

MITCHAM PROSTATE CANCER SUPPORT GROUP

27TH JULY 2006 MEETING

INSIDE THIS ISSUE:

SUMMARY OF LAST MEETING	1
GUEST SPEAKER EXT MEETING	2
HEALTHY EATING	2
MIDICAL TRIAL INFORMATION	2
"AND SO THE SAYING GOES..."	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 24TH
AUGUST 2006**

7.00 P.M.

**COLONEL LIGHT
GARDENS RSL
CLUBROOMS -
GUEST SPEAKER
FROM THE**

CANCER COUNCIL

Editor: Terry Harbour

Ph 82710513

harbour@adam.com.au

ISSUES DISCUSSED/MATTERS RAISED AT THE MEETING

The Meeting

The meeting was opened by Terry H at 7.05 pm with 20 people in attendance.

Trevor, aged 57 was a new visitor to the meeting and he provided an overview of his situation. He was diagnosed in May '06 with an aggressive cancer. He is still on a "fact finding" mission in respect to treatment options open to him. Trevor spoke with a number of members after the formal part of the meeting and hopefully he obtained further information to help him decide.

Terry mentioned the availability of the DVD seen last meeting. PCFA has been contacted re copyright etc, but had not responded by the time of the meeting—to follow up.

Financial Report:

Jeff provided the financial report for the Group, which showed a relatively healthy balance for a small group. The report was accepted.

Other Matters Discussed— business arising from pre- vious meeting

Terry mentioned an article found on the web—researchers showing that drinking an 8 oz. glass of pomegranate juice can significantly slow the progress of prostate cancer. Pomegranates contain a cocktail of chemicals which minimize cell damage and potentially kill off cancer cells. Article provided for viewing.

General Issues

Terry provided an overview of the awareness morning held at the Plympton RSL 30th June. 80-90 people in attendance, guest speakers provided information/advice in respect to a number of issues revolving around prostate cancer/treatment etc. The session was very well presented and informative.

Terry also advised that he had been asked to give a talk on his personal experiences to the Freemasons in October when they have their Men's Health Information Night 11th October. Other speakers will

include Drs. And other health specialists.

Correspondence

A letter was received from Reg Mayes (PSAG) advising of the setting up of a Prostate Cancer information booth at a forthcoming Freemasons Art Exhibition 16/17 and 21-24 Sept.

GUEST SPEAKER

at the meeting on the 24th August will be a member from the Cancer Council who will speak on the "Services Provided by the Cancer Council." This is an opportunity for you to ask relevant questions as to what services the Cancer Council can provide **FOR YOU!!!**

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 - Dr. Lloyd Evans.

Lloyd returned to the Group (previously spoke October last year) to give an overview of the changes which have occurred in medical care and the and the different expectations of both the medical fraternity and patients over the years. Lloyd started his medical degree in 1950 on applying and paying 40 pounds—in those days everyone who applied (and paid of course) were accepted. Lloyd recalled his short time at Ayres Rock in his very early days as a doctor—and recounted his dealings with locals suffering from vehicle accident injuries, evacuations of children with pancreatitis, a 5 month old baby with heart conditions and men with brain tumours. He spent a number of years practicing in country towns and being the only medico had to deal with a multitude of sicknesses and injuries which today are automatically referred to a specialist. He finally “settled down” in his practise at Aldgate.

Today, there are something like 2400 university applications for 110 positions and he queried whether the community is getting the right people. Today, after graduation, additional practical experience is shorter than in past years. The work ethic of some current GP's is different from past years—there is some hesitation in accepting locum work or after hours work and indeed, undertaking house visits or accepting a 24/7 commitment. People are now growing older and medical issues are now different—there is more work for doctors in respect to older people; things like hip/joint replacement are common, cancers such as bowel cancer is more prevalent and will increase in future years, there is now no or very little home visiting by doctors and reduced neighbourhood support. Lloyd finished off by answering a number of questions from the floor. He was presented with the usual thankyou gift.

Medical Trial at R.A.H.—

Professor Willis Marshall is conducting a trial at the Royal Adelaide Hospital, investigating the drug **Zometa**. The drug has been shown to improve quality of life and boen events such as fractures inmen with metastatic prostate caoncer which is no longer fully controlled by androgen deprivation therapy.

Men will be randomized to either a treatment arm where they will receive Zometa or no treatment untilthe desease becomes hormone-resistant. Patitents will be followed for 3 years to monitor progress. The requirements for involvement are that they have known spread of the prostate cancer to their bones but that their PSA levels are stable on androgen deprivation therapy.

For further information contact the Research Coordinators, Catherine Easterboork and Olivia Corso on (08)82224438.

Tomato Power

Men who eat ten or more servings of tomatoes a week cut their risk of prostate cancer by 45 per cent. This was the finding of a six-year Harvard study of 47,000 middle-aged men.

Most of the protection came from eating spaghetti sauce, said Dr. Edward Giovannucci of the Harvard School of Public Health. Pizza helped too. "We found that more was better," said Giovannucci. Men who usually ate only four to seven servings of the tomato-based food had only a 20 percent reduction in the rate of prostate cancer. The result for tomatoes was clear, Dr. Giovannucci said, because the benefit was shown in four forms of the food.

Tomatoes are rich in lycopene, which gives them their distinctive red color. Lycopene is a powerful antioxidant, more potent than beta-carotene. The lycopene molecule may act to block the initiation of the cancerous process.

Prostate cancer is less common in southern Mediterranean countries, such as Italy and Greece, where tomato sauce is a staple in everyday cooking. According to the Harvard study, cooked tomato seemed to be more protective than juice or raw tomatoes.

Lycopene is fat-soluble. This means we need to eat tomatoes that have been cooked or canned using a small amount of oil. Vine-ripened summer tomatoes are richer in lycopene than those ripened after picking. Eat them sliced or diced and sprinkled with oil and vinegar. Year round, eat tomato sauce, tomato paste, tomato soup -and ketchup.

...and so the saying goes...."Many a boy at 16 can't believe that some day he is going to be as stupid as his dad"