



BRISBANE

PROSTATE CANCER SUPPORT NETWORK

affiliated with the

Prostate Cancer Foundation of Australia

and greatly supported by the

Cancer Council Queensland



Issue 122
February 2016

Mission: Working through a family disease – together

The Brisbane Prostate Cancer Support Network was created through the efforts of a loyal and dedicated group of prostate cancer survivors and their families

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Contact the **Cancer Helpline on 131120** for enquires about Support Groups or their meetings and for general information regarding literature

Wednesday, 10th February at 7pm

Eph Effective Targetting of Prostate Cancer
 Dr Sally-Anne Stephenson (School of Biomedical Sciences)

Venue: The Cancer Council Queensland
 553 Gregory Terrace, Fortitude Valley
 There is metered parking on Gregory Terrace (free after 7pm) and you can also park outside the Centenary Pool on Gregory Terrace

This meeting is promoted by the
Brisbane Prostate Cancer Support Network
 and supported by the **Cancer Council Queensland**

2016 MEETINGS	
March 9th at 9.30am	Coping with Diagnosis of Prostate Cancer – Dr Jane Turner (Psychiatrist at U of Q)
April 13th at 7pm.....	Update on the Decision Making Process - Dr John Yaxley (Urologist)
May 11th at 9.30am	Updates on Radiation Oncology – Dr Brian Burmeister (Radiation Oncologist at PAH)
June 8th at 7pm.....	To be advised
July 13th at 9.30am.....	Prostate Cancer Genetics Research – Dr Mary-Anne Kedda (Prostate Cancer Outcomes registry)

REGULAR PSA SCREENING

In October 2011, the US Preventive Services Task Force (USPSTF) decided that the harms of regular prostate-specific antigen (PSA) screening outweighed the benefits, which led them to recommend against regular screening for prostate cancer. Similar recommendations were introduced by PCFA last year.

A team from the Department of Urologic Surgery at Vanderbilt University Medical Centre in Nashville, TN, wanted to know what impact the new guidelines have had.

The benefits identified, as a result of the study, were a reduction in over diagnosis and over treatment of low-risk disease and disease found in elderly men, while the identified harms were missed opportunities to diagnose cases in men who may benefit from the treatment.

While on the one hand, the USPSTF guidelines had the intended effect of reducing regular screening, and may, therefore, have got it right for low-risk cancer in relation to over diagnosis and over treatment, the study suggests there is a danger that the reduction in the diagnosis of intermediate and high-risk cancer could lead to higher-risk cancers being missed. (*Journal of Urology*)

The views expressed in this news-sheet are not necessarily those of PCFA or Cancer Council Queensland

QUEENSLAND PROSTATE CANCER NEWS SNIPPETS

If you didn't read the November issue of the QPCN then you would have missed articles on:

- Permanent radiotherapy implants reduce risk of prostate cancer recurrence
- Oral MCP helps radiation therapy in prostate cancer treatment
- More precise imaging to detect highgrade prostate cancer lesions
- More men opt for watchful waiting,
- Mushroom powder may have positive effect
- Tumour upgrade risk unlikely while weighing surgery choice

ON THE LIGHTER SIDE

Blessed are those who are cracked
For they are the ones who let in the light

A guy gets pulled over by the police, "Step out of the car" says the cop, "I am going to need you to take a breathalyzer test."

"I can't", the guy says. "I have very bad asthma, that can set off an attack."

"Alright," says the cop, "then you're going to have to take a blood test." "Can't do that either," Jim replies, "I am a hemophiliac, if a wound is opened, I won't stop bleeding, and I could bleed to death."

"Okay," the cop answers. "Then I will need a urine sample." "Sorry," says Jim. "I also have diabetes, that could push my sugar count really low." "Fine, so just come on out, and walk a straight line for me."

"I can't do that either," responds Jim. "Why not?" asks the cop.

"Well, because I'm completely drunk! I could go to jail!"

On the outskirts of a small town, there was a big, old pecan tree just inside the cemetery fence. One day, two boys filled up a bucketful of nuts and sat down b...y the tree, out of sight, and began dividing the nuts. "One for you, one for me, one for you, one for me," said one boy. Several dropped and rolled down toward the fence.

Another boy came riding along the road on his bicycle. As he passed, he thought he heard voices from inside the cemetery. He slowed down to investigate. Sure enough, he heard, "One for you, one for me, one for you, one for me" He just knew what it was.

He jumped back on his bike and rode off. Just around the bend he met an old man with a cane, hobbling along.

"Come here quick," said the boy, "you won't believe what I heard! Satan and the Lord are down at the cemetery dividing up the souls!". The man said, "Beat it kid, can't you see it's hard for me to walk."

When the boy insisted though, the man hobbled slowly to the cemetery.

Standing by the fence they heard, "One for you, one for me. One for you, one for me."

The old man whispered, "Boy, you've been tellin' me the truth. Let's see if we can see the Lord...?" Shaking with fear, they peered through the fence, yet were still unable to see anything. The old man and the boy gripped the wrought iron bars of the fence tighter and tighter as they tried to get a glimpse of the Lord.

At last they heard, "One for you, one for me. That's all. Now let's go get those nuts by the fence and we'll be done...."

They say the old man had the lead for a good half-mile before the kid on the bike passed him.

- The fact that there's a highway to hell and only a stairway to heaven says a lot about anticipated traffic numbers
- So when is old enough to know better supposed to kick in?
- I prefer not to think before speaking. I like being just as surprised as everyone else by what comes out of my mouth
- Be careful when you follow the Masses..... sometimes the "M" is silent
- Sometimes I sit quietly and wonder why I'm not in a mental asylum. Then I take a look around and realise maybe I already am
- Today I was in a store that sells sunglasses, and only sunglasses. A young lady walks over to me and asks, "What brings you in today?" I looked at her, and said, I'm interested in buying a refrigerator. She didn't quite know how to respond. Am I getting to be that age?
I was thinking about how a status symbol of today is those cell phones that everyone has clipped onto their belt or purse. I can't afford one. So I'm wearing my garage door opener.
- You know, I spent a fortune on deodorant before I realized that people didn't like me anyway.
When people see a cat's litter box they always say, 'Oh, have you got a cat?' Just once I want to say, 'No, it's for company!'
- The easiest way to find something lost around the house is to buy a replacement

A man and a woman are seated next to each other on a flight. They start eying each other, and both realize they want to do the same thing. He slips a condom out of his pocket, and she looks delighted.

Rear toilet? He suggests. Five minutes, she agrees and goes off. He waits five minutes, then goes and slips in there with her. Right, get that condom on, she says. Soon, they are both sighing with pleasure.

But a sharp eyed stewardess has noticed them, and realized what they are up to, So, she humiliates them by making an announcement over the PA system.

"To the lady and gentleman in the rear toilet, we know what you are doing, and it is expressly forbidden by airline regulations. Now, please put those cigarettes out and take the condom off the smoke detector.

And what were you thinking?.....I worry about you sometimes!