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And, your Family



PROSTATE CANCER SUPPORT

City of Onkaparinga Group

South Australia

**An affiliate Member of the Prostate Cancer
Foundation of Australia, and a member of:-
The PCFA Central Australia Chapter**

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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.

Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings. Thanks also to our Sponsors: Southern Primary Health and to all who support us.


APRIL 2012 NEWSLETTER (No 93)

Your own local Newsletter

Our President/Editor John Shields accepts responsibility for the content of this newsletter.

Present: 10

Apologies: Matt, Phyllis & Gladys.

 **Although we were few in number, once again, we had a very enjoyable meeting, with everyone happy to share their Prostate Cancer journey and talk about their general health.**

Radiation Therapy for Prostate Cancer by Dr Michael Izard:

After introducing himself in a very friendly, informal manner, Dr Izard immediately made the audience feel as though they were a very real part of the talk and said, what I would like to do is to field your questions. What do you want to know from me?

There were 5 main questions that were asked:-

- 1. New developments**
- 2. Side affects, including Proctitis**
- 3. Suitability of patients**
- 4. Results**
- 5. Costs**

Dr Izard answered all of the questions in a way that was easy to understand, including other questions that were actually relevant to the 5 main questions asked.

This was a good follow up from the DVD Chronic Radiation & Rectal Bleeding.

Our Librarian Peter, now has these DVD's in our library, and I recommend them to you.

Meeting of the Southern Cancer Club.

Due to other commitments like medical appointments, illness and holidays we had a massive 10 apologies (including Phyllis & John) with 5 attending.

It was lovely to meet Julie this month and we wish her well as she heads interstate.

Most of the business was done as apologies arrived. Final DVD appointments were arranged, while final arrangements for Christies Family Day were organised. I thank all those supporting these initiatives.

The flyers have been developed for the day, along with name tags. Those that arrived were given their movie tickets for May and I will send out tickets to those not present. We have a few spare if you would like to contact me-1st in best dressed. The afternoon was spent talking over coffee and getting to know Julie. Thank you `von for your delicious contribution for afternoon tea, AGAIN. Thanks to Rex who arrived to take a group photo but due to numbers was deferred to next time. Rex stayed and enjoyed afternoon tea with those present. The next meeting will be 17th May 2012 1-3.00pm Christie Downs Community House. Please bring a plate of goodies to share for afternoon tea. The meeting finished at 3.30pm. (Jules)

Some interesting information received with thanks from Malcolm & Beverley.

(1) Pizza herb Oregano could cure Prostate Cancer, US Scientists claim.

The Pizza & Pasta herb Oregano could help fight Prostate Cancer, New York researchers said.

Laboratory tests on Prostate Cancer cells at Long Island University (LIU) showed that Carvacrol, a component of Oregano, induces apoptosis – a process that causes cancer cells to “commit suicide”.

Previous research showed that eating Pizza may cut down Cancer risk, an effect widely attributed to Lycopene, the pigment that gives tomatoes their colour.

However, LIU researchers believe their study shows that Oregano, a seasoning commonly used in Pizza toppings, may play a role.

Study leader Dr Supriya Bavadeker said, “We know that Oregano possesses antibacterial as well as anti-inflammatory properties, but it’s effects on cancer cells really elevate the spice to the level of a superspice like tumeric.”

Dr Bavadeker added, “A significant advantage is that Oregano is commonly used in food and has a ‘Generally Recognised as safe’ status in the US. We expect this to translate into a decreased risk of severe toxic effects”

The experimental Biology conference in San Diego heard that if the study continues to yield positive results, Oregano may represent a “very promising therapy for patients with Prostate Cancer.”

(2) Ultrasound beam can destroy Prostate Cancer without side effects, British study finds.

A high powered ultrasound beam can destroy Prostate Cancer without causing the serious side effects that plague other treatments, a London study found.

Trials in London & Basingstoke, southern England, found it was possible to obliterate tumour cells without damaging delicate surrounding tissues.

Conventional surgery and radiotherapy for Prostate Cancer leaves half of men impotent and a fifth incontinent. The side effects are so common that many men with slow growing tumours are advised not to have treatment.

Doctors used an experimental procedure High Intensity Focused Ultrasound to destroy tumours during the trial.

None of the 41 men treated had incontinence and only ten percent had impotence, the Lancet Oncology journal reported.

Dr Hashim Ahmed, of University College London Hospital said, “We’re optimistic that men diagnosed with Prostate Cancer may soon be able to undergo a day-case surgical procedure, which can safely be repeated once or twice, to treat their condition with very few side effects.

That could mean a very significant improvement in their quality of life.”

The doctors used high-resolution MRI scans of the men's Prostates to map the precise location of the tumours. They then used HIFU machines to focus ultrasound waves onto an area the size of a grain of rice.

This heats the cells to 100 degrees, killing them without affecting nearby tissues.

Both of these reports give rise to a lot of optimism and Dr "Snuffy" Myers talks about Optimism & Prostate Cancer in his latest posting on www.prostateforum.com

Newsletters received, with thanks, from:-

Prostate Melbourne, Prostate Heidelberg, Sydney Adventist Hospital PCSG, Andrology Australia and Hobart & Eastern Shores Prostate Cancer Support Groups.

MID YEAR BBQ.

Our mid year BBQ will be held at the home of Peter & Christine on Sunday June 3rd at 11.00am. Our Group will provide the Bread & Meat and we ask our ladies/partners to bring a plate of your favourite foods please. A raffle will be held to help cover costs.

The BBQ will be held in lieu of the Support Group meeting at the hospital that would have been held on Wednesday 6th June 2012 at 6.30pm.

BUNNINGS BBQ.

Milena has confirmed that we are booked in to have a BBQ (Sausage Sizzle fundraiser) at the Noarlunga Store on Sunday August 26th, which is the Sunday before Fathers Day. Just a friendly reminder that we will need all hands on deck to help set up early on the Sunday morning and we will try to compile a list of our members who are happy to help by collecting items that we need from a Supermarket etc. like ice and drinks. We will try to have adequate supplies however, this will be a busy day and we will possibly need to go out during the day to replenish our supplies.

I have applied for the Council Temporary Food Permit and have sent a letter, together with the PCFA Public Liability forms to Milena, who is the Bunnings Activities Organiser.

**OUR NEXT MEETING
AT NOARLUNGA HOSPITAL
WEDNESDAY 2nd MAY 2012 at 6.30pm.
DVD: NEW ADVANCES IN THE TREATMENT OF ADVANCED PROSTATE CANCER.**

 **We are still working toward having a PCFA Click for Prostate Cancer website.**