



Anti-Cancer Council

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GOOD NEWS on prostate cancer

A comprehensive review of the benefits, risks and costs of prostate screening, conducted by the National Health and Medical Research Council (NH&MRC), has recommended against the screening of men who show no symptoms of prostate cancer. This recommendation matches the position of the Anti-Cancer Council of Victoria, that mass screening of men for the disease can do more harm than good.

The report, Prostate Cancer Screening 1996, recognises that there is a growing belief in the community that prostate screening should be introduced. To counter this, the report recommends the introduction of a comprehensive education program on the risks and benefits of prostate screening.

The report also recommends that research into prostate cancer continues to be a high priority.

The Anti-Cancer Council is already running programs which address these recommendations:

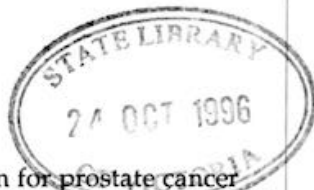
- Research into risk factors for prostate cancer is underway with the Cancer Epidemiology Centre coordinating a five year study involving over 4,000 men;
- The Centre for Behavioural Research in Cancer is conducting a research project on consumer

information for prostate cancer screening. The study involves: focus groups to determine what men know or believe about prostate cancer and screening; a quantitative study of 500 men and 300 GPs, the results of which will be used to develop information and education resources; and trialing of the pilot resources in the community. The study will be completed by the middle of 1997.

"After careful consideration of the evidence, ...there is no conclusive evidence at this time to show that screening for prostate cancer makes any difference to how long a man will live, nor that early detection and treatment of prostate cancer will result in improved quality of life."

requests for information about prostate cancer and prostate cancer screening. Of the prostate cancer tests conducted by GPs, 35% are at the patient's request.

The NH&MRC has also recommended that new developments in screening tests and treatment be closely monitored. If and when accurate tests or effective treatments are developed, they will review their recommendations. Until then, the message is clear – if you have no symptoms, no test is required. If however you do have symptoms, you should see your doctor immediately.



Alma & Charlie Grummitt

A LUCKY bequest

When talking about his wife Alma, Mr Charlie Grummitt says 'she was born lucky'. And indeed she was. Alma Maud Grummitt, born in 1910, was the first child of Ted and Violet Luckie. Ted ran a farm in North Wangaratta and Alma was one of four children born to Ted and Violet in the space of three years.

Alma's working life started with a job at McCormack and Nolan Mills Manufacturers and Retailers in Wangaratta. In 1931 she accepted the company's offer to manage a retail outlet in Leeton, NSW and it was here that she met David Oag, an orchardist at Yanco. They married in 1935.

When war broke out in 1939, David enlisted in the army and was sent to Malaysia. He was one of the thousands of Australian soldiers captured by the Japanese and forced into working on the Burma-Thailand railway. Like so many of his comrades, David died of starvation in September 1943. Alma didn't receive notification of his death until September 1945.

Charlie and Alma were married many years after these events. Their marriage, which began in 1968, was a very happy one but Alma never forgot David and the way in which he had died. She and Charlie visited David's grave at the Thai cemetery in Kanchanaburi on the River Kwai – an experience that Charlie says was profoundly moving for them both.

Why screening for prostate cancer is not effective – Professor Robert Burton explains. See page two.

Continued on page 3

From the Director
**PROFESSOR
ROBERT
BURTON**



I have received a number of letters asking why the Anti-Cancer Council of Victoria does not support the screening of all men over 50 for prostate cancer. This is an important public health issue as over 600 Victorian men die from prostate cancer each year.

There are two ways in which prostate cancer can be diagnosed. The first is when a person is unwell and presents to a doctor with symptoms which lead to the diagnosis of prostate cancer. This may involve performing a PSA (Prostate Specific Antigen) test as a diagnostic test.

The second method of diagnosis is through screening. Screening means going out into the healthy population of Australian males over the age of 50 and testing them for a prostate cancer which is not causing any illness at that time.

For well men, prostate cancer can be found in two ways. One way is to have a PSA blood test and the second is to have a rectal examination where the doctor feels the prostate gland, or to have a combination of both. We know that treating prostate cancer when it is causing ill health can be beneficial. However we simply do not know whether treating prostate cancer discovered through screening well men will benefit most of those in whom it is detected.

To put this in perspective there are 1,500,000 Australian men between the ages of 50 and 70, which is the age group where screening would be of most benefit if it worked. If all of those men had a PSA test then about 15% would test positive, or 225,000 men. If all of those then had a biopsy of the prostate gland only about one in three would prove to have prostatic cancer, that is about 75,000. Unfortunately every one of the 225,000

who had been previously healthy, and hopefully happy, would have been made anxious, and there would have been thousands of complications in those men from the prostatic biopsy.

For the 75,000 men shown to have prostate cancer we simply do not know at this time whether treatment would prolong their lives as a group or not. It is certain that some individuals would benefit, but whether most or all of them would is far from clear. In fact when the operative mortality (as much as 1% or 750 men), and the complications of the operation: impotence and incontinence, are added up for those 75,000 men, it is possible that this could do more harm than good.

That is why the National Health and Medical Research Council and the Federal Government, the Australian Cancer Society and all of the Cancer Councils and Cancer Federations in the states, as well as the Urological Society of Australia, the surgical speciality that treats the disease, do not recommend screening healthy men for prostate cancer at this time.

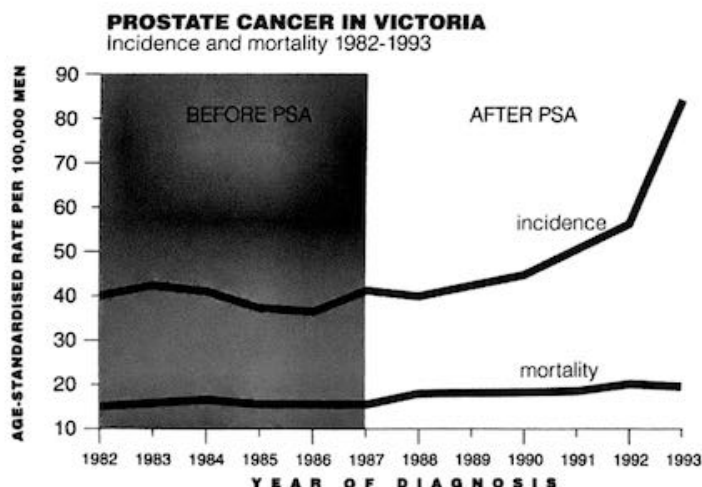
This position has also been taken by most of the major medical research and public health councils in the world, including the United States, Canada and most of Europe. There is simply not enough evidence at this time to support introducing the PSA test for prostate cancer, therefore we must obey the first rule of good health care: First do no harm.

This does not mean that I am against screening for cancer. In fact I have been actively involved in cancer research and treating patients with cancer for all of my professional life, now some years. This has included involvement in introducing mammographic screening for breast cancer and support of the pap smear for cervical cancer in women. In the near future I expect to be supporting screening for bowel cancer as we now have good scientific evidence to support it.

We in public health all wish there was an effective screening test with proven benefits for prostate cancer, like those we have for breast and cervical cancer. At the moment there is no such test. There are a number of large clinical experiments underway overseas which should give us more information about screening for prostate cancer within the next five to 10 years. Until then, in the absence of evidence to the contrary, we cannot support a measure which could do more harm than good.

There is much that we do not know about prostate cancer. It is an inevitable consequence of ageing: about 15% of men aged 50 have microscopic prostate cancer and this increases to about 50% of men aged over 80. Yet only a small fraction of those with prostate cancer will in fact develop clinical disease. That is, we would need to treat at least 10 men with microscopic prostatic disease to possibly benefit the one who is going to get into trouble.

Robert Burton



If you would like further information or if you have any questions, please write to Prof Robert Burton at The Anti-Cancer Council of Victoria, 1 Rathdowne Street, Carlton South 3053.

Take **CARE** – take **ACTION**

Australia's Breast Cancer Day (ABCD), an annual breast cancer awareness day, will be held this year on Monday, 14 October.

ABCD is coordinated in Victoria by the Anti-Cancer Council and BreastScreen Victoria with more than 100 community groups organising activities ranging from brunches to workshops, displays and fundraising activities. As in previous years, a national breast cancer phone-in will be held in the evening where doctors, nurses and community and public health workers will be on hand to answer your questions on breast cancer.

ABCD will be launched at Melbourne Central at 11 am, following a Brunch for Breast Cancer. Other brunches will be held at Community Health Centres, Neighbourhood Houses, Breast Cancer Support Groups and BreastScreen centres across Victoria.

This year's events are aimed at all women over 35, especially those who have been diagnosed with breast cancer. In addition, rural women will be encouraged to participate through a regional newspaper and radio campaign.

For women from non-English speaking backgrounds, a Multi-Cultural Women's Celebration will be held at the Melbourne Town Hall on Wednesday, 16 October from 10.30 am to 12.30 pm. Guest speakers, singing, dancing and brunch will be provided.

A lucky bequest

continued from page 1

Alma was a great admirer of Edward 'Weary' Dunlop. She had read of his wartime experiences and knew that his time on the Burma-Thailand railway must have been similar to David's. After the Anti-Cancer Council's launch of the Sir Edward Dunlop Cancer Research Fellowship, she spoke with Charlie about leaving a bequest to the fellowship. She died in 1995.

In order to honour Alma's last wish Charlie recently made a gift of

Staff from our Community Language Program will be on hand to provide information in a variety of languages. In particular, following their recent training, 20 new bilingual facilitators covering 11 language groups will be introduced at the celebration. For more information call (03) 9279 1271.



ABCD will also be a fundraising day with special ABCD pink ribbons, a symbol of women's commitment to and awareness of breast cancer, being sold across the state.

For more information on Australia's Breast Cancer Day, call Julie Hassard on (03) 9279 1291 or Nerissa Caine on (03) 9279 1206.

\$100,000 to the Sir Edward Dunlop Fellowship. The money will be used to continue the Anti-Cancer Council's important research work and is one of the many donations and bequests – both large and small – that are made to the Anti-Cancer Council every year.

If you are unsure as to the validity of your will or if you would like to make a bequest to the Anti-Cancer Council or to the Sir Edward Dunlop Cancer Research Fellowship please call Ms Joan Hoskins, Donor Services Manager, on (03) 9279-1242.

ABCD
Australia's Breast Cancer Day

National Breast Cancer Phone-in

6 pm – 9 pm

Monday 14 October

Call 13 11 20

Breast cancer specialists will be available to answer your questions on breast cancer and breast health during this special phone-in. Get the latest information or ask those questions you've always wanted to ask.

Call 13 11 20 for the cost of a local call from anywhere in Victoria.

Brief news

David's support ABCD

The Anti-Cancer Council thanks David's Distribution for supporting Australia's Breast Cancer Day in Victoria.

Together with Festival Supermarkets, David's have given redeemable vouchers to support community groups joining in ABCD's "Brunches for Breast Cancer". In addition Festival, Welcome Mart and Foodtown Supermarkets will be selling pink ribbons for ABCD to support breast cancer research.

Dreaming on

Two hundred of Victoria's cancer patients and their carers are set to have a great night of memories and romance with American singer/composer Johnny Tillotson on 2 November at the Melbourne Concert Hall.

Tillotson is best known for songs such as "Send me the pillow that you dream on" and "I can't stop loving you". Two hundred free tickets to his concert were made available to us by the Advance Travel Group in Prahran.

60 YEARS OF SERVICE

In the last three editions of VCN we have focussed on the education, research and prevention programs carried out by the Anti-Cancer Council of Victoria during the last 60 years.

What does the future hold for us over the next 10 to 15 years? The brave new world of genetics is likely to have a major impact on health and health care as the mapping of the human genome is completed, but what else is in store?

**Anti-Cancer Council of Victoria
Director, Professor Robert Burton,
makes some predictions about specific
cancer trends.**

Looking to the future involves predicting what will happen to cancer mortality, detection and treatment by the year 2010.

Mortality

Current trends show that by the year 2005 male cancer mortality will have fallen by 23%, back to the level of the early 1950s just before the lung cancer epidemic, caused by smoking, began. Male smoking rates have dropped by two thirds since 1950. Male mortality will have also been influenced greatly by new screening programs for both bowel (colorectal) cancer and melanoma.

Female deaths from cancer will be 15% lower in 10 years time. This will be due to the stabilisation of smoking rates in women, as well as increased screening for breast cancer, cervical cancer, melanoma and bowel cancer.

Screening

Bowel cancer will be one of the next major cancers to be tackled on a population-wide basis. A screening program will be introduced in the next two years which will start reaping rewards within ten years. Bowel cancer will have also been reduced by a combination of the adoption of a better diet and low dose aspirin into our daily lives by 2010.

Screening tests for ovarian cancer and prostatic cancer are currently being developed and researched. These factors, plus the improved ability to detect cancer earlier, make the above mortality estimates quite conservative.

Breast cancer

This year's establishment of the Victorian Breast Cancer Research Consortium will have produced new insights into the causes of breast cancer and at least one new research finding will have been applied to the management and treatment of women with the disease.

The on-going discovery of breast cancer genes will lead to improved screening for breast cancer as well as the ability to tailor treatment to individual cases.

Familial cancer

Familial cancer, cancer that runs in families, poses challenges to all health carers. Because cancer and families do not stay within state borders, the treatment and management of familial cancer must be done on a national basis. This will involve developing national genetic cancer registers which will extend our existing state registries.

The continued discovery of cancer genes will lead to the development of genetic cancer counselling services for families carrying these genes. Specialists will be able to offer treatment to reduce the impact of these inherited genes on families by 2010.

National Cancer Initiatives

Nationwide screening for breast cancer, cervical cancer, colorectal cancer, melanoma, prostate cancer and ovarian cancer will be developed. But this will only occur through the introduction of a national cancer body which can produce national cancer control policies and implement control initiatives that are for the benefit of all Australians.

Still more to be done

Despite the huge advances of the last 60 years there are still some big jobs to be done.

In today's world, cancer is described as a genetic disease. As each week passes, our knowledge and understanding of cancer and its causes increases. In addition, developments in molecular engineering are occurring so frequently that new treatments are being developed almost weekly. Improved techniques for the early detection of cancers are also being developed.

The genetic revolution should help us answer some questions about the causes of cancer. Because we know that overexposure to sunlight causes skin cancer and exposure to tobacco smoke causes lung cancer, we can implement education programs to prevent these diseases. We do not know what causes breast cancer or prostate cancer. In the future, we will know enough about these diseases to have education programs aimed at protecting people from them.

In five years time, I will revisit these predictions. I believe I will be able to say with confidence that we will have a significantly improved cancer outlook in our society.

What will happen in cancer over the next ten years?

Mortality

Males – mortality will fall to 1950 levels

Females – mortality will fall by 15%

Screening

New screening tests for bowel cancer, ovarian cancer, prostate cancer, breast cancer and melanoma will be in place and mortality will be falling.

Bowel cancer

Improvements in diet and a population-wide screening test will result in a reduction in mortality.

Breast cancer

Efforts currently being put into breast cancer research will lead to improvements in the treatment and management of the disease.

Familial cancers National genetic cancer registers will extend the current state-based register system. In addition, genetic cancer counselling and support services will be developed.

A national approach

The introduction of a national body able to coordinate cancer control policies and education will have a major impact on the health of all Australians.

BECOME A REGULAR DONOR

and help us meet our future targets

Help us carry on our valuable work in the fight against cancer. Become a registered donor or introduce a friend to the Anti-Cancer Council of Victoria. Alternatively, send in this coupon for information about us or how you can reduce your cancer risk.

I would like to become a registered donor to the Anti-Cancer Council of Victoria. Please find enclosed my donation of \$ _____ to help continue the vital work of the Anti-Cancer Council.

Name _____

Address _____

Postcode _____

I am a current donor

Please send me information on:

How to reduce my cancer risk

Becoming a volunteer

How to include the Anti-Cancer Council of Victoria in my Will

Post with your donations to:

Anti-Cancer Council of Victoria
1 Rathdowne Street,
Carlton South
Victoria, 3053

Please Note:

Anti-Cancer Council donors receive this newsletter four times a year but **we only send you one donation request**. We believe multiple requests are both an imposition and a waste of money. **So if you receive other requests for donations for cancer research funding, be aware that they are not from us.**

Daffodil Day 1996



Clockwise from top left: Premier Kennett launching the tallest daffodil in the world; Professor Robert Burton with the winners of the Daffodill Day Literary & Art Awards (Under 18's category); One of our Daffodil Day volunteers at Chadstone Shopping Centre; Selling daffodills at Flinders Street Station; Part of the entertainment at the Daffodill Day Ball (centre).



Dear Doreen



Doreen Akkerman, Manager of CAN-HELP, the Cancer Information Service, answers your questions.

Q. What is ABC Day?

A. Australia's Breast Cancer Day will be held on 14 October, 1996.

On this day Australians all over the country will be provided with information regarding breast cancer. The Anti-Cancer Council will hold a "Phone-in" from 6pm - 9pm. 20 breast cancer specialists

will staff our inquiry number, 13 11 20, and will answer any questions regarding breast cancer and breast health. Literature will also be sent out upon request.

Anyone who is unable to get through during this time is invited to call any other time during the week to discuss their concerns.

Q. I heard on the radio that you had expanded your CANCER-HELPLINE service to seven days a week. What do you offer?

A. The NRMA has generously funded an expanded weekend service for Victorians. However, we have expanded the service in more ways than just extending the hours. The Cancer Information Service now includes both a **CANCER-HELPLINE**, and a Breast Cancer Support Service for women with breast cancer. We recruit volunteers who have recovered

from breast cancer and been free of disease for at least two years and we match women who are affected by breast cancer and presently receiving treatment, with a volunteer who has had the same type of treatment.

Women find it very reassuring to talk with other women who have been through the same experience and who are now well recovered. Some of our volunteers had breast cancer 28, 22, 15 or 10 years ago and are leading full, happy lives. They offer emotional support and practical help to newly diagnosed women.

If you have any questions concerning cancer, please call **CANCER-HELPLINE** seven days per week between 9 am - 5 pm on 13 11 20.

Doreen Akkerman in the Helen M Schutt Trust Fellow

APPEALS & FUNDRAISING

1996 Statewide Car Raffle winners

The draw for the 1996 Annual Car Raffle took place at the Anti-Cancer Council on Friday, 28 June with many staff and volunteers sharing the excitement.

For the second year in a row, three out of the four main prize winners were from country Victoria and as the Volunteer Units were responsible for the sale of over \$44,000 of tickets they were pleased by the result.

The Raffle was a tremendous success with over \$161,000 of tickets sold. The final tally,

after expenses, was \$128,000 nett (last year's total was \$121,500 nett).

The winners are:

1st prize

Mazda 323 Astina V6

Mr Arthur McDowell,
Warrnambool

2nd prize

\$5,000 Shopping Spree from
David Jones Melbourne

Ms Rosemary Noble,
Hawthorn

3rd prize

Seven Nights Holiday for
Two to Hong Kong Flying
Ansett Australia
(accommodation Century
Hotel)

Mr Barry
Poole, Benalla

4th prize

Water Lily
Embroidery
(handworked
& donated by
Helen
Costella)

Ms Tammy
Bailey,
Warragul

Many thanks to everyone
who supported our fifth
Annual Car Raffle.



Raffle winner Mr Arthur McDowell from Warrnambool receives his prize.



Terry Fox Cancer Run roundup

The fifth Terry Fox Cancer Run was held in Melbourne on Sunday 11 August. Country runs were also held in Benalla, Colac, Hamilton, Horsham, Lakes Entrance, Mildura, Portland and Traralgon. Shepparton held their run on the 18 August. There were approximately 3,000 runners across the state.

We are grateful for the generosity of our major sponsors: Toronto Dominion Bank, Ansett Australia, Daydream Island Travelodge Resort, Runners

World, Medibank Private, La Manna Bananas, Tip Top and Australia Race Magazine.

We do not have a final result at this stage as sponsorships are still coming in but we are confident the final tally will at least equal last year's total of \$51,000. Many thanks to all who took part.



'Whip Round for Cancer'

Cup Day Appeal

Tuesday 5 November

Volunteers urgently needed
- can you spare just 2 hours?

Volunteers are urgently
needed for our
Cup Day Appeal.

This is the 18th

'Whip
Round for
Cancer'

Appeal and
each year a
number of
our
volunteer

collectors, many
of whom have
been part of this

major appeal since
its inception, retire because of
advancing years, illness or relocation.



What is involved?

The appeal lasts for just 6 hours. Volunteers seek donations to the Anti-Cancer Council outside TABs on Melbourne Cup Day. After 18 years of rattling tins at TABs, Cup Day punters are well trained and expect to see our volunteers with their yellow tabards shaking their tins. Many of our regular volunteers are now well known by the locals and report great generosity by the donors. Most volunteers complete a 2 hour shift although many people around the state also get a team together to do the whole day.

Can you spare two hours on Cup Day to shake a tin for cancer research? Please fill in the coupon below and return it as soon as possible or phone Rose McLeod, Cup Day Appeal Coordinator, on (03) 9279 1114.

Yes, I can rattle a tin for the Anti-Cancer Council outside a convenient TAB on Melbourne Cup Day, Tuesday 5 November 1996.

Name _____

Address _____

_____ P/code _____

Telephone (Home) _____

(Business) _____

Name of town/suburb where I wish to collect _____

I am mobile and can go where I'm most needed: Yes No

The time that would suit me best is:

9am - 11am 11am - 1pm

1pm - 3pm 3pm - 5pm

Return to: The Appeals Unit,
Anti-Cancer Council
1 Rathdowne St,
Carlton South 3053.



Neighbours star Kym Valentine with pupils from Zeerust Primary School.

Zeerust Primary School wins Hatterday

Tiny Zeerust Primary School, near Shepparton, was the lucky winner of the annual Hatterday Competition and the efforts of students and teachers were rewarded with a visit from Neighbours star, Kym Valentine.

Kym plays Libby Kennedy on the popular soapie and her visit to the school was a huge hit with staff and students.

With only 39 pupils, Kym signed 39 autographs and answered questions on the latest developments in the Neighbours storyline.

"Lots of people have cancer and it affects people of all ages, even kids. Wearing a hat on Hatterday is an easy way of raising a few dollars and doing something positive," Kym said.

NRMA assists CANCER HELPLINE

Victoria's cancer patients and their families can now get instant help and advice over the phone seven days a week. Thanks to the support of NRMA Insurance, the Anti-Cancer Council of Victoria's phone counselling

service is now available during the weekend.

The **CANCER HELPLINE** combines the Cancer Information Service and the Breast Cancer Support Service and is run by trained nurse counsellors experienced in caring for and listening to people who have cancer. For the cost of a local call anywhere in the state, people can call 13 11 20 and be put in touch with cancer support services and advice.

The Director of the Anti-Cancer Council, Dr Robert Burton said NRMA's commitment to fund the weekend service for the next two years would be much appreciated by cancer patients and their friends.

As part of its sponsorship, NRMA is also funding a weekend nurse counsellor for the **CANCER HELPLINE**. Ms Amanda Hordern, the second NRMA Insurance Fellow, was presented with a plaque commemorating the creation of the position at the official launch of the **CANCER HELPLINE** in August.

State Manager of NRMA Victoria, Mr Graeme Adams, said NRMA is delighted to help the Anti-Cancer Council which does an excellent job promoting health and fighting cancer.



Professor Burton receives a cheque from Mr Graeme Adams

Fly Buys help cancer research

Australia's Cancer Councils have received a valuable cash donation as a result of the innovative Fly Buys scheme.

The new scheme converts Fly Buys points into cash for Australian Cancer Society research projects, the Australian Red Cross, or an even split between the two.

The first accumulation of points resulted in \$16,000

which was presented to Professor Dick Fox by Fly Buys General Manager, Mr Michael Glassel, at the Anti-Cancer Council in July.

Mr Glassel said he hoped that the cheque would be the first of many which would make a significant contribution to the fight against cancer.

If you are interested in joining Fly Buys and collecting points for the Australian Cancer Society please contact the Fly Buys Centre on 13 11 16.

Somebody's trash may be someone's treasure

After 19 years as a volunteer in the Anti-Cancer Council of Victoria's Opportunity Shop in Richmond, Lou Sharp has just about seen it all.

There was the time when a man asked about a ballgown for his mother which was hanging up in the shop, and tried it on himself 'to see if it would fit'. Then there was the time when she was sorting through a box of old clothes and found a dead rat at the bottom.

"You've got to have a sense of humour in this job but the amazing thing is, I get deep satisfaction out of it," Lou says as she sorts through another bag of clothing.

Lou is the longest serving volunteer in the Op-Shop at 424 Bridge Rd in Richmond. She is one of an enthusiastic band of 17 people who help run the shop along with its Manager, Judy Dolkin.



Lou has witnessed a change in the op-shop business over the years. Garage sales and the recycling trend has seen the quality of second-hand goods decline. Many items given to us are not fit to resell, however the Op-Shop is still an important fund raiser for the Anti-Cancer Council's work and with its own delivery van, it can pick up large items from your home, as long as they are in good condition.

The shop attracts customers from all walks of life keen to find a bargain. "We get all sorts in here from people desperately in need of cheap, good clothing to people wanting something for a fancy dress party. We even get a few celebrities through the door, though I better not reveal who they are".

So if you love to spot celebrities, want to snap up a bargain, want to deliver some goods for sale, or you have some spare hours to work in the shop, the Anti-Cancer Council Op-Shop can be found at 424 Bridge Road, Richmond. Phone 9429 3616.