



Prostate Cancer
Foundation
of Australia

PROSTATE SUPPORTER

The newsletter of the Prostate Cancer Support
and Action Groups of South Australia

July 2008

<http://www.prostate.org.au>

Supporters out to paint the town Blue

A gala fund-raising event will not only obtain money for necessary research, but also raise prostate cancer awareness.

PROSTATE cancer support will be thrust into the spotlight with the staging of the inaugural Blue Ball on Saturday August 9 at the Adelaide Entertainment Centre, where the Arena Floor will be transformed into a sparkling and spectacular ballroom decked out in blue.

While The Blue Ball will be aiming to elevate prostate cancer fund-raising into the major league of social events in Adelaide's function calendar, it will also provide a new platform for raising awareness about prostate cancer, which is second only to lung cancer as the leading cause of death in Australian men.

Because prostate cancer claims the lives of more men each year than breast cancer does women, it is crucial that more research is done to find effective treatments and methods of diagnosis to reduce the incidence of one in eight men being diagnosed with prostate cancer.

Additional fund-raising events such as this are seen as an important way to help get more money available for such valuable work.

Guests at the ball will be guaranteed a night full of outstanding entertainment, starting with internationally acclaimed "unusualist" Raymond Crowe, followed by dynamic singer David Campbell, backed by the 27-piece Adelaide Art Orchestra.

Hosted by Channel 7 presenters Graeme Goodings and Rosanna Mangiarelli, The Blue Ball will also feature a few additional surprises that will need to be seen to be believed.

Michael Brock, chairman of the ProstateSA Business Development Committee, says he has been overwhelmed by the generous support shown to ball organisers by so many great South Australian companies, including BankSA, Coopers, Raw Pearls and the



Enthusiastic Blue Ball supporters include Adelaide Crows CEO Steven Trigg, Michael Brock and George Fiachi. *Photograph courtesy of The Advertiser.*

Pickard Foundation, who are major sponsors of the event.

Securing the support of French Champagne house Moët & Chandon is another exciting element to entice guests to The Blue Ball.

All money raised from The Blue Ball will go directly to ProstateSA and will be used to fund vital research, prevention and support services for those suffering from the cancer, their carers and families.

For people interested in attending The Blue Ball, tables of 10 can be purchased for \$2500 and bookings can be made through ProstateSA, by calling The Blue Ball hotline on 8291 4260 or visiting www.prostatesa.org.au

in brief...

SPREADING THE WORD THROUGH THE MEDIA

IAN Fisk's tireless work in Prostate Cancer promotion has been extended to community television, with Ian being interviewed for Channel 31's *Noticeboard* program during June. The five-minute segment was aired three times. He was contacted by the station as a result of his prostate cancer entries posted on www.eventspool.com

CONTRIBUTIONS to these newsletters from all Support Groups and members are welcomed; send items and images by email to prostate-news@fosterhill.com.au

The Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99
or visit the website www.prostate.org.au

**COMING
EVENTS****ACTION GROUP
JULY 8 MEETING**

The next Prostate Cancer Action Group meeting will be held in the upstairs meeting room, Cancer Council SA building, 202 Greenhill Road, Eastwood, at 5.30pm on July 8. Enter via the back stairs. New members are most welcome.

NOVEMBER – The inaugural Australian Prostate Cancer Conference (and Men’s Health Forum) will be conducted from Saturday November 15 to Monday November 17. The conference will be held on the Gold Coast (location to be advised).

Also, get ready to grow a Mo in November to help raise funds for prostate cancer research.

• For more information about the Action Group, visit the South Australian Prostate Cancer Action Group’s dedicated website, with detailed archives containing its newsletters, at <http://www.pcagsa.org.au>

Demand for services requires more helpers

The Prostate Cancer Action Group is successful but needs more members to fulfil growing duties, as Trevor Hunt reports.

WOULD you like to talk to other people about prostate cancer? This is one of the primary functions of the very successful Prostate Cancer Action Group, which is becoming ever more active in its public speaking commitments – and it needs more willing participants to build on the good work already performed by the group.

To help raise awareness of prostate cancer throughout the South Australian community, the group undertakes many tasks that aim to:

- To help men to better understand the risks of prostate cancer.

- To assure men that assistance is available when they are faced with a diagnosis of prostate cancer.

- To help some men understand their treatment.

- To explain how prostate cancer is detected.

Due to increasing demands for the group’s promotional services, the Prostate Cancer Action Group needs additional members to assist with its activities, mainly in helping to deliver free public presentations.

The group also serves a useful role in lobbying governments and health authorities on matters concerning prostate

cancer sufferers, their ongoing treatments and rehabilitation programs.

The group accepts both male and female membership, recognising that prostate cancer greatly affects family units and partners in addition to sufferers.

If you would like to join this enthusiastic and successful team dedicated to improving prostate cancer awareness and promoting action to help prostate cancer sufferers, please phone Dean Wall (8390 3030), Jeff Roberts (8277 3424), or Ray Power (8356 9887) to express your interest, or visit the dedicated Action Group website at www.pcagsa.org.au.

Research findings and news items from around the world

Submitted by Trevor Hunt

Wireless technology for cancer detection

US companies Gentag and MacroArray Technologies are developing a low-cost, wireless test for early cancer detection, which could reach the market in two years.

Gentag will combine its cell phone communication technology with MacroArray’s urine diagnostic test for prostate cancer to create disposable diagnostic tests.

Designed like a pregnancy test, males would provide a urine sample on a test strip

that contains an imbedded wireless sensor tag, and antibodies in the strip test react with the antigens in the urine.

The resulting data is read by a sensor tag and communicated to a cell phone or PDA that processes data and transmits results to an attending physician.

The companies hope the availability of such a urine-based test will increase the number of men who regularly evaluate their prostate health.

MacroArray’s team plans to expand and develop other types of biomarkers that can detect more diseases in the same way.

“Our vision is these tests should be conducted at home but communicated directly to a physician. That’s the way of the future, to use cell phones for diagnostics,” says Gentag CEO John Peeters.

Source: *Washington Business Journal* 10/6/08

Prostate Cancer Support and Awareness: ADELAIDE GROUP

COMING EVENTS FOR 2008

The Adelaide Group meets on the third Monday of each month, in the Park View Room of the Fullarton Park Centre, 411 Fullarton Rd, Fullarton.

Monday July 21

General discussion evening concerning prostate cancer.

Monday August 18

Guest speaker will be urologist Denby Steele, who will give a lecture on brachytherapy and the latest developments in this field.

Monday September 15

Guest speaker Wendy Tuckwell, a medical physicist at the Dept of Medical Physics, Royal Adelaide Hospital, will complement Denby Steele's speech on brachytherapy by discussing the role of the medical physicist and different disease areas that can be treated with brachytherapy.

Monday October 20

Guest Speaker will be Dr Carole Pinnock, research scientist from the Daw Park Repatriation Hospital, who will give an illustrated lecture.

• For more information, visit the Adelaide Group's dedicated website at www.psaadelaide.org or contact group president Phil Davis (phone 8263 2217), or secretary Ian Fisk (phone 8296 3350).

Prompting discussion on voluntary euthanasia

The emotive and explosive issue of voluntary euthanasia deserves more vigorous debate, comments Phil Davis.

BEING diagnosed with prostate cancer may evoke many different reactions, fears and emotions – perhaps even redefining an outlook on life. Along our individual journeys we endeavour to make the best possible choices in our attempt to maximise the best possible outcome, though unfortunately a good outcome is not always possible or achievable.

Reflecting on this particular scenario resulted in Frances Coombe, president of the Voluntary Euthanasia Society, being invited to speak at the Adelaide Support Group's June meeting, drawing focus on this very sensitive topic.

Voluntary Euthanasia is defined as a medically assisted or induced painless death at the request of and in the interest of a patient in which prescribed safeguards are followed. The patient must be suffering from an incurable condition seriously affecting the quality of life, for which there is no treatment available that is acceptable to the patient.

Currently there is no place in Australian that legally permits voluntary euthanasia. The society's primary objective is to change the law in South Australia, so that in appropriate circumstances and with defined safeguards, death may be an option of last resort in medical practice.

Frances explained to the



Frances Coombe

meeting that voluntary euthanasia has been legalised in several countries, though in these countries only very few people have chosen that path.

Oregon is the only State in the United States that has legalised voluntary euthanasia, after Oregon voters approved the Death with Dignity Act. It has resulted in physicians writing 85 prescriptions, yet only 32 people have chosen this path.

Locally, the issue has significant support. A 2007 SA News poll indicated that 81 per cent of people in this State support voluntary euthanasia.

Frances acknowledges excellent palliative care available in SA, providing support, comfort and pain relief to terminally ill patients which enhance their quality of life. However, intolerable pain and suffering still occurs for

some patients, despite the best palliative care.

The passing of the Consent to Medical Treatment and Palliative Care Act 1995 gives some protection to doctors and patients if palliative care has the secondary effect of shortening life, but it also specifically prohibits action intended to bring about death.

Voluntary euthanasia is a dilemma for our society and has attracted negative media, though public figures also support legalisation. Former South Australian Governor Sir Mark Oliphant publicly supported voluntary euthanasia after his wife's death.

Every human being has a right to life, though with every right comes a choice; the right to speak also gives us a choice to remain silent, the right to vote has the option to abstain. Therefore the right to live also carries the choice not to.

This issue has plausible and logical arguments on both sides to consider, though many people considering this are terminally ill – some with intolerable pain. Shouldn't they be allowed a choice?

I believe it is imperative that legislation be implemented with certain criteria, controls and safeguards to give adequate direction. It is, after all, about freedom of choice – voluntary not mandatory action.

COMING EVENTS FOR 2008**AUGUST 6 MEETING:**

COTA A will nominate a speaker to talk about "Quality Use of Medicines", with an emphasis on deciding between brand name or generic medicine – and choosing wisely. This Support Group meeting will be held in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga, on Wednesday, August 6 at 6.30pm.

SEPTEMBER 3 MEETING:

Ms Liz Randall, infection control officer at the Noarlunga Community Hospital, will give an interactive power point presentation on Infection Control.

OCTOBER 1 MEETING:

Dr David Elder, urologist, will be guest speaker.

• For more information, visit the City of Onkaparinga Support Group's dedicated website at www.pcsog.org

• Special thanks to the City of Onkaparinga Support Group sponsors: Southern Primary Health Woodcroft, Port Noarlunga-Christies Beach RSL Sub Branch, toneraction Christies Beach, The Original Open Market, and to all who provide valuable support to our group – especially the City of Onkaparinga Council.

Winter barbecue gets hot discussion cooking

Members enjoyed the group's winter barbecue to share good food and conversation, reports Group President John Shields.

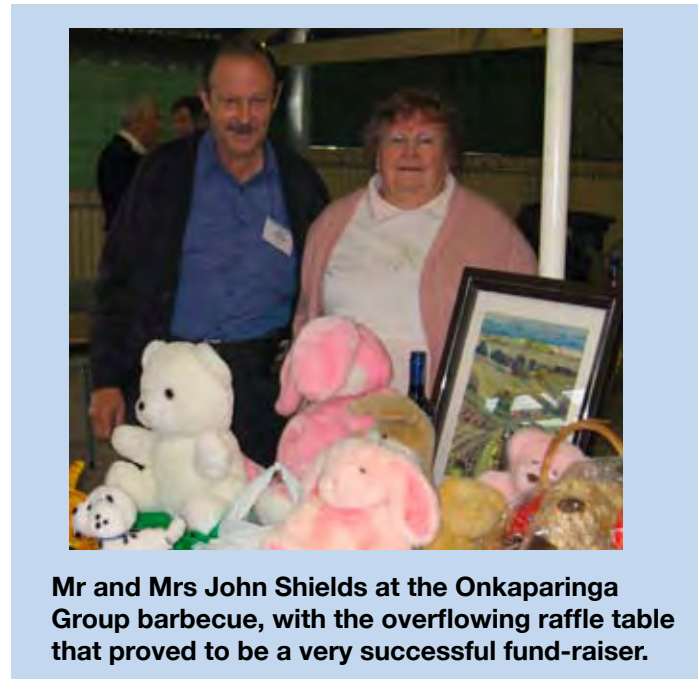
THE City of Onkaparinga Support Group's sixth barbecue event, held in the Willunga Lions Club shed on June 8, proved to be yet another enjoyable day out for almost 30 members, friends and guests.

Thanks go to Willunga Lions Club for allowing the group to use such a great facility. Brian and Rhonda Foreman deserve special thanks for their efforts to ensure the barbecue was a great success. Brian was also head chef, ably assisted by Peter Kiley, and Juli Ferguson provided very tasty home-made soup.

Invited guests included Mayor Lorraine Rosenberg, Willunga Lions Club members, Karyn Foster from Foster Hill Public Relations, and a recent guest speaker for the group, Mel Smith JP, with his wife Shirley. It was encouraging for the event and support group to receive so much support from community leaders and people who have the best interests of others at heart.

Raffle prizes were again plentiful, donated by members and friends, with a particular feature being the large number of cuddly animals donated by the Willunga Lions Club Ladies, and a painting donated by Rona Standley. It was good to see such broad smiles on the faces of all prize winners.

It was also especially good to see more women than men at



Mr and Mrs John Shields at the Onkaparinga Group barbecue, with the overflowing raffle table that proved to be a very successful fund-raiser.

the barbecue, underlining that the issue of prostate cancer support cuts across all genders and ages.

CANCER VOICES NEWS

THE latest edition of Cancer Voices SA news provides many interesting items, with the following information provided thanks to Dolph Young, project officer of the Cancer Support Network for Onkaparinga.

On the subject of cancer prevention, a new report suggests men at elevated risk of prostate cancer should be offered finasteride as a potential way of preventing the disease. The drug reduced the risk of prostate cancer by 30 per cent, wrote researchers in *Cancer*

Prevention Research, after re-analysing data from a large prostate cancer prevention trial. "Men undergoing regular prostate cancer screening or who express an interest in cancer prevention should be informed of the opportunity to take finasteride for preventing prostate cancer," said the report.

Associate Professor Phillip Stricker, director of the Prostate Cancer Centre at Sydney's St Vincent's Hospital, called for PBS listing of the drug for prevention, saying that this study definitely will change practice.

The full account of this story, and many others, can be found on the Cancer Voices website: www.cancervoicesa.org.au

Mitcham Prostate Cancer Support Group

A-team of anti-cancer agents

There's more to good diet than just the balanced intake of major food groups – there are also preferred anti-cancer foods to consume, as Jeff Roberts reports.

DR Graham Lyons, associate researcher at the School of Agriculture Food & Wine, University of Adelaide, has been a great supporter of Prostate Cancer Support Groups and helping to raise awareness of the disease for more than 10 years – and he delivered another valuable address to the Mitcham group's June meeting.

Dr Lyons initially discussed prostate cancer statistics in various parts of the world, with high rates in Western countries (especially in the US and Europe) and lower rates in Asia, India and particularly Greenland, which has one of the lowest rates.

He has carried out extensive research into selenium, a mineral in the soil that is also found in cereals, meat, poultry, seafood and eggs. It is an important antioxidant and beneficial to general good health. Trials have shown it can significantly reduce the risk of prostate cancer.

Despite varying views among health professionals on whether diet has a significant effect on prostate cancer, Dr Lyons says dietary factors cause between 10 and 80 per cent of cancers – and that prostate cancer sits at the upper end of this scale.

Dr Lyons explained a genetic compound that influences individual susceptibility to cancer and most other diseases, though an optimal cancer-preventative diet can minimise the impact of these negative

genetic cancers. However, he recognised that reports on food and food components are so frequent that they confuse the public. This is why he looks at foods and supplements with the strongest evidence for prevention of prostate cancer and an ability to inhibit disease progression.

Major types of cancer studies show varying scales of evidence, from laboratory/animal studies to human studies and clinical trials that tend to be long-running and leaving people impatient to wait for the findings. Instead, what Dr Lyons suggests, is that sensible diet choices can be started immediately.

ANTI-PROSTATE CANCER FOODS

Dr Lyons says diet is an individual responsibility. The advice of many doctors and nutritionists suggest eating most things in moderation, with a balanced and varied diet including the broad food categories of fruits, vegetables, legumes, whole grains and lean meat/fish.

This is reasonable advice but Dr Lyons says it could leave you consuming sub-optimal levels of several key anti-prostate cancer nutrients and phytochemicals.

Some cancer sufferers try a rigid regime of many supplements and strictly combine fixed proportions of food types at every meal. This requires great motivation,

discipline and is expensive. Instead, Dr Lyons recommends a regime that sits between the two camps – eating a varied, low-fat diet that includes a range of fruit, vegetables, whole grain, legumes, fish and lean meat.

He suggests cooking with olive oil, drinking one-to-two glasses of wine (preferably red) a day and not to overeat. Get plenty of exercise, don't smoke and limit your intake of dairy products and fatty meat.

He listed his "A Team" of dietary anti-prostate agents that are backed by the strongest evidence: Selenium, vitamin E, lycopene, pomegranate Juice, green tea, Omega-3 fatty acids, resveratrol, quercetin, soy polyphenols, vitamin C, vitamin D3, curcumin.

He also has a "B Team": Silymarin (extracted from milk thistle), dark chocolate and epilobium.

Dr Lyons says dietary factors play an important role in the development of most cancers – especially prostate cancer. Therefore, a strong, varied diet along with plenty of exercise is likely to reduce prostate cancer risk and also slow its progression. As a general rule, this regime is also good for your overall health.

Dr Lyons' presentation was very well received by members and he answered many questions, which extended into a refreshment break to close the evening.

COMING EVENTS

JULY MEETING

The next monthly meeting will be held on July 24, in the Colonel Light Gardens RSL Clubrooms, at 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm. The guest speaker will be Dr Jehan Titus, Urologist, who will give an overview of treatment options. Dr Titus has previously spoken to the Mitcham Group and we look forward to this further presentation. Men, partners, carers and families are encouraged to attend.

AUGUST:
Availability problems with the venue has forced a change in the August meeting date, which will now be held on Thursday August 21.

• For more information on events and group activities, visit the Mitcham Group's dedicated website at www.psamitcham.org

Barossa and Gawler Prostate Cancer Support Group

Meeting highlights support benefits

Conducting a group meeting in Gawler didn't draw new members – but generated great discussion, as Alan Hall reports

ALTHOUGH there was a minimal response to the support group's first attempt to reach more local prostate cancer sufferers, the June meeting that was conducted in Gawler was appreciated by those who attended.

This event yet again provided a valuable opportunity for the sharing of information and feelings among members – which is, of course, the core function that a support group provides.

The benefits of relating shared experiences were especially evident after the assembly had shared afternoon tea, when each member spoke about their treatment and outcomes.

Four of them compared notes about their experiences with and after external beam

radiotherapy. Two members who were treated between two and three years ago reported positive outcomes, with their most recent PSA readings falling below 1.

Another member who was treated 14 years ago subsequently had an orchidectomy after his PSA began to rise. He does not recommend this form of treatment, which resulted in several unpleasant side-effects for him.

Barry, whose treatment was completed less than six months ago, has suffered skin irritations and bowel problems, which he is tackling through a modified diet program.

Nick was diagnosed late last year and will have permanent seed brachytherapy. He has had

COMING EVENT

NEXT MEETING: The next meeting of the Barossa/Gawler Group will be on August 19. Further information will be advised in the August edition of *Prostate Supporter*, after final arrangements will have been made.

OCTOBER MEETING: Urologist Mr Denby Steele will be a guest at the group's meeting on October 17.

two Zoladex injections (at a cost to him of more than \$1200 each) to shrink his prostate prior to the brachytherapy. He is naturally concerned about the cost of these injections and will seek more information about this. Members were able to help him with information about other concerns.

Stan opted for active surveillance after being diagnosed with non-aggressive prostate cancer 12 months ago.

It was all very brave and informative discussion.

Earlier, the meeting considered general matters, including approval and appreciation of the *Prostate Supporter* newsletter, finances, meeting venues, library materials, the DVD supplied to all groups by the PCFA, and the November Convention on the Gold Coast.

Discussion also focused on the plight of the Perth man who found that a penile prosthesis implant is not covered by Medicare, which was highlighted in the June edition of *Prostate Supporter*.

It was agreed that the Barossa and Gawler Support Group will support the Action Group's call for lobbying on this matter.

Research findings and news items from around the world

Submitted by Trevor Hunt

'Smart' drug targets prostate cancer in bold new experiment

A POTENT chemotherapy drug that is activated by prostate specific antigen, or PSA, shows high activity against prostate cancer that has been implanted in mice, according to a researcher's report in the *International Journal of Cancer*.

A precursor has been designed of the anti-cancer drug doxorubicin which binds to a common protein, albumin, in the body and is then cleaved by PSA, which is produced in the prostate

and consequently releases doxorubicin at the tumor site. The research team's idea is to limit the effects of the drug in normal tissue, but to have high levels accumulate in the prostate.

Dr Felix Kratz and colleagues from the Tumor Biology Center in Freiburg, Germany, have compared the effect of the new formulation with that of free doxorubicin in experiments with mice.

Free doxorubicin and the

albumin bound-doxorubicin precursor drug both markedly reduced the growth of prostate cancer implants in the mice.

Tumor growth resumed following discontinuation of doxorubicin, but remained stable after the new agent was discontinued.

Free doxorubicin treatment reduced prostate tumor size by 33 per cent; the albumin-doxorubicin product cut prostate tumor size by 62 per cent.

Although the results are promising and show an improvement compared to the free drug, Dr Kratz identified the need to achieve complete remissions in pre-clinical models before advancing to the clinic.

His team is investigating other PSA-cleavable combinations of proteins and potent anticancer drugs.

Source: *International Journal of Cancer*, 1/13/08.

McLaren Districts Prostate Cancer Support Group

Improvement through exercise

A radical change in diet and exercise proved the right tonic for one cancer sufferer, as group president Bryan Hearn reports.

LEZ Shiell, who provides acupuncture and Chinese herbalist services in rooms at the Chiropractic Centre in McLaren Vale, gave a fascinating insight to how prostate cancer has touched his family.

Addressing the McLaren Districts Group's June meeting, Lez explained that his father was recently diagnosed with prostate cancer. Lez has since had some involvement in his father's treatment by way of adjusting his diet and lifestyle behaviour.

When Lez's father was first diagnosed, his PSA level was around 6.5, and the family's concern prompted extensive Internet searches to learn more information about prostate cancer.

On the basis of their information discoveries, his father removed meat from his diet, ate lots of fresh fruit and vegetables and undertook more regular exercise.

After several months of

this changed regime, he had reduced his PSA level to 2.5. Now, almost a year later, the reading is down to zero.

Lez adopted the same approach that has been used by Chinese monks for centuries to control their prostate gland. They have established a relationship between testosterone and prostate cells, whereby reducing the testosterone has the effect of shrinking the gland. Certain Chinese herbs are promoted to help produce this effect.

As the body ages, its functions change, though the Chinese believe that if the prostate is maintained in a healthy condition, a person's general health follows a similar pattern.

The Chinese approach to medicine is largely preventative. In some areas of China, patients pay for medicinal treatment when they are well to prevent problems; if they take ill they pay nothing, on the basis that the

preventative medicine had not worked as well as expected.

Part of the Chinese monks' program for the maintenance of their prostate gland was to perform regular prostate gland exercises – slow deep breathing, Tai Chi-type exercise and also specific internal constrictive exercises aimed directly at the gland itself.

Regular sex was encouraged along with external massage of the gland, thus encouraging further stimulation – the theory being that it was better to “wear it out than to rust it out”.

Lez detailed some of the conversations he shared with his father soon after he was diagnosed. Like most, he was initially shocked and surprised, but gradually accepted the fact of the diagnosis. Addressing his mortality, his father compiled a list of things he had always wanted to achieve, and has since been able to achieve most of these tasks.

COMING EVENT

Thursday July 17

The McLaren Districts group will next meet in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale, at 7pm on Thursday July 17, commencing at 7pm. The guest speaker will be Trevor Hunt.

Anyone planning to attend should contact group president Bryan Hearn on 8323 7924 or 0410 539 274, to confirm the meeting details and their attendance.

Lez is convinced this positive attitude assisted greatly in reducing his father's PSA reading. McLaren group members at the meeting had not encountered such an approach to treatment before, which prompted many questions of Lez after the meeting.

Research findings and news items from around the world

Submitted by Trevor Hunt

Gene link suggested between prostate and breast cancer

NEW research shows that men have four times the average risk of developing prostate cancer if they carry a genetic mutation linked to breast and ovarian cancer in women.

The aggressive forms of cancer are linked to a mutation in the gene

BRCA2, a fault carried by one in 500 people. The research, conducted by Australian and New Zealand consortium kConFab, was funded by the National Breast Cancer Foundation and is published in the journal *Clinical Cancer Research*.

Researchers encourage men from families with a history of breast or ovarian cancer to consider being tested for the gene.

Those found to have a fault could then be monitored closely for early detection of prostate cancer.

Testing for the BRCA2

gene is free if men meet the high-risk criteria; private testing costs about \$4000.

kConFab manager Heather Thorne says BRCA2-prostate cancers that arise in these men tend to be aggressive.

Source: *Sydney Morning Herald*, 20/5/08.

PFCA NATIONAL CONFERENCE NOVEMBER 15-17, 2008

Impressive US speakers announced for conference

Medical experts will speak at the national conference; among them will be eminent US doctor Dean Ornish.

SPEAKERS attending the inaugural national prostate cancer conference in the Gold Coast are being confirmed by Prostate Cancer Foundation of Australia CEO Andrew Giles – and foremost among them is Dean Ornish, MD, is the founder, president and director of the non-profit Preventive Medicine Research Institute in Sausalito, California.

Dr Ornish, who is also Clinical Professor of Medicine at the University of California, San Francisco, was trained at Baylor College of Medicine, Harvard Medical School and Massachusetts General Hospital.

For the past 25 years, Dr Ornish has directed ground-

breaking clinical research that demonstrates comprehensive lifestyle changes may begin to reverse even severe coronary heart disease, without drugs or surgery.

He is the author of five best-selling books, including *New York Times*' bestsellers *Dr Dean Ornish's Program for Reversing Heart Disease*, *Eat More, Weigh Less*, and *Love & Survival*.

He recently directed the first randomised controlled trial demonstrating that comprehensive lifestyle changes may affect the progression of prostate cancer.

This research has been published in the *Journal of the American Medical Association*, *The Lancet*, *Circulation*, *The*



Dr Dean Ornish

New England Journal of Medicine and the *American Journal of Cardiology*.

A one-hour documentary of his work was broadcast in the US on *NOVA*, the PBS science series, and was featured on Bill Moyers' series, *Healing & The Mind*.

The work of Dr Ornish has been featured in cover stories published in *Newsweek*,

Time, and *US News & World Report*.

Dr Ornish is a member of the board of directors of the US United Nations High Commission on Refugees, appointed to the White House Commission on Complementary and Alternative Medicine Policy and elected to the California Academy of Medicine.

He has received several awards, including the 1994 Outstanding Young Alumnus Award from the University of Texas at Austin, the Jan J. Kellerman Memorial Award for distinguished contribution in the field of cardiovascular disease prevention from the International Academy of Cardiology.

In coming editions of *Prostate Supporter*, more of the main international speakers who will attend the national conference in November will be featured in detailed profiles.

Research findings and news items from around the world

Submitted by Trevor Hunt

Caution over news of prostate deaths decline

AUSTRALIAN researchers have given cautious welcome to international claims that prostate cancer screening has helped reduce death rates.

Swiss researchers found prostate cancer deaths had dropped in 20 countries, including Australia.

In the *International Journal of Cancer*, the report's authors said their findings strongly suggest prostate specific antigen (PSA) testing was behind the decrease.

Australian specialists say that while the results are positive for prostate cancer patients, the role of

PSA testing in the drop is still unclear.

Cancer Council Australia spokesman Professor Ian Davis says routine screening for everyone was not recommended. Testing is recommended on a case-by-case basis, with a focus on men with symptoms or a family

history of the disease. "These new results are not conclusive enough to change our practice," says Professor Davis, who adds that other explanations of the decrease could include improved treatment options.

Source: *Herald Sun*, 20/5/08.

The Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99 or visit the website www.prostate.org.au