

MITCHAM PROSTATE CANCER SUPPORT GROUP

25TH MAY 2006 MEETING

INSIDE THIS ISSUE:

SUMMARY OF MEETING	1
NEXT MEETING	1
GUEST SPEAKER AT LAST MEETING	2
HEALTHY EATING	2

For more information in respect to the Mitcham Prostate Cancer Support Group please contact Jeff Roberts on 82773424 or Terry Harbour on 82710513 or check our link at website:

www.psaadelaide.org

**NEXT MEETING-
THURSDAY 22ND
JUNE 2006**

7.00 P.M.

**MITCHAM RSL
CLUBROOMS**

**VIEWING A VIDEO
ON PROSTATE
CANCER**

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ISSUES DISCUSSED/MATTERS RAISED AT THE MEETING

The Meeting

Was opened at 7.05 pm by new Chairperson, Terry Harbour, who introduced himself to those present. The meeting saw an excellent turn up with 33 in attendance.

A number of visitors commented on their current situation:

John, 65 had a radical prostatectomy in 2005 via the Da Vinci method and everything is so far OK;

Bruce was diagnosed earlier this year and has undergone radiation therapy with 18-19 more treatments. He is hopeful of the prognosis with only a couple of adverse side effects;

Grant advised he has just attended the meeting simply to find out more information on Prostate Cancer;

Terry mentioned that he had recently had his 3rd PSA test since operation and reading is effectively zero.

Terry then mentioned the passing of Gerald McCreanor, aged 71 years. Gerry was the Foundation Presi-

dent of the Adelaide Group and will be sadly missed.

Other Matters Discussed— business arising from previous meeting

Ian Fisk advised that the Awareness Evening held on the 10th May at the Blackwood Over 50's Club attracted 128 people. Drs Peter Sutherland and Graham Lyons were key speakers and covered issues associated with prostate cancer and diet.

The "Greatest Morning Tea" fund raiser was held at the East Tce Café on the 11th May. Although it was a fund raiser for cancer in general the café promoted prostate cancer. Keith Williams from our Group attended the morning.

Terry mentioned correspondence in with included advice of a public lecture on the 8th June at the Nova Eastend Cinema, with a number of speakers addressing issues such as the genetic basis of cancer, strategies for preventing cancer, treatment innovations and current research details left on table for members to read.

TV/DVD

Discussion was had on the possibility of our group purchasing a TV/DVD to show audio visual programs on matters of interest. The R.S.L. has advised they have a unit which we can borrow, so there is now no need to consider the purchase of one.

Member's Comments

Financial Report:

Jeff advised the group of the current status of our finances, including income and areas of expenditure, including a donation to the RSL for use of their facilities. Balance is still reasonably healthy.

Report was accepted.

General Issues

From the floor, there were a number of comments on the excellent presentations given by speakers such as Dr Peter Sutherland and others at various awareness evenings

DISCLAIMER

This Group, either as a Group or individually, does not treat or prescribe for any human disease, and is not a provider of professional advice. Nor does it purport to act as a provider of any professional advice. If any man has concerns about his prostate health, he should consult his health professional. *The Group acts as a means of creating an awareness of prostate health, and encourages men to take a more pro-active interest in their overall health situation, by promoting stimulation for independent thought, analysis and action.*

GUEST SPEAKER

T.V. and radio personality, Graeme Goodings was our guest speaker. Graham provided the meeting with an overview of his working years in TV and radio, principally in the area of journalism, starting off doing road reports, through news editor, sports editor and principal news reader. He particularly mentioned his long (15 years) successful partnership with fellow news reader Jane Doyle.

Graeme mentioned the chicken yiros which probably saved his life—he suffered severe indigestion after eating a yiros in November 2005, which caused him to seek medical advice. Subsequent examinations resulted in an endoscopy which revealed he was suffering from cancer in his lower bowel, requiring major surgery. Graeme shared his feelings and thoughts with our group on being told “You have cancer”.

Graeme had a somewhat slow recovery and discussed with his surgeon other treatments available, including alternative medicine. Graeme stressed that a man should make his own choice (taking into account specialist advice) regarding any treatment. He said that a “cocktail mix” of treatments worked for him and that one must commit to any treatment one agreed to. He stressed it was important to turn any negative thoughts into positive ones and look to the future. He said he used the internet a lot to research and source information on his problem.

Concluding, Graeme reinforced that one should be selective in choosing ones surgeon, think positive all the time, take control of one’s illness and treatment and think positive and believe that there is life after surgery.

There were many questions from the floor indicative of the excellent, informative presentation given by Graeme.

Beer Joins the War on Cancer

One of beer’s main ingredients may thwart prostate cancer, researchers at Oregon State University say.

But a person would have to down more than 17 pints for a medically effective dose of **xanthohumol**, the cancer fighting chemical found in hops. So the counter effects of the alcohol may outweigh any health benefits from drinking beer...

German scientists have brewed a beer containing 10 times as much as much xanthohumol.

(Advertiser 14/6/06)

P.s.. I don't think this could be used as an excuse to your wife when you come home from the pub with a “few under your belt”

HEALTHY EATING

Salmon with Mushrooms and Greens

Marinate salmon or other oily fish in a dressing of 2 parts olive oil, one part vinegar, fresh tarragon or other herbs, salt, pepper, ginger root if liked and chopped green onions or shallot. Add a few sliced shitake or other mushrooms. Grill or saute the fish and mushrooms and serve over salad made from 4 cups wild greens such as arugula, chicory, escarole, mustard and radicchio, washed and torn into bite-sized pieces. (Adapted from *Catfish with Wild Greens at 1st Travelers Choice*)



BASIC METHOD SALMON AND OILY FISH

Sautéed (Frying Pan)

Lightly coat pan with olive oil. Place on medium-high heat. When hot, not smoking, place salmon in pan. For Medium-Rare cook for 3 minutes on each side. For Medium-Well cook for 4 1/2 minutes on each side.

Poached

Pour 1 1/2 inches of water into a cooking skillet. Add juice of half a lemon, pinch of tarragon or dill, and one bay leaf. Bring to a boil. Place salmon in boiling water. Turn down heat to medium. Cook for 4 1/2 minutes on each side.

Baked

Preheat oven to 375 degrees. Place salmon in a small pan of half water half white wine. Bake for 18 minutes.

Baked in an "Envelope"

Pre-heat oven to 375 degrees. Place salmon on sheets of phyla (Greek) pastry or on a sheet of cooking parchment or foil. Chop a few mushrooms and shallots (or onions) with parsley, add white pepper to your liking. Heap chopped mixture over the salmon. Wrap up the "parcel." With a sharp knife, slash one or two "steam vents." Bake till the fish is tender, flaking and moist not dry.