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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**

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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.

OCTOBER 2016 NEWSLETTER (No 140)

Your own local Newsletter

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

 **OCTOBER 2016 MEETING.**

Present: 10

Apologies: Phyllis.

Our Chairman Malcolm Ellis, welcomed everyone and we had a good Round Robin to get the meeting underway.

The Guest Speaker for our October 2016 meeting was Mark White, from the Adelaide Red Cross.

www.redcross.org.au.sa

Mark gave us a detailed description of the Red Cross and the valuable work that the Organisation's Staff and Volunteers are doing throughout Australia, and he also took ample time to listen to and answer our Support Group Members questions.

The following report is taken from the Australian Red Cross Website.

Principles:

In all activities our Volunteers, Members and Staff are guided by the Fundamental Principles of the Red Cross and Red Crescent Movement.

There are seven Principles listed - Humanity, Impartiality, Neutrality, Independence, Voluntary Service, Unity and Universality.

These are all expanded on together with an update on The Movement, The People, Publications, Research etc and there is certainly a lot of information on the above website if it is needed at any time.

GINGER:**This Spice Is Easy To Add To Meals And Triggers A Process Called Apoptosis.**

Scientists may have discovered a way to combat Ovarian/Prostate Cancer-consuming Ginger. The flavourful Spice may trigger cancer cells to destroy themselves, according to a study by BMC Complementary and Alternative Medicine. According to the research, a natural component in ginger called gingerol can shrink the size of cancer cells by up to 56% which is great news for any ovarian cancer patient. The component works by preventing the tumours from growing and spreading further, and it triggers a process called **Apoptosis**-or cancer cell suicide. It may also trigger a phenomenon called Autophagy, where cancerous cells attack and kill each other. The Scientists who have been working on this research posit that including ginger into a healthy diet may prevent or even treat Ovarian Cancer. Ginger already has a long history - almost 300 years - of being used for medicinal purposes. It has often been used as a treatment for symptoms like inflammation and nausea in many cultures. But new research is expanding on the benefits of ginger on people's health. In addition to treating and preventing ovarian cancer, a study published in the **British Journal Of Nutrition**, suggests that Ginger may help with **Prostate Cancer** too. Not only does ginger benefit health, but it also does not detract from it. This spice has no toxicity, even when consumed in high quantities. The benefits of ginger abound. Plus since it is a relatively common spice, it could easily be incorporated into a healthy diet. So far, only preliminary links have been established between ginger and the treatment of Ovarian and Prostate Cancer, but Scientists are hopeful. After all, this natural and wholesome herb could spice up your meals as well as help prevent cancer - what's not to love about that?

Rito's:

Support Group members, their family and friends are invited to attend a luncheon, or have a cup of tea or coffee, and a friendly chat, at Rito's Cafe 101 Beach Road Christies Beach, on the second Thursday after each Support Group meeting. This is proving to be a good opportunity to just relax and talk about life in general, and gives real meaning to that word "Support".

Newsletters received with thanks from:

Andrology Australia, Prostate Melbourne, Prostate Heidelberg, Sydney Adventist Hospital PCSG.



OUR NEXT MEETING IS ON WEDNESDAY 2nd NOVEMBER 2016
OUR GUEST SPEAKER IS
DOCTOR DAVID ELDER - UROLOGIST