

P.S.A. NEWSLETTER

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**PROSTATE(CANCER)
SUPPORT AWARENESS
ADELAIDE GROUP**

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A Member of the Association of Prostate
Cancer Support Groups (SA) Inc.

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NEWSLETTER NO. 71

**August 2006 Newsletter including a report on the August Meeting
held at the Burnside Hospital on 28.8.06.**

Thank you to our sponsors: City of West Torrens Council, the Burnside War Memorial Hospital, the State Funded Volunteer's Support Fund and the Federal Government's Cancer Support Groups Grant Program. Remember, our next meeting is in 3 weeks time, not 4 weeks. It is on Monday the 18th September at 7.00pm when our speaker will be Dr. Denby Steele, Urologist. Roll up! Roll up!

SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

Chair: John Mayes

Members present - 47

Apologies: Barry and Margaret, Eric, Eric and Elfriede, Paul, Brian and Kerry.

New Members: Joe and James. A big welcome to both! James said that he had come along to our meeting to learn and listen. His PSA is 5.2. He was booked in for 37 days radiotherapy this week but changed his mind at the last minute in order to get a second opinion. His Urologist said that he was a "borderline" case. An operation was not mentioned. James would like to know the side effects of various treatments before he proceeds further.

Joe said that he had radiotherapy a couple of months ago and was feeling OK. His wife died of breast cancer about 5 years ago. He is a retired amateur boxer aged 72, and edits and publishes a monthly amateur boxing magazine. In order to raise the awareness of prostate cancer and raise funds for research into prostate cancer and breast cancer, Joe has decided to walk from Adelaide to Melbourne, some 750 kilometres, in March or April next year. He hopes to raise around \$100,000 in sponsorships for his walk, but first he has to lose two stone in weight (what's that in kilograms?). Joe has already raised \$2,000 in little over a week and a chap at Bute has promised to sell one of his prized stud rams and donate the money to Joe. Well done!

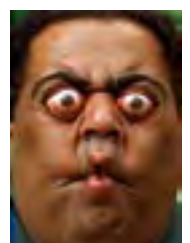


Rex Jory, mentioned Joe's walk in his column in "The Advertiser" recently and this brought forth a few inquiries. If you can think of anyone who may offer some corporate sponsorship or publicity for Joe's walk, could you please ring him on phone No. 8325 2702 and he would be very happy to talk with you. Even small donations would be very welcome. You might even like to accompany him on his walk, but Joe said that you should be at least 70 years of age to qualify. So how about it guys? Best of luck Joe!

PROSTATE TRIAL AT THE ROYAL ADELAIDE HOSPITAL - STOP PRESS!!!!

Dr. Michael Brown at the R.A.H. is looking for prostate cancer sufferers who may like to participate in a current trial now being undertaken at the hospital. The treatment will consist of an injection under the skin once every 4 weeks. The trial is randomised, which means patients will either be randomised to the active drug or a placebo. Dr. Brown stressed that the main eligibility criteria for inclusion in this trial is that patients must have evidence of at least 3 consecutive rising PSA levels (at least 2 PSA levels must be above 1.0) and the disease is not to have spread to the bones or any other organs. For further particulars and information sheets, please ring Co-ordinator Ms. Melinda Myers on Ph. No. 8222 5637 for trial details.

Videos: Reg and Ian screened 6 short videos dealing with Men's breast cancer, the value of peanuts in our diet, taxotere and herceptin drug treatments, costs and the PBS, the latest on arthritis treatment and the dreaded DRE test (with a bit of a twist at the end which nearly brought the house down).



Alan James and his Oestrogen Treatment

Alan, an 80 year old member, brought along some overhead projector slides he had made himself and told us about his various PSA readings over the last couple of years and the latest results of his Oestrogen treatment. In 2004 his PSA was 99 after he had a TURP operation. His Gleason score was 7 and he was then diagnosed by his Urologist and being "In-curable". Lucrin hormone injections dropped Alan's PSA down to 4, but this went up 6 times in the following 6 months. He was then put onto a 100 MG oestrogen patch per day. This is usually what a woman takes for their hormone replacement program. When searching the internet, Alan found an item suggesting that 600 MG of oestrogen (6 patches) would be OK for men with prostate cancer and this would lower their PSA level. With nothing to lose, Alan decided to try these

and after 6 months his PSA dropped from 3.1 to 1.3. He thought that this was pretty good and will have another PSA test in 6 months.

One of the side affects of oestrogen makes him feel "extraordinarily happy" says Alan. (*I'll have to get a bucketful of these patches from somewhere – Reg*). Alan said he would keep us posted on further results. (*By the way, if you are trying these oestrogen patches, drop me a line and let me know how you are getting along. You should also talk to your doctor about it as I have heard that sometimes these patches will push up your blood pressure.*) – Reg).



Association of Prostate Cancer Support Groups (SA) Inc

Gary Bowes, the Chairman, reported that the Federal Grant has enabled a group of five Adelaide and Onkaparinga Association members (Gary Bowes, Reg Mayes, Ian Fisk, John Shields and Paul Ferrett) to hire a Tarago bus and travel up to Nuriootpa for a Seminar held in conjunction with the two Barossa Valley members (Tony Woolley and Alan Hall). The seminar was held at Tony Woolley's house. Thanks Tony!

The main items discussed at the meeting were:-

1. The PCFA Policy Statement - This Policy Statement will soon be released by the PCFA to all 72 Australian wide P/C Support groups, after a couple of items have been finalized.
2. S.A. has put up the idea for men to consider having PSA blood tests at 45 years instead of 50 years, and for men with prostate cancer in other family members to have tests at 40 years of age. This suggestion is being looked at by the Support and Advocacy Committee. (SAC).
3. We also suggested the printing of a "Health Diary" complete with relevant pamphlets that can be issued by GP's and Urologists and Hospitals to newly diagnosed men with prostate cancer. This draft is now in an advanced stage and the selected printer will print off 250 copies as soon as the PC FA gives their approval of a draft copy.
4. The "Tissue Bank" at the Adelaide University was also mentioned and is slowly being implemented. This will enable Urologists and Scientists to keep the flesh and cells removed from TURP operations and prostate biopsies for further study (with the approval of patients). At the moment, these are destroyed, which is a great pity as they could be used for further scientific research.
5. Gary also mentioned that the Cancer Council SA is assisting with the setting up a "Cancer Voices SA" in order to bring all the various cancer groups together (not only prostate cancer groups). This would add considerable weight in their endeavours to extract money for research, education and awareness from reluctant Federal and State Governments. A working



Paul Ferrett, Gary Bowes, Alan Hall, Reg Mayes, John Shields and Tony Woolley

- party is at present investigating this project.
6. A "Centre for Men's Health" is being set up with the aid of a grant from the Masonic Lodge Foundation. This organization will be headed by Professor Gary Wittert, the Department of Medicine, at the Adelaide University. It will be a Men's Health Strategy for South Australia.
7. Members of the Association unanimously agreed that a letter be sent to the Minister for Health, the Hon. John Hill M.P. strongly protesting about the sudden closing of the Men's Information Centre in Light Square. No reason has been given, but an annual \$26,000 Government funding was withdrawn from this mainly volunteer organisation which takes 3,000 phone calls per year from distressed men. It is a pretty small amount when compared with the \$500,000 Government funding given to women's health organizations in this State each year. (*The mind boggles. Please see the Chairman's letter on page 7 of this Newsletter – Reg*).
8. Other items discussed were the allocation of funds from the Federal Grant to the various P/C groups, the financial statement and taxation deductions for donations to the Association.

After the conclusion of the seminar, members went to the

monthly meeting of the Barossa Valley P/C Group and met another 9 local members. We also heard a very interesting lecture by Dr. Godfrey Kunze who spoke on the value of hypnotherapy in medicine. This is being used in cases of depression, drug addiction and smoking, gambling, controlling pain in such things as cancer and arthritis, insomnia and anger management etc. Dr. Kunze said that in certain cases, hypnotherapy is having good results.

In closing his address at the Adelaide meeting, Gary asked members to put on their thinking caps and if they have anything they would like him to mention at the S.A.C. Sydney meeting in early October that he will be attending on behalf of the Association, please let him know at our next meeting.

Thanks Gary!



Library News

Members are reminded that if they borrow books or videos marked with a red spot on them, they are only on loan for one month and must be returned by the following monthly meeting. These are known as our "core library" and are in high demand. Books and videos marked with a yellow spot can be borrowed for two months. If you can't make it to our meetings to return borrowed items, please post them to John

Mayes, 4 Greenshields Place, Ridleyton S.A. 5088. A list of our books and videos can be found on our web site <http://www.psaadelaide.org> Only our high demand red spot books and videos are brought to our meetings for you to borrow. If you want any of the yellow spot items, please give John a ring on 0429 881 388 from 12 noon to 4pm on the day of our meeting and he will bring them along for you.



Marion Art Group Raffle

Ms. Jan Ullridge, President of the Marion Art Group, has advised us that their recent raffle of a painting donated by one of their members, Mr. Fred Biggerstaff, was a great success. A total amount of \$530 was raised and the whole of this amount has been donated to the Prostate Support Awareness (Adelaide Group). Many thanks Marion Art Group members, and also to Fred for donating one of his paintings. The painting was

won by a member of the public and not one of our members who bought tickets at a recent meeting. The Group also handed out our brochures at their Art Exhibition at West Lakes. Another exhibition will be held at the Marion Westfield Shopping Centre from 16th to 22nd October. Ring Jan on 8277 5896 should you be interested in purchasing an original painting from the Group.



Fred Biggerstaff, Reg and Group Vice President
Roger Goodall presenting cheque.



The Prostate Cancer Action Group (SA) Inc

Jeff Roberts reported that this Group held a very successful Prostate Cancer Awareness Evening at Clare on the 21st August when about 90 people attended. The two speakers were Dr. Kim Pese (Urologist) and our own Dr. Graham Lyons. A State Cabinet meeting was being held next door and the Minister for Health, the Hon. John Hill, was able to slip out and address the Action Group's meeting for a few minutes.

Further Public Awareness meetings will be held at Stirling on 11th October and Mt. Barker on 15th November. Both these events are being sponsored by the Freemasons Lodges at Stirling, Mt. Barker and Blackwood. Dr. James Aspinnall and Dr. Graham Lyons will both speak at the Stirling event, which will be held in the RSL Clubrooms, Apex Park, Stirling. Please phone the Stirling District Hospital on 8339 0200 to register if you want to attend.

What's on at the other various Association of Prostate Cancer Support Groups (SA) Inc

The Onkaparinga P/C Support Group:

Their next meeting will be held on Wednesday 6th Sept at 6.30pm in the Boardroom at the Noarlunga Community Hospital. This will be a general discussion, question/answer meeting. Please phone John Shields on 8382 6671 for further particulars. Everyone is welcome to attend!

Mitcham Support Group Meeting 28th Sept

Ken Cooney will speak of his Ian Gawler Workshop experiences especially Meditation.

Please phone Terry Harbour on 8271 0513 for further particulars. Everyone is welcome to attend!



PROSTATE CANCER CALL IN

This is being held from 6pm to 9pm on Thursday 7th September. A panel of Urologists and some P/C Support and Action Group members will be at the Cancer Council to take your telephone calls on the Cancer Help Line **13 11 20**. This will be a good opportunity to put your prostate cancer queries to the panel. Please make a note of the time and date!


5.30pm Monday - Friday

The Lions Australian Prostate Cancer Web Site at <http://www.prostatehealth.org.au> has a "Ask Andy" page where "We invite you to send a question about prostate cancer which concerns you to 'Andy' by clicking on 'Ask Andy' and completing the form." Andy can be asked any time, but the answer may take a day or two to come!



The Freemason's Art Exhibition

This will be held in their "Great Hall", 254 North Terrace from 10am to 4pm on Saturday and Sunday the 16th and 17th of September, and also from Thursday 21st to Sunday 24th Sept. They have generously offered us a stall to display and hand out our literature and talk to members of the general public about prostate cancer. All proceeds from their art exhibition will be donated towards Prostate Cancer Research and to the Cancer Care Centre, Unley. Admission is \$5.

Eighteen members of the various P/C Groups and the Cancer Action Group have volunteered to man our stall during the exhibition. Don't forget to take your name tags in order to get into the exhibition. You can park in their small car park at the back of the building, or if this is full, there are nearby car parks in Pulteney St and Frome Rd. Ring Reg on 8298 8040 if you can't attend the stall at your allotted time. 


The Treasurer's Report

Donations were received from David & Erica (\$35), Peter & Marjorie (\$25), Dr. Graham (\$60), Rob (\$25), and John (\$30). A total of \$175. Many thanks guys and gals! In addition,

\$192.60 was received from the Federal Government's Grants program which covered some of our expenses over the past two months.

"Flomaxtra" Tablets – The PBS Scheme

Mr. Steve Georganas, MP for the Federal seat of Hindmarsh, has taken up our request that consideration be given to having "Flomaxtra" tablets placed on the PBS scheme. He has taken this matter up with the Minister for Health, the Hon. Tony Abbott M.P. and has sent us a copy of his letter. The story is that one of our members is forced to take 2 of these tablets every day to help him pee. Ural powders and Pressin 1 & 2 tablets just do not work for him. The Flomaxtra tablets cost him \$4 per day or \$14,440 per year. He had brachytherapy treatment about 10 months ago and has found that if doesn't take the two "Flomaxtra" tablets per day, he is in very serious trouble indeed. The Pressin tablets are on the PBS Scheme, and cost only \$4.70 (if you are a pensioner or \$12.90 if you are

not) for 100 tablets compared with \$60 for only 30 Flomaxtra tablets. There must be hundreds of other people throughout Australia in the same boat as our member. If our member's peeing troubles go on for another 10 years, he would have spent \$144,400 on the Flomaxtra tablets –WOW! A number of other members have spoken to me about the price of the Flomaxtra tablets. They say it's either use these tablets or end up in the emergency department of hospitals having a catheter put in. This costs a hell of a lot more money in ambulances and hospital emergency services than 2 Flomaxtra tablets per day. Think about that Tony! Overall, we don't think that putting the tablets onto the PBS would cost the Government a great deal of money. 

Lecture by Dr. Graham Lyons: - (notes by Reg Mayes)

Graham has studied the effect of selenium on humans and in wheat and flour and other dietary approaches in chronic diseases for 10 years. He has written a number of scientific papers dealing with selenium and is in demand in overseas countries, such as China, giving lectures on the subject. Graham first joined the PSA Adelaide Group about 10 years ago and was the Newsletter Editor for a number of years. As a side line, he breeds cattle in the Adelaide Hills and is quite successful at this.

In opening his lecture, he said that diet is associated with 10% to 80% of various types of cancer. Even with lung cancer, which we know is mainly caused through smoking, there is a dietary element. Age is the biggest risk factor in getting cancer. The older we become, the more risky it is that we will end up with some sort of cancer. In Australia, we have a fairly old structure compared to a lot of countries. In Mexico, for example, the average age of the population is a lot lower than in Australia. At the moment there are numerous trials going on in various countries into the effects of taking selenium supplements in combination with Natural Vitamin E and lycopene. The trouble is it will take quite a few years before these studies are completed. Cancer studies include Intervention studies, (including randomized controlled trials, e.g. Select Trial, which won't report its findings until 2012), case-control studies, laboratory studies and animal trials.

and a non-metal. Selenite is the best inorganic form for humans with particular conditions/disease, but selenate is best for plants e.g. added to the soil to improve wheat crops and give them a higher percentage of selenium which ultimately makes more nutritious flour. Selenium is an element which we mainly get from plants. It is very important in that it forms special enzymes that break down hydrogen peroxide in our cells.



Selenium has an anti-viral effect and therefore has a big impact on the human immune system. If your body is low in selenium, then your immune system can be compromised. "Keshan disease" is common in the areas in China where there is low selenium content in the soil which affects wheat, barley and other grain crops. Graham is going over to China shortly to have a look at some of these particular areas. Even in Australia there are some areas that need selenium supplements to be added to soils. Check out this web site which deals with selenium research into wheat. <http://www.laucke.com.au>

What is selenium? It is on the border between being a metal

People think that research into this subject has only occurred in

the last few years, but you will be surprised to learn that it has been going on for the last 50 years. As result of these studies, both here in Australia and in the USA and some European countries, it has been determined that selenium has a cancer preventative effect and can cause the programmed death of cancer cells. If used in conjunction with chemotherapy drugs, the results are even better. In one trial, genome damage was normalized after one month of supplementation with sodium selenite. Most trials recommend 200 micrograms per day of selenium taken in conjunction with Natural Vitamin E and lycopene. Also a good diet definitely helps, such as:- fresh fruit and vegetables, limit dairy food intake, only have two red meat meals per week, cut out fatty foods, use Soy milk instead of cow's milk, have smaller meals, limit your sugar intake, cut out fizzy soft drinks, limit your alcohol intake to, say, two glasses of wine/beer daily, cut out smoking altogether, eat more fish, particularly the oily type of fish, try a few chickens, drink green tea or if you don't like this then take green tea in tablet form which is now on the market, try Leggo's low-salt tomato paste, or the Turkish tomato paste sold at Gaganis Bros, which is low in salt, or fried tomatoes in olive oil, reduce your salt intake, and exercise at least 30 to 45 minutes everyday. Another good thing to try is pomegranate juice. Concentrated Turkish pomegranate juice can be bought from Gaganis Brothers, 9-13 Bacon St, Hindmarsh, S.A. (Ph. 8346 5766) and, a sweeter concentrated variety of USA produced juice can be obtained from Keith Coombe, Box 2961, Mildura, Vic. 3502 (see page 10 of the July issue of your Newsletter).

“Wafer Grains” biscuits containing selenium can now be purchased from Coles and Woolworths supermarkets. There is also Lauke's flour, (to make your own bread and which contains some selenium), that is now available at various supermarkets and home bread making shops, and “BioMax” bread, from Country Life Bakery in Melbourne (available at Coles etc.)

At the completion of Graham's lecture, John thanked him for his informative talk and handed him some of the very best Wolf Blass Red Shiraz which is guaranteed to have plenty of reveratrol. Graham suitably responded and said “this will go down pretty well”.

A brief summary of Dr. Graham Lyons lecture dealing with diets and selenium:

Dietary factors play an important role in the development of most cancers, and in particular prostate cancer. A varied diet based on vegetables, fruit, whole grains, legumes and fish, supplemented by appropriate levels of several key anti-cancer agents (eg selenium, vitamin E, lycopene, soy, green tea, pomegranate juice, omega-3 fatty acids), along with plenty of exercise, is likely to reduce prostate cancer risk, and also to slow its progression. Moreover, in general, whatever is good for your prostate is also good for your cardiovascular system (eg in lowering blood pressure, triglycerides and LDL-cholesterol, and reducing risk of diabetes) and brain (eg in lowering risk of Alzheimer's disease), and is also likely to lower risk of a range of other cancers.

Comments from our Research Librarian, John Mayes, about the importance of Omega 3 fatty acids in fish oil and the danger in taking Flax Seed Oil in trying to combat prostate cancer - Tying up ‘Loose Ends’

During our meeting on the 28th August, a number of issues were raised by members in discussion. None of the issues were effectively dealt with in the time at our disposal and certainly in my role as chairman, other than making some statements regarding the issues, effective justification was impossible. What follows is to illustrate that I was not ‘talking through my fundament’ but have very good reasons for the statements that were made. With Reg, our Newsletter Editor's blessing I am elaborating further.

The first issue was a concern that vegans/vegetarians would have difficulty in getting access to alternatives to the important Omega 3 fatty acids in fish oil such as EPA & DHA. My answer is that there is now available in Australia Omega 3 supplements from algal sources which are suitable for vegans but to date they only contain DHA. [Medicine Today March 2006, Volume 7, Number 3 pages 62-63]. As this Magazine goes to practicing Doctors one would imagine that the product is probably available through Pharmacies rather than Health Food Shops. One product name that springs to mind is Oil from ‘Golden Algae’ although there may be different names. Vegans need to research this for themselves. The DHA can be retro converted to EPA in the human body.

The next issue is the belief that the short chain Omega 3 ALA from flax/linseed, canola oil etc. is as effective as the long chain Omega 3s such as EPA & DHA from fish oil. and that

our bodies can easily convert the ALA to EPA. It is surprising the numbers of people who believe this including ‘experts’ who should know better. In the most optimal conditions without many of the features of modern diets including a significant presence of trans-fatty acids in processed foods, our bodies can change ALA into EPA with some difficulty. Vegans who rely on this problematic process would be much better off consuming DHA supplements from algal sources as it is much easier to retro convert to EPA.

A short biochemistry lesson will illustrate the point I am making. Let us briefly look at the synthesis of Omega 3 fatty acids. Let's start with ALA Alpha Linolenic Acid (C18:3),[the fat from Flax seed etc.]. It is ideally acted on by enzyme Delta-6 desaturase which produces Steradonic Acid (C18:4). Unfortunately the Delta-6 desaturase that is needed to transform the ALA is itself inhibited by the ALA. This problem is exacerbated by even quite small amounts of trans-fatty acids in processed foods which basically ‘knock out’ the Delta-6 desaturase enzyme completely moreover it is thought that the ratio of Omega 6 Linoleic Acid to any Omega 3 s in the Australian diet is around 18:1 which ensures that there is a preponderance of Linoleic Acid. This competes with ALA for the Delta-6 desaturase enzyme and which is used to produce GLA from the Linoleic Acid. Because of its high concentration, Linoleic Acid clearly does not leave

much Delta-6 desaturase activity left for ALA to access even allowing for all the factors that inhibit Delta-6 desaturase. An additional problem is that any viral infection also tends to disable the Delta-6 desaturase enzyme and for the final indignity, increasing age diminishes the activity of Delta-6 desaturase in our bodies. Let's face it, none of us are 'Spring Chickens'. Clearly there is a considerable problem with ALA.

Let's suppose that in our aging bodies something remarkable happens and Delta-6 desaturase does produce enough Steradonic Acid of (C18:4) form. This in turn is acted on by enzyme Elongase which produces Eicosatetraenoic Acid (C20:4). Now for final conversion to EPA however this raises another problem as you will see. The enzyme Delta-5 desaturase needs to act on Eicosatetraenoic Acid to produce Eicosapentaenoic Acid EPA (C20:5) the 'Good' Omega 3 that we are after. The big problem is that the more EPA produced, the more difficult it is to produce more EPA. This is because EPA is a feedback inhibitor of the enzyme Delta-5 desaturase, the very enzyme needed to produce the EPA. [This is also one reason why I consume a great deal of fish oil so that the EPA in it can inhibit Delta-5 desaturase to ensure that as little as possible of another different activated fatty acid DGLA is not changed into Arachidonic Acid AA which is the starting point for a whole cascade of metabolic by products that tend to allow your Prostate Cancer to grow and prosper.] Now just supposing we have overcome the problem with inhibition of Delta-5 desaturase and we now have sufficient EPA.

Clearly we are not finished, how to get to DHA? Once again the enzyme Elongase acts on EPA to form a Fatty Acid of (C22:5) form this in turn is again acted on by Elongase to form another Fatty Acid of (C24:5) form which is then acted on by our old friend enzyme Delta-6 desaturase [still subject to inhibition by any remaining ALA and competition from any remaining Linoleic Acid] to form a Fatty Acid of (C24:6) form which in turn undergoes what is called Peroxisomal degradation to form our final end point Docosahexaenoic Acid DHA (C22:6). Our bodies as needed, can form for example from a high intake of just DHA from Golden Algae, EPA to

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)

According to Dr. Nettleton, the average American eats about 16 pounds of fish a year, compared to about 37 pounds for the average European and over 88 pounds for the average Japanese. Many people do not eat fish at all. Recognizing the

This Year's Annual Xmas BBQ

This popular event will be held from 12 noon to 4.30-pm on Graham Lyons' property at Chapel Hill on Sunday 12th November. Keep this date in your diary! Further particulars, including a map re how to get there, will be published in our October Newsletter. Many thanks, Graham!

meet bodily needs by using again Peroxisomal degradation again. This is called retro-conversion. Unfortunately as you can see, there is no simple way to explain how difficult it is to change ALA to EPA.

As you can see in most circumstances producing EPA & DHA from ALA in Flax seed oil, is a difficult and tortuous process.

The next matter I want to address is whether ALA from flax/linseed oil is a risk for prostate cancer. One decision that I made very early was that I would give more serious consideration to the views of men and women who not only had some sort of technical expertise, but also were exercising that expertise either to save themselves or family members very close to them. It is my view that nothing so concentrates the mind as trying to save your own skin or those you love. The potted biochemistry above comes from Barry Sears PhD. whose Doctorate was in the field of the Biochemistry of Lipids and who had a very close interest in 'saving his own skin' and that of his brother. Similarly Charles E. Myers M.D. is a Medical Oncologist who himself was diagnosed with an aggressive Prostate Cancer at the age of 55 and is now dedicating himself to aiding men in similar situations. An excerpt from his Prostate Forum February 2000 makes it crystal clear, the danger from ALA Alpha-Linolenic Acid for men with prostate cancer. For reasons already indicated I take what he writes seriously. Read what he says and view his research references at <http://www.prostateforum.com/Flaxseedoil.pdf> also you could look at the abstract from the American Journal of Clinical Nutrition, Vol 80, No. 1, 204-216, July 2004. A cohort of 47,866 men aged 40-70 years with no cancer history in 1986 were followed for 14 years. A not insignificant study! I quote the "Conclusions:- Increased dietary intakes of ALA may increase the risk of advanced prostate cancer. In contrast, EPA and DHA intakes may reduce the risk of total and advanced prostate cancer." See <http://www.ajcn.org/cgi/content/abstract/80/10204>. There are other studies that I can also cite. If you wish to ignore these findings - 'be it on your own head'. You have been warned! John Mayes

many health benefits associated with fish consumption, health organizations such as the American Heart Association and the American Dietetic Association recommend that people eat two servings a week of fish, especially fatty fish, such as canned tuna.

More information about canned tuna and its health benefits is available at the USTF Web site, <http://www.tunafacts.com>.

Established in 1976, the US Tuna Foundation (USTF) is the national organization representing the canned tuna processors and the fishermen who supply them and addresses issues ranging from fishing access arrangements to federal and state regulations and domestic marketing.

Letter from Chair of the Association, Gary Bowes, to the Minister for Health, the Hon. John Hill, M.P. complaining about the closure of the Men's Information Service

To: State Minister for Health, The Hon John Hill
From: Gary Bowes,
Chair, Association of Prostate Cancer Support Groups (SA) Inc
Address: PO Box 308, Greenacres. SA 5087.
Phone: 08) 8261 1004
Reference: Closure, Men's Information Service
Date: 28 / 8 / 2006

Dear Minister Hill,

I am writing in response to the article in the Advertiser Newspaper re the closure of the Men's Information Service due to lack of funding. All my members feel strongly on the closure of any facility that supplies information on men's issues. If the closure was to consolidate all men's organizations to one premises, such as a Men's Health Centre, great, but to close it completely due to lack of a \$26,000 state grant! For such a small amount we wonder what is happening to our money especially with the wastage that goes on in government sectors. Every time a government division has a name change it costs us tax payers hundreds of thousands of dollar just to set up the name change, stationary, etc.

Our members are in awe when they walk down North Terrace and find emblazoned on a building at the Royal Adelaide Hospital, "Women's Health Centre", and hear comments that the minister has input from the Women's Advisor/Advocate. Men surprisingly do have health and social problems, and do need a facility in the city, or near the RAH, where they can go to obtain advice and information from men.

You could be the first Health Minister to take the challenge and establish a Men's Health Centre and be progressive by appointing a Men's Health Advisor/Advocate.

Minister Hill, the balls in your court!

Gary Bowes,
Chair,
Association of Prostate Cancer Support Groups (SA) Inc.

BOWEL HARM FROM PROSTATE RADIATION MAY BE LASTING

WEDNESDAY, July 26 (Reuters Health) - Adverse effects on the lower gastrointestinal (GI) tract after radiation therapy for prostate cancer may be more common than previously reported, according to Texas-based researchers -- and the harm may be prolonged.

"Among men treated with radiation for prostate cancer," Dr. Sharon H. Giordano told Reuters Health, "we found higher than expected rates of late GI toxicity which persisted out for at least five years."

As survival rates for prostate cancer increase, side effects of therapies have become more important, Giordano of the University of Texas M. D. Anderson Cancer Center, Houston, and colleagues point out in the medical journal */Cancer/*.

The researchers studied data for 57,955 men 65 years of age or older who were treated for prostate cancer. Of these, 24,130 underwent external beam radiation therapy.

After five years, GI diagnoses were present in 51 percent of men who had radiation, compared with 32 percent of men who did not undergo surgery or radiation and 29 percent of those treated with surgery alone. The researchers note that these rates are higher than those reported in previous studies.

In addition to radiation therapy, increasing age, diabetes and hormonal therapy were among factors associated with apparent GI toxicity.

The team concludes that bowel problems, "while rarely serious enough to result in hospitalization, could negatively impact quality of life in prostate cancer survivors."

SOURCE: /Cancer/, July 15, 2006. Prostate Cancer Foundation NewsPulse & Newsletter

From the August '06 edition of the PCAG Newsletter,
compiled by Trevor Hunt

Govt. Response to Senate Inquiry

The Commonwealth Government has given a very disappointing response to the recommendations arising from the Senate Inquiry into Services and Treatment Options for Persons with Cancer. The Government seems to consider that its recent initiative to establish Cancer Australia is sufficient. Regrettably, membership of the Advisory Council does not

include a designated cancer consumer, despite Government election policy seeking to ensure that "the entire spectrum of cancer care services throughout Australia is evidence based and consumer focused". Consumers are key stakeholders and warrant a place at the table.

From the August '06 Queensland Prostate Cancer News

Hopkins Researchers Find Better Blood Test for Prostate Cancer

The current standard blood test used to screen for prostate cancer measures the level of Prostate Specific Antigen (PSA) found in the blood. Anything over the cutoff level of 2.5 nanograms of PSA per milliliter of blood (ng/mL), and men are usually sent for further testing and most likely a biopsy.

New research shows Early Prostate Cancer Antigen-2 (EPCA-2) may be a more accurate indicator than PSA, and could dramatically reduce the number of men sent for biopsies that turn out to be unnecessary. Researchers say the new blood test could be available to the public in 18 months.

Using a cutoff level of 30 nanograms of EPCA-2 per milliliter of blood, the new test correctly identified 90 percent of the men with local prostate cancer and 98 percent of the men

with disease outside of the prostate. Overall, the EPCA-2 test detected 94 percent of the men with prostate cancer.

EPCA-2 also did a better job of weeding out men who did not have prostate cancer - the test was negative in 97 percent of the patients who did not have prostate cancer. Men with no evidence of disease as well as the control group of patients with other cancer types and benign conditions, all had EPCA-2 levels below the cutoff.

Hopkins Researchers Find Better Blood Test for Prostate Cancer
ConsumerAffairs.com | 08.23.2006

RELATED STORY

EPCA-2: More Accurate than PSA for Identifying Prostate Cancer
CancerConsultants.com | 05.31.2006

Prostate SA – An up-date

At a recent meeting of the PSA coordinated by Professor Villis Marshall and supported by Sanofi Aventis where 7 P/C Support Group members and 10 other people were present, the Chairman of the newly formed Prostate Cancer Alliance trading as ProstateSA, Mr. Ray Blight, announced the formation of their new Board. The Board members are: Graeme Goodings (TV and Radio), Greg Johansen (The Cancer Council SA Board member), Ms. Karen Thomas (Lawyer), Michael Brock (Real Estate), Ms. Nicky Downer (Journalist), Rod Buchecker (Advertising Executive), Steven Trigg (Adelaide Football Club CEO), Peter Sutherland, Professor Villis Marshall and the Independent Chairman, Mr. Ray Blight.



Dr. Peter Sutherland, Dr. Michael Brown and Ray Blight

The Board is an alliance between PSA and The Cancer Council SA-. Their first meeting took place on 31st August and will meet on a quarterly basis thereafter, although more frequent meetings will be held initially. Their main aim will be fundraising for Prostate Cancer Research in South

Australia. No consumers (i.e. chaps diagnosed with prostate cancer) were appointed to the Board as Mr. Blight said that the P/C Support Groups will be asked to participate in consultation with ProstateSA regarding education, fundraising and research projects at a later date to continue the good work currently being undertaken. They want to get the Board fully established and into their fundraising activities first.

Liz Abell leaves the Cancer Council (SA)

Liz Abell, the Manager of Volunteer Organizations, will leave the Cancer Council SA on 1st September and she and her family will go to new greener pastures on York Peninsula. Liz was a great supporter of the various Prostate Cancer Groups in S.A., going back some eleven years when the

PSA (Adelaide Group) was first formed. Liz pushed men's health policies and reforms whenever she could and we will certainly miss her efforts and her cheeky smile in the future. All the best Liz!



THEY'RE RACING!

The PCFA has just come up with a novel idea to make men more aware of "Prostate Cancer" during the September Prostate Cancer Awareness month. Andrew Giles has written to all the jockey clubs in Australia and has asked them to name one of their races after "Prostate Cancer" e.g. "The Prostate Cancer Handicap", if possible. About a dozen

clubs have already agreed. In S.A., The Cheltenham Club will have the words "Prostate Cancer" in one of their named races on 6th Sept. Yes, it's a good way to spread the word, and it doesn't cost us anything



This Newsletter was compiled and typed by Reg Mayes. Ian Fisk, Jeff Roberts and Reg and Amy Mayes folded and posted the Newsletter. After re-arranging news items on his computer and supplying the photographs, Ian printed the master copy. Pam Fisk proof-read the Newsletter. 320 copies were distributed. We would like to thank the Cancer Council South Australia for providing their support and particularly Chris Nolan for her contribution. The views expressed in this Newsletter do not necessarily represent the views of the Cancer Council SA. Disclaimer – The PSA (Adelaide Group) is not responsible for advice given by guest speakers, or use of products mentioned in this Newsletter. Nor are we responsible for information contained on websites, books, magazines, pamphlets or extracts from articles mentioned in this Newsletter, nor for videos, DVD's, and tapes distributed to members. Medical Advice should be obtained from your Doctor.