

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.

Mail us at:
PO Box 627
Noarlunga Centre,
SA 5168

Telephone:
John:(08) 8382 6671
Jules: (08) 8325 8100
Brian: (08) 8556 2012
jshields@aandr.com.au
www.pcsog.org

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.

SEPTEMBER 2006 NEWSLETTER

Meeting held in the boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA
On Wednesday September 6th, 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: Southern Primary Health-Woodcroft, Port Noarlunga-Christies Beach RSL Sub Branch, and to all who support our Group.

Chair: John Shields.

Present: 23

A big welcome to our New Members and Visitors, Mal and Ann, Karl and Ann, Bernie, Keith, & B.R.M.

Apologies: Peter, Doug and Rona, Carl and Erika, Hans, and Dawn,

We were unable to watch the DVD on HIFU (High Intensity Focused Ultrasound) purchased from the PCFA Melbourne in time for this meeting, however we should be able to watch it at the October meeting thanks to Malcolm and Jules.

The DVD runs for an hour and is really worth coming along to see.

This also gave us more time to talk with our visitors and new members, and share in a good exchange of information from each others experiences.

*** Joe Bridges long walk East.**

Joe told us that he plans to walk from here to Melbourne sometime early next year, to raise money for research into Breast and Prostate Cancers.

His wife died of breast cancer five years ago and Joe has recently had Radiotherapy for his Prostate Cancer and is doing well. (Joe has already raised \$2000.00)

Artie has agreed to accompany him on the walk, and if you would like to join our two locals, please contact Joe on 8325 2702

Joe is a retired boxer and at the age of 72 he must still feel very fit, and we congratulate him on being prepared to do the hard yards (metres), actually 750 kms to raise some money for research, and in doing so raise awareness of Prostate Cancer.

*** New website for all Cancers.**

www.CancerCentral.com.au

John Macmahon has put a lot of his own time, effort and money into setting up a National Website for Cancer Groups to give and receive information free of charge.

When I receive our user name and password I will be able to put information about our group on the site and make my own changes each month, or as required.

John is to be congratulated for this great initiative, I cannot imagine how much work was involved in setting it all up.

- • **Passport to health Expo.**

This will be held at the civic Centre, Woodville Road, Woodville, on Sunday, 8th October, from 12.30pm to 4.00pm.

For more details if you would like to help give out information during that time, please contact Reg Mayes on 8298-8040.

- • **Freemasons Art Exhibition.**

Phyllis and myself attended last Sunday from noon to 3.00pm and we were able to give out quite a lot of information from the well-stocked table, and enjoyed talking with visitors about Prostate problems.

We had been booked to attend on Thursday evening (21st), but a phone call from Reg changed that to Sunday afternoon and this suited us better.

If you would like to help give out some Prostate Cancer information, and enjoy the company of some really friendly people who are looking after the exhibition, and be treated to some home made cookies and a cuppa, courtesy of Dorothy who made 400 delicious cookies, these are the dates again.

The exhibition is closed until Thursday 21st September.

The exhibition will be open again for public viewing on the following days in the Grand Lodge Building.

Thursday 21st September, Friday 22nd, Saturday 23rd and Sunday 24th from noon to 4.00pm.

PARKING: there is a small car park behind the building so it would pay to check this out first, then let someone looking after the exhibition know that you have parked there-so they know that it is your car.

There is also a “Wilson's Car Park” next door, just before the Corner of Frome Road/North Tce, and if you need to park there, please keep your ticket as Reg has promised that you will get a refund.

There are also some comfortable chairs at the information table.

* **Prostate Cancer Awareness Evening-Prostate Cancer Action Group (SA) Inc.**

The next Awareness evening is on Wednesday 11th October 2006.

Where: At the RSL Clubrooms Apex Park, Stirling

Time: 7.00pm to 9.30pm.

Contact: To register your interest, phone the Stirling District Hospital Inc. on 8339-0200

Topics: * An overview of Prostate Cancer presented by Dr James Aspinall-Urologist.

- • Diet and Prostate Cancer presented by Dr Graham Lyons-University of Adelaide.
- • Prostate Cancer survivors speak about their own experiences.

Men, Women and/or their partners are invited to attend this free presentation.

A flyer is enclosed if you would like to invite someone else.

* **More great information from the Action Group.**

From the PROSTATE CANCER ACTION GROUP (SA) INC. AUGUST 2006 NEWSLETTER.

Our thanks again to Trevor Hunt for another very informative edition.

Some copies were available at the meeting, however if you were unable to attend, I have copied some interesting items. If you would like a copy please phone me on 8382 6671.

EATING FISH MAY HELP PREVENT PROSTATE CANCER

We have been hearing a lot about the benefits of eating OMEGA-3 fats, in fact there was a talk about different breads on TV this morning, and we were told that we would need to eat about 12 loaves of bread containing Omega-3, every day to get any benefit from it, and another program tonight emphasised that the best source of Omega-3, is from oily fish.

This story about eating fish mirrors exactly what we heard recently.

It states that men face a much more dangerous form of prostate cancer if tumor cells from the prostate gland metastasize and migrate and invade other parts of the body, such as bone marrow.

New research suggests that oily fish may help prevent this process. It appears that Omega-3 fats contained in oily fish can prevent the cancer from spreading to bone marrow, a process that may be encouraged by the other major group of polyunsaturated fatty acids-Omega-6 fats.

Researchers at the Christie Hospital in Manchester found evidence for this effect in laboratory tests, where they showed that Omega -3 fats can inhibit invasion by prostate cancer cells, potentially reducing the threat of metastasis.

They also found that Omega-6 fatty acids, found in vegetable oils, nuts and seeds, increased the risk of tumor cells spreading into bone marrow. This invasion was blocked by Omega-3 fats, which are found in oily fish such as salmon, mackerel and tuna.

The researchers believe that cancerous tumors may use Omega-6 fats as a high energy food, enabling rapid growth. Omega-3 fats are known to interfere with various functions of Omega-6 fats, they explain, and this was confirmed by the current findings. This effectively removes the cancer`s 'free lunch', a fact that may have clinical importance. Eating a diet with the right balance of Omega-3 and Omega-6 fats may well help to keep prostate cancer within the prostate gland where it may be monitored safely or more easily treated with surgery or radiotherapy, they conclude, adding that a healthy balance of these two types of fat would be about half as much Omega-3 as Omega-6?

Many cancers, including breast and prostate cancer, seem to invade bone marrow rather than other parts of the body. If it could be shown that this is influenced by the proportion of different types of fat, then scientists may be able to develop drugs that prevent metastasis.

Brown, M.D. et al. Promotion of prostatic metastatic migration towards human bone marrow stroma by Omega 6 and it`s inhibition by Omega 3 PUFA`s. British Journal of Cancer, Vol 94, March 27 2006.pp 842-53 (from International Health News)

LONG TERM RESULTS AFTER PROSTATECTOMY SHOW HIGH SURVIVAL AMONG MEN WITH EARLY PROSTATE CANCER.

After 25 years, nearly 80% of men were still doing well

I have to plead guilty to being just a bit biased toward this story, and it is the focus of my message to all younger men who either have not been tested for prostate cancer, or are reluctant to get tested. (John. S)

According to results recently published in the/Journal of Urology/, death from prostate cancer at 25 years after therapy is low following a radical prostatectomy for patients with early prostate cancer.

Researchers from the Virginia Mason Medical Center in Seattle, Washington and the University of Montreal in Quebec, Canada, recently reviewed long-term data from 787 men with early prostate cancer who underwent a prostatectomy between 1945 and 1994. Overall, nearly 16% also received radiation therapy, and 15% also received chemotherapy.

***At 25 years, less than 19% of patients had died from prostate cancer.**

At an average of 12 years, 31% developed an increase in PSA levels; 8.4% experienced a cancer recurrence; 11% experienced a cancer recurrence in distant areas of the body.

The researchers concluded that death from prostate cancer remains minimal among patients with early prostate cancer who underwent a radical prostatectomy. As I did. This data includes some of the most long-term data for this group of patients. Patients diagnosed with early prostate cancer may wish to speak with their physician regarding their individual risks and benefits of all treatment options for their disease.

References: Please refer to the PCAG`S August newsletter.

NO LINK TO DAIRY PRODUCTS

Australian research has forced Harvard University to back down on surprising claims of a link between dairy products and prostate cancer.

A large scale study by Victorian researchers has disproven the U.S theory that men who eat more dairy are 11% more vulnerable to the disease. These findings puzzled Cancer Council Victoria researchers who had just completed a study showing no link between them. (The Advertiser, 31/7, p.14)

OBESITY PREDICTION

Obesity in a patient could predict whether their prostate cancer will continue following Radiotherapy, say researchers in the latest issue of Cancer. They found that moderately and severely obese patients had a 99% greater risk of rising blood levels of PSA-an early sign of the cancer returning- than those in the healthy weight range. Obese patients also had a 66% greater risk of having a prostate tumour come back again or spread to other parts of the body, than non-obese patients. Researchers examined the medical records of 873 men with prostate cancer who had undergone surgery and radiotherapy between 1988 and 2001. (Weekend Australian. 1/7, p27)

Thank you Barry. (A member since day one)

Barry told the meeting that he is unable to attend future meetings as his Motor car group is now meeting on the same night. Many thanks for your contribution Barry.

OUR NEXT MEETING

Wednesday, 4th October 2006.

From 6.30pm to 9.00pm

(This is also our third birthday)

HIFU

(High Intensity Focused Ultrasound)

A DVD presentation by Urologist, Dr Peter Royce.

Gentlemen: Please bring your wife/partner with you.