



Bundaberg & District Prostate Cancer Support Group

Founded Nov 2000

P.O. Box 1043, Bundaberg. Qld. 4670

Affiliated with the

Prostate Cancer Foundation of Australia

Web Page - www.prostate.org.au

and supported by

Cancer Council Queensland



Views expressed and other articles in this local newsletter and Prostate Cancer News are not necessarily those of the Bundaberg & District Prostate Cancer Support Group, the Prostate Cancer Foundation Qld Chapter Council nor Cancer Council Queensland.

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NEXT MEETING

Our next meeting will be on Thursday 25th February 2016. The meeting will be held in the Family Centre, Kensington Street, opposite the back entrance to the Burrum Street Medical Centre.

Morning tea will be available from 9.15am with the meeting commencing at 10.00am. If possible, a small plate of goodies for morning tea would be very much appreciated but is not essential.

If you know of anyone who is suffering from Prostate problems or who has been diagnosed with Prostate Cancer, please feel free to have them contact me on 41599419 or Allan on 41551767.

CONVENER'S CORNER

I hope everyone found the power point presentation on Transurethral Resection of the Prostate or TURP interesting. I must say that whilst preparing it I found out things I was not aware of and it is always good to get a better understanding of just what is involved in this type of surgery.

Thank you to everyone who made Henry so welcome at our meeting. At this point I don't know if he will continue coming along as he is still

in the process of having an appointment made for his subsequent treatment. Also, it was nice to see Bill return to the fold and no doubt he will see a big difference in the group since he started it in 2000.

We have some happy little travelers who will be away for a while and we wish Bill & Jean, Jack & Lorraine and Kevin & Carol a very happy and safe holiday.

RAFFLE ROSTER

The raffle roster for 2016 has been filled and thank you to everyone who is participating. Please remember the prize is to be up to \$20.00 only as we don't want people going to a lot of expense. Kevin & Carol have provided the February prize.

GUEST SPEAKER

Our Guest Speaker for February will be Peter Macklin who is a Master Fitness Trainer with Prostyle Health & Fitness. Peter came to our meeting when Dr. Glen Wood was guest speaker and he would now like to come along and talk to us about the importance of good health and exercise.

Our Guest Speaker for March will be Beth Knight of Knight Allied Health. Some of you will remember Beth when she came along in October 2013 and addressed the group on diabetes and nutrition. She is a breath of spring and it will be great to have her come along again.

If you know of anyone you think would be a beneficial guest speaker to the group, please let Alma know so she can make contact and get things organized.

20 January 2016

PSA Testing Guideline Recommendations Approved by NHMRC



Associate Professor Anthony Lowe
Chief Executive Officer,
Prostate Cancer Foundation of Australia

In partnership with Cancer Council Australia and a multi-disciplinary expert advisory panel comprising urologists, medical oncologists, radiation oncologists, pathologists, general practitioners, epidemiologists, allied health professionals and consumers, Prostate Cancer Foundation of Australia has developed national evidence-based clinical practice guidelines on PSA testing and early management of test-detected prostate cancer.

The guideline recommendations have now been approved by the CEO of the National Health and Medical Research Council, Australia's leading expert body for developing health advice for the Australian community, health professionals and governments.

We developed the guidelines in order to resolve the controversy surrounding PSA testing for both men and their doctors. The guidelines do not recommend a population screening program for prostate cancer (a program that offers testing to all men of a certain age group) as evidence does not support such a program. For men who decide to be tested it contains guidance on matters such as what age to start testing; how frequently to be tested; when to stop testing; the PSA level which should prompt further investigation; family history; and the role of the digital rectal examination.

Prostate Cancer Foundation of Australia will be actively promoting the guideline recommendations

in the coming months. Our goal is to ensure that all Australian men are fully informed about prostate cancer and are in a position to make an informed decision about PSA testing based on the latest available evidence on the benefits and potential harms of testing and treatment for prostate cancer.

Take home messages

- The PSA testing guideline recommendations are approved by NHMRC
- Men should be offered the opportunity to discuss the benefits and harms of PSA testing before making the decision to be tested
- Men at average risk of prostate cancer who decide to be tested should be offered PSA testing every 2 years from age 50 to 69
- The harms of PSA testing may outweigh the benefits for men aged 70 and older
- Men with a family history of prostate cancer who decide to be tested should be offered PSA testing every 2 years from age 40/ 45 to 69 with the starting age depending on the strength of their family history
- Digital rectal examination is not recommended in addition to PSA testing in the primary care setting

These recommendations contain some very enlightening information and because of the enormity of them I will have a power point presentation at our February meeting which I hope everyone will participate in. Should you wish to read the full recommendations you will find them by going to www.pcfa.org.au/psa-testing-guidelines.

WORDS OF WISDOM

Knowledge is knowing a tomato is a fruit

Wisdom is not putting it in a fruit salad

Till next time, stay well, laugh lots and never let a day go by when you don't reflect on how wonderful life is with the one you love.

Rob