



The knowledge gained at meetings and social activities helps to allay men's fears that arise during initial diagnosis and subsequent treatments and to dispel depression. We also consider other age related issues confronting men and their partners. The Support Group welcomes partners of men as active participants since the disease has an effect on families.

## Group News

**THURSDAY, 14th July at 6pm**

### Dr Gail Tsang (Radiation Oncologist-Genesis Care)

Dr Tsang has a special clinical interests in prostate, brachytherapy, breast, urological, haematological, gastrointestinal, lung cancer, skin cancer and stereotactic cranial and body radiotherapy. She is a fellow of the Royal Australia and New Zealand College of Radiologists. Dr Tsang embraces multidisciplinary team (MDT) meetings to ensure best management for patients through collaboration with different specialties.

#### WHERE WE MEET

The group meets at 6pm on the 1st floor of the Mango Hill Community Centre (The Y). Entrance from the car park at 22 Linear Drive, Mango Hill on the 2nd **THURSDAY** of the month. It's the tallest building in Mango Hill.

Refreshments are provided from 6pm.

If you need more info see contact details page 4

#### THE JUNE MEETING

Chris Madden provided an interesting talk on his experiences with the light and dark aspects of life.

The guy has been around and has met some very interesting people including the upper echelon of politics. It was very easy listening with short burst of humour. Quite a change from the usual talks on age related topics.

#### SOCIAL ACTIVITY

**PUT THESE IN YOUR DIARIES NOW**

**RSVP Joy ASAP**

[petejoyham53@bigpond.com](mailto:petejoyham53@bigpond.com) or 3886 5511

**Next morning teas at 10am**

**LADIES AT DEGANI'S IN CAPESTONE SHOPPING VILAGE off Napier Avenue, Capestone, Mango Hill on 21st July**

**The men's morning tea is at North Lakes Sports club on 23rd July**

**PLEASE GET INVOLVED**

**AND PUT HEALTH WORRIES ASIDE**

**These events are all about enjoying ourselves and dispelling any depression**



#### STILL LOOKING FOR MORE COMMITMENT TO THE FUN RUN ONLINE RAFFLE

The 3rd Redcliffe Hospital Fun Run planning is well underway for 7th August. The committee and several members have been chasing suitable prizes and donations but the main online raffle is not being well patronized.

August will be upon us very soon

Come on, have a crack at getting some tickets  
The fun run event provides your group with needed funds for marketing, meeting and mailing needs

# THE THIRD ANNUAL PROSTATE CANCER FUN RUN

## WE'RE ASKING YOU TO PLEASE GET INVOLVED

Over the last few years we have relied on Bunnings sausage sizzles to provide the necessary funding for our group's administrative and social activities. After the pandemic issues of 2020, these were severely curtailed. These were also hard work for the limited numbers of helpers allowed to participate. However, we have now had two very successful fun runs in conjunction with the Urology Department of Redcliffe Hospital and we are about to have our third on 7<sup>th</sup> August 2022.

In conjunction with the fun run, here is an online raffle as well as a crowdfunding program called MyCause. These have more than adequately providing the necessary funds for all the needed the operations of our group as well as allowing us to make donations to some well meaning and prostate related research organisations.

There are some great prizes involved with the online raffle.

- ◆ 1<sup>st</sup> prize is an his and her apple watches valued at \$1556
- ◆ 2<sup>nd</sup> prize is his and hers sports footwear from Rebel valued at \$500
- ◆ 3<sup>rd</sup> prize is a his or hers car service at Grand Prix Motors Aspley and valued at \$500
- ◆ 4<sup>th</sup> prize is his and hers tickets to the Australian Outback Spectacular valued at \$200
- ◆ 5<sup>th</sup> prize is a his and her selection of 12 mixed red and white wines
- ◆ 6<sup>th</sup> prize is a "Just for Her" magnificent white gold and diamond pendant valued at \$500



← **This is the QR Code for raffle tickets at \$5 each.** Click on the RaffleLink URL for details. Details of all prizes are shown on the link

**If you are unable to use this method then bring your donation to the next general meeting and we will arrange purchase of the raffle tickets for you.**

**You get one extra ticket for every \$20 donated**



← At the same time, we have a crowd funding program called MyCause. Tell your family and friends that they can support our group **using this QR Code**. Click on the MyCause URL link that appears and then the MENU at the top. Then click on Donate. Your group is a recognized charity and can issue a tax deduction for you when requested for donations over \$2.

**For the fun run registration**, use this same QR Code, click on the MyCause URL link and then the MENU at the top. In that menu list, click on the Register bar.

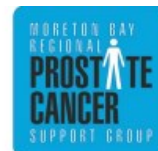
The run itself starts and finishes at Woody Point Jetty starting at 6.30am on Sunday, 6<sup>th</sup> August. Participants are asked to raise \$50 and can decide to run 5 or 10km or just walk for 5km. A free running shirt is provided as well as a free breakfast at the Belvedere Hotel. All runners will get a free raffle ticket at the breakfast for the opportunity to get other raffle prizes donated by commercial enterprises.

**Even if you're not interested in the fun run itself, you are invited to help us by getting some raffle tickets or even donating to the MyCause fundraising platform.**

**Any amount helps your group**



SUNCORP



### **MAKING LOVE & SLEEPING NAKED** (Suggested by Alan from The Prostate Zone)

Do you remember how good it felt to be making love with your partner? Remember the feeling of your bodies close together, the pleasure it gave to both of you, and the lovely warmth of lying together afterwards? Do you recall how the simple act of making love seemed to bring you closer to one another on so many levels?

If you or your partner has experienced prostate cancer – and treatment – the chances are that your love-making has changed dramatically. Perhaps you both struggled to adapt to the changes and eventually gave up trying. Or maybe you persevered and found a way of retaining intimacy in your relationship.

It is perfectly okay for couples to decide to stop having sex, if both parties no longer wish to engage that way. There are other ways to be intimate and keep your love strong.

The changes in your body can be dramatic, and sometimes traumatic. These tend to create new challenges regarding personal desires, needs, affection and physical intimacy.

This journey can be transformative for some couples, bringing them closer as they work together on finding new ways to maintain their intimacy and connection.

For others, maybe due to age, health issues, the impact of hormone treatment, or problems within the relationship, intimacy might fall into the “too hard” basket.

One of the easiest ways to maintain physical intimacy (without sex) is sleeping naked together.

It is entirely natural for humans to want and need touch. Spooning together in bed is a lovely way to feel that physical connection and affection. The “love hormone”, oxytocin, is released when there is skin-on-skin touch. Some studies have shown that oxytocin helps to reduce anxiety and stress. Oxytocin also helps with couple bonding.

Sleeping naked is thought to enhance our self-esteem (which can take a battering from cancer and cancer treatment). Spending time naked with one another helps us to feel loved and accepted (warts and all).

This may not be for you, but we can certainly recommend it as an easy way to keep connected.

- Try sleeping in only a T-shirt or underwear for the first few nights to help you adjust to the sensation of wearing fewer clothes.
- Let your partner know that you're making changes to your sleep routine and invite them to consider sleeping naked along with you.
- Invest in better sheets and bedding, so you're comfortable when you start sleeping nude.
- Make sure your doona or comforter is warm enough, and add blankets if needed.
- Create a bedtime ritual to help you wind down and start lowering your body temperature before you shed your clothes for the night.
- Go at a pace that feels good for you and begin sleeping completely nude only when it feels comfortable.

### **DISCOVERY OF A NEW PROSTATE CANCER SUBTYPE OPENS THE DOOR TO THERAPY DEVELOPMENT**

Researchers at Weill Cornell Medicine and Memorial Sloan Kettering Cancer Center have identified a previously unrecognized form of hormone therapy-resistant prostate cancer, as well as a set of molecules that drive its growth. This discovery opens the door to the development of therapies that treat this specific disease

Stem cell-like (SCL), accounts for approximately a quarter of castration-resistant prostate cancers. Within SCL tumor cells, they identified a set of proteins that work together to fuel this treatment-resistant disease. Studies have shown that this same molecular pathway drives other solid tumors, including colorectal cancer and malignancies of the breast and lung, so scientists are already working to develop ways of interfering with their activity.

Researchers already knew that this type of cancer encompasses more than one disease. Some tumors may manage to resist the treatment, but still need testosterone and other hormones, which are called androgens collectively, to grow. Others, meanwhile, shed their dependence on androgens and take on an aggressive form known as neuroendocrine.

Scientists seeking to investigate castration-resistant prostate cancer have generally lacked enough cells derived from patients to capture its full diversity. For this study, however, the team had access to 40 tumor samples. Most of these came from a collection of organoids, which are tiny organ-like structures grown from tumor cells collected from patients at Weill Cornell Medicine and Memorial Sloan Kettering Cancer Center.

Focusing on SCL, they used sophisticated computational tools to integrate the molecular data and identify the malfunctioning pathway at the heart of this cancer. These proteins, FOSL1, TEAD, YAP and TAZ, become overly active and alter chromatin accessibility to propel tumor growth. In experiments, the researchers found that two molecules known to interfere with these proteins slowed the growth of the SCL cells, but not that of androgen-dependent cells — a result that highlights the potential for a targeted treatment.

"Once you can identify which type of tumor patients have, that's very powerful information,



COUNSELLING TEAM

Sylvia Burns

### WORLD FIRST MENTAL HEALTH SERVICE

230,000 Australian men and their families will be given no-cost access to a new mental health counselling service for Australians impacted by prostate cancer. The Prostate Cancer Counselling Service, launched by Prostate Cancer Foundation of Australia today, is the first of its kind in the world. The counselling service will be fully integrated with PCFA's Telenursing Service, allowing our specialist nurses to refer men for more specialised care when they need our support. If you know a person who needs our support today, please encourage them to call PCFA on 1800 22 00 99.

Get your counselling request form from <https://pcfa.org.au/support/prostate-cancer-counselling-service/counselling-request-form/>

### BONE HEALTH

As you navigate a prostate cancer diagnosis, coming to terms with treatments, side effects, lifestyle changes, the existential dread and angst, it's easy to overlook one very important element of your cancer care. Bone health.

Most men on hormone therapy will be prescribed a bone protecting agent, usually one of two types, either bisphosphonate or a monoclonal antibody, such as Denosumab. As is often the case, though, this treatment comes with its own set of potential side effects, so its use needs to be monitored closely. Denosumab is given as an injection, usually in the abdomen, and your oncologist and/or oncology nurse will want to know if you are experiencing any side effects such as jaw pain.

Alongside medication, there are plenty of ways to be proactive about your bone health and chief among them is one miracle treatment which neatly addresses many of the side effects of prostate cancer treatment. And that miracle treatment is called exercise .

A mix of resistance, weight bearing and balance exercises will help maintain bone strength, among a multitude of benefits (including improved cardio-vascular health, mood, and muscle



To be honest, I'm surprised they can drive at all.

Let's all take a moment to appreciate the time and effort this guy spent putting a strap on his dirt so it wouldn't fall off.



Think you have lived to be over 65 and know who you are, then along comes someone and blows it all to hell!  
An old Pilot sat down at the Starbucks and ordered a cup of coffee. As he sat sipping his coffee, a young woman sat down next to him.. She turned to the pilot and asked, 'Are you a real pilot?' He replied, 'Well, I've spent my whole life flying biplanes, Cubs, Aeronca's, Neuports, flew in WWII in a B-29, and later in the Korean conflict, taught 50 people to fly and gave rides to hundreds, so I guess I am a pilot.' what about you?" She said, 'I'm a lesbian. I spend my whole day thinking about naked women. As soon as I get up in the morning, I think about naked women. When I shower, I think about naked women When I watch TV, I think about naked women. It seems everything makes me think of naked women.'  
The two sat sipping in silence.  
A little while later, a young man sat down on the other side of the old pilot and asked,  
'Are you a real pilot?'  
He replied, 'I always thought I was, but I just found out I'm a lesbian.'

Little Lucy was in the garden filling in a hole when her neighbour peered over the fence. Interested in what the cheeky-faced youngster was doing, she politely asked, "what are you up to there Lucy?" "My goldfish died", replied Lucy tearfully, without looking up, "and I've just buried him." The neighbour was concerned. "That's an awfully big hole for a goldfish isn't it?" Lucy patted down the last heap of earth, then replied, again without looking up "That's because he's inside your damn cat!"

Tom is applying for a job as a signalman for the local railroad and is told to meet the inspector at the signal box.  
The inspector decides to give Tom a pop quiz, asking: "What would you do if you realised that two trains were heading towards each other on the same track?" Tom says: "I would switch one train to another track".  
"What if the lever broke?" asks the inspector. "Then I'd run down to the tracks and use the manual lever down there" answers Tom. "What if that had been struck by lightning?" challenges the inspector.  
"Then" Tom continued "I'd run back up here and use the phone to call the next signal box".  
"What if the phone was busy?" "In that case" Tom argued "I'd run to the street level and use the public phone near the station".  
"What if that had been vandalised?" "Oh well" said Tom "In that case I would run into town and get my Uncle Leo".  
This puzzled the inspector, so he asked "Why would you do that?" "Because he's never seen a train crash!"

A man responds to ad for a talking dog for sale. he goes to see the dog and the dog speaks very clearly that he was with the marines in Iraq as a mine detector dog and then with the police department as a very successful drug detection dog and then he retired. The man is amazed and asks owner why he wants to sell such an unusual dog and the owner says "he's a liar and he didn't do any of those things

A young man with his pants hanging half off his ass, two gold front teeth, and a half inch thick gold chain around his neck; walked into the local welfare office to pick up his cheque.  
He marched up to the counter and said, "Hi. You know, I just H A T E drawing welfare. I'd really rather have a job.. I don't like taking advantage of the system, getting something for nothing."  
The social worker behind the counter said "Your timing is excellent. We just got a job opening from a very wealthy old man who wants a chauffeur and bodyguard for his beautiful daughter. You'll have to drive around in his 2013 Mercedes-Benz CL, and he will supply all of your clothes."  
"Because of The long hours, meals will be provided. You'll also be expected to escort the daughter on her overseas holiday trips. This is rather awkward to say but you will also have, as part of your job, the assignment to satisfy her sexual urges as the daughter is in her mid-20's and has a rather strong sex drive."  
The guy, just plain wide-eyed, said, "You're bullshittin' me!"  
The social worker said, "Yeah, well...You started it."



I know a mean bastard whose name is Jim  
I really love throwing tomatoes at him  
Tomatoes are soft and don't hurt the skin  
But these buggers do, 'cause they're still in the tin.

The warmth and heart wrenching simplicity of Australian bush poetry can bring a tear to the eye.

I WAS DRINKING A BEER AND THE BARTENDER YELLED "ANYONE KNOW CPR" I YELLED "I KNOW THE ENTIRE ALPHABET"



AND WE ALL LAUGHED AND LAUGHED WELL EXCEPT FOR THIS ONE GUY

A phrase most people will be able to relate to. If you're feeling a strong desire to lie down or stay in bed, you're having a case of **Clinomania**. This word emerged in psychiatric papers of the late 19th century, with an 1890 article defining it as "the passion of staying in bed." So, the next time you feel like sleeping in on the weekend, you have an official (and diagnosable) excuse.

A moment of tension in Vatican. If the bishop moves forward the queen can take him.



I'M OLD ENOUGH TO REMEMBER WHEN PAPER BAGS WERE BEING BLAMED FOR THE DESTRUCTION OF TREES – AND PLASTIC BAGS WERE THE SOLUTION!



#### GROUP CONTACT

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Group Website: [www.prostatesupportgroup.org](http://www.prostatesupportgroup.org)

#### THIS MONTH'S QUOTES

- Some people are like clouds. Once they disappear, it's a beautiful day
- Life is fraught with opportunities to keep your mouth shut – Churchill