

P.S.A. NEWSLETTER

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NEWSLETTER NO. 67

February 2006 Newsletter including a report on the February Meeting held at the Burnside Hospital on 20th Feb 06.

Thank you to our sponsors: Abbott Australasia Ltd., City of West Torrens Council, the Burnside War Memorial Hospital, Sanofi Aventis P/L, The State Funded Volunteer's Support Fund, and The Federal Government's Cancer Support Groups Grant Program.

Our next meeting will be on **Monday 27th Mar '06**, in 5 weeks time, not in 4 weeks. Our guest speakers will be **Dr. Bob Such, MP** speaker of the house and **Mr. Andrew Baggio**, Lawyer, who will speak about **Wills and Powers of Attorney etc.** Roll Up! We will also screen a short DVD on the Dr. Red Ginger Punch which we were unable to screen at the last meeting. This year's complete list of meeting dates and speakers can be found on the back page of this Newsletter.

Chair: Barry Oakley

Members present 45

Apologies: Gerry and Cynthia, Margaret, Bill and Maxine, Ian, Bill, John and Leon and Margaret

New Members: Robin and Angela, Gary and Joyce and Bill. A big welcome to all our new members!

It is with regret that we announce the recent passing of two of our members. **Frank Munzberg** of Tanunda, passed away on the 9th of February in his 91st year. For many years Frank was an active member of the Berri and Barossa Valley Groups. We have sent a sympathy card to his wife Rita. **Don Kilpatrick** passed away on the 11th February at the Mary Potter Hospice. Don was 73 years of age and had attended a number of our meetings over past years. We have sent a sympathy card to his companion, Gloria, and to members of his family.



The Be-a-Man Campaign in South Australia:

This campaign was **very successfully launched** in the Rundle Street Mall on Friday 17th February when 30 members of the PSA (Adelaide Group), Barossa Valley, Onkaparinga, Port Pirie, Mitcham and the Prostate Cancer Action Group (SA) Inc., attended wearing Be-a-Man T shirts and distributed our brochures, Be-a-Man Pamphlets and APIA literature etc. to as many people that they could find over 45 years of age. **Over 300 "Show bags" of literature and 1,000 copies of the newly updated brochures were handed out.** Those members participating in the launch were allowed to keep the T shirts. Many thanks APIA and the PCFA!

It was not possible to contact all our members advising them of the launch date and time. As it was, Reg made 50 phone calls to get the 30. Here's a great "thank you" to all those members who came along. You all created plenty of interest in The Mall. Gary Bowes and Trevor Hunt were also kept pretty busy for weeks before the launch in chasing up celebrities, doctors and Urologists, Members of Parliament and Sports people and providing dozens of names and e-mail addresses to Sue Davis, the Event Organizer, in Melbourne. Well done chaps! After the launch, a light luncheon was held at the Richmond Hotel for the guests and everyone who handed out the pamphlets. Here we met the **Chairman of the Prostate Cancer Foundation of Australia, Ms. Patricia Watson and the C.E.O., Andrew Giles, Joe Fairbairn and Sue Clifford** from the PCFA in Melbourne and **Sue Davies**, the event organizer. We also met the **General Manager of the Australian Pensioners Insurance Agency, Mr. Kevin Patterson, the Marketing Manager, Mr. John Rozzi, the S.A. State Manager, Mr. Phil Hendry, Professor Wayne Tilley, Dr. Carole Pinnock**, Research Scientist from the Daw Park Repat. Hospital, **Ms. Liz Abell**, Manager Community Involvement & Support Programs, Cancer Council, S.A., and many of the other guests.

Getting back to the launch itself, this was ably **compered by Lehmo from radio station SAFM.** 18 celebrity guests spoke

to a large gathering in the Mall. The main speakers were Mr. Kevin Patterson, General Manager of the A.P.I.A., Ms. Patricia Watson, Chairman of the PCFA, Mr. Andrew Giles, C.E.O. of the PCFA, Dr. Bob Such, MP for Fisher and Speaker of the House, (Dr. Such is a prostate cancer survivor), The Hon. Michael Wright, Minister for Administrative Services and Member for Lee, the Opposition Spokesman for Health, Mr. Robert Brokenshire, M.P., Professor Wayne Tilley, and Dr. Lisa Butler from the Dame Roma Mitchell Institute, Mr. John Bolte, Urologist, Dr. David Walsh, AMA, a number of Adelaide United Players, some Adelaide 36 players including Mark Davis, and a number of Prostate Cancer survivors, viz., Gary Bowes, Trevor Hunt and Paul Ferrett. Coralie Hunt spoke on a wife's perspective of prostate cancer. The music was provided free of charge by John Brewster Jones, Wilber Wilde, Spencer Tregloan and Pete Thorpe with their excellent "Moonshine Jug and String Band". Well done chaps!

A big thanks must also go to the Royal Adelaide Hospital's "Health-in-Men" – Tool Box members who came along and carried out free blood tests and other health checks on nearly 50 members of the general public. Thank you, James Smith, from the hospital's Men's Health Initiative, who organized the health check. We were wondering if they were going to carry out a few D.R.E. exams, but thankfully, this didn't eventuate.

We all would like to express our appreciation of the fact that the A.P.I.A. has allotted two and one half million dollars to the Be-a-Man Campaign throughout Australia over the next 3 years in order to make men more aware of prostate cancer and to get them to go to their doctor and talk about it. The P.C.F.A. is supporting this project to the hilt. 



Mark Davis, Reg Mayes, Dusty Rychart, Oscar Forman, Nicole Champion (Port Pirie Group), compere Lehmo from SAFM Picture by Gary Bowes



Lehmo and Managing Director of APIA Mr. Kevin Pattison



Large group of Volunteers who handed out pamphlets

The Port Pirie "Be-a-Man" Campaign

Nicola Champion of the Port Pirie P/C Support Group, reported that they held their campaign in early December during a Xmas Pageant. Ten of the group wore T shirts and handed out 350 "Be-a-Man" pamphlets. Three boys wore the T

shirts and had fun cycling amongst the crowd. (see Nicola's photo to the right). A special banner was made with the words, "Early Detection Prevention/Cancer free future". Well done you guys up at Port Pirie! 

PSA Adelaide Newsletter

Email from APIA Manager

On Tuesday 21st Feb. I received the following email from John Rossi, Marketing Manager, A.P.I.A.:-

"Hello Reg, Thanks for your kind e-mail and it was a pleasure to be involved with the Adelaide launch. I will reiterate that the Adelaide Group were the most enthusiastic and supportive group that I have had the pleasure of meeting in my short association with this sponsorship. If I can be of any assistance moving forward please feel free to contact me at any time. Regards, John Rossi."

Reg 



Award for Professor Villis Marshall:

In the recent Australia Day Awards **Professor Villis Marshall received the Companion of The Order of Australia Award.** On behalf of members, we e-mailed Villis with congratulations on a very well deserved recognition of his

great achievements in various fields over many years. Villis replied and expressed the hope of continuing to work with our Group in the future successful management of prostate cancer.

Pomegranate Juice

New stocks of this juice are now available at **Gaganis Ltd., 9-13 Bacon St, Hindmarsh, S.A. (Ph. No. 8346 5766).**

John has tried the juice (which is more like a syrup) and found it a bit sour. He mixes it with water. He said do not add any sugar to it because sugar feeds prostate cancer and is a no-no.

Trials being carried out in the US have shown that the juice does in fact slow down the increase in the PSA level after one has had treatment such as radiotherapy or a prostatectomy. Trials are continuing! The juice comes from Turkey and costs about \$8.50 per 750ml bottle.

Library News

John Mayes, our Research Librarian, handed Jeff Roberts 15 or more of our duplicated books and videos for the Mitcham P/C Support Group's library. Jeff thanked us for the donation and said that the books and videos would be put to very good use.

We have just purchased the following books for our own library:- "The Prostate Book" by Dr. Peter Scardino, "The Anti Inflammation Zone" by Dr. Barry Sears, "The Omega Rx Zone" (about the benefits of fish oil), also by Dr. Sears, and the new CSIRO "Total Well Being Diet Book". The CSIRO Book has already sold over 500,000 copies throughout Australia so

we thought we had better buy a copy and find out what it's all about. The books cost us \$142 and are all well worth reading. See John for a copy! John has been good enough to do a review of the "The Prostate Book" for us and this can be found on page 8 of this Newsletter. He also mentioned that a total over 350 books have been borrowed from our library by members over the last 5 years. The diet type books seem to be the most popular. John also said that the latest March copy of the "Men's Health Magazine" contains an interesting article called "Time Bomb in the Male" which deals with prostate cancer that sometimes runs in families. I think we will buy a copy for our library!

The controversial drug RU.486

While on the internet, John came across an interesting item dealing with the so-called abortion drug RU.486 which will soon be made available in Australia. In the US, trials have been carried out for some time in giving RU.486 tablets to advanced prostate cancer sufferers where the normal hormone therapy treatment is no longer effective. Favourable results are being obtained and trials are continuing to check out if undesirable side effects occur. If, and when the tablets

are placed on the market, they will cost only about **\$16.00 each.** This is a far cry from the \$1,400 now being charged for one hormonal injection. **Did I say \$1,400?** Yes, I did, but in Australia the PBS Scheme picks up nearly the entire bill. Not so lucky though are some guys in the US who do not have private health insurance cover or are in company funded health benefit schemes. They have to pick up most of the bill themselves! Wow!

Information Brochures

We have just received **3,000 copies** of our up-dated brochure from **the Association of Prostate Cancer Groups (SA) Inc.** 400 of these were taken by members at our last meeting to be placed in their doctor's surgeries and elsewhere. Members are advised to remove any out-dated yellow brochures that

they come across and dispose of them. Altogether 10,000 of the brochures were printed and these should last all the South Australian P/C Support Groups for at least 12 months. Further supplies of the new brochures will be available for members at our next meeting.

Association of Prostate Cancer Support Groups (SA) Inc

The Association is looking for a Treasurer for the next 12 months. The ideal person should have accountancy qualifications or good book-keeping skills. If anyone is

interested in this position, please ring Gary Bowes, Chairman, on phone No. 8261 1004 (after hours).

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

The Mitcham Group: Next meeting at 7pm on **23rd March,** RSL Club Rooms, 4 Prince George Parade, Colonel Light Gardens. The speaker will be **Ken Hancock,** discussing his experience as a psychologist, how he handled a diagnosis of prostate cancer and his current involvement in prostate cancer issues. All welcome. **Ring Jeff on 8277 3424** or visit www.pcagsa.org.au/pages/psamitcham.htm for further particulars.

Barossa Valley – next meeting at 7pm on **21st March** at the Uniting Church Hall, Cnr Murray St & Memorial Drive, Nuriootpa. **Ring Tony on 8562 2485** for further info.

Onkaparinga – next meeting at 6.30pm on **5th April** in the Boardroom, Noarlunga Hospital Centre. The speaker will be Cherene Wessels, Managing Director of Grief Management Services. **Ring John on 8382 6671** for more info. All Welcome!

Guidelines for Future Newsletters and Meetings

Guidelines for Future Newsletters and Meetings:

Members voted on a number of items put up for consideration at the meeting. These were as follows:-

It was resolved that apologies for member's inability to attend meetings **will still be published in the Newsletter** and they can still ring Reg (Ph. 8298 8040) to submit their apologies prior to meetings, if they wish.

In a second resolution, it was resolved that the **financial statements need not be published in future Newsletters**, but only read out at the monthly meetings. Donations from members will still be acknowledged in the Newsletter, as will the receipt of any Government Grants that we may receive from time to time (we hope).

The third resolution discussed whether we should purchase a \$500 loud speaker system for use in the lecture room. It was resolved that Reg **investigate the availability of cheaper "Spruiker" type systems** that are used outside some shops in various shopping centres, and report back at the next meeting.

Men's Health– Cancer checks Pledge

We noticed the following news item in "The Advertiser" dated 17.2.06:-

"Men aged over 50 will be selected at random to **undergo testing for prostate and bowel cancer**, under a pledge by the State Liberal Party. Opposition health spokesman **Robert Brokenshire**, said a Liberal Government would introduce a **\$200,000 pilot program in conjunction with local GP's to monitor men aged over 50**. The program would be trialled in six regions, **with a view to expanding the screening throughout the state**. More than 2,600 Australian men die each year from prostate cancer – equal to the number of women who die from breast cancer." Well that is very interesting news indeed! **So what about it Labor? Will the Minister for**

Wine and Dine Appreciation Group

Anne Collins, of Myponga, lost her husband Barry to prostate cancer some 5 years ago. Since then, Anne has been very busy in raising funds for prostate cancer research and has sent the incredible amount of nearly **\$20,000** to the P.C.F.A. in Sydney. She has raised the money through a wine and dining club that she has organized. During the summer months they meet monthly and hire buses for week-end trips

Darryl Mulberry has given us a few clues re where to look.

The last resolution dealt with the cost of posting out 310 copies of our Newsletter to members each month. This usually amounts to around \$175.00 per month. As more members are now on the Internet, **it was resolved that all members be asked whether they would prefer to download their copy of "The Newsletter" each month instead of them receiving a hard copy through the post. If so, would they please email our Webmaster, Ian Fisk, and let him know so their names can be removed from the postal mailing list.** These members will be notified by email when each new newsletter is available to be downloaded. The webmaster's email address is info@psaadelaide.org Incidentally, copies of all our Newsletters since March 2004 are available on our web site www.psaadelaide.org

It was also unanimously resolved that we send a **\$25.00 donation to the Daw Park Hospice Foundation Inc.** 

Health, the Hon John Hill match or even exceed this offer? Also, I noticed in "The Advertiser" that **unclaimed lottery monies are paid into State Revenue after 12 months**. So, what about paying this money and any interest on unclaimed lottery or scratch tickets into a **research fund for prostate cancer? e.g. At the Hansen Research Institute.** They have this scheme operating in Queensland. **Maybe our Minister for Gambling, the Hon Michael Wright, could look into this for us!** I think the State Government is making so much money out of poker machines and lotteries, scratch tickets, horse racing and other forms of gambling, that they wouldn't even miss it. 

The Statewide Cancer Control Plan

Ian Fisk represented the PSA (Adelaide Group) and went along to a 7am breakfast launch of the **Statewide Cancer Control Plan** at the Convention Centre on 3rd February. The Control Plan is a joint project between the Cancer Council (SA) and the SA Department of Health. **The Chairman of the Cancer Council (SA), Professor Carole Gaston, presented the plan and the Minister for Health, The Hon. John Hill, spoke of the project.** They issued us with an 88 page booklet and a CD dealing with the plan. We will publish further details about the comprehensive project in our next newsletter. 

through various wine growing areas. In winter time they regularly explore local Adelaide restaurants and enjoy some slap-up meals and wines. Sounds fun! There are 70 to 80 members at the moment. **Anyone wishing to join this club should ring Anne on Ph. 8558 6236 for further particulars.** Well done Anne! 



Seniors Drug Fears

The following is an extract from “**The Sunday Mail**” dated **26.2.06:-** “**Senior Drug Fears** - Products advertised in a government endorsed mail-out to thousands of aged South Australians **could put them at risk of adverse re-actions and dangerous side effects, the Australian Medical Association has warned.** Seniors Card holders on a State Government data base– **sold to a US-based direct marketing company** (for \$30,000 – Reg) – have received **brochures offering love potions, natural aphrodisiacs, baldness cures and a biscuit that cures diarrhoea.**” The mind boggles!. I’ll tell you what; - I’ll need more than natural aphrodisiacs! (Reg). See page 11 of “The Sunday Mail” for the full story. **120,000 aged South Australians** received the mail-out called “Natural Healing Alert & Kitchen Remedies”. The whole idea is to advertise a US printed book called “The World’s Greatest Treasury of Health Secrets” **costing \$46.90. –And this with the apparent approval of S. A. Senior Cards (A State Government run organization).**

Dr. Chris. Cain of the AMA urgently advised elderly people to check with their doctor before taking any of the suggested

substances, as some may have adverse effects. Whilst most of the products are harmless when taken by themselves, it is not always the case when mixed in with doctor’s prescribed medications. The brochure **mentioned Prostate Cancers and natural therapies to “halt existing prostate tumours”.** Well that’s a new one on us! The only proven methods are radiotherapy, brachytherapy or a prostatectomy for early localized prostate cancer. We know some complementary medicines sometimes slow down the rising of PSA levels . By the way, how did my name and address with the Seniors Card Holders State Government Department get onto the data base of an American based book selling company, without my permission? **Surely this is a breach of privacy if I ever heard one!** I’d like to know! The Families and Communities Minister, **the Hon Jay Weatherill** would also like to know and **is investigating the matter.** I hope he does before my mail box is jammed packed with brochures from book companies flogging their books from all over the world per curtesy of data based mailing lists from Government Departments. 

The Election of Offices for 2006 and Gerry’s Retirement

Our **Acting President, Barry Oakley**, declared all offices vacant and said that our **President, Gerry McCreanor**, has advised that he wishes to stand down from this position due to continued ill health. Barry said that Gerry has been a very worthy President for the past eleven years and both he and his wife, Cynthia, have been of immense value to our Group over many years. Gerry was our Foundation President and held the position of President until the present time. It was due to Gerry’s efforts that the PSA (Adelaide Group) was first formed. Cynthia was the Chief Organiser of suppers for our meetings and helped Gerry fold and post out thousands of our early Newsletters.



On Friday 3rd March, Barry and Reg visited **Gerry and Cynthia** and presented them with a **beautifully inscribed plaque**, a bottle of the best Wirra Wirra wine and a letter from members **in appreciation of their 11 years hard work with the PSA Adelaide Group.** Together with their daughter, Christine, we all had a nice cuppa and some biccies. Gerry is confined to a wheel chair, but has taken up painting and has so far painted about 12 small paintings. **He and Cynthia expressed their thanks and wished the Group continued success in the future.**

A vote was then taken re the formation of the new Committee for 2006 and the following offices were filled:-

President – Barry Oakley; 1st Vice President – John Mayes; 2nd Vice President - Jeff Roberts; Secretary/Treasurer/Newsletter Editor – Reg Mayes; Research Librarian – John Mayes; Webmaster/Assistant Newsletter Editor/Photographer – Ian Fisk; Two Newsletter Assistants – Jeff Roberts and Paul Ferrett; Membership Secretary – Maralyn; Name Tag Secretary – Pam Fisk; and Chief Supper Organizer – Margaret Oakley.

The vote taken on the above positions was unanimous. Barry thanked all the Office Bearers for their diligent and hard work during 2005. 



Feb 2006

Man Alive – Men’s Health and Well-Being Festival

Jeff Roberts reported that this popular event will be held on the Semaphore Foreshore from 10am to 4pm on Sunday 19th March '06. There will be colourful marquees, music, fun, stalls and plenty of activities. Members of the Prostate Cancer Action Group (SA) Inc., will have a stall there and will hand out prostate cancer literature to passers by and will have a chat to interested people.

Karoonda Farm Fair

This two day event will be held at Karoonda on 7/8th April '06 at the Karoonda Sports Complex, Main Street, Karoonda.

The Farm Fair offers a diverse array of exhibitors (over 350) and entertainment. This year they will be highlighting yesteryear.

The PCAG will also have a stall there to hand out P/C literature.

“WipeOut”

“Wipeout” is a variety concert party (Songs music and dance from the forties through to the eighties include: - The Andrews Sisters, Vera Lynn, Bill Haley, Johnny O’Keefe, Elvis, The Beatles, Dusty Springfield, Tom Jones, Tina Turner, and many more) with 100% of the funds raised going to the Hansen Research Institute. It is supported by “The Top of the Torrens Theatre Group”. Tickets cost \$20 each. The localities & bookings etc for the 3 concerts are:-

Mt. Pleasant S.M. Hall,
11th March, at 8pm. And
12th March at 2pm.

Mannum Leisure Centre,
18th March: Bookings Elaine 8568 2057

For further particulars please ring Gloria or Terry Seymour on 8524 6572 or

email tseymour@senet.com.au

More details at:- <http://www.pcagsa.org.au/>

Other PC Groups

Mitcham Group

Meet 4th Thursday of each month Feb - Nov
Colonel Light Gardens RSL Club 7.15 pm
4 Prince George Parade
Contact - Jeff - (08) 8277 3424

Onkaparinga Group

Meeting: 1st Wed of each month Feb - Dec
from 6.30 pm to 9.00 pm
Noarlunga Community Hospital
Alexander-Kelly Drive, Noarlunga, SA 5168
Contact - John - (08) 8382 6671
Brian - (08) 8556 2012

Barossa/Gawler Group

Meeting: 3rd Tues of each month Feb - Nov
7.00 pm to 9.00 pm
Uniting Church Hall, Cnr. Of Murray St and
Memorial Avenue, Nuriootpa, SA 5355
Contact - Tony - (08) 8562 2485
Allan - (08) 8564 2015

Port Pirie Group

Meeting: 1st Tue of each month Feb - Dec
Pasminco BHAS Bowling Club
1 Halley Street, Port Pirie, SA 5540
Contact - Barry - (08) 8632 3820
Colin - (08) 8632 2367

NorthEast Group

For any inquiries please ring
Gary - (08) 8261 1004

Prostate Cancer Action Group (SA) Inc.

Contact - Jeff - (08) 8277-3424

Vice President's Report

2005 was a good year for our PSA (Adelaide Group). Attendances were good and **I would like to thank you all for your continued support** and encouragement to our group and to one another. This is perhaps the most important part of our getting together.

Thanks also to the committee and all the helpers for all sorts of things. Special mentions would be in order: **to John Mayes** for the excellent way he cares for our wonderful library: to all those who are involved in the compiling and production of **"The Newsletter"**, viz., Reg, Ian, Pam, Jeff Roberts and Paul Ferrett, and particularly to our Webmaster **Ian Fisk who is a genius on the computer.** Ian also keeps our web page on the Internet up-to-date. **310 copies of "The Newsletter"** are distributed each month which means that **many other people receive support, information and encouragement from our group.** I think this is a very important and valuable service. To **Maralyn**, our Membership Secretary, to **Pam Fisk**, our Name Tag Secretary and to **Margaret Oakley**, for organizing our suppers. And last but not least, to our wily Secretary/Treasurer **Reg Mayes. Reg is multi skilled and an astute seeker of money, guest speaker cajoler and information dispenser.** He also compiles and edits "The Newsletter." **Well done all of you!** In such a talented outfit I feel like the proverbial "Drovers Dog".

We are sorry that Gerry has not been well enough to give us his leadership during the year, but **our thoughts and prayers have been with you, Gerry and Cynthia, and although you have been absent in body, your encouraging spirit has been with us always.**

Our speakers last year were all interesting and informative, and included David Parkin (High Intensity Ultrasound

Treatment), Dr. Peter Sutherland (Robotic Surgery), Prof. Ian Olver (Clinical Trials and Hormones), Dr. James Aspinall (an illustrated lecture on P/C), Prof. Villis Marshall (Latest P/C research & Prostate SA), Dr. Carole Pinnock (P/C from a different perspective), Ms. Adeline Lim (Radiotherapy at the R.A. H.), Dr. Graham Sinclair (Options on the Treatment of P/C), and an open discussion night where we all spoke. We also had a **successful Xmas BBQ on Graham Lyon's Chapel Hill Property (thanks Graham)** where it was great to have Gerry and Cynthia with us. Gerry's wit and leading in games kept us on our toes. It was a good year!

There have been several deaths during the year. Sadly Max Gardener of the PCFA passed away after giving great leadership to our cause. Another stalwart supporter from the Eastern States and also one of our interstate members was Ivan Eichorn. From our group in Adelaide there were Reg Brook, Bill Hughes, Richard Humpris, Ken Willis, Brian Newell, Brian Wood, Frank Munzberg (Tanunda) and Don Kilpatrick. We remember them all with fondness.

Again, I thank all of you, the Members, the Committee and the Guest Speakers for making the year so special. For me, it has been an honour to have been in the trenches with you all. There are some good years left yet!

I think I should finish my report off with a joke, so here goes:
- Hey! Have you heard the one about the bloke who was standing in front of the mirror, naked, and says to his wife, "Struth, I'm flat chested, big bellied and you can hardly see me willie. Oh dear! Pay me a compliment Luv."
..."Your eyesight's pretty good!"

Barry Oakley,
Vice President. 20.2.2006



Dr. Red Ginger Punch

Michael Phillips, one of our members, has been trying out the **Dr. Red Ginger Punch** that has been receiving some publicity over Channel 7 lately. It is non-alcoholic and is made at the **Mt. Nebo Winery, near Brisbane.** It costs about \$35 per bottle, but because it is a type of cordial mixture, this makes about 20 or so glasses of drink. It is said to be of some benefit to prostate cancer sufferers. Michael says it gives him extra energy and Reg says it makes him pee a bit better after having had radiotherapy treatment. **It is undergoing trials at the Sydney University** at the moment and things look promising. The punch contains only natural ingredients such as ginger, turmeric, olive leaves and lemon or orange peel and the young buds of 5 day old broccoli sprouts plus a few other

ingredients.

Michael was good enough to bring along 3 bottles of the punch and 3 bottles of soda water and some ice and 3 dozen plastic cups. This enabled everyone at the meeting to have a good sample taste of the cordial. Everyone thought that it had a pleasant taste. Anyone interested in obtaining supplies should ring **Greg Jardine on Ph. (07) 3289 5111** or e-mail him on www.drred.com.au for further particulars. **Thanks Michael.**

In the meantime, **Bill Scott** has 8 surplus bottles of Dr. Red which he will sell for only \$25 per bottle. Give Bill a ring on **8353 3661** if you are interested, but you had better be quick.



RESEARCH SUPPORTS ANNUAL PSA SCREENING

The case for routine screening of protein specific antigen (PSA) levels has received a boost after research showed men screened annually were 3 times less likely to die of prostate cancer. Men screened annually had a 3.6% chance of dying from the disease, compared with 11.3% of men in the general population, the US study found.

Associate Professor Phillip Stricker, Chairman of Urology at St. Vincents Hospital in Sydney, said the study was well-conducted and yet another support for screening. The study was presented at the American Society for Therapeutic Radiology and Oncology's annual meeting in Denver last week. (*Medical Observer*, 28/10,p2)



Review - 'The Prostate Book – an owner's manual'

The complete guide to overcoming prostate cancer, prostate enlargement and prostatitis. **Dr. Peter Scardino**, Chair of Urology, Memorial Sloan-Kettering Cancer Centre & **Judith Kelman** Published late 2005.

Scardino enjoys a very high reputation in the U.S. and while he is acknowledged as author together with 'medical journalist' Judith Kelman, he also names in the acknowledgments an impressive list of more than 20 leading experts in their fields, whom he consulted for specialised and cutting edge input into the book. This makes the book especially valuable as it is a composite of expertise rather than that of just one individual. I can recall Scardino before his book was published, saying that he wanted it to incorporate the most up to date information. He appears to have delivered on this count.

The detailed and easy to understand explanations accompanied by accurate illustrations and diagrams are perhaps the best I have encountered on the subject. The text has occasional 'little gems' of interest like the information that dogs and humans are the only animals to produce PSA and to suffer from Prostate Cancer and that Prostate Specific Antigen does stimulate the production of immune system anti-bodies. This is something that I have always wondered about. Unfortunately Scardino does not follow up with a discussion of the effect of the PSA Anti-bodies.

Scardino indicates that 75% of Prostate Cancer Tumours develop in the Peripheral Zone of the Prostate relatively close to the outer surface of the Prostatic Capsule while the other 25% develop in the Transitional Zone close to the Urethra that passes through the Prostate and 90% of the serious cancers develop in the Peripheral Zone. I did not realise that most Prostate Cancer is multi-focal, that is it is composed of multiple tumours of varying sizes nor did I realise that while Adenocarcinomas are the most common type of CaP, there are at least five other types, each presenting its own challenge in terms of treatment and prognosis.

Scardino gives good advice on what questions to ask in various circumstances. For example if there is a spread to the Seminal Vesicles, is it invasion from the Prostate of something different giving a different prognostic profile? This is something I would have liked to have been able to ask on getting my post-operative Pathology Report.

Scardino also discusses how to choose your Urologist and Treatment. He makes the interesting point that quality of treatment may be more crucial than which treatment chosen. For example, he observes that a high frequency and number of Prostatectomies don't mean very much if they are not done competently. Percentage record in achieving negative margins, continence rate and potency rate, are all important statistics to have. Then there is the problem of how reliable the quoted statistics are. Even the pros and cons of appropriate use of the Da Vinci Machine are discussed. A 'hot topic' among newly diagnosed men.

I part company with Scardino on two issues. He makes an exaggerated claim that only could come from a man who has never been on the receiving end of a Radical Prostatectomy. A claim that some men can have better orgasms after Radical Prostatectomy than before. Quite apart from matters of potency, this claim defies the physiological realities. Quite apart from the reality that there cannot be any ejaculate, the absence of a prostate means that there is none of that exquisite build-up of tension prior to orgasm. I've said to some PSA Group members that on a scale of one to ten, they can expect about a three. This has since been confirmed by those men. Secondly, while Scardino appropriately discusses the dietary foods and supplements that can help prevent or slow the development of CaP, he is quite dogmatic that once CaP is present, such foods and supplements cannot have any effect on the cancer. One of the problems when an expert makes a dogmatic generalisation that does not allow any exceptions is that it needs only one contrary example for that expert to look foolish. Scardino certainly looks foolish. The present reviewer is a case in point. I'm 'Living Proof' that it is a foolish statement and of course one can similarly cite other men.

Despite the above criticism, the book is a worthy and useful addition to our PSA Group Library. Scardino's book covers topics covered in other good books available to members, although he does it at times with new information and detail. It may be that men want basic information without any new technical detail. With this in mind, the question whether we should acquire multiple copies of Scardino's book is a question for which I don't have an answer.

John Mayes



Pomegranate fruit juice proposed for chemoprevention and chemotherapy of prostate cancer

NewsRx.com 12-16-05

Pomegranate fruit juice was proposed for the chemoprevention and chemotherapy of prostate cancer.

According to a study from the United States, "Prostate cancer is the most common invasive malignancy and the second leading cause of cancer-related deaths among U.S. males, with a similar trend in many Western countries. One approach to control this malignancy is its prevention through the use of agents present in diet consumed by humans."

"Pomegranate from the tree *Punica granatum* possesses strong antioxidant and anti-inflammatory properties. We recently showed that pomegranate fruit extract (PFE) possesses remarkable antitumor-promoting effects in mouse skin," recalled A. Malik and colleagues, University of Wisconsin.

"In this study, employing human prostate cancer cells, we evaluated the antiproliferative and proapoptotic properties of PFE. PFE (10-100 mcg/ml; 48 h) treatment of highly aggressive human prostate cancer PC3 cells resulted in a

dose-dependent inhibition of cell growth/cell viability and induction of apoptosis.”

The researchers concluded, “We suggest that pomegranate juice may have cancer-chemopreventive as well as cancer-chemotherapeutic effects against prostate cancer in humans.”

Malik and colleagues published the results of their research in Proceedings of the National Academy of Sciences of the United States of America (Pomegranate fruit juice for chemoprevention and chemotherapy of prostate cancer. Proc Natl Acad Sci USA, 2005;102(41):14813-14818).

For additional information, contact H. Mukhtar, University of

Wisconsin, Dept. Dermatology, 1300 University of Avenue, MSC B25, Madison, WI 53706, USA.

The publisher of the journal Proceedings of the National Academy of Sciences of the United States of America can be contacted at: National Academy Sciences, 2101 Constitution Avenue NW, Washington, DC 20418, USA.

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More on “Zyflamend”

Regarding the article about “Zyflamend” which we published on page 9 of our November ’05 Newsletter, our Research Librarian, John Mayes, has pointed out that some of the information was incorrect in the Internet item. Here are some of the points John mentioned:-

1. Zyflamend did not merely inhibit 78% of Prostate Cancer cells, it actually killed (apoptosis) 78% prostate cancer cells over only a 72 hour period, however this was in vitro, in a laboratory.
2. Zyflamend is not an herbal extract from olive oil, however extra virgin olive oil is used in the gelatine capsules in the product which is readily available now in the U.S.A.
3. Zyflamend does not have a similar chemical structure to that of Aspirin. How could it? It is a mixture of at least eight complexes of naturally produced phytochemicals from different sources. In general, it does have a similar biochemical effect to that of Aspirin.

John went on to say that Zyflamend, at the moment, is being

marketed as an anti-inflammatory herbal product, mainly in the U.S.A. and that clinical trials are still going on.

See www.herbsmd.com/print/Zyflamend-EasyCaps/26211/Zyflamend

The herbal product contains:- Holy Basil, Turmeric, Ginger, Green Tea, Rosemary, Hu Zhang (polygonum cuspidatum) Chinese Goldthread & Barberry, Oregano, and Baikal Skullcap. Interestingly Dr. Red Ginger Punch, that some members are consuming, also contains Turmeric, Ginger and Green tea.

Barry Sears’ latest book “The Anti-Inflammation Zone” published in March 2005 and a new addition to our Library, lists amongst other things “Turmeric” and “Ginger” with suggestions that readers should consume as much as possible daily.

Many thanks John for pointing out the errors contained in the Internet article we printed. It just goes to show that you should take **everything with a grain of salt** when reading articles from the Internet/newspapers/magazines etc!



Prostate advance

AN all-female scientific team from Melbourne’s Monash Institute of Medical Research is claiming a world first after growing a human prostate in a mouse using embryonic stem cells.

Team leader Professor Gail Risbridger said the discovery was significant for research into cancer of the prostate. Prostate cancer kills more than 2500 Australian men every year. *From Advertiser 24/2/06*

Curry cancer hope

EATING vegetables such as cauliflower, in curry may help prevent and treat prostate cancer, new U.S. research shows.

New Jersey scientists have found the spice turmeric reduces the development of cancers in laboratory mice - as does a natural substance called phenethyl isothiocyanate, abundant in cauliflower as well as cabbage, watercress, brussels sprouts, kale, turnips and cauliflower. *From Advertiser 19/1/06*

Embarrassed men urged to act on breast cancer

WESLEY JOHNSON LONDON, MEN are dying of breast cancer because they are unaware of the symptoms or too embarrassed to seek help, an expert says.

Professor Ian Fentiman, of London’s Guy’s Hospital, said national initiatives were needed and more support for men with breast cancer was vital.

“Half the men who get breast cancer are not diagnosed until their cancer is very advanced,” Professor Fentiman said.

The most common signs of male breast cancer are a painless lump in the chest or a nipple which has turned inwards - also signs of gynaecomastia, a harmless swelling under the nipple.

“If diagnosed early enough, a man with breast cancer has between a 75 to 100 per cent chance of making a full recovery, but this can drop to as low as 30 per cent for men with very advanced disease.”

“Support systems for men with breast cancer are rudimentary and need more resources and research at a national, rather

than a local level," Professor Fentiman says in medical journal The Lancet.

"It's easy to think breast cancer only affects women.

"As cases in men continue to rise, it is vital that we work now to improve the support and information

available." *From The Advertiser Feb 06*



Program and List of Speakers for the Year 2006

All meetings are held in the lecture room at the Burnside Memorial Hospital, 120 Kensington Road, Toorak Gardens with meetings commencing at 7.00pm and finishing around 9.30pm. Tea, Coffee, Orange juice and biscuits are provided. Please note: Meetings do not always fall on the third Monday of each month.

Monday 20.2.06 - Annual General Meeting, Election of Offices and sampling of Dr. Rd Ginger Punch by members.

Monday 27.3.06 - Short Talk by Dr. Bob Such, MP and Speaker of the House followed by Mr. Andrew Baggio, Lawyer, - Talk on Wills and Powers of Attorney.

Monday 24.4.06 - Lecture by Professor Villis Marshall. (An up-date on Prostate cancer and Prostate SA.)

Monday 15.5.06 - Lecture by Dr. Alan Stapleton on the latest developments on Prostate Cancer. Followed by questions and answers.

Monday 19.6.06 - Talks by Dr. Linda Foreman and Ms. Ellen Kerrins from the Cancer Council (SA).

Monday 17.7.06 - Lecture by Dr. R. Gowda on Brachytherapy at the R.A.H.

Monday 28.8.06 - Talk by Dr. Graham Lyons on diets and the latest on selenium. Also a general discussion.

Monday 18.9.06 - Lecture on Prostate Cancer by Dr. Denby Steele.

Monday 16.10.06 - Talk by a speaker from the Council on the Ageing. (COTA) "Beyond Maturity Blues".

Monday 20.11.06 - Talk by the Minister of Health. (To be confirmed later) or members discussion night.

Christmas BBQ date will be announced later.



Men's Health Information Centre: R.A.H. Health Register for Men's Organizations

It has just been announced that the Department of Health has cut off \$12,000 State Government funding to the Men's Health and Information Centre in Victoria Square. This group has been doing tremendous work for many years and will now have to close down within a couple of weeks. Also announced, the State Government will not be giving a grant to the R.A.H. to set up a Health Register of Men's

Organizations. (How much would that cost? Not very much at all I would say! Probably about 3 day's takings from one poker machine! - Reg.) Come on Premier Mike Rann and Health Minister John Hill, surely in an Election Month you can do a bit better than that! A quick review of these two inappropriate funding cuts is urgently needed and the funding restored immediately!



Men's Health Needs Neglected

The following is an extract from "The Advertiser" dated 2.3.06:- "Prostate Cancer survivor Speaker Dr. Bob Such, says both major political parties should allow for more funding for men's health. Dr. Such yesterday called on Labor and the Liberals to commit to more funding for men's health services in the lead up to the March 18 poll. "Men's issues have been on the backburner for too long and need to be properly funded by the State Government." Dr. Such said. Dr. Such's call came as the State's Men's Information and Support Centre lashed out at the Health Department for stopping its \$12,000

annual funding." **WELL, WE COULDN'T AGREE MORE WITH DR. SUCH'S COMMENTS. A FEW MILLION DOLLARS ALLOTTED TO THE HANSEN RESEARCH INSTITUTE, THE ROYAL ADELAIDE HOSPITAL AND THE FLINDERS MEDICAL CENTRE, FOR FUNDING RESEARCH INTO THE CAUSE AND POSSIBLE CURE OF PROSTATE CANCER, TESTICULAR AND BLADDER CANCERS, CERTAINLY WOULD NOT GO ASTRAY! IN FACT, IT'S WELL OVERDUE!**



This Newsletter was compiled and typed by Reg Mayes. Ian Fisk, Jeff Roberts and Reg and Amy folded and posted the Newsletter. After re-arranging news items on his computer, 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 Anne Milne and Gill Doddridge for their 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 or tapes distributed to members. Medical Advice should be obtained from your Doctor.