



Researching Around the Cancer

If a prostate cancer diagnosis wasn't bad enough, many men are then faced with the possibility that the disease has, or will spread to other parts of the body.

Dr Grant Buchanan and the Cancer Biology Group based at the Basil Hetzel Institute, are looking to determine the best treatment options for these men.

"If the cancer is truly localised to the prostate, men can be cured very easily by surgical approaches or radiation approaches where we actually take out the prostate or use radiation to destroy the cancer cells," Dr Buchanan said.

"Unfortunately for a number of men the cancer cells have already spread, but we can't really tell why this is the case."

"We can identify the cancer but we can't determine which cancers are going to be lethal. That makes it very challenging for men to understand what their future risks are and for the clinicians it makes it difficult to determine what the best treatment options are going to be for those men."

Instead of focussing solely on the cancer cells, the group is looking at the whole prostate. They've been granted \$42,000 by Australian Prostate Cancer for their latest project 'Unlocking the Prognostic Potential of the Prostate Cancer Micro Environment'.

This study will look at tissue surrounding the prostate and whether it can be enhanced to ensure that prostate cancer cells don't migrate to other parts of the body.

"Cells that surround the cancer are actually very informative, telling us how those cancers are going to behave, and whether they're going to spread beyond the prostate to be actually threatening to the health and the life of the men who have it."



Dr Grant Buchanan

continued on page 2

Online Service to Benefit Patients

Australian Prostate Cancer (APC) is proud to be a roll-out partner of a national online prostate cancer support service PROSTMATE.

Launching in November 2013, PROSTMATE will provide men with personalised, specialist support through a private portal where they can track their progress from diagnosis through the treatment phase and even after therapy.

"We have been very pleased to work with Australian Prostate Cancer Research in Victoria and their principal project partners to provide support and a major grant for this very exciting and much needed service," said APC CEO Paul Flynn.

"1 in 4 men will face a prostate cancer diagnosis in their lifetime. Having a dynamic resource like this available online will provide great benefit for men across Australia," he said.

PROSTMATE is the culmination of years of meticulous research, interpreting the needs of patients and finally bringing together leaders in each discipline of prostate cancer to provide a broad range of support strategies for men with the disease.

"1 in 4 men will face a prostate cancer diagnosis in their lifetime"

The revolutionary system will enable men to participate in interventions that will enhance wellbeing and provide vital research information to shape care for men with prostate cancer now and into the future.

"Systems like this can only serve to enhance understanding so men feel more supported and even direct their own learning in the privacy of their homes."

"We can only thank the many people involved for all their hard work in making this a reality."

To register your interest please email us at contactus@ausprostatecancer.com.au



Note from the CEO

Welcome to the first 2013 edition of Australian Prostate Cancer's News.

Thank you for your interest and support towards research into a cure for this terrible disease.

We're thrilled to announce two grants made recently. One to the Cancer Biology Group, researching whether or not tissue surrounding the prostate cancer can be enhanced to ensure prostate cancer cells don't migrate to other parts of the body. We're really pleased to be involved in research into the prevention of prostate cancer.

We're very happy to announce our collaboration with Australian Prostate Cancer Research (APCR) based in Victoria. APCR recently brought together the world's leading clinicians and researchers for the Prostate Cancer World Congress. We're also involved in an initiative they've driven called PROSTMATE, an online tool aimed at giving people who have been diagnosed with prostate cancer (or their partners) the opportunity to document their treatment plan and have access to specialist nurses and counselling services.

The APC team is currently working hard to organise The Longest Table, Australia's first virtually connected dinner. I'm really excited about this new event, which will see homes and restaurants across Australia filled with dinner party guests, all enjoying a fantastic night of food, wine and friends served up with a live streamed entertainment package and online auction. Proceeds will support prostate cancer research. So keep Saturday, October 26 free, and register at www.thelongesttable.com.au

Please enjoy the APC News and we look forward to keeping you updated with some of the fantastic projects you support.

Your contribution saves lives.



Paul

Researching Around the Cancer

from page 1

"We're using cutting-edge technology to look at the genetics of cells which surround the cancer cells and identify how they're behaving, what they're doing and how they're effecting the growth and movement of the cancer cells, and which ones are going to be lethal. Nobody's done this before"

"We're really close to making big in roads, we're looking at how these cells control the structure of the prostate and identifying small molecules that we can target with new drugs. We're looking at ways that food and diet impacts on how the cancer cell behaves by interaction with the structural matrix containing these cancer cells."

"If we can crack those then we are able to rationally design approaches for men who fit these particular profiles, prevent the cancers from spreading and treat the ones that have already spread."

If the Cancer Biology Group can unlock some of these secrets, the information could then be applied to different types of cancer.

"All of the research that we're doing tries to look at things more holistically than just the cancer. This is also applicable to breast cancers, and a lot of other solid tumours and gastro intestinal tumours which are also contained in this matrix environment."

Following Footsteps

It's been 70 years since 14 commandos embarked on Operation Jaywick, a daring attack on Japanese ships anchored in Singapore's harbour.

To mark the anniversary six men will follow their footsteps in September to raise money for Australian Prostate Cancer (APC) and Help for Heroes (a UK charity).

The six will retrace the 200km route paddled by the members of Z Special Unit, into Singapore's harbour, then back again to Batam Island. It will be a journey showing the amazing feat in modern terms, taking six, average men and pitting their wits against heroes of World War II.

"The training is good we've stepped it up to about four times a week, with three kayak sessions about three hours a day, and then two gym sessions," said Daniel Mourad, one of the organisers.

The group will complete the journey the way it was done 70 years ago, carrying their own food, water and sleeping in hammocks amongst mangroves.

"The hardest thing is going to be spending six to seven hours in a kayak. Your back and your legs tighten up and the islands can look like they're next door to you, but can take two hours to get to."

"It's getting a bit more realistic at the moment."

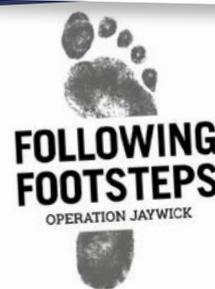
The support boat will film a documentary of the trip, and help keep the kayakers safe while they pass through one of the region's major shipping lanes.

Mr Mourad said whilst discussing charities to support, the group had the realisation that, if statistics are correct, one or even two of them should expect to be diagnosed with prostate cancer some time in their life. So they decided to raise money for APC.

If you would like to support the guys visit www.justgiving.com/teams/FollowingFootsteps



Out on a training session



Brothers Battle Together

Adam Czechowski has always looked out for his younger brother John.

So it was no surprise when Adam was diagnosed with prostate cancer, he encouraged John to recommence his PSA (prostate specific antigen) monitoring, a call which probably saved his life.

The brothers had back to back medical appointments which provided a good way to 'compare notes'. Adam's wife, Dianne was always equipped with a long list of questions for their doctor.

They both had four options to treat the disease and chose radical nerve-sparing surgery.

"We were booked into hospital and had the surgeries following each other, me first simply because I was the eldest," Adam said.

"John's recovery initially was much better in hospital, but slower over all."

After the operation, Adam's news was not as they'd hoped.

"The cancer was far more advanced than the testing indicated."

"My cancer had moved out of the prostate gland but was able to be removed successfully with the regulation safety margin, although (the doctor) could not guarantee that a rogue cell had not escaped somewhere."

For John though, it was contained in the prostate and neither brother needed chemotherapy.

Adam is now having blood tests every four months to monitor his PSA levels, which remained undetectable for the first three years but are slowly elevating.

The brothers are now concerned about the genetic complications.

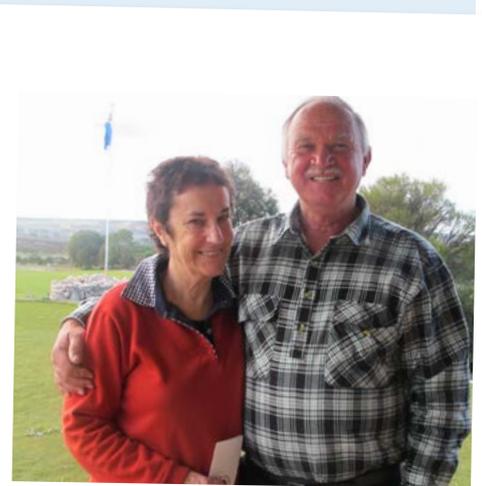
"We have no paternal history that we can use as case history. Our father died from Alzheimer's disease many years ago," he said.

"We each have two sons in the high risk category and regular testing was advised, even though at that stage they were in their 30s."

"Every generation is roughly diagnosed 10 years earlier."

Adam has since found many friends have been through similar experiences.

For peace of mind, Adam recommends men have a simple blood test to monitor PSA levels, combined with a digital examination as part of a regular health screening.



Adam Czechowski with his wife Dianne

United We Dine For Prostate Cancer Research

We know you're committed to finding a cure and improving care for prostate cancer. But why not get your friends involved by inviting them to this exciting new fundraiser?

Have your friends over for dinner as part of The Longest Table – United We Dine on Saturday, October 26 to help raise money for research into this devastating disease through Australian Prostate Cancer (APC).

"The idea is to have hundreds of people hosting dinners in their homes, office boardrooms or even restaurants for their family, friends and colleagues.

These will all be linked together to 'The Longest Table Studio' by virtual technology, with live entertainment, prizes and an auction," said APC CEO Paul Flynn.

Hosts can register to hold dinner parties, their guests then RSVP through

The Longest Table website and make a donation to the charities. There are also fantastic items as part of the "What Can I Bring" pre-auction- including chefs, wine, waiters and baby-sitters.

There has already been much support for this unique idea, with Ambassadors in the community championing Australia's first ever virtually connected dinner at home!

"We've had a fantastic response from the public so far, and we hope this will become one of the premier events on the social calendar," said Mr Flynn.

All proceeds will go towards prostate and breast cancer research with APC and its partners The Hospital Research Foundation and Australian Breast Cancer Research.

Breast and prostate cancer are two of the most commonly diagnosed cancers in Australia.

1 in 8 women will be affected by breast cancer, while 1 in 4 men will develop prostate cancer.

"100 per cent of the money raised from the event will go towards funding vital medical research into the detection, management and treatment of these cancers, as well as preventing the metastatic spread of both diseases."

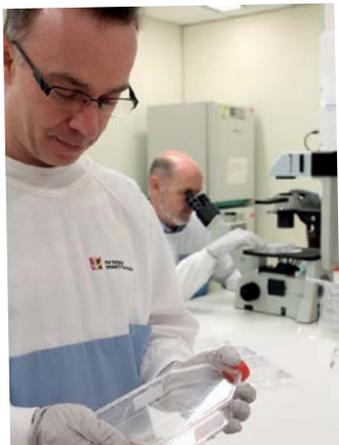
We encourage everyone to get involved, host a party, get your friends along and help others in the community. Visit www.thelongesttable.com.au today.



Are Fibroblasts the Answer?

Visiting Research Fellow Dr Paul Drew from the Solid Cancer Regulation Research Group is looking at the role local fibroblasts play in controlling prostate cancer.

“A very significant percentage of the male population will get non cancerous or premalignant changes in the prostate, but only a small percentage go on to the malignant and metastatic stage which can kill them,” Dr Drew said.



Dr Eric Smith and Dr Paul Drew

“What’s causing this to happen? There are probably a number of factors, but fibroblasts appear to be a key player.”

Fibroblasts are cells which produce the fibres that hold tissues together and the gel that fills spaces between cells.

Researchers at the BHI have shown patients with fibroblasts having a particular gene, tended to have relatively benign disease. But fibroblasts from patients with

progressive, invasive and metastatic cancers more often did not have that gene.

Dr Drew and his team wanted to learn more about this gene in the fibroblasts, and how it affected cancer cells. They coloured prostate cancer cells green, and fibroblasts red. So when they grew the fibroblasts and cancer cells together, they could identify each cell type.

“The idea was that we were going to grow them together and then pull them apart on the basis of their colour and then we could investigate what changes had occurred in each cell.”

“But the problem was that they didn’t just talk to each other, they killed each other.”

Those without the gene were overtaken by the cancer cells, while those with the gene actually killed the cancerous cells.

“The first thing you think is - we must have done something wrong. Then after getting the same results several times, you start to believe.”

“So far we’ve got an observation, we’ve done it a number of times, and we’re confident that it is real. Next it’s a matter of what it is telling us about this cancer; how does it happen, what are the implications? Before we can answer these questions, there is a lot more we need to know.”

A Positive Step For Prostate Cancer Screening

Good news for Australian men, as experts at the recent Prostate Cancer World Congress released a global consensus on prostate cancer testing.

Titled ‘The Melbourne Consensus Statement on Prostate Cancer Testing’ the statement seeks to end any confusion about screening and recommends men should have a baseline PSA (prostate specific antigen) blood test in their 40s to help predict their cancer risk.

But not all diagnoses should lead to treatment, according to the consensus.

Some men diagnosed with low risk cancers do not need to endure aggressive treatment which can result in longer term sexual dysfunction and urinary incontinence.

The statement signed by 14 leaders in the prostate cancer arena said they support the rational use of PSA testing as part of a broader strategy where rectal exams, family history and a patient’s ethnicity are all considered.

All men should have a baseline PSA test in their 40s according to the report.

Those with a low risk of developing the disease won’t need to be re-tested for 5-7 years while men who have a reading above the median for their age should be kept under ‘active surveillance’ with follow-ups scheduled every 12 months.

The statement said men aged between 50-69 years should have a PSA test, as there is evidence that it reduces the risk of metastatic prostate cancer and death.

Professor Tony Costello, Director of Urology at the Royal Melbourne Hospital said “no man should be denied PSA testing.”

“Advances in medical science and clinical protocols are reducing the risk of over-diagnosis and over-treatment,” he said.

Paul Flynn, CEO of Australian Prostate Cancer was in full support of the statement’s release, which he said would do much to reduce the uncertainty about PSA testing for men going forward.

The Melbourne Consensus Statement on Prostate Cancer Testing is available at <http://bit.ly/13nQPc6>



APCR CEO James Garland with APC CEO Paul Flynn

Contact us

Head Office
60 Woodville Road
Woodville SA 5011
Ph: (08) 8243 1101

www.ausprostatecancer.com.au/enews

www.facebook.com/AustralianProstateCancer

www.twitter.com/APC_AU