



Affiliated with Prostate Cancer Foundation
of Australia

And supported by Redcliffe Hospital,
YMCA and Moreton Bay Regional Council.

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Monthly Newsletter Issue 125 April 2024

Where we meet:

The group meets at 6pm on the 1st floor of the Mango Hill YMCA Community Centre. Entrance from the car park at 22 Linear Drive, Mango Hill on the 2nd THURSDAY of the month (Except January). Refreshments are provided from 6pm.

I've just had a stack of toilet paper rolls fall
on me in the supermarket...
I'm ok though, just soft tissue damage

PSE Test

I would like to thank Peter Hall who is a member of the group for drawing my attention to this story.

Oxford Biodynamics – a company developing precision medicine tests – has announced that its EpiSwitch Prostate Screening (PSE) blood test will be available to UK patients.

The existing PSA test is 55% accurate, and is considered an unreliable test by many doctors, including those in the NHS.

The new PSE test has been designed to run alongside the standard PSA test and combines the PSA score with five proprietary epigenetic biomarkers to predict – with 94% accuracy – the presence (or absence) of prostate cancer.

The PSE test has emerged after nearly a decade's long collaboration between OBD, Imperial College London, University of East Anglia, Imperial College NHS Trust and leading prostate cancer experts across the UK. The development was also part of the wider PROSTAGRAM screening pilot.

Mathias Winkler, Consultant Urologist and Surgeon at Charing Cross Hospital and Imperial College London, was optimistic about the launch. "PSE is a diagnostic prostate cancer test with unprecedented accuracy. Nine of 10 cancers are found compared to three of ten with PSA alone. Likewise, false-positive results are reduced avoiding unnecessary anxiety and expense."

Moreton Bay Regional Prostate Cancer Support Group

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He added: "This is clearly highly desirable for men who are health-conscious or at risk of prostate cancer. We are delighted to be part of the team evaluating and refining the test for use in particular risk groups and prospectively validating in a larger patient cohort compared to current standard of care."

Across the UK, around 120,000 patients undergo a prostate biopsy every year, while only about a quarter of those who have a prostate biopsy due to an elevated PSA level are found to have prostate cancer.

Social Events:



The next Ladies morning tea will be on the 16th of May at Degani Café Capestone, and the Men's event will be on the 18th of May at 10 am at North Lakes Sports Club.

There will be a BYO Picnic at Jamieson Park Scarborough on the 26th of May.

Due to the popularity of our "mix and mingle" Christmas breakup it has been suggested we have a Christmas in July meeting. There will be no guest speaker, but it will be an opportunity for members to socialise. There will also be a raffle with 3 prizes. Tickets will be 3 for \$5.00 or \$2.00 each.



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The group will be holding a sausage sizzle at Bunnings Rothwell on May 4th commencing at 7 am. While these events are excellent fundraisers for the group it is a fairly hectic day. Any members who could help would be greatly appreciated even if it is only for part of the day. To be part of the fun and games contact Neil Evans on ncevans@bigpond.net.au Ph: 0438 099 587.

Committee Contacts.

If anyone needs to contact members of our committee contact details are as follows.

Group Leader – Peter Ham peterham50@hotmail.com

Vice Group Leader – Larry Hamilton larry.hamilton@internode.on.net

Treasurer – Len Weis – lweis@tpg.com.au

Membership/Bunnings BBQ's – Neil Evans ncevans@bigpond.net.au

Newsletter Editor – Michael Phillips – michaelphillips1962@outlook.com.au

Speaker presenter – John Haberecht jhab@mac.com

Sound Equipment Officer – Lindley Deslandes ldesland@tpg.com.au

Social/Shirts/caps Officer – Joy Ham petejoyham53@bigpond.com

Facebook Groups

Members can check out our group's Facebook page at:

<https://www.facebook.com/profile.php?id=100069682701678>

To see what other support groups are up to check out :

<https://www.facebook.com/groups/pcsgs>.

Life Force.

The life force program involves volunteers giving presentations to community groups on the risks of prostate cancer. Last Saturday after a presentation to a men's health seminar the Sunnybank Rotary Club donated \$100 to our support group. If any members know of community groups who would be interested in a presentation, please contact me.



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Guest Speakers.

Our guest speaker for April was Ari McKinnon. Ari is a prostate cancer specialist nurse at RBWH and talked about innovations in the treatment of advanced prostate cancer including second generation Androgen Deprivation Therapy and Androgen Receptor Pathway Inhibitors (ARPI).

ARPIs induce metabolic stress in tumour cells which stops them receiving Androgens such as Testosterone.



Our may meeting will feature a guest speaker for the University of the Third Age at Redcliffe. U3A Redcliffe is the largest over-50s organisation on the Redcliffe Peninsula. It currently offers 125 courses on subjects from Astronomy to Yoga. You can check out their website at <https://www.u3aredcliffe.org.au/>.

My wife just found out I replaced our bed with a trampoline. She hit the ceiling!



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