



The Centre of Research Excellence in Prostate Cancer Survivorship is the first Australian multi-disciplinary survivorship centre that connects prostate cancer research to translation and action across:

- psychosocial and psychosexual health
- exercise medicine
- the economic costs of prostate cancer
- geographic inequalities in prostate cancer outcomes

An introduction to the [Centre of Research Excellence in Prostate Cancer Survivorship](#)

The February 2018 Centre of Research Excellence in Prostate Cancer Survivorship newsletter contains:

- New Research published by our members
- Presentations made by our members
- Successful Grants
- Prizes awarded to our members
- Date saver for 2018 Face-to-Face meeting

## New Research

### Publications and other outputs

An assessment of a year-long exercise program for men with prostate cancer and a previous exposure to androgen deprivation therapy [here](#).

A review of exercise medicine for advanced prostate cancer [here](#).

Response letter discussing the importance of implementing exercise interventions for patients and survivors of cancer through supervised, targeted and prescribed referrals from oncologists and general physicians [here](#).

A randomized controlled trial assessing effective ways to encourage exercise participation for men with prostate cancer [here](#).

What is the feasibility of a supervised presurgical exercise program for prostate cancer patients scheduled for a prostatectomy? Find out [here](#).

Which exercise prescriptions improve quality of life and physical function in patients with cancer during and following treatment? Find out [here](#).

Can exercise suppress tumour growth in advanced prostate cancer patients with sclerotic bone metastases? Want to know [more](#)?

A [review](#) summarising current understanding of how bone is sculpted through adaptive processes, designed to meet the mechanical challenges it faces in everyday life and athletic pursuits.

A validation of the factor structure of the Five Facets of Mindfulness Questionnaire in men diagnosed with advanced prostate cancer [here](#).

What are the clinical and research implications of psychological interventions for prostate cancer survivors and their partners? Read the review [here](#).

A discussion of the changes in health-related Quality of Life over five years for men with newly diagnosed locally advanced or advanced prostate cancer [here](#).

What is the current state of evidence regarding erectile dysfunction, masculinity and psychosocial impacts after prostate cancer treatment? Read the review [here](#).

An assessment of men's help-seeking in the first year after diagnosis of localised prostate cancer [here](#).

A description of trajectories of health-related quality of life, life satisfaction, and psychological adjustment for men with prostate cancer over the medium to long term [here](#).

What is the estimated health system cost of prostate cancer in Australia? Find out more [here](#).

What is the extent, nature and variability of the current economic burden of prostate cancer among Australian men? Read the research [here](#).

How do sociodemographic, clinical and area-level factors relate to short-term prostate cancer mortality versus mortality from other causes? Read more [here](#).

Advocacy, support and survivorship in prostate cancer. Read the research [here](#).

### Explore a website

A [National Cancer Atlas](#) is being created showing cancer screening, diagnosis and survival for many cancers across Australia including a prostate cancer specific module.

## Presentations

Galvão DA. Efficacy and safety of a module multi-modal exercise program in prostate cancer patients with bone metastases: a randomized controlled trial. Melbourne Australia, 30th August – 2nd September.

Wilson RL. Contrasting exercise modes enhance muscle strength and physical function in prostate cancer patients undertaking androgen deprivation therapy: A 12-month randomized controlled trial. Melbourne Australia, 30th August – 2nd September.

Singh F. Year-long study evaluating the effect of exercise on quality of life and psychological distress in men with prostate cancer undergoing androgen deprivation therapy. Melbourne Australia, 30th August – 2nd September.

Newton RU. Exercise medicine for metastatic castrate-resistant prostate cancer: a supervised, periodised, progressive and autoregulated program combining resistance and aerobic exercise – the INTERVAL-MCRPC prescription. Melbourne Australia, 30th August – 2nd September.

Newton RU. Exercise medicine to arrest bone loss in men with prostate cancer undergoing androgen deprivation therapy: a 12-month randomized controlled trial. Melbourne Australia, 30th August – 2nd September.

Chambers SK. Prostate Cancer Survivorship Research. Invited Presentation. Western General Hospital Seminar Series. 25th August 2017, Edinburgh Scotland.

Chambers SK. Cancer Survivorship and Quality of Life. Invited Presentation. 2017 World Psycho-Oncology Congress. 16th August 2017, Berlin Germany.

Chambers SK. QoL & Supportive Care Sub-Committee update. Invited Presentation. ANZUP 2017 ASM. 18th July 2017, Melbourne Australia

Chambers SK. Debate: Should Best Practice be About Art or Science. Co-Facilitator. ANZUP 2017 ASM. 18th July 2017, Melbourne Australia

Chambers SK. Maximising Potential. Session Co-Chair. ANZUP 2017 ASM. 17th July 2017, Melbourne Australia

Chambers SK. Prostate Cancer Survivorship. Session Chair and Invited Presentation. ANZUP 2017 ASM. 17th July 2017, Melbourne Australia

Chambers SK. It's not just about drugs! Supportive Care, Invited Speaker, Community Engagement Forum ANZUP 2017 ASM, 16th July 2017, Melbourne Australia

Laurie K. Trajectories of distress in female partners of men diagnosed with prostate cancer. Best of the best Orals. ANZUP 2017 ASM. 17th July 2017, Melbourne Australia

Stein K. Prostate Cancer Survivorship: A global perspective and challenges ahead. Supportive Care Breakfast. ANZUP 2017 ASM. 17th July 2017, Melbourne Australia

Hyde M, E-Poster Presentation: ANZUP 2017 ASM. 17th July 2017, Melbourne Australia

Jeff Dunn. How goes the war against cancer? University of Southern Queensland Research Week. Toowoomba, QLD.

Jeff Dunn. Late and long term symptom burden and distress. Session Chair, Session Chair, 19th World Congress of Psycho-Oncology and Psychosocial Academy - IPOS 2017. 18th August 2017, Berlin Germany

Jeff Dunn. Cancer survivorship and work. Session Chair, 19th World Congress of Psycho-Oncology and Psychosocial Academy - IPOS 2017. 16th August 2017, Berlin Germany

Jeff Dunn. Community-Based Cancer Control. Session Chair, 24th Asia Pacific Cancer Conference. 24th June 2017, Seoul Korea

Jeff Dunn. What is the Role of the Cancer Research Community in Realizing UHC for Cancer in Asia? – Looking beyond the World Health Assembly Cancer Resolution in 20107 with UICC-ARO. Discussant, 24th Asia Pacific Cancer Conference. 22nd June 2017, Seoul Korea

Jeff Dunn. Asian Networks in Cancer Prevention. Session Chair, 24th Asia Pacific Cancer Conference. 22nd June 2017, Seoul Korea

Jeff Dunn. Volunteerism and Mobilising Communities. Session Chair and Invited Speaker, 24th Asia Pacific Cancer Conference. 22nd June 2017, Seoul Korea.

Jeff Dunn. Evidence-based Psychosocial Care in Cancer. CANREHAB 2017 Conference on Multi-disciplinary approach towards Cancer Rehabilitation, 7 April 2017, Tate Memorial Hospital, Mumbai, India.

Jeff Dunn. Carbon-Based Bipedes Vs Luddites at the Blind Pig. Invited Plenary, Myriad 2017: Connecting the Dot Connectors. 31st March 2017, Brisbane Australia

## Grant Success

Galvao D, Frydenberg M, Chambers SK, Newton R, Hayne D, Taafe D, Spry N, Hart N. Can Exercise Delay Transition to Active Therapy in Men with Low Grade Prostate Cancer? A Multi-Centre Randomized Controlled Trial. National Health and Medical Research Council, Project Grants, 2018 - 2023, \$596,084.

Newton RU. Can exercise improve bowel function of prostate cancer patients? Prostate Cancer Foundation of Australia, New Concept Grant, 2018, \$98,875.

Short C. Delivering personalised and evidence-based exercise support to men with metastatic prostate cancer via the internet - A pilot RCT examining intervention impact on behaviour change and quality of life. Below the Belt Research Fund, 2018. \$50,000.

## Prizes

Best of the Best Oral Prize awarded to K Laurie, ANZUP ASM 2017

Best of the Best Nursing / Allied Health Prizes awarded to Presen M Hyde, ANZUP ASM 2017

2017 Pro-Vice Chancellor (Health) Excellence Award for a Team Cancer Survivorship Collaborative Research Group led by Prof S Chambers and Prof T Ownsworth with Prof P Scuffham, Prof D Shum, A/Prof S Occhipinti, Dr A Ng and Dr M Hyde.

---



Institute for  
Resilient Regions

**Resilient Regions Week 2018**  
**Chronic Disease and Rural Men's Health**

15 – 19 October 2018

We look forward to welcoming members to our Face-to-Face Meeting on 18th October in Toowoomba, Queensland. Our meeting is being held in conjunction with the University of Southern Queensland's Resilient Regions Week 2018, being held from 15th to 19th October which focuses on chronic disease and rural men's health.

---

If you have any queries or would like further information about the Centre of Research Excellence – Prostate Cancer Research, please do not hesitate to contact us by [email](#).

Or if you know someone who:

- may be interested in our research,
- would like to subscribe to our e-news, or
- would like more information on any of the above,

please have them contact us by [email](#).

If you wish to unsubscribe from this newsletter, please reply to this email with Unsubscribe in the subject line. Thank you



Institute for Resilient Regions

Exercise Medicine Research Institute



VARIO health clinic

FREEMASONS FOUNDATION CENTRE FOR MEN'S HEALTH



THE UNIVERSITY of ADELAIDE



NHMRC Centre for Research Excellence

Prostate Cancer Survivorship

[Unsubscribe](#)