



Prostate Cancer
Foundation of Australia

BLUE SKY NEWS

ISSUE 83 | JANUARY 2023

Health & Wellbeing

SEX AFTER SURGERY

*Options for managing
Erectile Dysfunction*

Alpha Therapy

NEW CLINICAL TRIALS

*Read more about the groundbreaking research helping us
to discover new ways of beating prostate cancer*

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WIN A HAMPER FOR VALENTINE'S DAY

With Valentine's Day just around the corner, we're giving one lucky reader an Interflora hamper valued at \$149.

Simply email enquiries@pcfa.org.au to go in the draw. As a friend of PCFA, you can also get \$15 off orders over \$100, with 5% of all proceeds to our work – just enter the coupon code PCFA15 when you buy online.



➔ Go to interflora.com.au/occasions/pcfa



Jeff Dunn and Steve Callister

SAY 'I DO' TO RESEARCH

Welcome to the January 2023 edition of Blue Sky News. In this edition, we take a look at the horizons for prostate cancer research over the next five years, in our quest to find the answers to defeat prostate cancer.

We also give you a snapshot of new figures that reveal the hidden costs of prostate cancer – giving you a compelling argument for investment in PCFA's Prostate Cancer Future Fund.

One thing is certain – the future is bright – thanks to your support.

With your Will, we can find a way.

If your life has been impacted by prostate cancer, please consider leaving a gift in your Will to PCFA.

When you make the decision to leave a gift in your Will to PCFA, your legacy will help to create a world without prostate cancer, funding PCFA's Prostate Cancer Future Fund for future generations.

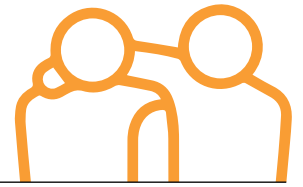
Find out more by calling our team today on 1800 22 00 99.

Adjunct A/Prof Steve Callister
National Chairman

Professor Jeff Dunn AO
Chief of Mission & Head of Research

➔ Get a free guide to Gifts in Wills by emailing enquiries@pcfa.org.au

PERSONAL CARE PLANNING: YOU'RE NOT ALONE



If you or a family member have prostate cancer, you might describe your treatment as challenging, uncoordinated, and lacking in concern for the broader impacts on your physical and mental health.

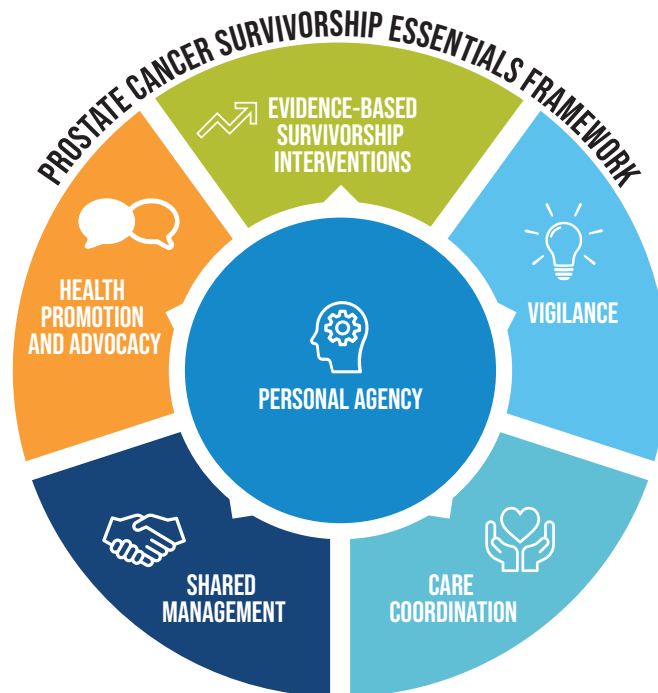
To help address these concerns, we have recently launched Australia's first survivorship care plan specifically designed for men with prostate cancer.

Known as 'My Personal Plan', the evidence-based resource is tailored to meet the needs of each man, providing a powerful compass for more comprehensive care.

PCFA Director of Nursing, Adjunct Professor Sally Sara, says the plan can help to restore a sense of control when treatment and side-effects become stressful.

"This plan is designed for the man to take ownership of – it is his plan. It aims to help identify the man's needs and connect him with services that can meet those needs.

"Essentially it provides a compendium of each man's care, with information about diagnosis, treatment, and ongoing therapies or support.



"Men can take the plan with them to healthcare appointments so that they navigate survivorship well-armed with information about their individual situation and needs."

The plan can be used to keep track of medications, PSA levels, appointment times, follow-up tests, and notes on any side-effects.

"Importantly, the resource also includes a wellbeing plan, to help men monitor their mental health as well as their clinical condition," Sally says.

"Under this overarching survivorship framework, men are actively encouraged to consider

integrating things such as routine exercise, physiotherapy, and a range of lifestyle strategies for improving their overall health while managing the side-effects of their treatment.

"Our aim is to make sure no man walks alone when prostate cancer strikes.

"Men can get a free copy of the plan from all PCFA specialist nurses and our Telenursing Service."

With over 24,000 Australian men newly diagnosed each year, thousands are expected to use the plan.



107
PCFA
SPECIALIST
NURSES



OVER
1,000
COUNSELLING
SESSIONS
PER YEAR



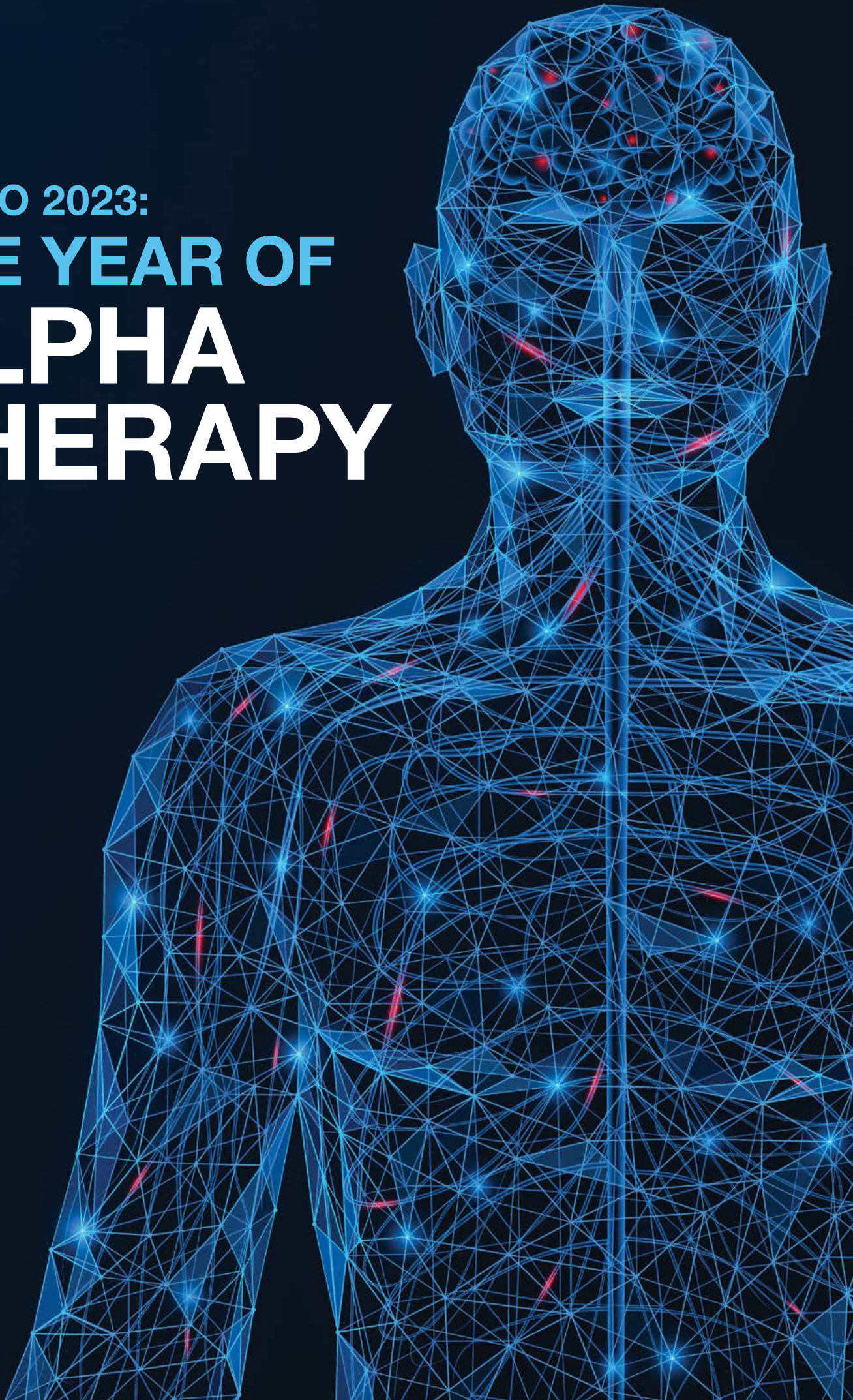
130
PCFA
SUPPORT
GROUPS



OVER
\$50M
SPENT ON
RESEARCH
SINCE 2008

➔ Phone 1800 22 00 99 or email telenurse@pcfa.org.au for more information.

HELLO 2023:
**THE YEAR OF
ALPHA
THERAPY**



Australian researchers are set to start a clinical trial of ‘Alpha Therapy’, a new precision medicine that could help unlock pathways to eliminate prostate cancer.

Each year thousands of Australian men get the news that their prostate cancer has spread beyond the prostate and into their bones.

Now, a new treatment could prove effective in killing lethal cancer cells, using a highly concentrated form of liquid radiation that more precisely targets tumours while leaving surrounding tissues almost untouched.

It’s called Alpha Therapy, and uses a radioactive agent known as Lead-212 to pinpoint deadly cells to within one-tenth of a millimetre.

PCFA Chief of Mission and Head of Research of Prostate Cancer Foundation of Australia, Professor Jeff Dunn AO, says the horizons for nuclear medicine are rapidly widening.

“Over the next five years we expect the landscape to open

up for new nuclear medicines and targeted pharmaceuticals that help us reduce deaths from prostate cancer by targeting treatments with technologies that allow us to see and treat cancer cells as soon as they become deadly and spread.

“New nuclear medicines, in particular, will allow us to pinpoint and attack prostate cancer cells, by tracking them around the body using advanced forms of imaging that are vastly superior to the standard forms of CT and bone imaging we were doing just five years ago.”

“In parallel, we’re learning more and more about genomics and the intricacies of genetic and epigenetic traits and mutations, which allows us to tailor new and emerging drugs to treat every different form of the disease with powerful

combinations of therapy that are designed specifically for the individual.”

There is just one catch – significantly greater funding is needed for new clinical trials to accelerate medical discoveries and save lives.

“Prostate cancer only gets around half the funding that is dedicated to other major cancers, despite the fact that this disease is Australia’s most common cancer, and one of the most costly cancers to treat,” Professor Dunn says.

“New and emerging treatments such as Alpha Therapy could be up to 100 times more powerful than the medicines we have relied on in the past, promising to drastically improve outcomes for men with metastatic forms of prostate cancer that have stopped responding to other forms of treatment.”

“Moreover, many men have no or fewer side-effects with the treatment, which is incredibly important in protecting each patient’s quality of life, while raising overall survival.”

Supporters can contribute to clinical trial research by donating to PCFA’s Prostate Cancer Future Fund.



Professor Jeff Dunn AO

➔ Donate online via pcfa.org.au/donate or call 1800 22 00 99

PROSTATE CANCER COST BLOW-OUT: A CALL TO ARMS ON RESEARCH

Australian health system expenditure on prostate cancer has hit \$1.35b annually, making it the nation's most costly single disease to treat. We're using the figures to call for the recognition of prostate cancer as a national research priority.

It costs us personally, and now we have the figures to reveal prostate cancer also costs us as a country, with a growing number of men in need of subsidised treatments and support.

Analysis of new data from the AIHW shows that prostate cancer alone accounts for 20% of cancer-related expenditure on the Pharmaceutical Benefits Scheme, at a cost of nearly \$600m per year.

The Chief Executive of PCFA, Anne Savage, says the data is a wake-up call.

“Total health system expenditure on prostate cancer was \$1.35b in 2019-2020, accounting for the highest costs of any ‘single disease condition’ and of all cancer types (excluding non-melanoma skin cancers).

“This compares to total spending on prostate cancer of \$1.19b in 2018-19, a 13% year-on-year increase, with the cost of public hospital admissions alone increasing 32%.

“Private hospital service expenditure on prostate cancer increased by 15% on the previous year and Pharmaceutical Benefit Scheme expenditure increased by 18% on previous year, surpassing half a billion dollars annually.

“These figures quantify the increasing burden of prostate cancer on Australian men, their families, our community, and the economy.

“With an ageing and an increasing population, we can accurately predict that these costs will continue to increase as more than 24,000 men are newly diagnosed each year.

“A significant number of these men will require treatment over many years, with financial impacts on their families and the health system.

“There are two excellent ways to reduce these costs, firstly by giving all men access to early and effective treatment with the best available medicines and therapies, and secondly by boosting investment in Australian-based prostate cancer research.

“Over the longer term, our investments in research will provide the best prospects for finding new answers to treat prostate cancer.

“Our efforts must focus on finding better methods to detect high-grade prostate cancers early, better medicines to stop those cancers from spreading, and better solutions for the thousands of Australian men who live with the side-effects of their initial treatment and need ongoing clinical and mental health care.”

Release of the data coincides with publication of the latest findings from Australia's Prostate Cancer Outcomes Registry, revealing high rates of men with prostate cancer have serious health challenges associated with loss of sexual function and incontinence due to treatment.

The PCOR report also found the number of Australian men diagnosed with high-risk and potentially deadly prostate cancers increased from 36% in 2018 to 38% in 2019.

240,000+ AUSTRALIAN MEN LIVING POST-DIAGNOSIS
24,217 MORE MEN WILL BE DIAGNOSED THIS YEAR



\$1.359B

TOTAL COSTS



\$595M

PBS MEDICINES



\$591M

HOSPITAL COSTS



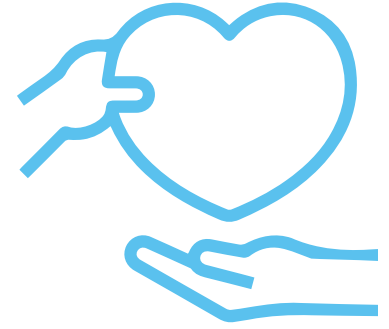
\$103M

SCANS & TESTS



*Prostate cancer survivor and PCFA National Chairman
Adjunct Associate Professor Steve Callister with
Prime Minister The Hon. Anthony Albanese*

THE WORK WE DO TODAY WILL SAVE THOUSANDS OF LIVES TOMORROW



After many years of advocacy, PCFA has just started a review of Australia's Clinical Guidelines for PSA Testing. In this piece, our National Chairman Adjunct Associate Professor Steve Callister outlines his vision and our plan.

Late last year I joined Prime Minister Anthony Albanese and Health Minister Mark Butler to announce a review of Australian guidelines for the early detection of prostate cancer.

The timing has never been more urgent, with experts predicting a sharp increase in the number of Australian men who will be diagnosed with aggressive prostate cancer in the next five years.

The trend will effectively represent a doubling in the number of men in our community diagnosed with high-grade prostate cancers over the ten-year period to 2028, with the latest data suggesting we urgently need new solutions to accurately diagnose and effectively treat prostate cancer.

Without a review of the guidelines governing the early detection of prostate cancer, the avoidable death toll will continue to rise.

Every day Prostate Cancer Foundation of Australia provides information, advice, and nursing care to Australian men who rely on our work to survive their disease and maintain their quality of life.

Many of them were caught by surprise. They may not have had symptoms, and may not have been warned – many of them may have been told by trusted health workers that they did not need to worry.

I speak both as a survivor and an advocate. It has been my great privilege to serve in a voluntary capacity as a National Director of PCFA since 2009 and as Chairman since 2018.

In that time, we have seen the remarkable transformation of prostate cancer early detection, management and treatment in Australia.

Much of that progress is a credit to the high calibre of prostate cancer research conducted in Australia, and to the clinicians, nurses and health professionals who deliver care.

Without a doubt, it is time for the prostate cancer testing guidelines to catch up.

At the same time, PCFA will continue its focus on enhancing and expanding the support available to men and their families, recognising prostate cancer as a major threat to men's health and advancing all efforts to ensure prostate cancer is regarded as a national research priority.

Our goal is to eliminate avoidable deaths from prostate cancer in our lifetime, and we are confident we get there, with your loyalty and support. Whenever you and your loved ones need us, we will always be here to help.

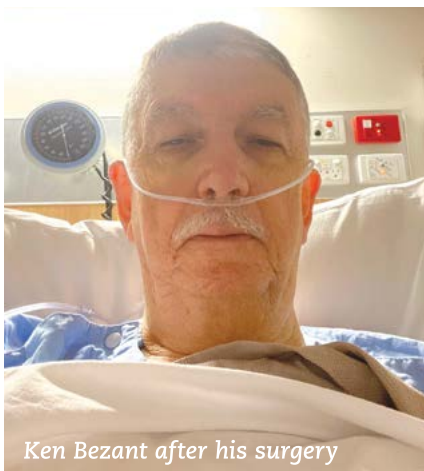
➔ Call us on **1800 22 00 99** or email telenurse@pcfa.org.au to talk to a PCFA specialist nurse.

CANCER, SEX & SIDE-EFFECTS:

MANAGING ERECTILE DYSFUNCTION AFTER PROSTATE CANCER

Erectile Dysfunction (ED) is a common side-effect following treatment for prostate cancer, but several different approaches can help overcome some of the challenges.

In the definitive book, *Your Guide to Prostate Cancer*, the President of the Urological Society of Australia and New Zealand, Associate Professor Prem Rashid, puts it simply – there are options for managing ED.



Ken Bezzant after his surgery

“With new treatments, the outlook for men with prostate cancer has never been better. However, the treatment of prostate cancer continues to have side-effects that can diminish sexual function, and many men rate this as the number one cause of concern after their initial diagnosis.

“Options include injection therapy, vacuum devices, penile rings, or common medications such as Viagra, Levitra, Spedra, or Cialis. For men who still don’t achieve the desired level of sexual function, penile implants are very effective, with good evidence they meet the needs of the man and his partner.”

There are three main types of implants to choose from – malleable rods, simple inflatable

devices, or complex inflatable devices.

“Penile implants are becoming more common and are often offered one or two years after surgery, when rehabilitation has not proven successful,”

Prem says.

“The advantage of an implant is that it provides a reliable and firm erection, with no need for ongoing medication. It can also be activated immediately and maintained for as long as necessary.

“Implant cylinders expand in length and girth and after implantation sexual activity can commence about six weeks after surgery.”



Prostate cancer survivor Ken Bezant decided to have an implant fitted in 2021, following his diagnosis and surgery at age 59 for prostate cancer.

“I had an open radical prostatectomy but the surgeon couldn’t spare the nerves on one side because of the tumour growth, which resulted in incontinence for around a month after surgery and also ED,” Ken says.

“I tried a penile rehabilitation program using a vacuum pump, PDE5 inhibitors (low dose Cialis daily) and penile injections, but with no erectile function after three years I decided to look at other options.

“I underwent penile implant surgery nearly four years after my radical prostatectomy and

was fitted with an AMS 700 inflatable penile prosthesis.

“I’ve been married to the same beautiful woman, Nola, for 47 years and the implant changed our lives incredibly. It was like I was in my 20s – our sex life was spontaneous again.

“I did have some challenges initially, after the penile implant failed, although the failure rate is very low for men my age,

at around 2.5%, so I was just unlucky.

“I had no hesitation in undergoing revision surgery with a new penile implant, which I’ve now had for nearly two years with no concerns.

“I encourage other men to seek out support and talk to a specialist about what options are right for you.”



For more information about what options are right for you, call our Telenursing Service on 1800 22 00 99.

We’re here to help.

RACING TO BEAT PROSTATE CANCER

Fresh from his induction into the Supercars Hall of Fame, Craig Lowndes will once again spearhead the Bathurst 12-Hour to promote Prostate Cancer Foundation of Australia.

Driving the mission: Craig Lowndes' race car for the Bathurst 12-Hour proudly displays our awareness message



Craig Lowndes OAM got his start in motorsports at age nine, racing go-karts at a track on the outskirts of Melbourne.

He has since gone on to become a three-time V8 Supercar Champion, a five-time Barry Sheene Medallist, a seven-time winner of the Bathurst 1000 and a two-time winner of the Bathurst 12-Hour. Recently being inducted into the prestigious Supercars Hall of Fame, to add to his induction in the Motorsport Australia Hall of Fame.

While Craig and his wife Lara are well recognised as the royal family of Supercars racing, their philanthropy and advocacy has largely been kept out of the spotlight.

They have long been supporters of our work, strongly motivated by Craig's family history of prostate cancer. Both his father and brother have been impacted by the disease, placing Craig at a significantly increased risk of diagnosis.

A Pharmacogeneticist,
Managing Director and Board

Director in medical research, Craig's wife Lara says awareness and fundraising are important to the couple, who work together on and off the track to make a difference.

"I would describe myself as half nerd, half rev-head," Lara says.

"Being trained in medical science means that I'm acutely conscious of making sure Craig gets yearly check-ups, while my training in the Supercars pits means I know how to be heard over the noise, which helps us get the word out to men in the crowd.

"We know from first-hand experience how important early detection is, and if we can do that for all men, we can keep ahead of the pace on prostate cancer."

Craig agrees, and says his family have been fortunate to escape major devastation from the disease.

"While both my father and brother have been diagnosed, both had their cancers picked up early and treated successfully, with minimal impacts today.

"That bodes well for me, but also means prostate cancer and the work of PCFA is close to my heart.

"When the conversation started to run a charity entry with Scott Taylor Motorsport in the Bathurst 12-Hour, it was a very quick decision to get behind PCFA.

"Lara and I are excited about getting to the track with the team. We're going there to have a great time and really enjoy the whole race and everything around it.

With the event returning to a true international event following COVID, the car will run a distinctive PCFA livery. "It's exciting to see the artwork and know that our #GetChecked message will be broadcast internationally to millions of viewers."

"But the really important race is doing what we can to get the word out about PCFA, raise funds and prostate cancer awareness, while having a great time with our supporters and the guys in the garage with us."

➔ Go to bathurst12hour.com.au to find out more and get involved.

Latest news: PROGRESS IN PROSTATE CANCER FROM AROUND THE WORLD

We are proud to be part of a worldwide community working to combat prostate cancer. Every day, our work helps to inform new developments in the diagnosis and treatment of prostate cancer at home and abroad. Read more about what's in the news right now.



Consensus grows: Patient and cancer characteristics must be considered

International experts have met to discuss new and emerging diagnostic and treatment options for men with advanced prostate cancer, voting on a comprehensive set of questions about clinical topics that have not yet been resolved by high-level evidence. The results have been published in the journal of European Urology, providing patients and professionals with a practical guide to enable informed multi-disciplinary decision-making.

Read more [↗ bit.ly/3VnUDu8](https://bit.ly/3VnUDu8)



Clinical trials and tribulations: Promoting survivorship care in research studies

Researchers have found that men enrolled in clinical trials need targeted psychological and supportive care that considers all of the physical, social, and mental health aspects of trial participation. The Australian study was the first of its kind to examine the experience of men registered in a clinical trial for a novel radioactive treatment for advanced prostate cancer, and found that those in the trial had a preference for novel treatment.

Learn more [↗ bit.ly/3GefNFN](https://bit.ly/3GefNFN)



Bypassing biopsies: Combined imaging helps detect clinically significant cancers

Evidence is mounting that the combination of PSMA PET/CT and multiparametric MRI, developed as a combined score, could help to accurately detect clinically significant prostate cancers and identify men who can commence treatment without needing a biopsy. New analysis from clinical trials such as the PRECISION, ProPSMA, and PRIMARY studies has resulted in a call for prospective research to further explore the findings.

Learn more [↗ bit.ly/3WLxFy2](https://bit.ly/3WLxFy2)



Transperineal v transrectal: A comparison of detection accuracy

In international multi-centre retrospective cohort study of cancer detection rates comparing MRI-guided transperineal and transrectal biopsies has found the transperineal approach to be superior in detecting clinically significant prostate cancers. The study authors also point out that transperineal biopsies also have lower risks of infection and are now recommended by European and Australian guidelines.

Learn more [↗ bit.ly/3I0cjcg](https://bit.ly/3I0cjcg)

To subscribe to our monthly email newsletter, email enquiries@pcfa.org.au or phone 1800 22 00 99

Supporting you:
**A SNAPSHOT OF OUR
 YEARLY IMPACT**

Together we are transforming
 care and saving lives.



OVER
\$50M

INVESTED IN
 RESEARCH
 SINCE 2008



107

PROSTATE CANCER
 SPECIALIST NURSES



150,000

INFO PACKS
 DISTRIBUTED ANNUALLY



130

PROSTATE CANCER
 SUPPORT GROUPS



5,700

TELENURSING CALLS
 ANSWERED



1,000

COUNSELLING
 SESSIONS



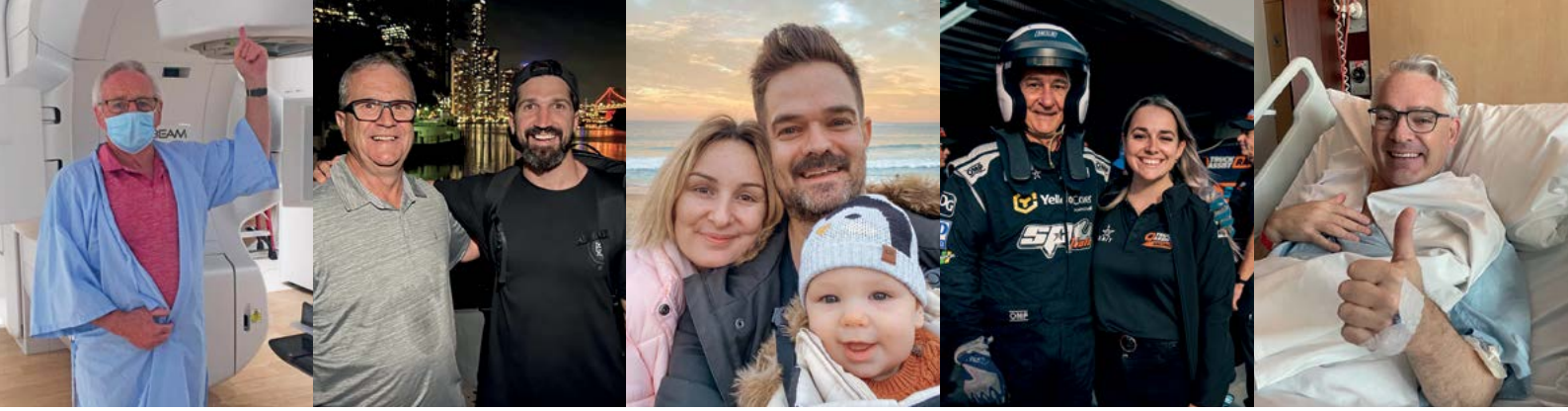
7,000

MEMBERS IN OUR
 ONLINE COMMUNITY

**WORKING TODAY FOR A
 BRIGHTER TOMORROW**

This year we will continue to give men and their loved ones access to highly specialised support that no other organisations can offer. Our wholly integrated care includes hospital-based Prostate Cancer Specialists Nurses, our nationwide freecall Telenursing Service, and Australia's only dedicated Prostate Cancer Counselling Service. Just as importantly, we will continue to provide men with advice about diagnosis and treatment and access to clinical trials through our new Prostate Cancer Future Fund.





Say *I do* for research

Donate to PCFA's Future Fund and inscribe your name on our Wall of Hope. Fund research to help end the pain of prostate cancer.

Give the gift of living.

valentinesday.org.au



Prostate Cancer
Foundation of Australia