

MITCHAM PROSTATE CANCER SUPPORT GROUP

REPORT ON THE MEETING OF 24TH AUGUST 2006

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ISSUES DISCUSSED/MATTERS RAISED AT THE MEETING

The Meeting

Terry opened the meeting at 7.05 p.m. and welcomed the 19 people in attendance. An apology was received from Graham Bradley.

Bill Heams, a first visitor to the group introduced himself. Bill advised that he had been diagnosed recently and been referred to a specialist. He said he was confused by the "readings" and lack of explanation as to what they meant and also the long period before he could get to see the specialist about his problems. After short discussions, Bill indicated he would further discuss and clarify his condition with his doctor.

Financial Report:

Jeff provided the financial report for the Group, which still showed a healthy balance for a small group after a couple of recent donations. The report was accepted by the group.

Other Matters Discussed— business arising from previous meeting

The upcoming Freemasons Art Exhibition and the information booth to be set up—anyone able to assist see Ian Fisk who will pass on details to Reg Mayes.

Terry mentioned an article

found in the "PSA Rising" web site on research showing hot peppers effect on cancer cells. The alkaloids in peppers not only makes them hot, but "drives prostate cancer cells to kill themselves..." The research showed that 400 milligrams of capsaicin (the alkaloid ingredient—equal to between 3 and 8 fresh habanera peppers) given three times a week to a 90 kg man was effective.

The article was made available for members to read.

Terry summarised that from the articles reported on over the last few months, men should be as fit as mallee bulls if they ate 8 peppers, a glass of pomegranate juice (daily) and ten or more servings of tomatoes each week!!

General Issues/

Correspondence

Terry provided copies of the recently approved Policy Paper of the PCFA in respect to PSA/DRE Testing for Early Detection of Prostate Cancer. Essentially the Paper indicates men at 50 and men at 40 with family history should seek annual PSA/DRE assessments for prostate cancer.

This is what Support Groups have been reinforcing all along and it is good that it is now the accepted policy of the PCFA.

Daffodil Day is tomorrow, Friday 25th August and people are invited to remember people touched by cancer to place a daffodil in the "Wall of Hope" at the Gawler Place canopy, Rundle Mall.

Advertiser Article

Terry also mentioned an article in the Advertiser of 20 August. Guest columnist Martin Valentine of Happy Valley wrote an article on prostate cancer and his experience in attending his doctor for a DRE. The somewhat humorous article carried a very serious message to all men and as Martin said, he was extremely apprehensive about attending for the check but "...the simplicity and speed of the procedure leaves me feeling just a mite foolish."

It is hoped that lots of men read the article.

Speaker next meeting

At our meeting on the 28th September, the guest speaker will be member Ken Cooney. Ken will speak on his experiences as a participant in the Ian Gawler Workshop, especially on the aspect of meditation. This presentation should be very interesting and one not to be missed.

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 28TH
SEPTEMBER 2006**

7.00 P.M.

**COLONEL LIGHT
GARDENS RSL
CLUBROOMS—
GUEST SPEAKER:
MEMBER**

KEN COONEY

Editor: Terry Harbour

Ph 82710513

harbour@adam.com.au

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 August meeting - Lynne Ireland from CancerSA

CancerSA (The Cancer Council South Australia) started in 1928 and its goal is to reduce the impact of cancer through a range of interventions aimed at increased education and awareness, cancer prevention and early detection. Volunteers play a major role, with over 3,000 people involved in programs of the Council.

Lynne addressed the group of a range of issues related to cancer and explained how the diagnosis of cancer effected 1 in 3 in their lifetime. She expanded on some of the emotional and psychological impacts on people, such as grief and loss, uncertainty about the future, fear of re-occurrence, anxiety, post traumatic stress and depression. Some of the practical issues include the affect on employment and financial concerns, difficulty in performing domestic tasks and discrimination, particularly in respect to health insurance. Families of cancer victims often received only limited support and information relating to their specific needs.

CancerSA provides Cancer Support Groups to promote and provide effective psycho-social support to reduce the impact of cancer on people and their carers. CancerSA operates a Helpline with qualified people to provide information, support and referral to medical professionals. There is Cancer Connect to provide peer assistance and support.

CancerSA provides community education programs directed at issues such as living with cancer, advanced cancer issues, staying healthy and other forums related to health and well being. There is a counseling service for talking through problems with people.

Subsidized accommodation, transport support and limited financial support is also provided, particularly for rural cancer patients.

There were a number of questions from the group on topics raised by Lynne and our thanks for her attendance and presentation were made in the usual manner. Further a small donation was made to CancerSA on behalf of our Group.

Correspondence since the August meeting

Advice has been received through various members of Prostate Cancer Support Groups interstate, of a company operating under the name of "Advanced Medical Institute" (AMI). It appears some members of the Box Hill (Vic) P.C.S.G. are suffering from after effects after taking a so called "Prostate Elixir" bought from AMI. The product is apparently expensive and is to be taken over a long period of time and so cost is high. Apparently there is no list of contents on the bottles. Attempts to contact the company by Vic. P.C.S.G. members have proved futile.

The Australian Competition and Consumer Commission (ACCC) took action against AMI in 2004 for misleading and deceptive conduct (advertising). This action revolved around claims by TV personality Ian Turpie that he suffered from impotence and that by using the AMI nasal delivery system he had been cured of the effects of erectile dysfunction. (refer to ACCC web site).

In mentioning the above, the editor is not making a claim that the so called "Prostate Elixir" may not be beneficial in some way for certain medical problems, but simply saying that when considering treatment options, expert medical advice should be sought, and due consideration given to options, before making any decision which affects one's health and well being or which involves significant costs.

Healthy Eating

Grilled Tuna Teriyaki (serves 4)

It's a known fact that fish is good for you, particularly the oily fishes. Tuna is one of the best. Try this for a light lunch on the patio on a pleasant Sunday afternoon.

Two tablespoons of soy sauce;

One tablespoon rice wine or rice vinegar;

Two cloves garlic, crushed;

One tablespoon grated fresh ginger;

Half tablespoon vegetable oil;

4 tuna steaks;

3 cups cooked rice;

Four cups chopped Chinese cabbage, steamed;

Coriander sprigs.

Combine soy sauce, rice wine, garlic, ginger and oil. Place tuna in shallow dish, pour marinade over, cover and refrigerate for 30 minutes. Pre-heat a grill to "hot". Drain tuna and discard marinade. Cook tuna on grill for 10 minutes or until the fish flakes easily. Serve with rice, steamed vegetables (try bok choy, sliced zucchini, snow peas etc) and top with sprigs of coriander.

A glass of New Zealand Sauvignon Blanc would complement the meal.

...and so the saying goes.... "Any nation of people who can eat "vegemite" can achieve great things"