

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.

VISIT US AT www.pcagsa.org.au

MAY 2007

Chairman's Report May 2007

April was an active month with member's involvement in the two day Kapunda Farm Fair, several speaking engagements, Cancer Voices SA, a Media Training session and a Men's Health Evening.

Awareness Evenings

Murray Bridge

As the PCFA Commonwealth Road Show will be involved in an event at Murray Bridge our group will not be arranging a presentation there. The proposed Road Show events are detailed later in this newsletter.

Adelaide Metro Area

Brent Frewen has advised Prostate SA is likely to sponsor an awareness evening to be conducted by our Group in September this year. No further details at this stage.

Kapunda Farm Fair

The rains came down before, during and after the Farm Fair. The local farmers could not stop smiling as "where there's mud there's money". Bill Toop with Coralie and Trevor Hunt manned the stand on Friday and Ian Fisk with Theban and Jeff Roberts on Saturday. The number of inquiries on Friday was 18 with 32 on Saturday. The heavier rain on the Saturday boosted the interest in Prostate Cancer. We had to empathise with the organizers of the Farm Fair, with such conditions on the 2 days of the event – the grounds became an absolute quagmire by lunch time on the Saturday, driving more people into the interior displays. Still, we guess that the organizers could live quite easily with the title of "drought breakers". We appreciate the kind assistance of the organizer of the event, Bill Adams, for his consideration of our request for concessional fees, and for the excellent site allocated to us. A very generous gesture. Incidentally, Bill has been commuting from Cobram every two years to organize this event at no charge, and this was his last event.

Speaking Engagements

Dean Wall is speaking at a men's breakfast at the Dernancourt Lutheran Church on Sat 5th May.

Ray Power is speaking to a parents meeting at Oceanview College, Taperoo, on 14th May.

During April, Dean Wall addressed a meeting of the Lions Club of LeFevre Peninsula Inc., and the Lions Club of Edwardstown Inc. conducted a Men's Health Night, where the speakers and format were arranged by Trevor Hunt, using our PCAG format. Urologist Dr. Kym Horsell presented on Prostate Cancer, and personal survivor stories were given by Dean Wall and Trevor Hunt. Each of these meetings had audiences exceeding 30 persons.

Media & Communication Workshop (Report by Jeff Roberts)

Trevor Hunt, Bill Toop and Jeff Roberts attended a Workshop conducted by Fuller Communications and arranged by The Cancer Council SA. The Workshop gave insights into how to handle and communicate effectively with the Australian media together with tips on media interviews.

Some examples of the topics covered were:

How to approach the media Key messages

The media release Getting the media to events Working with the press, radio and TV

The workshop concluded with each participant being involved in a mock interview

I thought it was a very informative day and well worth attending.

Mitcham Prostate Cancer Support Group (Report by Jeff Roberts)

The April meeting was very successful with the attendance of 42 being the highest ever for the Group.

Urologist Dr Brian Landers who is a senior consultant urologist at the Queen Elizabeth Hospital gave an excellent presentation that produced many questions from the audience. I was impressed with Dr Landers good support for the PSA Test and he also emphasized the importance of a Digital Rectal Examination (DRE).

The next meeting will be held on the 24th May when Ian Fisk will give a presentation based on the PCFA Ambassador Program. All welcome to attend.

PCFA National Men's Health Promotion Forum – Adelaide

Saturday 6th October 2007

To be held at the Hetzel Theatre, University of South Australia

Please keep this date free – further details shortly

Ray Power

Acting Chairman

ANDREW GILES TO VISIT ADELAIDE

Andrew Giles, CEO of the Prostate Cancer Foundation of Australia, will be in Adelaide on Wednesday 9th May (tomorrow), to meet with representatives of the support groups in South Australia. Each support group has been invited to send 3 representatives to a lunch-time meeting in the city.

Andrew wishes to discuss a number of issues that were raised during the last national SAC meeting in Sydney. These matters include the status of the support groups in S.A., where we appear to be getting some confusing messages. Our state representatives on the SAC brought back a message that those groups that were incorporated would no longer be permitted to affiliate with PCFA, which cause quite a deal of concern, especially for our Group. However, in a later communication to Reg Mayes (PSA, Adelaide Group), Andrew advised that this was no longer the case, and that the previous arrangements would continue. There appears to have been a rapid reconsideration! In these circumstances, Andrew's visit to Adelaide is very timely, and we all wish to have this matter cleared up, for all time.

Other matters on the agenda include the CBA Road Show and the October conference. No doubt, there will be several other matters, and it is anticipated that those in attendance will have some questions to ask Andrew. It is good that Andrew has decided to come here, to establish a more tangible link with the PCFA. With the advent of Prostate S.A., it is now evident that PCFA will have some difficulty in establishing a South Australian Board. This makes it more desirable that we should have some other strong link to PCFA, as we have previously been somewhat neglected, when compared to those states that have a State Board.

COMMONWEALTH BANK FUNDED AWARENESS EVENTS

For some time now, the Commonwealth Bank has been providing funds to the PCFA to conduct prostate cancer awareness meetings around Australia. Now, it is South Australia's turn.

It is unfortunate that most of the locations that they have suggested have already been the recipients of PCAG presentations. I believe that this duplication may be a little too soon after the events that we have conducted, and that some people will see this as somewhat of an "overkill". This is an unfortunate result of a body such as PCAG being pioneers in this subject, when nobody else wanted to be seen as radical enough to be advising men that they are at risk of prostate cancer – a subject that had been regarded as being more secretive, and better kept quiet. However, the following programme has been proposed, after consultation with us. Presentations will be made as follows:-

12 th June	Mount Gambier	13 th June	Murray Bridge
14 th June	Victor Harbor	26 th June	Port Pirie
27 th June	Port Lincoln	(All meetings 6.30pm – 8.00pm.)	

These meetings will be preceded in each location by a visit from the Commonwealth Bank's Road Show – a large yellow bus that is driving around Australia. That schedule is :-

20 th May	Mount Gambier	22 nd May	Murray Bridge
24 th May	Victor Harbor	5 th June	Port Pirie
11 th June	Port Lincoln		

THE MASONIC FOUNDATION INC.

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THE 2007 FREEMASONS ART EXHIBITION

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The Great Hall of the Adelaide Masonic Centre,
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on 15,16 and 20, 21, 22, 23 September 2007

An Exhibition of varied art works including

Traditional art - Aboriginal art

Ceramics and Porcelain

Special Category - *The Philosophy of Freemasonry*

Prize for the best exhibit in this category in any medium \$1,500

ALL PROCEEDS TO

Men's Health Projects

Including Prostate Cancer Research and the Cancer Care Centre Inc

Official Opening on

Friday, 14th September, 2007 at 8.00pm

Entries close
17 August 2007

Lodgement of Art Works
10.00 am - 7.00 pm 12 Sept. 2007
10.00 am - 1.00 pm 13 Sept. 2007

Collection of Art Works
4.00- 7.00 pm 23 Sept. 2007

Entry Forms are available at: www.masonic-foundation.asn.au or: www.freemasonrysaust.org.au
or: The Secretary, Freemasons Art Exhibition
PO Box 527, KENSINGTON PARK 5068
Email: Freemasons.Art@gmail.com

FREEMASONS ART EXHIBITION and "MEN'S HEALTH - NO MORE SECRETS"

An initiative by the *Freemasons* is to promote public awareness about men's health issues. Freemasons throughout Australia and New Zealand have enthusiastically committed to raising the awareness of Men's Health throughout October each year.

The campaign, which consists of some 900 men's health seminars, which will be held at community venues and is sponsored by the *Freemasons* of Australia, '*beyondblue*': (the national depression initiative) and *Andrology Australia*.

The main theme of the month is *Men's Health - No More Secrets*. Research shows that men are less likely than women to take an active role in maintaining their own health, and may in fact be very secretive about their health. Freemasonry has also been considered "secretive". The month's activities will enable Lodges and Freemasons around Australia and New Zealand to take part in changing attitudes towards Men's Health and the charitable work of Freemasonry in the community.

Most men look after their cars better than they look after their bodies! A service record for men has been developed listing ten vital parts which need servicing once a year by your GP and will be available at the seminars.

Freemasonry has the structure, the community focus, and the demographically located meeting places and volunteers to make the project happen. Andrology Australia has the expertise in men's health and '*beyondblue*' provides information vital to raising awareness of the "silent stalker" of men: depression. Whilst this Project is aimed at men, the attendance of women is equally important to learn and understand some of the issues.

In Adelaide the third *Freemasons Art Exhibition* will be conducted to promote art in the community, raise the awareness of the Men's Health Seminars, raise funds for Men's Health Projects and the Cancer Care Centre Inc, and bring people into the Adelaide Masonic Centre on North Terrace. Daily tours of this magnificent heritage building will also be available for those interested in architecture and the work of Freemasonry in the community. Last year the *Freemasons Art Exhibition* raised \$10,000 which was all applied to Men's Health research projects areas.

The *Freemasons Art Exhibition* will be formally opened on the 14th September 2007 and daily from 10.00am to 4.00 pm on 15,16 and 20 to 23 September. This Exhibition attracts quality mainly traditional art, ceramics, porcelain and a large Aboriginal collection of high quality mainly from Western Desert artists. Additional to the Art Exhibition will be booths manned by prostate and cancer care groups.

Full details of the *Exhibition* are available on the web site:

www.freemasonrysaust.org.au click the hyperlink [Freemasons Art Exhibition](#)

Please contact the Art Exhibition Secretary email Freemasons.Art@gmail.com should further information be required.

NEWSPOLL SURVEY OF MEN'S ATTITUDES REGARDING VISITS TO DOCTORS

Newspoll surveyed 600 men aged 50 and over to determine their attitudes and behaviours regarding visits to the doctor.

The key findings of the Newspoll survey:

- 78% of men have been encouraged by a female to visit the doctor - 56% in the last 12 months.
- 61% of respondents who have ever had a prostate check were encouraged by a female to visit the doctor in the last 12 months.
- 23% of respondents believe breast cancer is a more serious condition than prostate cancer, while 86% said people generally know more about breast cancer than they do about prostate cancer.
- 18% of men aged 65+ said "men only needed to go for a check up for prostate cancer when they think they have a problem" - while 26 per cent of those who had never had a prostate check also gave this response.
- 10% of respondents had a family history of prostate cancer and of these, 6% (or around 40,000) had never had a check up for prostate cancer.
- 55% of men disagree with the statement: "The media gives as much attention to men's health issues as they do to women's health issues".
- Only 32% of men agree with the statement: "The government generally provides sufficient funding for men's health conditions, when compared to the funding it provides for women's health conditions".
- For men aged 65+, 18% of respondents believe the Coalition is the political party most likely to provide the best access to new and improved treatments for men's health conditions compared to 15% who said labor.
- For men aged 50-64, only 11% said the Coalition is the political party most likely to provide the best access to new and improved treatments for men's health conditions, compared to 21% who said labor.

COMMENT. *With respect to the last two points, it would have been interesting if the Newspoll people had asked **whether men thought that any political party was likely to provide access to new and improved treatments for men's health conditions.** This is especially so in the case of prostate cancer. In Australia, governments of all persuasions have an abysmal record when it comes to men's health matters. For example, cast your memory back to when Messrs. Wayne Swan and Jim Lloyd were treated for prostate cancer – promises and numerous statements were made, and a private member's bill was introduced into the House, for what? The net result has been **NO ACTION.** There is no comparison between the treatment of men's health issues and the treatment of women's health issues – it remains grossly inequitable. Why? Because men are not proactive in making an issue of their health. With a Federal election due before the end of this year, and an apparently large Budget surplus to buy votes, it will be interesting to see whether the current government has any interest in men's health issues. Past performance indicates that this **government is NOT INTERESTED.** At the last election, we were urged not to become militant about a better deal for prostate cancer. The intention may have been well-intended, but it allowed the government to totally ignore men's issues. **LET OUR VOTES NOT BE TAKEN FOR GRANTED THIS TIME.***

NEW RESEARCH SHOWS MEN'S HEALTH IS ALL ABOUT THE WOMEN

Australian women need to be educated about prostate cancer after findings from a new Newspann survey suggest they play a leading role in men's healthcare.

The survey of more than 600 men over the age of 50 found that 78 per cent (aged 50 years and over) visited the doctor only when encouraged by a female; 56 per cent of these visits were in the last 12 months.

When asked about prostate cancer, a disease which kills more than 2,700 men each year, 61 per cent of men who had been for a prostate check in the last 12 months did so only after being encouraged by a female to visit the doctor.

"These findings show the crucial role women play in men's health," Andrew Giles, Chief Executive of the Prostate Cancer Foundation of Australia said.

"What is of great concern is the fact 86 per cent of men surveyed thought people generally know more about breast cancer than they do about prostate cancer, and 23 per cent believe breast cancer is a more serious condition than prostate cancer. This is despite the fact around the same number of men die from prostate cancer as women die from breast cancer each year.

"The community awareness of women's health issues such as breast cancer is apparent, because women have been such wonderful advocates for women's health issues. We can see this in the numbers of treatment options available for breast cancer that men miss out on with prostate cancer.

"While the survey suggests it is important we continue to educate women about prostate cancer, I also want to encourage men to be more aware and active in advocating for men's health issues and to take better care of their own health, particularly those men in the at-risk categories," Mr Giles said.

The study also showed that 26 per cent of respondents, who have never had their prostate checked, believe men only need to go for a check-up for prostate cancer when they think they have a problem.

"This is a myth. Men in the at-risk category that is, aged 50 years and over, or with a family history should visit their doctor for a yearly prostate check. The good news is there are now a range of treatment options available for men who develop prostate cancer but, as with any cancer, the best outcomes are achieved with early diagnosis," Mr Giles said.

PRESENTATION PREDICTS PROSTATE CANCER

Men with problems in the lower urinary tract may have prostate cancer. To help GPs work out which symptoms are suggestive of cancer, the University of Bristol conducted a case-control study.

The cases were patients aged over 40 years with prostate cancer. These 217 patients were matched with 1080 controls from the 21 general practices in the same city. The researchers analysed the medical records of the cases and controls for the 2 years leading up to the diagnosis of prostate cancer. They drew up a list of 60 variables and identified seven common symptoms that were associated with prostate cancer.

Patients with prostate cancer were significantly more likely than controls to have presented with urinary retention. They were also more likely than controls to have nocturia, haematuria, hesitancy and frequency. Impotence and weight loss were also important complaints.

As screening is not universal in Australia, patients are likely to present when they have symptoms. A rectal examination can help when deciding if a patient with symptoms needs urgent specialist review. While a negative examination does not exclude cancer, the odds of cancer are greatly increased if the prostate feels abnormal. (Medical Observer, 23/3/07, p38)

A TRIP TO THE DOCTOR CAN CURE NAGGING

Clara Pirani Medical reporter03may07

MEN will go to great lengths to get their wife or girlfriend to stop nagging them, in fact many will even go to the doctor.

A survey of 600 Australian men over the age of 50 found almost 80 per cent only visited the doctor because they were pressured into it by a wife, partner or sister.

About 60 per cent only had prostate check at the insistence of a female.

"We found that when men finally did go to doctor, they only went when something was really wrong," said Andrew Giles, chief executive of the Prostate Cancer Foundation of Australia which conducted the survey.

The concept of having a regular check-up is alien to the vast majority of men.

"Women are simply better at going to the doctor, maybe because they are used to having Pap smears, or especially women who have children get into a routine of having a regular check-up.

"These findings show that women play a significant role in men's health."

The survey found men also had an alarming lack of awareness about prostate cancer, Mr Giles said.

"What is of great concern is that 23 per cent of men surveyed thought breast cancer was a more serious illness than prostate cancer, even though about the same number of men die from prostate cancer each year as women who die from breast cancer."

Maurie Duke said his wife Sheila's gentle nagging may have saved his life.

The 69 year old had not been to a doctor for several years before he was diagnosed with prostate cancer, 12 months ago.

"I thought that if you go to the doctor, they'll just find something wrong with you. But my wife kept telling me to go and it's just as well that I did.

"It turned out I had a fairly aggressive form of prostate cancer that was moving quite quickly."

Mr Duke said he was in good health and had experienced no symptoms at the time when he was diagnosed with cancer.

"That's why men need to get a regular check-up. If you wait until you have symptoms, it may be too late.

"If I hadn't been diagnosed when I was, I would probably only have been given a few months to live. My treatment went really well but I wish I'd been diagnosed earlier." (*from Yhe Australian, 3/5/07*)

NATIONAL BANK TO THE RESCUE

The National Australia Bank had one of the neighbouring sites to our stall at the Kapunda Farm Fair, and, as is the practice at these events, we engaged in some chatter. They appeared to have some interest, and enquired about how we are funded. This led to discussing ways of fund-raising, the NAB volunteer awards, etc. During this discussion I mentioned how we could do with some brochure display holders. Later, I discovered that they were actually ringing around to source some, and was very pleasantly surprised, later, when they produced 2 display holders for us. Very handy. We thank the staff of the NAB for their generous efforts in donating these very convenient brochure holders.

There has been quite a deal of discussion about the subject of Incorporation, lately, with the PCFA not apparently in favour of any support group becoming incorporated. As a group already incorporated, we have adopted a different view. Perhaps this information from the Office for Business and Consumer Affairs may help some people understand why we became incorporated some time ago.

THE ADVANTAGES OF INCORPORATION

There are many advantages to a non-profit, community organisation of becoming incorporated.

Incorporation gives an organisation an independent existence at law. It becomes a legal corporate entity. This means that it can open bank accounts, enter contracts, obtain insurance, lease and own property. If a group does not incorporate, an individual must act as a trustee to carry out these financial tasks on behalf of the group or organisation.

Incorporation means that office holders and members will not be held responsible for any of the organisation's debts or legal actions against the organisation when they act in good faith and with reasonable care and due diligence, provided the organisation does not make a profit from its members.

Incorporation enables the organisation's volunteers to be protected from personal liability under the *Volunteer Protection Act 2001*.

Incorporation is a requirement of most Government Departments for funding and grants

THE RESPONSIBILITIES OF INCORPORATION

The responsibilities that are accepted by an organisation when it becomes incorporated are described under the *Associations Incorporation Act 1985* and its Regulations which are available from Service SA <http://www.service.sa.gov.au>.

It is necessary to have a set of rules (a constitution).

There is a requirement to appoint a public officer and to report on the financial position of the organisation (annual Periodic Return).

An organisation with gross receipts above \$200,000 has financial reporting obligations to its members and the Office for Consumer and Business Affairs.

Under the *Associations Incorporation Act 1985*, all officers of the organisation (Treasurer, Public Officer etc.) must act with reasonable care and diligence in the execution of their duties.

There are two nominal one-off fees payable to the Office for Consumer and Business Affairs:

- > To incorporate
- > To lodge a constitution

There is also an annual fee attached to lodging a Periodic Return.

HOW TO INCORPORATE

Simply contact the Office for Consumer and Business Affairs directly by phoning 1300 138 918 or visit their website (www.ocba.sa.gov.au) where you will find a step-by-step guide to Incorporation within the 'Business Advice' section.

They are located at Chesser House, 91-97 Grenfell Street Adelaide.

DETECTION

A study in the *Clinical Journal of Clinical Oncology* has found that a blood test taken between the ages of 44 and 50 may help to predict which men will go on to develop prostate cancer years later. Researchers examined 21,000 men over a 12-year period as part of the study and found that early biochemical changes in the form of slightly increased prostate specific antigen (PSA) and human kallikrein (hK2) indicate a predisposition to prostate cancer that may be detectable two decades before the disease is diagnosed. (*from Australian Financial review, 22/3, p59*)

TOUR de CURE 2007

INAUGURAL 2007 TOUR DE CURE GETS ON THE ROAD TO CURING CANCER

Marathon Annual Bike Ride Set to Raise \$2 Million for Men, Women and Children with Cancer

A brand new annual charity event, The Tour de Cure, will take place on 28 May 2007, when a team of 23 Australian men and women will hit the road from Brisbane to Sydney, riding some 1,100km over 10 days, to raise money for the Prostate Cancer Foundation of Australia, the National Breast Cancer Foundation and Camp Quality.

The 2007 Tour de Cure will kick off with a bang from Myer, Queen Street in Brisbane on 28 May 2007 and will cycle down the east coast stopping in Tweed Heads, Ballina, Grafton, Coffs Harbour, Port Macquarie, Taree, Newcastle and Gosford before being welcomed home with more fan fare at Myer, Pitt Street Mall in Sydney on 8 June 2007. The Tour de Cure is set to be an annual event which hopes to raise \$2 million for the three Cancer charities over the next four years.

Aside from the 1,100km that must be pedalled, each Tour de Cure cyclist must commit to raising \$10,000 in donations in order to enter, as well as taking time out from their busy professional and family schedules to not only participate in the 10 day event, but also months leading up to it. Tour de Cure cyclists are their respective companies some 24 children between

20 Riders

1,100 kilometres

10 Days

to train aggressively in the This is no mean feat for the 11 CEOs, directors or owners of and the 13 that are parents to them.

Cyclists vary in age from been gathered together Melbourne by 34 year old mastermind, Geoff Coombes.

23 to a very young 50 and have from Sydney, Brisbane and cycling fanatic and Tour de Cure

"Some of our team members have family members or close friends that have been affected by Cancer, but all are committed to taking time out from their busy professional and family lives to ride for a cure," said the marketing professional, who dreamed up the idea for the Tour de Cure while cycling across America with a friend some ten years ago.

"We are honoured to be riding on behalf of three such worthwhile Australian charities that assist men, women and children affected by Cancer, and look forward to the fun, fitness and fund-raising that awaits!" he said.

Corporate Australia is also putting its money where its mouth is to support the Tour de Cure with Myer, New Idea, Vittoria Coffee, Dencorub, Sydney City Lexus, Ella Bache, The Pratt Foundation, Intelligent Investor and Choice Hotels all on board as major partners of the 2007 event.

"The whole concept of the event "Tour de Cure" is wonderfully innovative and is set to be a memorable event for so many people - both the participants, as well as the beneficiaries - the many Australian women and men who have been and will be diagnosed with cancer in the future," said Susan Murray, Chief Executive Officer of the National Breast Cancer Foundation. "We are looking forward to this being an annual event for a long time to come!" she said.

Cancer does not discriminate. One in three men and one in four women will be directly affected by Cancer before the age of 75. This year alone, Cancer will kill 36,000 people in Australia, and an additional 88,000 new cases will be diagnosed. Funding is vital for hope, research, support, improved treatment options and ultimately, finding a cure for this disease, which, despite developments, is still the leading cause of death in the country.

To donate or to find out if the Tour de Cure is hitting a town near you, please visit www.tourdecure.com.au <<http://www.tourdecure.com.au>>

continued on next page

TOUR de CURE (CONTINUED from page 9)

The Tour de Cure is a journey like no other - an annual event that aims to involve a group of every day people to cycle from one part of Australia to another to raise money for vital Australian charities that conduct research into serious health conditions or support people suffering from those conditions. From 2007 to 2010, the Tour de Cure will be targeting Cancer.

The inaugural Tour de Cure will take place on 28 May 2007, when 23 cyclists will ride from Brisbane to Sydney, proudly supporting the Prostate Cancer Foundation of Australia, the National Breast Cancer Foundation and Camp Quality. The Tour de Cure aims to raise \$300,000 in 2007 to be split between these charities, with a view to raising at least \$2 million by its fourth year.

TOTAL PLEDGES TO DATE - \$231,810

Get on the road to finding a cure by making a donation. Every dollar counts.
www.tourdecure.com.au_ <<http://www.tourdecure.com.au/>>.

The Prostate Cancer Foundation of Australia intends to use the funds raised by the 2007 Tour de Cure to host Australia's first ever "Fighting Prostate Cancer" Round Table. This project will involve the bringing together of some of Australia's leading scientists, medical specialists and government representatives, together with the Foundation's major corporate supporters and donors, to address the impact of prostate cancer on rural and regional areas. The Round Table will also bring together the Foundation's 60-odd support groups to participate in the forum.

PROSTATE BIOPSY MAY BE MISLEADING IN OBESE MEN

In overweight or obese men, prostate biopsy may underestimate the aggressiveness of prostate cancer, research suggests.

"Even if a well-done biopsy shows low-grade cancer in an obese patient, there is still a reasonable likelihood that the patient may have high-grade disease," Dr. Stephen J. Freedland of Duke University Medical Center, Durham, North Carolina commented in a university statement.

A misleading prostate biopsy could lead to inadequate or inappropriate treatment of the cancer, he and colleagues warn in their report, published today in the journal "Urology".

The prostate specific antigen, or PSA, is a blood test used to look for early signs of prostate cancer. Men who have a suspicious PSA result often undergo a prostate biopsy, which involves inserting a needle into the prostate to extract tissue for analysis. The results of the biopsy play a critical role in treatment decisions.

Freedland and colleagues analyzed data from 1,113 men who underwent surgical removal of their prostates. The investigators compared the aggressiveness of each patient's cancer, determined by the biopsy tissue, with the actual aggressiveness of disease found by a more extensive microscopic examination of the removed prostate.

Based on inspection of the prostate, the disease of 299 men (27 percent) was upgraded to a worse status and downgraded to a more favorable status in 123 men (11 percent). Disease status was on the mark in 691 men (62 percent).

In analyses that took into consideration the influence of potentially confounding factors, obesity was significantly associated with upgrading of the prostate biopsy results.

Obese men were 89 percent and overweight men 44 percent more likely than normal-weight men to have a more aggressive form of prostate cancer than was suggested by the biopsy.

"We already know it's more difficult to diagnose prostate cancer in obese men because they have lower levels of PSA...and because their larger-sized prostates make it more likely for a biopsy to miss the cancer," Freedland said. "These findings further suggest that we could be missing even more high-grade disease among obese men."

Doctors may need to perform more biopsy samples on obese men, according to Freedland, in order to determine the "true aggressiveness of the prostate cancer and allow treatment to be better tailored to the patients' needs."

SOURCE: /Urology/, March 2007. Reuters Copyright © 2007 Reuters Limited.

RESEARCHERS FIND GENETIC LINKS TO PROSTATE CANCER

By Will Dunham

MONDAY, April 2 (Reuters) - Scientists have identified several genetic risk factors for prostate cancer, shedding new light on the cause of a leading worldwide cancer killer among men that hits U.S. blacks especially hard.

"The importance of it is that this is the first real evidence of the genetic basis of prostate cancer," said Dr. Brian Henderson, dean of the Keck School of Medicine at the University of Southern California and one of the researchers of the study released on Sunday. "It gives us the first real insight we've had into the cause of this disease and how we might do something about it," Henderson added.

The researchers described seven genetic risk factors -- DNA sequences present in some people but not others -- bunched in a relatively small region of one of the human chromosomes, chromosome 8, that reliably predicted one's probability of developing prostate cancer.

Five were newly discovered and two confirmed earlier findings.

The prostate, about the size of a walnut, is a gland below a man's bladder that produces fluid for semen. According to the American Cancer Society, prostate cancer is the second leading cause of cancer deaths in men, behind lung cancer. Pinpointing these genetic risk factors could be an important step toward helping explain the higher prevalence in U.S. blacks compared to whites, the researchers said.

Black men are twice as likely to die of the disease, and nearly all of the risk factors were seen most frequently in blacks involved in the study. Henderson said the disease's greater prevalence among blacks had hinted at some sort of a genetic basis for it.

The findings also could lead to ways to sort out who is at highest risk by finding if a man has one of the genetic risk factors, and for early diagnosis of the disease, the researchers said.

Prostate cancer death rates are falling in part because screening is allowing it to be found earlier when it is more treatable.

"We do believe there is a genetic basis. Of course, it's not all genetic. There are also going to be other lifestyle and environmental factors as well," said Christopher Haiman, a USC preventive medicine professor. "But our findings here in this study suggest that a large fraction of the disparity between African Americans and other populations could be due to genetic variation in this region," Haiman said.

About two-thirds of cases are in men over age 65. The American Cancer Society said men who eat a lot of red meat or high-fat dairy products appear to have higher risk.

The three teams of researchers -- one led by scientists at Harvard University and USC, one by Icelandic company deCODE genetics Inc. and one by the National Cancer Institute, part of the U.S. National Institutes of Health -- presented their findings in the journal *Nature Genetics*.

The researchers examined genetic information on thousands of men with and without prostate cancer.

Harvard geneticist David Reich said that until last year, when deCODE published narrower earlier findings, there had been no confirmed genetic risk factors for prostate cancer.

"I think it's likely there are other genetic risk factors either in this section of the genome or elsewhere that we and others have not yet identified," Reich said. "It's only the beginning of the story," Reich added.

Haiman said the researchers do not yet fully understand the biological mechanism through which the genetic variants influence risk for prostate cancer.

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Tail End Charlie rides again

By KEN WILSON

FIFTY years ago, as a 22-year-old sales cadet for Chamberlain Industries, Ron Bywaters set out on a trip of a lifetime.

He was one of four drivers of a Chamberlain Champion tractor, which participated in the 1957 Mobilgas around Australia rally, as a backup vehicle to assist with breakdowns.

The tractor, known as Tail End Charlie, had previously been involved in 1955 and 1956 Redex car rallies from Darwin to Perth.

This year, Ron and his friend, Poll Merino stud breeder Dick Garnett, Gnowangerup, will re-enact the 1957 rally to celebrate its 50th anniversary and to raise funds for the Breast Cancer Foundation of WA and the Prostate Cancer Foundation of Australia.

Ron and Dick plan to start in Melbourne on August 19, driving a replica Tail End Charlie, complete with the special final drive gearing, which is owned by McIburnian and codriver Darren Visser.

This tractor has been meticulously restored to accurately reflect the appearance of the original tractor, which is housed in the Tractor Museum of WA at Whiteman Park. It is still in working order, but is not available for outside use.

Several safety features have been added to the replica, such as a rollover bar, to comply with current road rule usage.

In 1957, Ron and his co-drivers completed the 17,935km trip in 19 days. This time, when they set off in August, the pair will target a finish date in Melbourne, 38 days later, travelling at a more leisurely pace to average 500kml day.

The adventure will be daylight driving only, with nightly stopovers in designated towns, which will give the public the opportunity to view the tractor.

According to Ron, there was a big focus on car rallies in the 1950s, with the most famous being the Redex, Ampol and Mobilgas events.

"The Chamberlain Champion model tractor, designed by the founder Bob Chamberlain, was revolutionary in its design and capabilities," he said. "The first model rolled off the production line at the Chamberlain factory in Welshpool in 1955.

"This particular tractor had special final-drive gearing, which would enable a speed of around 96km/h, and the intention of Bob Chamberlain was to enter the tractor as a competitor in the 1955 Redex Trial.

"This attempt was unsuccessful, but the tractor did participate in the event as a sweep vehicle in the Darwin to Perth section, and again in the 1956 Redex Trial over the same section.

"In 1957, the tractor was accepted as the official sweep vehicle for the Mobilgas event, and I was lucky enough to be one of four drivers.

"We took turns in pairs with two in the tractor and two in the support car, but I think we only got three nights' sleep over the whole event. "I guess it was just the adrenalin pumping, because there was always something to do to help competitors, whether it was day or night"

Amazingly, while competition vehicles crashed, broke down or became bogged, Tail End Charlie completed the trip without a mechanical failure. "We had a couple of punctures, but that was about it," Ron said

One of the most humorous events involved trying to push off an exceptionally obstinate old man kangaroo off the Albany-Bunbury Road. The kangaroo had been doggedly sticking to the centre of a narrow stretch of road, ignoring car horns and shouts from angry drivers. Tail End Charlie had no problems edging up to the animal and gently nudging it off the road.

The incident became the subject of a cartoon in local papers and is being used as the re-enactment logo.

.Web: www.tailendcharliethetractor.org

Copyright Agency Limited (CAL), from Queensland Country Life, 19/4, p8 (provided by the organusers)



The original team of four drivers of Tail End Charlie in the 1957 Mobilgas Rally included Ron Bywaters (second from left), who will be one of four drivers in the re-enactment in August this year. The others will be WA drivers Dick Garnett and Allan Faulkner. Victorian Darren Visser.



Drivers Dick Garnett, left, and Ron Bywaters, with one of their support team members, Kim Whitfield, TollTransport. *Copyright Agency United (CAL)*

George Doubikin, State Co-Ordinator (Volunteers) WA, for the Prostate Cancer Foundation of Australia, has contacted our Chairman, Jeff, concerning the progress of Tail End Charlie through South Australia. He is seeking assistance from support groups with fund raising and publicity. Unfortunately, there are not many support groups in South Australia, and opportunities would be limited. The organisers have this angle covered, however. They have arranged for Rotary Clubs to be involved along the route of Tail End Charlie.

George has asked us to give him an indication as to how many of the towns along the route that we could help with promotion. Although we have limited wo/man power to engage in fund raising, we could consider becoming involved in some other way. For instance, we could liaise with Rotary Clubs with regard to fund-raising, or even arrange a welcome to Adelaide. Let's think about it!

The itinerary for this journey indicates some astonishingly ambitious distances to be covered in the space of a day. On the South Australian leg, one day will take the tractor from Port Lincoln to Smoky Bay (523km.), and the next day, crossing the Nullarbor to Mundrabilla is a journey of 594Km. I don't know about you, readers, but I reckon that's more than enough for one day on a tractor seat!

The crew will enter S.A at Mt. Gambier on Aug. 20th., travel to Adelaide next day (421Km.), then through Port Wakefield, Port Pirie, Port Augusta, Whyalla, to Cowell, on 21st August. The route then goes through Port Lincoln, Streaky Bay and overnight at Smoky Bay, on 22nd. Aug., then leaving the state via Ceduna, Nullarbor, Eucla, and on to Mundrabilla, on 24th August.

New cancer-fighting prostate drug

March 22, 2007 02:30am

AN experimental drug designed to fight the spread of aggressive prostate cancer is showing great promise for future sufferers.

A team from the University of New South Wales is working on a new therapy for prostate cancer patients who stop responding to standard hormone treatments.

The medication is still in the development stage but if new tests prove successful, it could bring relief for a group of men for whom there is currently no treatment, said study leader Dr Kieran Scott. "We've seen enough positive data to know it's worth testing in people," Dr Scott said.

Prostate cancer is the most common cancer in Australian men, with patients usually treated with some combination of surgery, radiation and hormone medications.

These drugs effectively limit the spread of prostate cancer in the early stages by suppressing the male hormones that tumours need to grow.

But over time cancers often stop responding to this treatment, putting men at risk of tumour growth and cancer spread to the bones.

Dr Scott said his team at St Vincent's Hospital in Sydney believed it had a new oral medicine that could slow the growth of hormone-resistant cancer and stop its spread.

The medication works by blocking an enzyme which releases Omega-6 fatty acids - fats which, when consumed in the diet, have been associated with increased rates of disease.

"We think we can slow the growth of tumours that are resistant and we believe the drug may also help slow the growth of tumours in bones," Dr Scott said.

"If we can help in those two areas then we'll have a therapy for prostate cancer patients who currently have no good treatment."

The team has been granted Cancer Council NSW funding for a new round of tests, with plans to manufacture and trial the experimental compound in the most severely-affected patients if they have success.

"I've been working in this area for 10 or 15 years and to be honest I didn't think this would work," Dr Scott said. "But the data keeps me going because it keeps suggesting this approach really will work."

Other cancer grants awarded include an investigation of genes that predispose people to melanoma and a study of new techniques to minimise breast cancer surgery side-effects. *(from Adelaide Now website)*

ANDROLOGY AUSTRALIA ADVISORY FORUM

The Andrology Australia Advisory Forum will provide opportunities to present outcomes of community, professional and research projects on male reproductive health, and will allow research and education collaborations to evolve. General and specialist workshops will provide opportunities to consider the future direction and strategy of Andrology Australia.

Plenary speakers: include international speaker Professor John McKinlay, Chief Investigator, Massachusetts Male Ageing Study, USA, Dr. Mark Wenitog, President, Australian Indigenous Doctors' Association, Assoc. Professor Michael Baigent, Clinical Advisor, Beyondblue, and Governor Professor David deKretser AC, former Director Andrology Australia. There will also be a special appearance by Merv Hughes, Andrology Australia Ambassador.

The Forum will be presented on **25th - 27th May, at the Stamford Grand, Glenelg**. Registration is \$220,00
For more details, please visit <http://www.asnevents.net.au/andrology/>

MOVEMBER - FUNDRAISING OUTCOMES

Through the fantastic efforts of the Mo Bros, Mo Sistas and the generosity of the Australian public Movember has raised over \$7.8 million dollars in its first three years as a formal fundraiser.

The funds raised by the Movember campaign are donated to selected beneficiary partners that focus on men's health, who fund leading research initiatives and provide support services to assist men dealing with health issues.

IMPORTANT NOTICE: The revenue generated from Gala Parté ticket sales exceeded the cost of all parties. This means the Gala Partés were profitable and contributed to the funds raised and donated to Movember's beneficiary partners. Importantly NONE of the money raised by the Mo Bros and Mo Sistas was used to fund the parties.

2006 OUTCOMES

In 2006 44,756 Mo Bros and Mo Sistas raised \$6.63 Million with the net proceeds being donated equally to Beyondblue, the national depression initiative and the Prostate Cancer Foundation of Australia (PCFA).

Beyondblue will use the funds to increase the community's awareness of depression in men and to reduce the stigma associated with men living with depression. The PCFA will use the funds to research better screening tests, treatments and a cure for Prostate Cancer.

When specific details of the initiatives are decided by both beneficiaries the details will be posted here similar to the 2004 and 2005 outcomes listed below.

2005 OUTCOMES*

In 2005 9,315 Mo Bros and Mo Sistas raised \$1.17 Million with all the proceeds being donated to the Prostate Cancer Foundation of Australia (PCFA).

The PCFA are using the money raised to fund priority-driven Collaborative Cancer Research grants through the National Health and Medical Research Council

<http://www.nhmrc.gov.au/funding/types/granttype/projects/cc_funding.htm>.

Through this scheme Australian researchers have better opportunities of working collaboratively to generate evidence, increase knowledge, improve research in identified priority areas to reduce the impact collectively of cancer on the community and improve outcomes for people affected by cancer.

The most exciting aspect is that for the first time the Federal Government has committed \$1,000,000 towards prostate cancer research effectively dollar matching the funds raised by Movember 2005. This grant was, in part due to the awareness the Mo Bros and Mo Sistas have achieved for prostate cancer within the community.

The PCFA has identified three critical cancer research priorities where the Movember and Federal Government funds will be allocated:

***1) Biomarkers:** The discovery of a better test for prostate cancer.*

The current tests for prostate cancer are not reliable or efficient. The PSA blood test while relatively cheap and painless can show varying results. The DRE (digital rectal examination) is considered more reliable but is the great Mexican standoff of the medical testing world- many doctors are hesitant to offer it, and as many men are hesitant to have it, despite the fact it can save lives.

***2) Drug discovery:** The development of better drugs to combat prostate cancer.*

Continued on next page

Prostate cancer is a complex disease and is different in almost every man. More effective drugs and the best combinations of drugs and treatments are being continually sought to help fight this insidious and complex disease.

***3) Functional and molecular imaging:** to identify prostate cancer types.*

Why do some prostate cancers remain benign and others become killers?

Why does prostate cancer in younger men tend to be more aggressive?

Finding the answers may lead to faster and more effective treatment for many, while saving others from having to undergo the trauma of invasive and unnecessary treatment.

The grants were launched in The Australian newspaper on 17 February and through the National Health and Medical Research Council (NHMRC) announcements to research institutes and on their website <http://www.nhmrc.gov.au/funding/types/granttype/projects/cc_funding.htm>.

2004 OUTCOMES

In 2004 432 Mo Bros and Mo Sistas raised \$55,000 with all the proceeds being donated to the Prostate Cancer Foundation of Australia (PCFA).

The PCFA used the funds raised to sponsor Dr Lisa Butler's research to develop new strategies of treatment for advanced prostate cancers that are more specific and effective. This research was undertaken at the Dame Roma Mitchell Laboratories, Hanson Centre for Cancer Research, Adelaide.

Find out more about Dr Butler's research

<javascript:openWin('http://www.movember.com/au/popups/research.html',%20'Research',%20430,%20510);>

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* **What is Movember?** <<http://www.movember.com/au/whatismov/?action=view&id=37>>

SOY CANCER WARNING HIT

The scientist who discovered soy food's chemical health benefits has hit out at the NSW Cancer Council for advising cancer patients to limit soy consumption.

Professor Kenneth Setchell, a US-based scientist who sits on Sanitarium's international soy advisory body, said Australian children should be given soy foods to protect them from obesity, cancer and heart disease.

He spoke out against the council's warning that breast and prostate cancer patients should avoid high doses of soy because of the risk of tumours and interference with medication. Soy might even stop tumours growing, he said. (Sunday Mail, 29/4, p23)

OBESE MEN WITH PROSTATE CANCER FACE INCREASED RISK OF DEATH

Obese men who develop prostate cancer are more than twice as likely to die of the disease than men of normal weight, according to new research which provides even more proof of the health risks of being overweight.

Doctors at the Fred Hutchinson Cancer Research Center in Seattle in the USA said a study of 752 middle-aged patients with prostate cancer found that men were 2.6 times more likely to die from the common male disease if they were obese at the time of diagnosis, regardless of the stage of their disease or the treatment they undertook.

The researchers said in the journal "Cancer" that obese men with cancer that was confined to the prostate were 3.6 times more at risk of the disease spreading to surrounding tissue than men who were not overweight. They blamed the poorer outcomes for obese men on hormone activity and inflammation of tissue caused by obesity.

Perth urologist, Tom Shannon, said it was well known among doctors that obese men with prostate cancer tended to present later, have worse disease and suffer more side-effects from surgery than normal weight men. (West Australian, 16/3, p9)

POMEGRANATE JUICE FOR A RISING PSA

For individuals with PSA doubling times > 12 months who are on "observation" only, recent results from the University of California at Los Angeles may be of considerable interest [6]. This paper was briefly mentioned in the February Newsletter. In this study participants who had been treated for prostate cancer with either surgery or radiation had rising post-treatment PSA with a level > 0.2 but < 5 ng/mL and a Gleason Score of < 7. Participants had to have enough PSA data to calculate a doubling time, no hormonal treatment prior to entering the study and no evidence of metastatic disease. In what the authors claim is the first clinical trial of pomegranate juice therapy for patients with recurrent prostate cancer; the protocol consisted of 8 ounces of pure juice daily until disease progression endpoints were reached. Data from 46 patients were used in the analysis. The study used the brand POM *Wonderful Variety* which is widely available, both pure and diluted with other juices, in North American grocery stores. After 33 months of follow-up, the mean PSA doubling time significantly increased from 15 months at baseline to 54 months. In addition, 35% of the 46 patients involved actually achieved a decrease in PSA (apparent arrested progression) during the intervention and 4 achieved a PSA decline of > 50%. The authors point out that the PSA doubling time is increasingly being seen as an important surrogate biomarker for prostate cancer mortality, and men with greater doubling times can expect longer survival. While the mechanism of action of pomegranate juice is unknown, the authors discuss possibilities such as antioxidant and prostaglandin-inhibitory actions of the polyphenols present in the juice and the ability of these polyphenols to promote tumor cell death and inhibit proliferation and invasion.

While one might think that pomegranate juice, being natural, would be totally benign, it nevertheless may present a potential risk to individuals taking various medications. Preliminary research indicates that the juice of this fruit may have similar but probably weaker effects as seen with grapefruit juice and it can also interfere with drug metabolism [7,8]. Anyone considering trying pomegranate juice who is taking any medication should check with their physician or pharmacist (or both!) to see if grapefruit juice is contraindicated and if so, consider this to apply to pomegranate juice as well. It may still be possible to try pomegranate juice if the potential drug interference is monitored since the potential benefits suggested by the above study could be very significant indeed and the drug interference minor or nonexistent.

A preliminary report on this study is discussed (page 298-9) in our book *The Prostate and Its Problems*, where a detailed discussion of PSA doubling times and recurrence after primary treatment can also be found. The results of the study reported above are even more impressive than those provided in the meeting abstract quoted in the book. These results should also stimulate research into the use of this fruit juice for primary prevention and prevention of recurrence. If a pharmaceutical company had a patentable drug that could produce the above improvement in PSA doubling times there would no doubt be great excitement in the boardroom. But this study employs a nutrient available at the grocery store! Critics will of course demand large randomized placebo controlled studies. It must also be pointed out that a decrease in PSADT may not translate into longer time to metastasis. While this has apparently never been studied, it nevertheless is a reasonable working hypothesis. Pomegranate juice has a number of other apparent health benefits. This is an interesting topic and will be covered in a future mini-review. (from *International Health News*, May 2007, p16)

EXERCISE HELPS FIGHT PROSTATE CANCER

Prostate cancer patient Phil Kerr is convinced he owes his recovery, at least in part, to pioneering research investigating how exercise can reverse some of the harsh side effects of drug treatments.

The 74-year-old, who was diagnosed 12 years ago, said that while taking part in a pilot study into the benefits of exercise, his PSA level dropped significantly and he felt far healthier, despite the side effects from his cancer treatments.

He is one of 11 men who took part in the study by Edith Cowan University researchers Daniel Galvao and Professor Rob Newton, which showed that prostate cancer patients who did resistance exercises improved their muscle strength and kept their lean mass. Doctors believe this is an important finding, because one of the most common treatments for cancer is androgen-deprivation therapy which reduces testosterone levels and in turn can reduce muscle strength and bone mass, while increasing body fat and the risk of bone fractures.

The results are so promising that the Cancer Council W.A. is granting Dr. Galvao \$25,000 to run a larger study of 60 men as part of \$1.5 million cancer research funding announced last week. (West Australian, 4/4, p55)

Two kids are arguing over whose father is the biggest scaredy-cat. The first says, "My dad is so scared that when lightning strikes, he hides underneath the bed."

The second kid replies, "Yeah? Well, that's nothing. My dad is so scared that when my mom has to work nightshift, he sleeps with the lady next door."

GREEN TEA PLUS PAIN KILLER SLOWS PROSTATE CANCER CELL GROWTH

A component of green tea combined with a low dose of a COX-2 inhibitor act in concert to slow the spread of prostate cancer cells in animal models/

By Will Boggs, MD

WEDNESDAY, March 14 (Reuters Health) - A component of green tea combined with a low dose of a COX-2 inhibitor may act in concert to slow the spread of human prostate cancer.

In the journal "Clinical Cancer Research", they report that low doses of the COX-2 inhibitor celecoxib (sold as Celebrex), given along with a green tea polyphenol slowed the growth of prostate cancer in cell cultures and in a mouse model of the disease.

"Celecoxib and green tea have a synergistic effect, each triggering cellular pathways, that, combined, are more powerful than either agent alone," Dr. Hasan Mukhtar from the University of Wisconsin, Madison, said in a statement.

Prior studies have linked the COX-2 enzyme to many cancer types, including prostate cancer. Mukhtar and colleagues previously found that COX-2 inhibitors like Celebrex suppress prostate cancer in animals. COX-2 inhibitors also have been shown to have adverse effects on the heart when taken at high doses for long periods of time.

Mukhtar's team also previously found that the green tea polyphenol called EGCG has cancer-fighting abilities of its own; EGCG, they found, modulates key chemical pathways that fuel the death of human prostate cancer cells.

In their current studies, treatment of cultured human prostate cancer cells with either a COX-2 inhibitor or green tea extract significantly inhibited prostate cancer cell growth, but the combination was most effective, increasing cancer inhibition 15 percent to 28 percent more than the additive effects of the two therapies alone.

Similar results were obtained in a mouse model of human prostate cancer, with the Celebrex plus green tea combination inhibiting the growth of prostate tumors by 81 percent, compared with 42 percent with green tea extract alone and 57 percent with Celebrex alone.

This is the first time a synergism between these agents against prostate cancer cells has been demonstrated, the authors say.

"Prostate cancer typically arises from more than one defect in the cellular mechanics, which means that a single therapeutic might not work fighting a particular cancer long-term," Mukhtar said. "If tests in human trials replicate these results, we could see a powerful combination therapy that is both simple to administer and relatively cost effective."

It's worth noting that the dose of Celebrex used in the studies translates into about 200 milligrams per day, which is much lower than the typical colon cancer prevention trials where doses of up to 800 milligrams per day were used.

SOURCE: /Clinical Cancer Research/ March 1, 2007.

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THOUGHT FOR THE MONTH

Birds of a feather flock together and crap on your car.

Newsletter compiled by *Trevor Hunt*