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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.

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.

GENTLEMEN: PLEASE BRING YOUR WIFE/PARTNER TO THE MEETINGS WITH YOU.

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.

MAY 2006 NEWSLETTER

Meeting held at
Willunga Lions Sale Yard
On Sunday, 7th May 2006.

Chair: John Shields.

Present: 17.

Apologies: Geoff, Peter, Chris and Family, Ray, Carl and Erica.

Our thoughts are with Carl and Erica, whose son was tragically killed in a Motor Cycle accident recently.

A special welcome to Les and Brenda, and lucky Joe.

Donation: Many thanks to Barry Ritchie for your kind donation.

Correspondence: Newsletters received, with thanks, from PSA Adelaide, Barossa/Gawler, Mitcham, Prostate Heidelberg, and Prostate Cancer Action Group (SA) Inc.

Our thanks to everyone for these (always) interesting Newsletters. I will put together a selection of information from each one to give to our members at our next meeting.

*** BBQ:**

The inclement weather did not affect our indoor BBQ at the Willunga Lions Sale Yard, on Sunday the 7th, and the indoor heating was excellent.

We were entertained by Victoria Ferguson, who provided excellent background music on her Guitar and singing, during our enjoyable stay.

Thanks to lucky Joe, Artie, Jeff and Chad (Port Noarlunga Hotel) for the bottles of wine for the raffle. They were very much appreciated.

*** Information Day:**

Our Group had an information day at Centro Colonnades on Tuesday, April 18th.

This was another successful day, and the amount of information that people took away with them is proof that there is a great need for more information days to be held in the Community.

Thanks to Artie (our organiser), Ian, Norman and Phyllis for your help during the day.

Gerry Mc Creanor:

Brian, Rhonda, Phyllis and myself attended Gerry McCreanor's funeral service on Tuesday 9th May.

Gerry was much loved by his family, and well respected by the many friends that he made over the years.

A large crowd attended the service at Heysen Chapel, Centennial Park, to celebrate Gerry's life, and the love that poured out to Gerry from his family, and the wonderful tributes to him from his many friends, was a powerful testimony to a Man who excelled in everything that he did, and evidence that his life was motivated by a strong desire to do as much as he possibly could for the enjoyment, and benefit of so many people, in all age groups, both here and interstate.

Barry Oakley said that Gerry, who was President of the PSA Adelaide Group, worked tirelessly getting the awareness of Prostate Cancer out to Men, and tirelessly on the phone giving the best counselling, to a large number of Men over the years.

Barry recounted the time that he first attended the Prostate Cancer Support Group, and said that Gerry was obviously pleased to see so many people at the meeting. Barry said that it was an amazing event, an amazing happening, to see the spirit of the 40 or so Men in the room. The jokes, the laughter, the spirit of optimism.

This was something very special.

Gerry made this happen, and all of these things typified the life of a Man who selflessly gave of himself for the good, and the wellbeing of others.

Vale Gerry.

Awareness meeting at Blackwood.

108 people attended the Awareness meeting at the Blackwood over 50`s Clubrooms and the meeting, that was in support of the new Mitcham Group, was a huge success.

The Guest Speakers were:

Dr Peter Sutherland, Head of Urology, at the Royal Adelaide Hospital, who gave an overview of Prostate Cancer, including a presentation on Robotic Surgery.

Dr Graham Lyons, University of Adelaide, who gave a presentation on Diet and Prostate Cancer.

This was the third time that Dr Peter Sutherland has given a presentation on Robotic Surgery at an Awareness meeting, and it was very worthwhile making the trip to see and hear him once again.

Dr Sutherland explained that he had intended to be a Brachytherapy Doctor, a couple of years ago, but when Mr Gordon Pickard, who is quite wealthy, came to see him as a patient, this caused him to turn his attention to Robotic Surgery.

Dr Sutherland knew that Professor Tony Costello had pioneered Robotic Surgery in Australia, at the Royal Melbourne Hospital, so he told Mr Pickard about this, as Surgery was his best choice of Treatment, and they decided that he should go to Melbourne and have Robotic Surgery.

Dr Sutherland also went to Melbourne and watched the Treatment.

He was greatly impressed and excited by what he saw, and even more impressed, after phoning Professor Costello a couple of days later to see how Gordon was going, and was told that Gordon had gone home the day before, and was already back in Adelaide, 36 hours after Treatment.

Mr Pickard went back to see Dr Sutherland a few days later, he was feeling good and was doing well and had the Catheter taken out.

At that interview he said that he would like to buy a Robotic Machine for Adelaide. When told that the cost would be 2.8 million dollars, he said that won't be a problem, I will donate the Machine to South Australia.

Dr Sutherland said that since Mr Pickard had headed him down the road to doing Robotic Surgery, he would do his best to get it going, and he has certainly done that.

Dr Alan Stapleton, who was assisting Dr Sutherland, now does Robotic Surgery too.

Dr Sutherland said that Brachytherapy and Robotic Surgery are both very good Treatments for men who are able to have either one of them, and it is up to the individual to make their own choice, after taking into account the possible side affects of each treatment.

It was good to hear Dr Sutherland giving the thumbs up to the PSA test together with the DRE, and emphasising that only a biopsy can detect Prostate Cancer.

In closing, Dr Sutherland paid tribute to Jeff Roberts, for the work that he is doing in bringing Prostate Cancer awareness to the people of South Australia.

The Prostate Cancer Action Group is the only Group in Australia that is doing this, Dr Sutherland said, and Jeff is to be commended for the work that he, and his team are doing to make Prostate Cancer Awareness meetings as successful as this.

Dr Graham Lyons B Agric Sci MPH PhD.

After supper, Dr Lyons gave a presentation on Diet and Prostate Cancer.

Dr Lyons provided notes for us to take home, but I will quote from them for those who were not able to attend the meeting.

Dr Lyons said that there is a range of views among health professionals and others on whether diet has a significant effect on Prostate Cancer. However, the bottom line is this: dietary factors cause between 10 and 80% of Cancers, depending on the type of Cancer, and Prostate Cancer is at the upper end of this scale. Numerous epidemiological studies have demonstrated the strong association between diet and Cancer rates.

He then spoke about the genetic component in individual susceptibility to Cancer, and said that it is evident that an optimal Cancer-preventative diet can minimise the impact of the negative genetic factors.

Dr Lyons also talked about the confusion for the public, with the frequency of reports on foods, food components, new drugs and gene therapies that can either inhibit or cause Cancer.

He then focused his talk on foods and supplements with the strongest accumulated evidence for risk reduction (prevention) of Prostate Cancer and/or ability to inhibit disease progression (control).

After talking briefly about a variety of Cancer Studies and Clinical Trials that may take until the year 2012 before the results are known, Dr Lyons said that you want to adopt a dietary strategy NOW that is likely to assist in preventing or controlling Prostate Cancer.

He then compared eating most things in moderation, to a rigid regimen of up to 30 supplements combined with fixed proportions of food types at every meal, and then recommended something in between the two.

The A Team

The first list contains those dietary anti-Prostate Cancer agents that are backed by the strongest evidence:

Selenium, Vitamin E, Lycopene, Green tea polyphenols (www.youngagain.com) Soy polyphenols, Omega-3 fatty acids, Resveratrol, Pomegranate juice, Beta-sitosterol, Vitamin C and Vitamin D3.

The B Team

These are probably not quite as important as those on the “A list”

Dark chocolate, Boron, Epilobium, Asprin, Pau d` Arco, Beta-glucan, Phytate, Coenzyme Q10, Curcumin, Alpha-lipoic acid and Gamma- linolenic acid.

Summary

Dietary factors play an important role in development of most Cancers, and in particular Prostate Cancer.

A varied diet based on vegetables, fruit, wholegrains, legumes and fish, supplemented by appropriate levels of several key anti-Cancer agents (eg selenium, vitamin E, lycopene, soy, green tea, pomegranate juice, omega3-fatty acids), along with plenty of exercise, is likely to reduce Prostate Cancer risk, and also to slow it's progression.

Dr Lyons gave a description of each of the dietary agents listed in Teams A and B, and if you would like a copy of his notes to get this additional information, I will have some at the next meeting, or send me your address, or give me a call.

Only in America:

On our way home from the Awareness meeting I heard this little tale on the radio.

A hard working couple had not had a real holiday for several years, so they decided to hire a Campervan and visit some rellies who lived about four days drive from them.

The husband was having Prostate problems and his wife's control over her “need to go” was not too flash either, so they made sure they took a map showing where every toilet was situated along the way.

They had been on the road for about an hour when they spotted a sign that said:

CLEAN TOILETS AHEAD

So they did - every one of them.

They arrived at their rellies place very tired and three days late, but pleased to report that they had left behind 175 very clean toilets?

The next meeting of the Mitcham Group is on Thursday, 25th May, at 7.00pm.

The Guest Speaker is: Graham Goodings

Channel 7 Personality

To speak on his Cancer experience.

**Where: Colonel Light Gardens RSL Club
4 Prince George Parade
Colonel Light Gardens**

Professor Coates.

Trevor Hunt has advised me that it was well known that Professor Coates was retiring before Wayne Swan made his comments, so anything that he had to say would not have been able to influence that decision.

Thanks Trevor.

Men's health week is from the 12th to the 18th of June.

**Australia's biggest morning tea is on Thursday, 25th May.
Please phone The Cancer Council South Australia 13 11 20 for details.**

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**A FREE PUBLIC LECTURE
Thursday 8th June, 6pm Nova Eastend Cinema**

The Australian Society for Medical Research (ASMR), has gathered world renowned experts Dr Graeme Suthers (Familial Cancer Unit, Womens and Childrens Hospital) Professor Graeme Young (Head of the Flinders Centre) Professor Villis Marshall (Clinical Director of Surgical Specialties at the Royal Adelaide Hospital) Professor Shaun Mc Coll (Founder of the Adelaide Proteomics Centre at the University of Adelaide) so we can start:

**Stopping Cancer in it's tracks
A Scientific approach**

Professor Villis Marshall will be discussing his research on Prostate Cancer Treatment including Radiotherapy, new High Frequency Ultrasound techniques, Vaccines and Key-hole Surgery techniques.

Members of the general public are invited to listen to and ask expert medical scientists burning questions, such as-

**What exactly is Cancer?
Is there a cure?
Can I do anything to prevent Cancer?
What are the most current therapies?**

Thanks to Jeff Roberts from the Prostate Cancer Action Group for these details.

OUR NEXT MEETING

WEDNESDAY, 7TH JUNE 2006 AT 6.30PM.

**WE WILL HAVE A LOOK AT THE EXCELLENT DVD
PROVIDED BY
THE PROSTATE CANCER FOUNDATION OF AUSTRALIA**

GENTLEMEN: PLEASE ENCOURAGE YOUR WIFE/PARTNER TO ATTEND