

We are here
F O R Y O U
and Your Family



PROSTATE CANCER SUPPORT

City of Onkaparinga Group
South Australia

An affiliate Member of the Prostate Cancer Foundation of
Australia

Our Patron

~Councillor Artie Ferguson ~

We are also a member of
The Association of Prostate Cancer Support Groups (S.A.) Inc.

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OUR GOLDEN RULE: We do not give medical advice, your GP, your Urologist and Allied Health Professionals are the only people who are legally qualified to give you medical advice.
We do however give you our wholehearted support.

JULY 2006 NEWSLETTER

Meeting held in the boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA
On Wednesday July 5th from 6.30pm to 9.00pm.

Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings. Thanks also to our Sponsors: Woodcroft Community Health Services, Port Noarlunga-Christies Beach RSL Sub Branch, and to all who support our Group.

Chair: John Shields.

Present: 21

Apologies: Barry, Doug and Rona, and Gladys.

Our Guest Speaker: Rosie Sulicich from the Cancer Council SA speakers Bureau.

Rosie gave an excellent talk on Nutrition and Cancer prevention, and is to be congratulated for the way in which she held our interest from start to finish.

(My own and other members comments after the meeting.)

The talk was very interesting and varied.

Rosie expanded on each of the following excellent tips, and generated some good discussion about Healthy eating and Physical activity for adults:

How to reduce your risk of cancer.

1. BE ACTIVE EVERY DAY.

2. EAT A WIDE VARIETY OF NUTRITIOUS FOODS.

3. EAT 5 SERVES OF VEGETABLES EVERY DAY.
4. EAT 2 SERVES OF FRUIT EVERY DAY.
5. EAT A VARIETY OF CEREALS (BREAD, PASTA, RICE AND NOODLES) PREFERABLY WHOLEGRAIN.
6. ACHIEVE AND MAINTAIN A HEALTHY BODY WEIGHT.
7. EAT A MODERATE AMOUNT OF RED MEAT.
8. INCLUDE MILK, YOGHURT, CHEESE EVERY DAY.
9. CHOOSE FOODS LOW IN FAT, ESPECIALLY SATURATED FAT.
10. CHOOSE FOODS LOW IN SALT.
11. LIMIT OR AVOID DRINKING ALCOHOL.

**PS. TO FURTHER REDUCE YOUR CANCER RISK:
DON'T SMOKE BE SUN SMART.**

All of this valuable information is in a pamphlet produced and provided by The Cancer Council South Australia, and there will be plenty of these pamphlets available at future meetings.

Rosie used the overhead projector to effectively highlight the various points, together with her own thoughts on this important subject.

Rosie is living proof that you are what you eat.

This is what we saw from the outside, and I am sure that the same can be said for the inside.

**Port Noarlunga-Christies Beach RSL Sub Branch.
Vietnam Veterans Day Service, commemorating the Battle of Long Tan.**

As 2006 is the 40th Anniversary of the Battle of Long Tan, the Port Noarlunga-Christies Beach RSL Sub Branch will hold a church service at the Anglican Church of St Francis of Assisi, 26 O'Halloran Road, Christies Beach, (Off Dyson Road, near the Gulfview Road/Dyson Road roundabout) at 11am, on Sunday the 13th of August.

The service will be conducted by Father Dirk Van Dissel, who is also the Sub Branch Pastor.

This service supersedes the service usually held on August 18th at the RSL Sub Branch.

At the conclusion of the service a BBQ will be held at the P.N.C.B RSL Sub Branch Clubrooms.

Bar facilities will be available.

GRANT MONEY:

Many thanks to Gary and Reg, for the \$367.50 from the Grant, this month, to help with our expenses.

Aldinga Men`s Southtalk.

Yours truly has been invited to talk about Prostate Cancer at this Groups August 18th meeting.

I will do the same as I did at the Seaford Men`s Breakfast, and include parts of the excellent DVD that has been provided to us by the Prostate Cancer Foundation of Australia.

Our members will know that The Association of Prostate Cancer Support Groups obtained a Grant from the Federal Government last year to pay for some of our expenses, such as Postage, Ink Cartridges, Toner, etc, and our Group has been receiving payments from that Grant. (see page 2) Thank you Gary.

Talks given by Support Group leaders in our Local Communities will help to justify the Grant.

Thanks to our Patron Artie Ferguson for organising these talks.

The trips to the Port Pirie and Barossa/Gawler Support Groups, by a team of Association Committee members has been deferred until later on when the weather is much warmer. This is good news indeed.

Kym Richardson MP
FEDERAL MEMBER FOR KINGSTON

I have received two letters from Kym Richardson, one to advise us about the 2006 round of the Volunteer Small Equipment Grants, and the other – very special – to wish one of our members a happy 70th birthday. I wonder who it could be?

The birthday wish was very much appreciated, and quite a surprise. Thanks Kym.

I now only have thirty years to wait for the 100th birthday wish from Her Majesty, the Queen. Whew!!!

CAPSAICIN: A snippet from Geoff--thanks Geoff.

CAPSAICIN, the compound that gives jalapeno and habanera peppers their bite, could soon be used to treat Prostate Cancer, according to a study published in Cancer Research this week.

The authors claim that the pepper extract causes human prostate cancer cells to undergo cell death.

They injected mice with human prostate cancer cells, fed half the mice capsaicin for four weeks, and found that tumours treated with capsaicin were about one-fifth the size of tumours in non-treated mice.

The dose of pepper extract fed orally to the mice was equivalent to giving 400mg of capsaicin-or three fresh habanera peppers-three times a week to a 90kg man.

I have asked for a progress report from Professor Greg Barritt, Research Scientist, Dept of Medical Biochemistry at Flinders Medical Centre, who is using Molecular Biology to selectively express a Calcium channel provided by Chilli Pepper, to artificially introduce Calcium into Prostate Cancer cells to kill them.

My report on this approach by Professor Barritt, to kill Prostate Cancer Cells, is in our December 2004 Newsletter, www.pcsog.org

The update reflects some changes from the original approach, to using a Menthol-activated channel.

PROFESSOR GREG BARRITT'S REPLY.

A brief summary of present investigations is as follows.

Using Calcium channels to kill Prostate Cancer cells.

Androgen-insensitive Prostate Cancer is difficult to treat and there is a need for new methods of treatment.

It would also be a great help if clinicians could predict the course of Cancer in a given individual.

Studies to date have been directed towards using a particular Calcium channel on the surface of Prostate Cancer cells as a means of killing these cells.

This particular channel is activated by the compound Capsaicin, which can be found in Chilli Peppers.

The strategy is to introduce the channel to the surface of the Prostate Cancer cells, then activate the channel using Capsaicin to kill the cells with an abnormal but reasonably small increase in their Calcium content.

Experiments at the Laboratory bench have demonstrated that this strategy is effective in killing Prostate Cancer cells grown on cell culture plates.

Recent experiments have been designed to optimise this cell killing system.

However, there are two concerns about using this particular Calcium channel.

Firstly that it is not normally present in Prostate Cancer cells, and secondly any side effects of Capsaicin.

Therefore research has been directed towards using a Calcium channel, which is normally present in Prostate Cancer cells.

Two years ago we, and others, identified such a channel.

This new channel is similar to the Capsaicin-activated Calcium channel, but is one that is activated by Menthol. (Menthol induces a cold sensation on the skin.)

This Menthol-activated channel is present in Prostate Cancer cells.

Experiments are now underway to use synthetic chemicals, which structure similar to Menthol, as activators of this Menthol-sensitive channel.

It is hoped that this will lead to a more potent and specific pharmaceutical agent, which can be used to kill Prostate Cancer cells by means of Calcium toxicity.

Many thanks to Professor Barritt for this very interesting update.

You and your team are to be congratulated for the wonderful research that you are doing.

OUR NEXT MEETING

WEDNESDAY, 2ND AUGUST 2006 AT 6.30PM.

THE EXCELLENT PROSTATE CANCER FOUNDATION OF AUSTRALIA

DVD

LIVING WITH PROSTATE CANCER.

GENTLEMEN: PLEASE ENCOURAGE YOUR WIFE/PARTNER TO ATTEND WITH YOU