

F *We are here* **Y**
O  **O**
R *And, your Family* **U**



**PROSTATE CANCER SUPPORT
City of Onkaparinga Group
South Australia**

**An affiliate Member of the Prostate Cancer
Foundation of Australia**

**OUR GOLDEN RULE: We do not give medical
advice, your GP, your Urologist and Allied
Medical Health Professionals are the only people
who are legally qualified to give you medical
advice.**

**WE DO HOWEVER, GIVE YOU OUR
WHOLEHEARTED SUPPORT.**

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Malcolm

Mark

John

Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings, and to all who support us.

MAY 2017 NEWSLETTER (No 146)

Your own local Newsletter

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

 **MAY 2017 REPORT.**

Present: 9

Apologies: Mark, Oscar, Hank & Leanne Middleton.

Once again our meeting started with a Round Robin and members brought us up to date regarding their current situations.



**Our Guest Speaker tonight was Lorraine Rosenberg
Mayor of * The City of Onkaparinga.**

Lorraine gave everyone the opportunity to outline the topics that they would like her to talk about.

There were a variety of questions and Lorraine addressed each one individually and invited comment from members and made sure that each topic was fully covered before moving on to the next question.

Topics were:- The Leisure Centre/Seniors, Vandalism-Aldinga Beach/Police & Safety after dark, Press/Membership/Media, Facilities for Aged in own home-facilities and assistance, Areas of footpaths with maintenance.

More information is available on the website

www.onkaparingacity.com/onka/living-here/community

*** Located only 35 minutes drive from the Adelaide CBD, The City of Onkaparinga is the largest Metro Council in South Australia with a population of 168,800 and 518 sq kms.**

The connection with the City of Onkaparinga and the name of our Group is reported on page 4 of the March 2004 edition of our Newsletter, on www.pcsog.org

Tips for Naturally Lowering PSA Levels.

Written by Rena Goldman

Medically reviewed by Elaine Luo MD, on 3rd May 2017.

Reprinted from Healthline and for informational purposes only.

Please refer to OUR GOLDEN RULE - above.

If you've had your Prostate-Specific Antigen (PSA) tested and your numbers were higher, you and your doctor may have discussed ways to lower it.

There are also some things that you can do on your own that may help.

PSA is a type of Protein that's made by both normal cells in your Prostate Gland and Cancer Cells. It can be found in your blood and semen. Doctors measure PSA in your blood to check for new or returning Prostate Cancer.

The higher your PSA levels are the more likely it is that you have Prostate Cancer. Some scientific research has found that it's possible to lower your PSA numbers and reduce risk of developing or returning cancer by making lifestyle changes, like eating certain foods and being more physically active.

Six things have been listed that you can do at home to have a positive impact on your PSA levels.

1. Eat more tomatoes.

Tomatoes have an ingredient called Lycopene and a few studies have shown that eating higher amounts of Lycopene can lower PSA levels and also reduces the risk of developing Prostate Cancer in men with a family history of the disease.

2. Choose healthy protein sources.

In general, going for lean proteins, like chicken, fish and soy or other plant-based protein, is better for overall health. These sources of protein help you to maintain a healthy weight and protect against heart disease.

They can also benefit your prostate health and lower PSA levels

Soy, which is used to make tofu and other meat substitutes, contains isoflavons.

Researchers believe these nutrients can protect against certain cancers.

In fact, there is some evidence that drinking soy milk can actually help lower PSA levels and slow the progression of prostate cancer.

3. Take vitamin D.

Vitamin D is made by your body when you spend time in sunlight.

It's also found in fish and eggs and is often added to fortified foods, like cereals.

Not getting enough vitamin D or having a vitamin D deficiency has been connected to a higher risk of having prostate cancer, according to a study in Clinical Cancer

Research. Other research has found that people with higher levels of vitamin D have lower levels of PSA.

4. Drink green tea.

Green tea is full of antioxidants that protect against several cancers, including prostate cancer. Asian countries where men drink large amounts of green tea, have some of the lowest rates of prostate cancer in the world.

Some studies found nutrients in green tea were able to protect against prostate cancer and lower PSA levels. Green tea was also studied as a supplement to help slow the rate of growth in men of existing prostate cancer.

5. Exercise.

In addition to helping you maintain a healthy weight, getting regular exercise has also been shown to reduce your risk of prostate cancer. Research has also shown that getting three hours of moderate to intense exercise per week is associated with a higher survival rate in men with prostate cancer. However, it's important to note that you shouldn't exercise the day of getting your PSA tested.

This could temporarily make your levels go up and give an inaccurate reading.

6. Reduce stress.

Stress can affect your body in so many different ways. It's also possible that periods of high stress can affect prostate health and PSA scores.

One study did find a link between abnormal PSA levels and high levels of stress.

The takeaway

Eating healthier and getting more exercise is beneficial to your overall health. These are good changes to start and stick to.

If you choose to take additional dietary supplements, like vitamins or minerals, make sure you tell your doctor. It's possible that these could interfere with other medications your'e taking. your doctor should also have all your health information in order to make suggestions about next steps in your treatment.

Newsletters received with thanks from:

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

Our luncheon at the AUSSIE INN HOTEL 108 Main South Road Hackham is on Sunday 4th June 2017 at 12.00 for 12.30 start.

Support Group members will again be subsidised \$10.00 for each person.

We look forward to enjoy each others company over a meal again.

Please contact Beverley Ellis on 8326 5588 if you are attending.



**OUR NEXT SUPPORT GROUP MEETING IS ON WEDNESDAY
THE 5th of July 2017 AT 6.30PM IN THE BOARDROOM
AT NOARLUNGA COMMUNITY HOSPITAL
ALEXANDER KELLY DRIVE NOARLUNGA.**

**BBQ: OUR BBQ AT BUNNINGS IS ON SATURDAY 19TH AUGUST
2017 AND AS WE ALL KNOW, MANY HANDS MAKE LIGHT WORK.**