



## *Building an Army to Fight Prostate Cancer*

Why do cancer cells grow out of control? Why do they invade other tissues or spread to other parts of our body?

These are the questions we all want answers to. With this information doctors will have a better chance of curing or at least slowing the disease.

The Solid Cancer Regulation Group at the Basil Hetzel Institute for Translational Health Research (BHI), including Dr Paul Drew, Dr Eric Smith and PhD student Helen Palethorpe want to find a way to kill or slow the growth of cancer cells before they spread.

“A cancer contains a number of different types of cells which support the growth of the cancer cells,” said Dr Smith.

One of these support cells is the fibroblast, which make fibres and gels which hold the tissues together. They also make many substances which can affect the



Helen's research will arm the scientific community with increased knowledge to fight prostate cancer.

behaviour of cancer cells.

“The early stages of prostate cancer are driven by the male hormone, testosterone. For testosterone to have an effect, it must bind to its receptor, known as AR.”

*continued on page 2*



Maxine & Brian on their wedding day

## *Maxine's Story*

10 years ago last November I lost Brian.

He was diagnosed in January 1995 with terminal prostate cancer. The cancer had already spread to his bowel, so he was given limited time to live. My first husband died in 1981 from cancer, so I had spent twelve years on my own with four children when I met Brian in 1993. When he was diagnosed we weren't married, but Brian's doctor said he could delay the start of treatment for four weeks so we could have the wedding without Brian feeling unwell from radiation therapy.

We were taking things slow in our relationship, as Brian was still grieving after losing his wife to cancer. But ultimately, we had hoped to get married so we decided to go ahead. He started therapy straight after that.

Brian was a professional photographer and photographed a lot of weddings, but when the treatment started he could no longer rely on how well he would feel on the day of the wedding. He couldn't commit as he didn't want to let his clients down. It was very difficult for him to give up.

But Brian still had aspirations. He was given only three to four years to live, but he wanted to make those years count.

We travelled up to the north of South Australia into the Flinders Ranges for a trip and one day we were walking in Wilpena Pound when Brian said he wanted to pursue his long time ambition to produce a book.

*continued on page 3*

## *Building an Army to Fight Prostate Cancer*

> from page 1

Normal prostate fibroblasts express AR, and therefore respond to testosterone. However, studies by Damien Leach and Dr Eleanor Need (also at the BHI) have found that as prostate cancer progresses into a treatment resistant disease, the expression of AR in the fibroblasts is often lost. This loss is associated with the worse outcome; spread of the disease.

Ms Palethorpe is now focusing on how AR alters the way prostate fibroblasts affect prostate cancer cells.

“She has found that when fibroblasts expressing AR are grown with prostate cancer cells, the fibroblasts can kill the prostate cancer cells. Conversely, fibroblasts without AR may be killed by the cancer cells,” said Dr Smith.

This is consistent with the observations in patients, not just in the laboratory.

“Helen’s results suggest that the AR fibroblasts make soluble substances that slow the growth of and kill

prostate cancer cells. She is currently trying to identify these substances as they may help fight prostate cancer.”

With this information they will be able to find new ways to fight this devastating disease.

Ms Palethorpe presented some of her results at the recent Annual Scientific Meeting of the Australian Society for Medical Research.



## *PROSTMATE Empowers Patients and Carers*

Online resource PROSTMATE is making a huge difference to patients and families dealing with prostate cancer.

Since its launch in November last year, PROSTMATE has attracted almost 800 members.

Many men and family members often feel isolated throughout their diagnosis and treatment, however this resource provides tailored support and guidance and encourages them to feel more empowered.

PROSTMATE has also provided many health professionals with an additional platform to support their patients – one in four PROSTMATE members are health professionals, with almost 50 per cent of these being nurses.

Specialist prostate cancer General Practitioner, Dr Jane Crowe encourages her patients to use PROSTMATE.

“Many men are too embarrassed to discuss prostate cancer issues face-to-face with their doctors. PROSTMATE is a valuable tool in overcoming that,” she said.

“The program provides reliable, up-to-date information for patients, their partners and health professionals. It also overcomes the barriers of remoteness that many patients face.”

The program is also helping many men from regional and rural areas, with a quarter of users living outside of a metropolitan area. This highlights the importance of being able to reach people in areas with limited, or sometimes no access to nursing and allied health professionals.

“Patients will be able to access PROSTMATE from anywhere and in the privacy of their own home,” said Dr Crowe.



PROSTMATE has recently been shortlisted for two Australia and New Zealand Internet Awards (ANZIAS), which further validates the concept of delivering prostate cancer support via an online platform.

The ANZIAS recognise organisations, businesses and individuals who excel in delivering accessible, innovative, informative and secure resources to a diverse and wide community.

*PROSTMATE is an initiative of Australian Prostate Cancer Research and is partly funded by Australian Prostate Cancer.*

*For more information and to become a member visit [www.prostmate.org.au](http://www.prostmate.org.au)*

# A Tribute to an Outstanding Man

Maxine Newell and Terry Crabb share the story of Brian Newell; a man who went to great lengths to support prostate cancer research after he was personally diagnosed with the disease in 1995.

The final donation of funds raised through the Brian and Maxine Newell Foundation was awarded to the The Cancer Biology Group at the Basil Hetzel Institute for Translational Health Research in 2012. In total, the Foundation raised over \$130,495 for prostate cancer research in South Australia.

## Maxine's Story

> from page 1

He wanted to photograph all the beautiful old buildings in the area, create a book and see all the proceeds go to prostate cancer research.

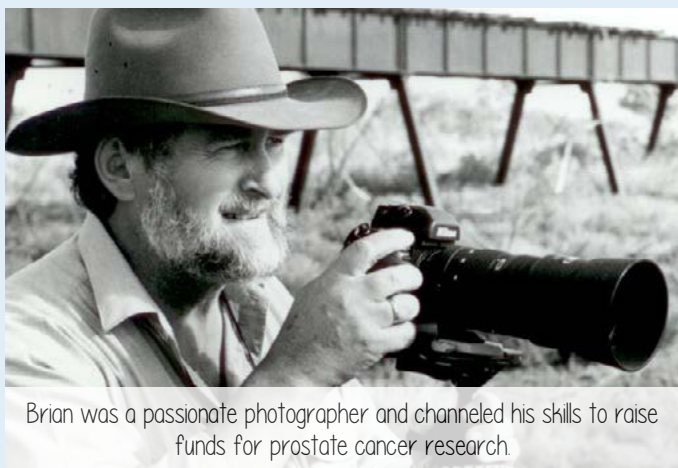
With the help of many friends and organisations, Brian's book became a reality. He spent over 30 weeks in the outback photographing the remains of the historic 'Old Ghan' railway line and the surrounding countryside.

Often he would go for a couple of weeks on his own, camping in the middle of nowhere. I worried about him up there, and every time he went away it was precious time we weren't spending together.

But I loved seeing him pursue his dream and I knew the project gave him real focus during a tough time. We always made up for lost time when he came home.

Brian outlived the doctors' predictions. He stayed with us for eight years after his diagnosis. He was reasonably well throughout the treatment up until the last couple of months. My daughter was married in July, four months before he passed away, and he walked her down the aisle. But he needed his walking stick; the cancer was well and truly in his bones by then.

I've still got a newspaper cut-out of a story from The Advertiser in 1980; the headline reads 'Cure for Cancer'. But here we are over 30 years later and still we don't have a cure. That's how important research is.



Brian was a passionate photographer and channeled his skills to raise funds for prostate cancer research.

## Terry's Story

Brian was an inspiring man.

I met him at a Rotary conference in Broken Hill one day. He was set up in the 'idea's tent' with his camera and a couple of photos of railways, which took my attention. Brian was looking for sponsors for road trips to the north of South Australia. He was taking photos for a book he was trying to create to raise funds for prostate cancer research. His passion and story sparked my interest, so I decided that my company at the time, Aldinga Turkeys, would sponsor Brian's fuel for his trips.

Once he had compiled the photos from numerous trips over the years, Brian was ready to create the book and have them printed, which he did with the help of a few kind friends. Unbeknownst to me Brian mortgaged his house for \$50,000 and had 5,000 books printed.

He invited us to the launch, which took place at the Port Dock Railway Station, and the book was launched by Sir Eric Neal the Governor of South Australia. He sold a lot of books at the launch, and I didn't see him for a while until he came to see me at home one day.

His concept always was that the money raised for prostate cancer research would not be there to help him, but help others that followed. He had sold enough books to repay his mortgage, but now every time he sold a book he was getting taxed by the government as it was considered income. I was horrified. The money that we had invested in Brian's project and the money he raised was for prostate cancer research. I gathered a lawyer friend and an accountant, and the four of us combined our knowledge and decided to form a Foundation. The Brian & Maxine Newell Foundation was born.

Brian had 3,500 books left when he passed away. The Foundation had custody of them and over the next ten years we sold them book by book, giving us steady cash flow to donate to research.

We also did other things to raise funds in Brian's honour. On the 10th anniversary of the book publishing we organised a trip to relive the steps Brian and Maxine took when shooting images for the book. We called it the Rail to Rocket; we started at Port Augusta, went to Maree, across the Oodnadatta track, to Cooper Pedy and finished at Woomera. Fifty six people joined us and we raised nearly \$20,000. Brian would have been rapt.

We supported prostate cancer research at hospitals across South Australia. The final amount we raised and donated went to a piece of vital equipment for Dr Grant Buchanan's prostate cancer research team at The Basil Hetzel Institute, The Queen Elizabeth Hospital.

I promised Brian on his deathbed that I would sell all of the books and make a lasting contribution to prostate cancer research in his name. All in all we raised over \$130,495 and I kept my promise.

Before meeting Brian I hardly knew anything about prostate cancer, but now I know it's a condition that needs our financial support. Brian was inspirational, and my memory of him will drive me to continue my support where I can.

# An Everlasting Gift

Gordon was diagnosed with prostate cancer in 2008. Although he was lucky to have his cancer caught early, he knows advanced medical research played a huge role in him beating the disease.

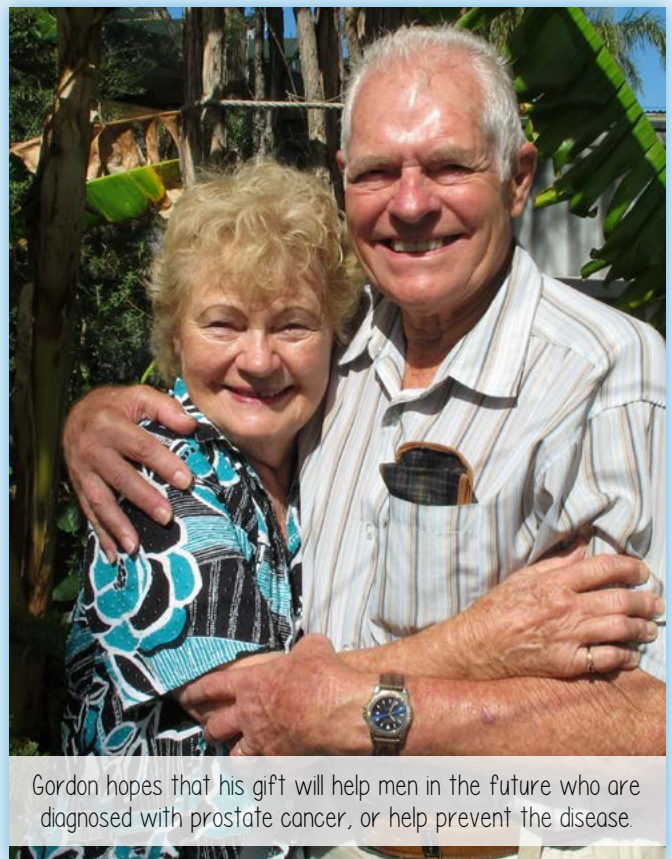
Gordon understands the importance of medical research, and he and his wife Joyce (pictured right) have decided to support research into the disease by leaving a bequest to Australian Prostate Cancer in their Will.

“Our commitment to Australian Prostate Cancer is as much about our passion for medical research as it is about being part of a friendly community - we have made some great friends through the various organisational events that we attend,” said Gordon.

A Will is one of the most important documents you will prepare as you provide for the people you love and causes that are most significant to you. By including Australian Prostate Cancer in your Will, you are leaving a meaningful contribution that will change and improve the lives of Australian men and their families in years to come.

You will join a special group of Life Guardians who understand that research takes time and needs financial support.

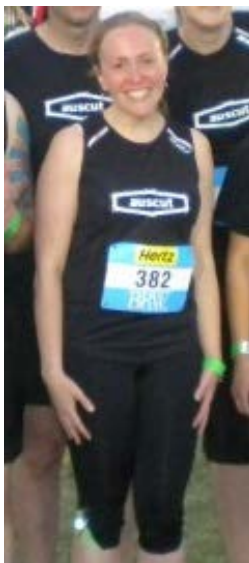
“Joyce and I can’t afford to donate a lot right now, but we make meaningful regular contributions and have committed to leaving a bequest so our support will extend past our time.”



Gordon hopes that his gift will help men in the future who are diagnosed with prostate cancer, or help prevent the disease.

*If you would like to learn more about becoming an Australian Prostate Cancer Life Guardian by leaving a gift in your Will, you can visit our website or phone one of our friendly Bequest Team members on (08) 8243 1101, who will be pleased to answer any questions you may have.*

# A Marathon to Remember



Gemma Tulloch will honour the memory of her grandfather Bill Fiddian, who sadly passed away from prostate cancer by running in the Melbourne Marathon.

“He was a wonderful man, a fantastic father and grandfather,” Gemma said

Gemma has chosen to fundraise for Australian Prostate Cancer, as a tribute to her grandfather, and has already raised over \$1,000.

“I have been training hard for several months now, it’s my first attempt at a marathon and it’s sure to be an emotional day,” she said.

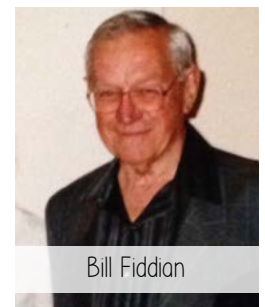
The 42.2km race falls on what

would have been her grandfather’s 91st birthday.

Bill had always been proud of his children and grandchildren and their achievements.

“Only a couple of days before he died, he was looking at my participation medal from a 10km event I had recently competed in and the look of pride on his face is one I will never forget.”

Australian Prostate Cancer would like to thank Gemma for choosing to support life-changing research and we wish her the best of luck.



Bill Fiddian

*Are you participating in a fun run? Do you have a casual day at work? If you would like to support vital prostate cancer research in any way (we’re happy to give you ideas!) please head to our website [www.ausprostatecancer.com.au/support-us](http://www.ausprostatecancer.com.au/support-us) or contact us at [events@ausprostatecancer.com.au](mailto:events@ausprostatecancer.com.au) or 08 8243 1101.*

**Contact Us:**

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

 [www.ausprostatecancer.com.au/enews](http://www.ausprostatecancer.com.au/enews)  
 [www.facebook.com/AustralianProstateCancer](http://www.facebook.com/AustralianProstateCancer)  
 [www.twitter.com/APC\\_AU](http://www.twitter.com/APC_AU)