

PROSTATE CANCER ACTION GROUP (S.A.) INC

Affiliated with
Prostate Cancer Foundation of
Australia



ABN 26 499 349 142

NEWSLETTER

The views expressed in this newsletter are not necessarily those of the Group. This newsletter is produced for the benefit of members of this Group, for general information, and articles are not intended as professional advice. This Group does not provide professional advice, nor does it endorse any particular product or service. It is recommended that any person needing advice on any health matter should consult their health professional without delay.

FEBRUARY 2005

Chairman's Report – February 2005

Happy New Year to everyone

I believe prostate cancer groups can look forward to an interesting year in 2005. The launch of the National Awareness Campaign BE A MAN on the 19th January and the likely development of Prostate SA is an excellent start and let's hope many further events unfold as the Year progresses.

The Launch of "BE A MAN"

I asked Con Casey for details of the Launch of BE A MAN – Ask Your Doctor About Prostate Cancer. He advised the Launch took place in Martin Place Sydney on Wednesday 19th January 2005 and was a great success. Apparently 500 awareness kits in carry bags and over 5000 brochures were distributed. I would like to quote Con on the entertainment and celebrities that attended.

"The Other Three Tenors attracted a great deal of attention before the launch got underway

The launch was MC'd by Andrew Gee from the TV show Australian Idol. He introduced a large number of celebrities, with a direct or indirect association with prostate cancer, who each told stories (briefly) of their own or a loved one's experience with PCa. Andrew did his job brilliantly and appealed to all - most importantly to the younger generation.

Celebrities included Wayne Swan (Labor Party front bencher), Jim Lloyd (Liberal / Fed. Government Whip), Darren Beadman (jockey), Marcia Hines (singer), Magda Szubanski (popular comedian/actor - Kath & Kim, Jet Star adverts), Marty Rhone (singer/actor/fight promoter), Prof. Tony Costello (leading Melbourne urologist), Assoc Prof. Phillip Stricker (leading Sydney urologist), Michael O'Loughlin and Jarrad Crouch (Sydney Swans), Michael Long (Essendon) and Pixie (Australian Pensioners Insurance advert/ apples & oranges). They and the Foundation's directors marched up Martin Place from the Westin Hotel housed in the old GPO to the launch site, decked out in BE A Man tee shirts -as were the volunteers. Collectively we made quite a visual impact".

The launch attracted good publicity by way of press and prime time TV news segments and the Foundation received "many favourable congratulatory calls from doctors and the public on their initiative".

Many thanks to Con for providing that information.

Awareness Evenings

Mitcham

The Evening will be held at the Mitcham Air Force Association Bowling Clubrooms – 150 Belair Road Hawthorn on Wednesday 23rd February 2005 from 7.00p.m.-9.30p.m.

Approximately 450 flyers have been distributed. The Messenger Press advertising will commence in the Eastern Courier and the Hills Messenger on the 9th February with further adverts. the following week in the Eastern Courier. Messenger Press have promised an article in the "Directions" segment in both editions for the 9th February and the City of Mitcham will include a segment in Mitcham Matters on the 16th February. I am also hopeful that an editorial involving Bill Toop will appear in one of the publications. The Mitcham Community News will include an article but unfortunately this publication will not be distributed until just prior to the Evening and will be of little benefit.

The Mitcham AFA printed our flyer in full in their January Newsletter and as a result several registrations have been received.

Five radio stations have been given Community Announcements and I have arranged an interview on 101.5FM for Thursday 17th February at 2p.m.

Our key speaker is Dr Peter Sutherland – Head of Urology, Royal Adelaide Hospital. As you are probably aware he conducted the first robotic surgery in SA (on a prostate cancer patient). In addition to his general prostate cancer talk he will also give a presentation on robotic surgery.

The Evening is supported by a Grant from The City of Mitcham.

Details are listed on our website on [http:// www.pcagsa.org.au](http://www.pcagsa.org.au)

Members are urged to promote the Evening wherever possible and here's hoping for a good attendance.

Yorke Peninsula

To date my efforts to arrange an Evening at Wallaroo/Kadina have been unsuccessful. I have not been able to speak to anyone at the Wallaroo Community Health Centre despite numerous attempts, a position I find very frustrating. However Kathriye Strassnick from the Cancer Council has given me another contact name which I will follow up. I hope to give further details at the February meeting.

AGM of Association of Prostate Cancer Support Groups (SA) Inc.

As Chairman of our Group I was invited to the AGM of the Association of Prostate Cancer Support Groups (SA) Inc. held on the 12th December 2004. I would like to thank the Association for the invitation that was extended to future meetings when our Group can be represented in a non voting capacity and be involved in any discussions.

Prostate SA

I have not heard any recent news on Prostate SA but I understand the next meeting is likely to be held in March.

Federal Small Equipment Grants 2005

I have received advice of the Federal Small Equipment Grants for 2005 and this will be discussed at our February meeting. Applications close on the 4th March.

Man Alive

A reminder that "Man Alive 2005" will take place on Sunday 13th March at Semaphore. Due to Pat House's good work our Group has a free site at the Event.

We have received invitations to the following two Events:

Mount Compass Field Day

Trevor has received details of this Event to be held on the 30th March 2005. The closing date for site applications will be the 28th February.

The Field day is organised by the Australian Jersey Breeders Society (S.A) Branch to help promote all aspects of Agriculture and rural living in the Fleurieu Peninsula. Entry for the day is free.

Trevor has negotiated a free site for us to display pamphlets and posters. In addition he has access to a tent and a 3 metre folding table that can be used on the site. Well done Trevor.

Rotary Club of Mitcham Fair

I have received an invitation from the President of the Rotary Club of Mitcham to have a site at a Fair to be held Saturday 12th March 2005 at the Mitcham Reserve (off Old Belair Road). Again this would most likely be a free site.

It would be good to be represented at both of these Events. Unfortunately in the case of the Fair at Mitcham this is to be held the day before Man Alive.

A decision regarding attending these events can be made at the February meeting.

Prostate Cancer Fun Run

I received a phone call from Alex Leo who is interested in arranging a Fun Run for prostate cancer. He is endeavouring to involve the SA Road Runners Club. There are no further details at this stage but I will keep in touch.

Relay For Life

Relay For Life will be held at Santos Stadium on the 2nd & 3rd April 2005. As in previous years if anyone wishes to organise or be part of a team the registration fee is \$10 per team member. Contact The Cancer Council South Australia if you require further details.

Ceremony on the eve of World Cancer Day

The Cancer Council South Australia held an event called "Expressions of Hope – Cancer and Spirituality at the Adelaide Festival Centre on the 3rd February, the eve of World Cancer Day. The Evening was compered by Dominique Schwartz (ABC TV) and was an impressive ceremony.

Membership

Kenneth Ashley has advised he is unable to continue his membership of the Group for health reasons. He is hoping to rejoin at a later stage.

Jack Dorrestyn has also contacted me to advise he will be unable to attend meetings for at least 6 months due to health reasons.

I'm sure all members will join with me in passing on best wishes to Kenneth, Jack and Marlene and look forward to seeing them again in the near future.

Jeff Roberts



Mt. Compass Field Day Mt. Compass Oval

R.S.D. 1215, Yundi,
via Willunga 5172.
10th January 2005.

2005 MT. COMPASS FIELD DAY.

You are invited to this important Fleurieu Peninsula Event on WEDNESDAY 30TH MARCH 2005. The Day has been most successful in the past and we are planning to have many interesting Exhibits this year.

The Field Day is organised by the Australian Jersey Breeders Society (S.A.) Branch which is pleased to be involved with the area, to help promote all aspects of agriculture and rural living in the Fleurieu Peninsula. Over the years, monies have been channelled into the Mt. Compass Area School and Mt. Compass Sports & Social Club.

It has always been the endeavour of the Committee to create a pleasant environment for Exhibitors to display their products and wares and also to attract the maximum visitors to the day, as possible.

Free Entry is a feature of the day.

Fees for this year are as follows:

All prices are G.S.T. INCLUSIVE.

Standard Site (8 metre frontage x 10 metre depth) UNPOWERED - is \$150.00.

Standard Site (8 metre frontage x 10 metre depth) POWERED - is \$185.00.

Extra metres of frontage are \$20 each additional metre.

Unpowered site 4 x 5 metres is \$85.00.

To ensure that your site is guaranteed, it is essential that you forward your site fee with your application. The closing date for site applications will be 28th FEBRUARY. Fees for late application received after this date will increase to \$165 for standard unpowered site and \$200 for standard powered site. Please make cheque payable to AUSTRALIAN JERSEY BREEDERS SOC. (S.A.) BRANCH.

The Field Day carries Public Liability Insurance, but in addition, all Site holders need to have Public Liability Insurance and a certificate of currency of your policy will need to be furnished with your application.

For your information, there will be Security provided on the night prior to the 30th March which may help you to set up your display the previous day. If you require a marquee or other equipment, Atlas Party Hire has been heavily involved with the day in previous years. Telephone 08 82315257, or fax 08 8231 0527. (When ordering marquees, please ask for plastic sleeves for the tent pegs.) We wish to draw your attention to the fact that property left at the Field Day site after the event, is at owner's risk.

Please note: Exhibitors are required to set up and vehicles off the Oval by 9.00 a.m. EXHIBITORS ARE NOT PERMITTED TO MOVE VEHICLES FROM THEIR SITE OR ENTER THE OVAL AGAIN BEFORE 4 P.M. Please make sure that ALL persons involved in your Site are aware of this.

Rhonda Watkins.

Site Co-ordinator/Secretary. Phone/Fax - 08 85560202.

**Minutes of the Teleconference Meeting
of the PCFA – SAC – National Meeting
Held on Thursday, 16th December 2004
At Jacaranda Lodge, Sydney Adventist Hospital**

Commencing at 3.00 pm

Attended by: David Sandoe (Chair), Pam Sandoe (NSW), Con Casey (NSW), Andrew Giles and Ann Smith (PCFA)

Via Conference Call: Graham Nicholls (ACT), Keith Williams(NT), Trevor Hunt(SA), Don Baumber (Qld), Laurie Henss (Vic), Karen Rendell(WA), Bill McHugh(Qld), Malcolm Sears (WA), Jean Dalglish and Jennifer Lyall (Tas), John Dowsett (Tas) and John Mayes (SA)

Apologies: Trevor Cottle (Vic), Kevin Swanson (WA), Bob Wilson (Vic) and Gary Bowes (SA)

1. Confirmation of Minutes of previous meeting held 20th October Graham Nicholls moved and Pam Sandoe seconded that the minutes be confirmed.

2. No other business arising.

3. CEO Update on PCFA activities

APIA launch – Wednesday 19th January – the launch will be on TV and radio in New South Wales, Victoria and ACT. The theme “Be a Man – Talk to your Doctor about Prostate Cancer”. The launch will be held in Martin Place at 12.30pm. Launches in other states will follow.

In the lead up to the launch the PCFA is currently working with the Urological Society on an information pack for GP's which will contain 50 brochures for each GP to give to their patients. Andrew encouraged all Support Group leaders to attend. An invitation will be sent via email to all leaders and SAC members and a example of the pack sent to all GP's will also be sent in the mail to all Group leaders in NSW/ACT and Vic groups.

International Prostate Cancer Week will this year be held from 18th to 24th September. Andrew hopes to get some corporate money to assist in raising awareness. Prostate Cancer Day in Australia has not yet been decided, Friday September 2nd was suggested as it is the Friday before Father's Day, but Andrew wishes to ensure that we do not clash with other groups with days during September such as Legacy. It may be the same day as the national phone in which is 23rd September.

Board Committees – the PCFA currently meets four times per year and has sub-committees of the Board meet bi monthly

Advocacy, Awareness & Relationship Committee– this committee is chaired by David Sandoe and meets regularly. They have been working on the new logo released at the APIA launch. The new logo will be a blue ribbon shaped as a “P”. The sunflower will be phased out as Multi Direct(our marketing company) have stocks of merchandise with the sunflower logo in stock which will be sold well into 2006.

Finance/Governance – this committee is chaired by PCFA Acting Chairman, Patricia Watson. The PCFA accounting system has been transferred onto MYOB and is a much better system. The committee is currently looking at governance in the PCFA and the creation of Divisions of the board in each state and will link with the Support Group Chapters.

Scientific Advisory Committee is currently being formed which will include members of the APCC and some of the urologists who are current board members. David Sandoe is the current consumer representative on the executive committee of the APCC – he has replaced Max Gardner. Don suggested a name change to Scientific Reference Committee so as to prevent clash with SAC (Support and Advocacy Committee)

Fundraising Committee – is chaired by Bruce Fisher. At present this committee does not have a clear focus and will be re-developed with involvement of support group members.

Professional Education – chaired by Associate Professor Stricker and all urologists currently on the board attend. Andrew makes contact with the committee for professional advice.

National Prostate Cancer Collaboration – current members are Gillian Duchense (Peter McCallum Institute), Villas Marshall (Dame Roma Mitchell), Judith Clements (Queensland University of Technology) who are currently looking at funding of world class research. . The APCC and researchers are forming a close association. David reported that at the last meeting of the APCC Executive Committee their keenness to join up with the PCFA and be the peak national body.

Milford Foundation invited top Australian researchers to a conference in Lake Tahoe and is now keen to support the research via the PCFA.

November – a fundraiser for the foundation, which has been promoted on the Gold Coast, Sydney and Melbourne. Adam Garone was the organiser. 435 men registered and participated and approx. \$58,000 will come to the PCFA. Adam proposes to run it again in 2005 and we will assist in a greater promotion of the event.

Cleo Batchelor of the Year – the winner for 2004 was Andrew G who has kindly donated his prize money of \$10,000 to the PCFA. We hope to receive the cheque early in 2005.

Peeball – distribution of Peeball to Community Health groups as part of an awareness program are being made from the PCFA office direct.

CEO Update – next report due next week. This report has been well received by the SAC members and leaders.

4. Chapter/Group – Key Issue Reports

Karen Rendell (WA) – reported that she currently has 46 members in her group and wives and partners meet every 2 weeks. The group has social events and has made contact with the local visiting urologist.

Malcolm Sears (WA) – reports that currently 52 members attend their meetings which meets on the 3rd Tuesday each month with speakers and round table meetings.

John Mayes (SA) reported that 52 awareness meetings were held this year.

Trevor Hunt (SA – Action Group) reports that they will be running further awareness meetings again in 2005.

Bill McHugh (Qld) – Members for the SAC have been selected and they are Don Baumber, Keith Williams and Bill McHugh. Members of the Qld Chapter have also been selected with Spence Broughton chair. The groups receive enormous support from the Queensland Cancer Fund and they in turn fundraise for them. Queensland is a model for all other states with their excellent relationship with the Queensland Cancer Fund, which took three years to establish.

Keith Williams (NT) – getting a steady flow of enquiries via a booklet being distributed.

Jennifer Lyall (Tas) – Jennifer has now taken over Jean Dalgleish's position with the Cancer Council Tasmania. No Chapter has been formed but groups are working together.

Laurie Henss (Vic) – No Chapter has been formed at this stage. Laurie reported that it was difficult making contact with other groups within the state and each group appears to be "doing its own thing".. David Sandoe suggested that both he and CEO Andrew Giles visit Victoria early in 2005 and co-ordinate a meeting with group leaders and the Victorian Board members. PCFA Board member, Graeme Johnson, has offered to make available the meeting rooms in his offices in Melbourne. The Bendigo group has a number of new members and Trevor Cottle (Melbourne) has established Diamond Valley and Waverley groups. Don Baumber met Doreen Ackerman, from the Cancer Council Victoria, who has offered to assist with funding for groups. Laurie will make contact with her but stated that in the past the CEO of Cancer Council Victoria had not been at all supportive.

Con Casey (NSW) – reports that the contact list has been updated and will be mailed shortly. The Wagga Wagga group has closed. St. Vincent's group is currently being lead by Sister Jayne Matthews. As mentioned above Waverley and Diamond Valley have been formed but have not yet affiliated. The Bayside group in Melbourne under the leadership of Bob Wilson. It is yet to be affiliation also.

Graham Nicholls (ACT) – Held the final meeting of the year on 15 December, which was well attended. Graham has made contact with a lady who will be booked to speak to the group about skin care and taking care of themselves during treatment.

David Sandoe (NSW) – The NSW Chapter Teleconference meeting was held last month. Kim Pearce, from Cancer Council NSW, is now attending the NSW meeting and will be setting up a meeting with Andrew Penman and his staff. David and Pam Sandoe and Andrew Giles will represent the Foundation early in 2005.. David reported that he spoke at a recent Division of GP's meeting. Election of SAC members took place and Con Casey, Graham Nicholls and David Sandoe were elected to the SAC for NSW. Video conferences were held at both Cobar and Nyngan.

5. Support Group Speaker's Kit:

Ann Smith reported that the Speaker's Kit should be finalised early in February and should be available to the group leaders early in March.

6. Confirmation of SAC Office Bearers for 2005

The SAC office bearers for 2005 are:

NSW – David Sandoe, Con Casey and Graham Nicholls

Qld – Don Baumber, Bill McHugh and Keith Williams

Vic – Laurie Henss, Trevor Cottle and Bob Wilson

SA – Trevor Hunt and Gary Bowes

WA – Karen Rendell and Malcolm Sears

Tas – Jennifer Lyall and John Dowsett

Andrew Giles suggested that 2 co-Chairman be appointed in order to have stability whilst the PCFA formulates its new board. Moved by Graham Nicholls and seconded by Bill McHugh and the nomination of current co-chairman Don Baumber and David Sandoe be accepted. As there were no further nominations both men were elected. As David Sandoe is already a board member Don Baumber will now join him.

7. Lion's Club Relationship

Graham Nicholls reported that he and Trevor Hunt had been having discussions with Lions. Graham has been liaising with the DG in his area and Lions have expressed support for a closer relationship. Graham will be

attending a district meeting in 2005 to allow further discussion. Both Trevor and Graham have agreed to work with Lions in 2005 regarding the website and further support for groups or awareness meetings funding.

8. Diet Supplements – caution on advising in Support Groups

A number of groups have items in newsletters regarding complementary medicine. Con recommends that a disclaimer be put on the newsletter to refer to their medical practitioner and have the credentials of the author of the articles or recipes noted below them.

It is difficult to link group websites to the PCFA website when this information appears and many of the group websites are not secure. John Mayes (SA) expressed his support for alternative medicine and writes many articles about this although he does not have a formal qualification in this area. Con Casey has agreed to liaise with John about this and will report back to the next meeting in February. PCFA is requested that they formulate a position statement regarding approach to PSA testing, alternate medicine etc.

9. Communications – Qld Chapter

The Queensland Chapter has requested that all SAC members and each Chapter leader should now be the recipients of the National SAC meeting minutes.

10. Consumer Position Statements

It is essential that all consumer statements must have a level of credibility or credentials of the writer. The PCFA needs to have a prepared view for a basic response in areas such as PSA testing. Relevant articles should appear on the PCFA website.

11. Reaction Statements

Rapid prepared responses are needed to provide an immediate response to articles that do not support the view of the PCFA or support groups.

12. Strategies for realising all the improvements in service delivery and research priorities adopted by SAC on 30th September 2003.

It has been requested that Max's report on strategies and the controversies paper be updated.

13. Training for prospective officers in group management and networking at local, chapter and national levels

This is a low priority at present. We need to have a succession in place and we need to train group leaders. We should budget this item to enable leaders to attend Scientific Meetings and Conferences.

In 2005 it is proposed that each chapter will hold a State meeting at least 2 months prior to the National Conference normally held in August/September and have training requests for counsellors put forward at the national meeting.

14. Insurance

Andrew reported that all insurance items had been renewed at the end of October. Bill McHugh reported that it was unclear as to what could be claimed and what needs to be reported. David Sandoe will provide a summary for the group leaders which will also be included in the Group Leader/Speaker's Kit.

15. General Business

Bill McHugh(Qld) – requested that each Chapter be advised of **ALL** SAC representatives, including contact. Ann Smith will endeavour to attend to this.

Don Baumber(Qld) – asked for an update on the PCFA meetings with the Federal Government regarding the promised \$90,000 for support groups. Andrew reported that he has spoken to Rosemary Knight and they are considering this at present.

National SAC Meeting dates for 2005

- **17 February**
- **21 April**
- **16 June**
- **18 August**
- **20 October**
- **15 December**

Please note these dates in your diary now!!!

NOTE: should any item require amendment or clarification please contact me.

Ann Smith
10 January 2005.

MEN'S HEALTH EXPO

Advance notice has been received of a proposed Men's Health Expo to be held on 21st August 2005 (Veteran's Day). It will be conducted at the Torrens Parade Ground, a very central and important location to all Veterans, and easily accessible to the public. Some of our members will recall that we addressed a meeting of Vietnam Veterans last year, and will know Jim Mavromatis, who is coordinating this new project. Because of this association, we have been invited to participate in this new project.

MICs SHED LIGHT ON PROSTATE CANCER

The body's immune system has built in anti-tumour mechanisms. In order for cancers to form, one of the molecular steps that must occur is for the tumour cells to develop the means to avoid being attacked by this defence mechanism. There are several different methods by which the immune system can eradicate tumours early in their development. One tumour immune surveillance mechanism utilizes the fact that a specific molecule, the MHC class 1 chain-related molecule (MIC), is often expressed on the surface of some tumour cells. MICs interact with the immune system's natural killer cells and trigger them to destroy the tumour cells.

Jennifer Wu and colleagues at the University of Washington, now investigate how prostate cancers evade this anti-tumour defence strategy. The researchers found that MIC-expressing prostate cancer cell lines were able to activate natural killer cells, thus, initially, this defence mechanism appeared intact. Analysis of prostate tumour biopsies showed that the cell surface localization of MIC was highest in early-stage tumours. The researchers noted that tumours from later-stage patients, however, could no longer activate natural killer cells, and that there were high levels of soluble MIC in the blood serum of these patients.

These data showed that the later stage tumours were shedding the MIC from their cell surfaces, and that this was the means by which prostate cancer cells could overcome this particular form of immune surveillance. The deficiency in the ability to activate natural killer cells could be overcome in tissue culture by stimulating the cells with the cytokine IL-2 or IL-15. The authors further investigated how soluble MIC level in serum related to prostate-specific antigen (PSA); PSA measurements are used as a biomarker for the presence of prostate cancer. Soluble MIC serum levels did not correspond with PSA serum levels, but they were highly correlative with high-grade and invasive tumour status in prostate cancer patients.

This work indicates that development of the means to evade the MIC activated immune surveillance system may be a mechanism for prostate cancer progression, that soluble MIC measurement may be a useful biomarker for disease progression, and that cytokine treatment may aid in reestablishing natural killer cell anti-tumour activity. (<http://www.eurekalert.org>) also at <http://psa-rising.com/med/immun/MIC-04.html>

SCIENTISTS ZERO IN ON PROSTATE CANCER GENES

Scientists of nine research institutes have reportedly zeroed in on three different regions of the genome containing genes that make men more vulnerable to prostate cancer.

Published in the journal of the National Cancer Institute, the study, said to be the largest ever carried out on the genetics of prostate cancer, claims that prostate cancers in men who possess susceptibility genes tend to be more aggressive, and more often fatal, than prostate cancers in men who are genetically not prone to the disease.

"This study focuses and intensifies the hunt for genes that increase a man's risk of prostate cancer. We needed this sort of massive study in order to have the power to target important genome regions," claimed Dr. Jeffrey M. Trent, the study's senior author.

"This study will help us predict better who is at the highest risk for this disease. If we could identify men with susceptibility genes, we can target our surveillance to them and identify their cancers much earlier. Early-stage treatment is far more beneficial in prostate cancer," added Dr. Elizabeth Gillanders, the study's lead author

The Transnational Genomics Research Institute (TGen), the Johns Hopkins Medical Institutions, the National Institutes of Health, the University of Michigan and five other research institutes world-wide carried out the study. (ANI) (from <http://www.webindia123.com>) and http://www.peacoalition.org/archives/aware2004_08_20.htm also at <http://health.allrefer.com/news/index.php?ID=6556>

EFFECTS OF DIET ON PROSTATE CANCER

Studies show men in Japan and China have as much as 90% less prostate cancer than American men. With the large number of immigrants in Hawaii from Japan, researchers at the University of Hawaii set out to determine why this difference exists.

Their research involved Japanese –Americans including first generation immigrants and their offspring. This was known as the migrant study.

What they found was that cancer rates varied between Japan and Hawaii, and that cancer rates varied between generations within Hawaii. “Breast cancer rates are very low in Japan. They’re high in the United States and what we showed was that if you looked at the first generation of migrants in Hawaii, the Japanese-American women, their breast cancer rates were still low by U.S. standards but they were much higher than in the first generation. So there was progression,” said lead researcher Dr. Laurence Kolonel.

This, says Kolonel, is an indication that it can’t just be genetics. He believes it’s environmental. Researchers concluded that the likeliest culprit was diet – especially as more western eating habits make their way into Hawaii with fast food restaurants.

Now, Kolonel and colleagues at the University of Hawaii are collaborating with researchers at the University of Southern California to gather groups of individuals in one of the following categories: native Hawaiians from Hawaii, Caucasians from Hawaii, Japanese-Americans from Hawaii, African-Americans from California, and Latinos from California. Their goals are twofold: see which components of the diet increase the risk for cancer and which protect against cancer, and see if those relationships are consistent across ethnic groups.

A total of 215,000 individuals are expected to enrol in the study. All filled out a 26-page questionnaire about their diets and some will have blood and urine collected as well to look at biological markers that explain what happens to the food once it’s absorbed into the bloodstream. The current study has no set end date but is expected to go for about 20 years or more to get the maximum benefit.

“We want to be able to recommend to the public not just specific suggestions like ‘eat less fat’ or ‘eat more fibre’, but what’s the kind of diet that you should eat in general? What’s the sort of pattern you should follow so that you will hopefully live a long and healthful life without disability and to a ripe old age?” Kolonel said.

Dr. Dean Ornish, inventor of the Ornish diet, has found by eating a diet low in fat and high in fruits and vegetables, men can actually lower their risk of prostate cancer. He conducted a study where men were randomly assigned to eat whatever they wanted and half were asked make intensive changes to their diet.

“After 3 months, PSA levels as a marker for prostate cancer were essentially unchanged in the comparison group, but they went down significantly in the group that made comprehensive changes in diet and lifestyle,” Ornish said. (from <http://www.news8austin.com> a bit more at http://news8austin.com/content/living/health_beat/?ArID=130114&SecID=169)

GET TESTED, SCREENED TO PREVENT PROBLEMS

There has been much in the news about the latest anti-aging solutions, from Botox to herbal creams. We are spending billions to make sure that our exterior looks good, but we are ignoring those things that will allow us healthy living for the rest of our lives.

While there is no agreement on the need for an annual physical, there are some things that you can and should do, particularly if there is a family history of medical problems. Let’s look at some of the critical screenings that you should consider.

Men over 50 should have a prostate screening including a digital exam on an annual basis. The latest research suggests that it is not the PSA rating that is important, but sudden changes in that rate. OK, the exam is a little uncomfortable, but that is better than having prostate cancer surgery. Women at any age should have a Pap smear at least every three years if not on an annual basis. Some physicians are suggesting that women over 65 may not need an annual test, but that would depend on the risk factors. Women should also have a yearly mammogram and do monthly self-examination.

Men and women both need blood pressure measurements, cholesterol checks, diabetes screening. They do not have to be annual unless there is a history of hypertension or high cholesterol. With obesity and diabetes reaching epidemic numbers, it is worth a check.

If you are over 50 you need to start that dreaded colonoscopy or sigmoidoscopy examination which should occur every 5 years. While a little uncomfortable, they are painless.

Dental check-ups are a critical part of personal health care. National cancer statistics show that over 90% of oral cancers occur in individuals over 45 years of age. The American Cancer Society estimates that this year there will be 28,900 new oral cancers in the U.S. and 7,400 deaths.

How about your eyes? Do you have them checked regularly? More than 13 million people in the U.S. 40 and older have signs of macular degeneration, and more than 1.2 million have the later, vision-threatening stages of the disease. The most common causes of blindness are macular degeneration, glaucoma, cataracts and diabetic retinopathy. Some 40% to 50% of blindness can be prevented, so annual checkups are vital.

Assuming that you take care of yourself, how about your family? Do they get their checkups? Plastic surgery cannot cover a body and mind that have not been well maintained.

You get a sticker on your car to remind you of the next time for service. Why not mark your calendar for personal health service? Finally, your perception of your own health is the best predictor of your health. If you notice changes, see the appropriate health care specialist. Don't wait. (from <http://www.azcentral.com>)

EARLY PROSTATE CANCER OFTEN DEVELOPS INTO MORE AGGRESSIVE DISEASE

Men with early, initially untreated, prostate cancer have a significant risk of progression to more aggressive and lethal disease, according to a new study. In prostate cancer the main challenge is to get the right balance between maximizing survival while avoiding over-treatment. Only a small number of those with prostate cancer will die within ten to 15 years after diagnosis, even if they don't have treatment at the start. But little is known of disease progression and risk of death beyond 15 years of "watchful waiting".

Doctors in Sweden now report on a group of 223 patients with early-stage initial untreated prostate cancer who were followed up for an average of 21 years. They found that most cancers were slow to develop during the first 15 years but there was then progression of the disease in many cases. The prostate cancer mortality rate went up from 15 per 1,000 person years during the first 15 years to 44 per 1,000 person years after this.

These findings suggest that it may be important to consider early treatment in patients who have a long life expectancy. For, although prostate cancer may cause few problems for many years, its potential to progress if left untreated at the start may cause much suffering later on. (source: J.M.A. 9/6/04) check also <http://www.healthandage.com/Home/gm=20!gid1=5902>

THE ALMOND

Appreciation of the almond dates back 2,000 years when the Romans showered newlyweds with almonds as a fertility charm.

Almonds truly are a wonder food. Studies have shown that just eating one ounce of almonds each day can significantly lower LDL - bad cholesterol - and can help reduce heart disease. One study even concluded that eating a handful of almonds five days a week can lower LDL cholesterol the same or even more than some medications.

Amazingly, that's not all; almonds are chock full of many protective nutrients like calcium and magnesium, which help build and maintain strong bones. They also contain phytochemicals, which may help protect against cardiovascular disease and cancer, specifically prostate and cervical cancers.

Still, these tree nuts have other benefits. Almonds, especially their skins, are a great source of vitamin E. Vitamin E is an antioxidant that is credited with fighting the aging processes, such as wrinkles and hair loss. Taken orally, vitamin E helps protect the body's cells from excess oxygen, which causes cell breakdown.

Almonds can be a tasty treat to replace a high-fat, high-calorie snack. Try almonds in a tropical trail mix or sliced on top of your salad. Even the sweet taste of honey roasted almonds will provide you with all of the nutritious health benefits that almonds have to offer. (from <http://www.indianastatesman.com>)

http://www.indianastatesman.com/vnews/display.v?TARGET=printable&article_id=40cfa8e4baaf4

WEBSITE

Here is a website that is of interest to our members;

<http://www.prostate.com.au> - Associate Professor Philip Stricker's website.

Trevor Hunt

Also see USTOO Prostate Cancer HOTSHEET Aug 2004

http://ustoo.org/HotSheet_Publ/hotsheets_PDF/HotSheet082004.pdf