients. An individualised approach needs to be taken to meet your specific needs. This is why seeing an [Accredited Exercise Physiologist](#) (AEP) is the first and most important step in kick-starting your exercise program.



Contact Us
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PAYMENT OF Membership Fees. Members can pay their annual Group Membership Fees by direct deposit to our bank account. Our Westpac Account Name is 'Nepean / Blue Mountains Prostate Cancer Support Group'. BSB is 032-837 and the Account No. is 206701. Current Fees are \$10.00 P.A. per family. Don't forget to advise who you are in the Lodgement Reference i.e. " John Smith Fees 2021"



Would you like to make a cash donation to our group?
Do you know any Group or Organisation that would like to make a donation?
 We are a registered charitable organisation and all donations are fully tax deductible.
 All donations help us to support cancer and health related projects in our local area.
 If you are able to assist, contact our Treasurer, Graeme Renshaw.

Board Members of the Nepean / Blue Mountains Prostate Cancer Support Group for 2021 are as follows:-

President :-	David Wilkinson
Vice President / Treasurer :-	Graeme Renshaw
Secretary :-	Wayne Singleton
Assist. Secretary :-	Vacant
Librarian :-	Bob Wittrien
Newsletter Editor:-	Alan Howard
Publicity / Web Site Manager :-	Vacant
Promotions Officer :-	John Kemp

The Nepean / Blue Mountains Prostate Support Group Inc. is grateful for the support of its members and various local groups. This enables us to produce this newsletter and cover other incidentals in the running of the group. The Below the Belt 'Zipper' logo (Page 1) is copyrighted to Ms. Caroline Redwood and is used with her kind permission

The views expressed in this newsletter are not necessarily the views of the Group.
The Group does not offer medical or other professional advice.
Articles presented in this or any other issues are presented only as a means of sharing information and opinions with members.
It is important that health professionals should be consulted before making any decisions about any treatments.

This newsletter has been compiled by Alan Howard from material culled or provided.
 Contact: email: nbmpcsgnews@gmail.com
 Nepean / Blue Mountains Prostate Cancer Support Group Web Site www.prostatesupport.org.au