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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.


JULY 2013 NEWSLETTER (No 107)

Your own local Newsletter

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

Present: 11

Apologies: Gladys. Anne and Lynne

 **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.**

Tonight we watched the DVD - Just take it day to day

A guide to surviving life after Cancer.

The DVD explores what it's like to finish Cancer treatment.

People who have been through cancer tell their stories of recovering and finding a new "normal". They tell how they coped with the unexpected emotions, with physical changes, side effects and how to handle them, with worry about the future, and with reactions of families and friends. They also talk about follow up planning plus fear of recurrence, dealing with sexuality and relationship problems.

The DVD also includes information from health professionals, who comment on emotional and physical changes after Cancer Treatment.

Even though I had treatment nearly ten years ago I found this DVD interesting.

If you would like to borrow the DVD please talk with our Librarian, Ian Curtis, who will have some copies at our next meeting.

Some interesting information from our Welcoming Officer, Beverley Ellis.

Evidence of Prostate Cancer, Omega - 3 link.

From AAP

July 11th 2013

US Scientist say they have confirmed a surprising 2011 study that found a higher risk of Prostate Cancer among men who consume Omega - 3 fatty acids, raising new questions about the safety of supplements.

Research in the Journal of the National Cancer Institute reported a 71% higher risk for dangerous high grade prostate cancer among men who ate fatty fish or who took fish oil supplements, which are often touted for their anti inflammatory properties.

"We've shown once again that use of nutritional supplements may be harmful", said Alan Kristal, researcher at the Fred Hutchinson Cancer Research Centre, and senior author of the paper.

Scientists are still puzzled as to why Omega - 3's appear linked as a greater risk of prostate cancer. but said the findings suggest they are somehow linked in the formation of tumours.

The same team of researchers published similar findings in 2011 linking high concentrations of DHA to a more than double risk of high grade prostate cancer which is likely to be more fatal than other types.

A large European study also found the same Omega - 3 and prostate cancer link.

The consistency of these findings suggests that these fatty acids are involved in prostate tumorigenesis and recommendations to increase long chain Omega - 3 fatty acid intake, in particular through supplementation, should consider it's potential risks", the US study said.

The difference in blood concentrations of Omega - 3 fatty acids between the highest and lowest risk groups, was about 2.5 percentage points (3.2% vs 5.7%) or just higher than the effect of eating Salmon twice a week, Kristal said.

Due to the nature of the study, it was not possible to tell for certain whether the elevated blood levels were due to men taking supplements or eating fish rich in Omega - 3's.

Thanks Beverley.

BREAKING NEWS:

The full report will be in PROSTATE SUPPORTER, but the Federal Health Minister has announced that the Government has allocated \$7 million of funding to Prostate Cancer Specialist Nurses. This is indeed tremendous news for the Prostate Cancer Specialist Nursing Program and most importantly men diagnosed with Prostate Cancer and their families.

Newsletters received, with thanks, from:-

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


BUNNINGS BBQ.

I have given Milena, who is the Bunnings Activities Organiser, the Insurance Certificate of Currency and have now received the paperwork, for our BBQ on Sunday 25th August 2013 at the Noarlunga store

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 also applied for the Council Temporary Food Permit.

**OUR NEXT MEETING
AT NOARLUNGA HOSPITAL
WEDNESDAY 7th AUGUST 2013 at 6.30pm.**

 We are still working toward having a PCFA Click for Prostate Cancer website. Lisa Cheng from our National Office, said that she would keep this in mind for a new website being developed by PCFA, that will be launched later this year.