

# P.S.A. NEWSLETTER

Proudly affiliated with the  
PROSTATE CANCER  
FOUNDATION of AUSTRALIA



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

[www.psaadelaide.org](http://www.psaadelaide.org)

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

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**NEWSLETTER NO. 80**

**Aug 2007 Newsletter including a report on the Aug Meeting  
held at the Fullarton Centre on Aug 20 2007.**

Thank you to our sponsors:- State Funded Volunteer's Support Fund. Members please note:- At our next meeting **Anne Collins** will speak about raising funds for the Prostate Cancer Foundation of Australia by way of wine tastings and luncheons. contact Anne on 8558 6236. Over the last 7 years she has raised \$25,000. She will also talk about the tragic death of her husband, Barry, from mental illness and prostate cancer at:-

**7.00 pm in "The Park View Room"**

**Sept 17<sup>th</sup> 2007, at the Fullarton Park Centre, 411 Fullarton Road, Fullarton.**

## **Aug 20, 2007 Meeting**

**Chair:** Phil Davis

Members present 48

**Apologies:** Reg, John Bailey, Gary, Keith and Joy, Joy and Les, Richard & Valerie, Trev, Noel and Darrell.

**New Member(s):-** nil, but we did have visitors from Colonoscopy Association and the Cancer Support Network - Onkaparinga Project.

## **The Positions of President and Secretary:**

Phil Davis was elected unanimously as President. There were no nominations for the Secretary position!

A motion was moved, seconded and approved to add Phil Davis and Ian Fisk to the cheque account signatories.

## **Welfare Officer:**

A suggestion was made that the position of a welfare officer be considered for the group. ie someone to liaise with new members and those particularly ill.

## **Events:-**

Members were reminded that on 9<sup>th</sup> September a "**Mozart to Sinatra**" concert for The Prostate Cancer Foundation of Australia was to be held at Adelaide Town Hall featuring The City of Adelaide Pipe Band and others.

Other events mentioned include the ProstateSA "**BOYS WILL BE BOYS**" project, launch of the McLaren Districts Prostate Cancer Support Group on Sept 6<sup>th</sup>, **Prostate Cancer Call-in on Sept 13<sup>th</sup>**, **Adelaide Prostate Cancer Awareness Evening on Sept 19<sup>th</sup>** more details of some of these events are elsewhere in this newsletter.

## **Reg Mayes Update**

Reg is still not fit enough to attend meetings and the prognosis is not good. The problem with the water works was found to be a colon cancer tumour the size of a man's fist. Reg went into Repat hospital for an appointment and they kept him there. Reg is too weak, and the tumour too large for surgery, because of his previous prostate cancer treatment with radiotherapy, that cannot be used either. Also because of Reg's weakened condition, chemotherapy is unlikely to be used.

On Father's Day Reg, with family help, managed to spend several hours home.

This newsletter was prepared  
with funding assistance from the  
Australian Government as part of the  
Building Cancer Support Networks  
project.



**Australian Government**  
**Cancer Australia**

## Gary Bowes

At the age of 61 Gary Bowes passed away in peace on 24<sup>th</sup> August 2007 after travelling with prostate cancer for eleven years. Our deep felt sympathy is passed on to Margaret, Michael and Belinda and their partners, in their loss. We share with them the knowledge that the battle is now over and that Gary is at peace.

We too mourn Gary's passing, as a friend, colleague and fellow traveller. Gary had many parts to his life; a talented footballer, basketball coach and fitness supervisor at Hillcrest Psychiatric Centre. Warm tributes were given at his funeral from representative of all these parts of Gary's life. We remember Gary mostly from the journey that he shared with us. A journey that was full of care for his fellow prostate cancer sufferers.

Gary and Margaret, together with Gerry and Cynthia McCreaner and Derrick and Marian Richt brought into being the Adelaide Prostate Support Group when there was no other support and little information about prostate cancer available to men who had been diagnosed. Hundreds of men, and their wives and partners, over the years have been grateful. Gary then saw a need for an advocacy group and initiated with the assistance of the Cancer Council and others the Prostate Cancer Action Group that led to an affiliated with the Prostate Cancer Foundation of Australia. Locally this group has been responsible for many awareness events across country South Australia and the initiation of other support groups. Gary then took it upon himself to establish the Association of Prostate Cancer Support Groups which, as its first President, then enabled the association to apply for and receive a grant from the Federal Government for the running of the Support Groups. This incentive has been greatly valued by all the groups. Gary fought a valiant battle against his illness and did not give in. Only in his last hours did he ask me, "What do you do to be ready to die", and we were able to talk.

Sixty one is too young, mate. The value of a man is not measured in his years, but in how he lived those years. Well done, Gary.

Barry Oakley

On behalf of all Support Groups.



## PCFA Staff in South Australia

On the PCFA Support and Advocacy Committee (SAC) teleconference on Aug 23<sup>rd</sup> Andrew Giles was asked for an update on the provision of Adelaide staff. All were told that Foster Hill had been signed up and were due to start on September 1<sup>st</sup>. At the time of writing this (Sept 5<sup>th</sup>), after a number of emails and phone calls, no details

have yet been provided by either PCFA or Foster Hill. The Sydney office did advise though that the engagement of Foster Hill was still happening. More information on Foster Hill can be found at [www.fosterhill.com.au](http://www.fosterhill.com.au). One of their first projects is to be involved in a combined SA newsletter. Too late for this one darn it!

## PROSTATE NEWS

We did not have enough copies of "Prostate News" to include with all our July newsletters. Hopefully more will be available at our September meeting for those who missed out. Please remember that the publication can be downloaded from the

PCFA website. [www.prostate.org.au](http://www.prostate.org.au)

The next issue (September) has been being mailed to some, but is not yet on their website!

## new PCFA Website

The new look revamped Prostate Cancer Foundation of Australia website was launched on Aug 28<sup>th</sup>. Have a look at:- [www.prostate.org.au](http://www.prostate.org.au) There are still a few teething problems, but most things work ok. Wendy Farrow welcomes feedback to [wendy@prostate.org.au](mailto:wendy@prostate.org.au)

Sorry for all the references to the **World Wide Web** in the newsletters, but it really is a wonderful source of information. Those who do not have the internet at home can visit their children, or grandchildren or any public library to access the net. Grandchildren and library staff are always willing to assist when asked!

**Please note the change of phone number and postal address in the header of page one.**

Reg's phone number and address have been replaced by Ian Fisk's

## Talk by Graeme Goodings

### Channel 7 Weekend Presenter/Bowl Cancer Patient

Graeme Goodings started off his presentations explaining that Reg had organized his appearance months ago and asked that his best wishes be passed along to Reg.

Graeme mentioned that he is on the board of ProstateSA, and spoke about some of its aims.

He applauded the attendance of so many women at the meeting supporting their partners.

Graeme said to much laughter, that he was here to talk about bowel cancer, not prostate cancer, they are not the same, but in the same “neighbourhood, almost on the same street”.

He spoke of his experiences, from how by chance he was first diagnosed after some serious indigestion that caused him some agony. As with most males, he resisted seeking early medical attention! As no cause for his upset could be found and he was in hospital, it was decided he might as well have some more tests. As a result of initial tests and a later colonoscopy his colon cancer was found. His reaction to the diagnosis was similar to many of ours to being told we had prostate cancer, disbelief then later realization, what to tell the kids etc.

Being a journalist and inquisitive he wanted to find out as much as possible about bowel cancer. As is always recommended with prostate cancer, he sought multiple options from many branches of cancer treatment (two surgeons, two radio therapists and three oncologists). He and his wife are also involved with complementary medicine, so had to find experts that were comfortable with him also using complementary in conjunction with conventional treatment.

Graeme underwent a six hour operation, but the hospital staff had him up and having a shower within eight hours of the operation. The recovery time of three weeks was not a picnic, tube insertion into stomach etc. He did not recommend this method of losing 17 kg. Looking in the mirror, he thought he looked like his 83 year old father, looking gaunt and drawn. Many people came up to speak to him telling him falsely that he looked well. Many also spoke to him saying how they had gone through the same experience of bowel cancer.

He also emphasised the necessity to believe that the treatment one decides on is the right one, commit oneself to the decided treatment. He emphasised the importance of the power of the mind in believing in the treatment. He also emphasised the need to find out as much as you can about the treatments available. His diet and exercise regime greatly assisted his toleration of his radiation treatment. He spoke of the talk by Prof Robert Newton from Western Australia on the benefits of exercise for physical recovery, during, post-treatment and ongoing. (both Prof Newton’s presentation and Graeme’s presentation are on the “Surviving Cancer in Rural & Regional Australia” DVD, which we have a number of copies in our Library) His studies showed that weight bearing exercise proved of great benefit to cancer patients recovery rate and also the chances of re-occurrence seemed to be reduced.

Graeme had to use a colostomy bag for six months. After having it removed, he had many instances of having to rush to the toilet.

The message to all, especially blokes, SEE YOUR DOCTOR, have regular checkups - have a colonoscopy etc

Become an expert in your own disease, your doctor has many other patients, he cannot know everything about your disease, but you can. You can say what has happened, ask questions, you should become an expert in your disease! Do research on the internet. Do something positive, read and learn as much as you can, be proactive. Don’t be afraid to ask questions, it is your life! Write your questions down. If your doctor won’t answer them, find one who will!

Keep a diary of your disease history, noting everything, questions and answers.

A support network can be very helpful. Graeme had a very helpful network.

Graeme still has a problem with some foods, like Red Wine. Hopefully with time he will get over that. At least the sun is coming up every morning! (in question time he explained that his body soon told him what he could not eat, rushes to the little room etc)

Things have to be put in perspective, one is alive! Other challenges are relatively unimportant in comparison to having cancer.

He spoke of a conversation with his doctor while the doctor had been doing a rectal examination with his finger. He said “this must be one of the least pleasant parts of your job”, the doctor’s reply was “it might be sh\_t to you, but it is bread and butter to me! (much laughter resulted).

There were a number of questions, all ably answered. He also spoke more about complementary medicine how he used it in conjunction with western medicine in his treatment. The role of carers was also recognized by Graeme.

Graeme closed with “cancer is a journey, if you are diagnosed with it, you are certainly not the first and are not going to be the last, we can all find strength in each other”.

Our president, after a few words, presented Graeme with a bottle of red (hopefully he will soon be able to enjoy it).

His talk was recorded (with Graeme’s permission) on I Fisk’s PDA (personal digital assistant), copies available on request. These notes were made from that recording.





## Prostate cancer awareness evening

**Men and/or their partners are invited to attend this free presentation.**

**When:** Wednesday, 19 September  
7:00 – 9:30 pm

**Where:** Sturt Football Club  
Cambridge Room  
39 Oxford Tce, Unley

**MC:** Barry Ion

### Speakers and topics

- Urologist – Professor Willis Marshall AC  
*An overview of prostate cancer*
- Prostate cancer survivors  
*Speak about their own experience*
- Nutritional information – Cheryl Antal  
*Nutrition and cancer prevention*
- Prostate cancer support group presentation  
*The role of support groups*
- Question time

RSVP by Friday 14 September to  
**The Cancer Council Helpline 13 11 20**

This awareness evening is presented by ProstateSA in conjunction with the Prostate Cancer Action Group (SA) Inc.

### ProstateSA launches Boys will be Boys

ProstateSA successfully launched another 'blue ribbon' event, **Boys will be Boys** at The Italian Centre on Wednesday 29 August.

A good crowd turned out with ProstateSA Board member Graeme Goodings encouraging guests to host their own **Boys will be Boys** event throughout September. Dr James Aspinall gave an entertaining overview of prostate cancer, the Fox Models strutted their stuff during a men's and women's fashion parade and several local celebrities played-off in a poker demonstration match.

The event has continued the good early work of ProstateSA as we aim 'to beat prostate cancer in South Australia'.

The **Boys will be Boys** concept is simple and provides an opportunity for men to have a good time with their mates whilst investing in a prostate cancer-free future.

Quite simply, rather than pursuing the traditional practice of going out on the town and spending a swag of money, guys would get together for an evening at a mate's place (the host), and, having donated an 'entry fee', have a BBQ, watch sport, or even enjoy a friendly game of Poker – with the 'entry fee' and any other donated proceeds going to ProstateSA in aid of a prostate cancer-free future for men.

We look forward to guys registering online at [www.prostatesa.org.au](http://www.prostatesa.org.au) or calling **1 300 65 65 85** to host a party and raise funds for ProstateSA. *from Brent Frewen*





## **TAXOTERE® APPROVED**

Taxotere® (docetaxel) will be available on the Pharmaceutical Benefits Scheme (PBS) from 1 November 2007 for the treatment of patients with androgen independent (hormone refractory) prostate cancer (AIPC).

Prostate cancer is the most common cancer in Australian men and the second leading cause of male cancer deaths, after lung cancer. An estimated 18,700 new cases of prostate cancer were diagnosed in 2006 and more than 2,900 died of prostate cancer in 2005.

About 1,200 additional people will commence Taxotere® to treat AIPC in the first full financial year of listing.

Taxotere® is the only therapy presently in Australia that effectively prolongs survival for men with AIPC. Taxotere® is currently available on the PBS to treat breast cancer, ovarian cancer and non-small cell lung cancer.

The extension to the listing of Taxotere® will add around \$86.4 million to PBS and Repatriation Pharmaceutical Benefits Scheme expenditure between 2007-08 and 2010-11.

### **What is Taxotere®**

Taxotere® is a powder for intravenous infusion. It is administered as a one-hour infusion every three weeks.

Taxotere® is currently listed on the Pharmaceutical Benefits Scheme (PBS) for:

- advanced breast cancer (listed on 1 August 1996);
- non small cell lung cancer (listed on 1 February 1999);
- ovarian cancer (listed on 1 February 2000);
- node positive breast cancer (listed on 1 October 2006); and
- HER2 positive early breast cancer (listed on 1 October 2006).

Taxotere® is the only therapy which currently exists in Australia that effectively prolongs survival for men with AIPC. According to the pivotal trial data which Sanofi Aventis (the sponsor of Taxotere®) used in its submission, Taxotere® improved average survival time by 3.73 months over the comparator (mitozantrone, a chemotherapy agent).

### **Who will benefit from this listing?**

Patients with AIPC, who satisfy the PBS criteria, will be eligible for treatment with Taxotere®.

Approximately 1,200 new patients will become eligible for treatment with Taxotere® in the first full financial year of listing, increasing to 1,799 by the fourth financial year of listing.

### **What is the cost of Taxotere?**

The cost of Taxotere® is approximately \$18,286 for the average treatment per patient.

*The above is from "The Hon Tony Abbot MHR Minister for Health and Aging " website.*



Dear Colleagues and Friends,

It is with great pleasure that I can inform you that earlier today – as part of our Father's Day Fun Run in Sydney – the Federal Health Minister Tony Abbott announced that from the 1<sup>st</sup> November Taxotere would be listed on the Pharmaceutical Benefits Scheme (PBS). This means that all men who need Taxotere will be able to get it under the PBS.

This is wonderful news – especially for all of us who have fought so hard over the past two years to get Taxotere listed. I would like to personally acknowledge the support and leadership that the PCFA has received from Tony Abbott on this important issue. While the PBAC recommended Taxotere for listing on the PBS a few weeks ago the process can sometimes take between nine and 12 months before it is available to patients. Thanks to the intervention of the Health Minister – who personally took the Taxotere recommendation to Federal Cabinet and then to the Prime Minister – Taxotere will now be available from November. This is a very short turn around time and we are grateful.

I would also like to thank all those people who sent letters

regarding Taxotere to their local politicians, who raised the issue in the media and generally lobbied for the new drug to be listed. The wonderful contribution of many within the PCFA's support group network cannot be underestimated. At the same time I would like to acknowledge Leon Beswick and his team at Parker and Partners who provided extensive advice to me on who to target and approach within Canberra to ensure that this third application was successful.

A few weeks ago the idea that we could announce this on Father's Day was a far fetched idea. Thanks to some dogged persistence by those within the PCFA the best outcome has been achieved. The national media campaign, which started tonight, will inform people about Taxotere. It will also go a long way in educating people on the issue of prostate cancer.

Thank you all for your great support of this important issue. Congratulations – it has made a profound difference.

Andrew Giles,  
Chief Executive Officer,  
Prostate Cancer Foundation of Australia



## President's Position, by Phil Davis

Although I am a relatively new member of the P.S.A. Adelaide Group and after chairing the July meeting, I decided to volunteer for the vacant position of President. For those members who did not attend the August meeting this was officially ratified at the August meeting.

The outgoing President, Barry Oakley has given me some encouragement, support and tutoring in recent times, not only in regard to the position, but in many other ways. (Thank you)

Barry stepped down from the position of President, earlier this year to reduce his work load for a variety of reason, one being advancing years. From my own limited observations and as a result of speaking with other members Barry has been a stalwart of the group for many years contributing in many ways, which as I have discovered, has been greatly appreciated by all. {I thank you again Barry and I am sure many long term members will wish to thank you personally.}

As a process of introduction and for those members who do not know me, as mentioned above my name is Phillip or Phil Davis, I am married to Robyn and we have a daughter and a son. Both our children are married and we are very fortunate to have one and half grandchildren.

I was diagnosed with prostate cancer in August 2005, commenced hormone treatment, followed by external beam radiotherapy in Adelaide and then HDR Brachytherapy in Melbourne. Apart from a few ongoing problems I am doing fine. Naturally I have the same concerns, fears and uncertainties as every other sufferer, especially at P.S.A testing time.

Since joining the Adelaide Support and Awareness Group

I have discovered that it provides a forum for the exchange of information, sharing experiences and assisting us to become better educated and therefore empowering ourselves to exert greater control over the disease. The group also gives a sense of belonging, camaraderie, emotional support and greater hope and optimism. This is especially significant to individuals and their families when first diagnosed with prostate cancer.



I think the following quote aptly describes our position as a sufferer of the disease:

“In every struggle the only ones who can truly grasp your fear, your pain, your grief, your stamina that may sometimes fail are those who share the battlefield with you. It is no different when the enemy is prostate cancer, and the fight is for your integrity as a man as well as your life.”

In my view helping others especially in times of great stress and trauma is reward enough. I look forward to the privilege of meeting all members of the group especially new members when they first join. Hopefully I can play some small part in listening, assisting and inspiring a greater level optimism.

Wishing you all a low P.S.A.

Phil Davis

Ph 8263 2217

[classic100@bigpond.com](mailto:classic100@bigpond.com)

P.S. All are very welcome to the monthly meetings, along with their wife/partner even if you have not attended for some time.



## PCFA National Men's Health Promotion Forum – Adelaide Saturday 6<sup>th</sup> October 2007

To be held at the Hetzel Theatre, University of South Australia

The speakers include:- Mr Graeme Johnson, Mr Dean Wall, Assistant Professor John Oliffe, Dr Steve Robertson, Dr Jeremy Couper, Mr Peter Strange, Mr Jim Herbert, Mr Adrian Piper, Mr David Kelly, Professor Gary Wittert, Professor Villis Marshall AC, Associate Professor Jurgen Stahl, Dr Peter Sutherland, Dr Martin Borg, Dr James Aspinall, Dr Denby Steele, Professor Professor Jan Patterson, Mr James Smith, Dr Murray Drummond and, Professor Wayne Tilley

Registration by Monday 1 October 2007 by mail, telephone (1800 206 700 )or on line([www.prostate.org.au](http://www.prostate.org.au))

Mail Address:-

Adelaide Men's Health Promotion Forum

Prostate Cancer Foundation of Australia

Level 3, 480 Collins Street

Melbourne 3000

**Hopefully some Registration forms will be available at our meeting on Sept 17<sup>th</sup>**

**A form is available from a link on [www.pcagsa.org.au](http://www.pcagsa.org.au)**

## What's on at the other Prostate Cancer Support Groups

### Prostate Cancer Support City of Onkaparinga Group:

The Oct 3<sup>rd</sup> meeting speaker will be Dr David Elder, Urologist. Please phone John Shields on 8382 6671 for further particulars (or check their webpage [www.pcsog.org](http://www.pcsog.org)). Everyone is welcome to attend!

### Mitcham Support Group:

The August 23<sup>rd</sup> meeting had the inspirational speaker Ray Nicholson who spoke on his cancer experience and also the activities of the Cancer Care Centre at Unley. He again

stressed the importance of taking control, being proactive etc. The group's latest newsletter has a good summary of Ray's talk, check [www.psamitcham.org](http://www.psamitcham.org)!

The September 27<sup>th</sup> meeting will feature guest speaker Ms Delrene Davis from the Cancer Council S.A. on "Nutrition and Cancer Prevention".

### Barossa/Gawler Group:

The Sept 18<sup>th</sup> Guest Speaker is To Be Announced, but the Oct 16<sup>th</sup> speaker will be Dr Denby Steele.



## Treasurer's Report

During the month of August we received donations from Austin of \$20, John of \$20, and Harry of \$25 as well as anonymous donations in the collection tin amounting to \$59.40.

We made a \$50 donation to The Cancer Council SA in recognition of their help in producing our newsletters and \$50 was donated to the Prostate Cancer Foundation of Australia in memory of Garry Bowes.

## October and November Meetings

**Oct 15** John Mayes, our research librarian will speak about 'Using one's Mind to help Heal one's Body.'

**Nov 19** Professor Gary Wittert will speak on ageing, reproductive health, obesity and cardiovascular disease and lifestyle in men.

**Christmas Party/BBQ? members preferences sought!**



## RAH Toolbox Lectures

Robson Lecture Theatre Level 1 Eleanor Harrald Building, RAH

17<sup>th</sup> October - "Building your biceps - men and exercise" Chris French, Manager, RAH EFM,

12-12.45pm LUNCH INCLUDED



## The Masonic Foundation Inc.

Proudly presents

### The 2007 FREEMASONS ART EXHIBITION

(Patron: Lady Joan Neal, AM, DStJ)

To be held in The Great Hall of the Adelaide Masonic Centre

254 North Terrace

On 15, 16 and 20, 21, 22, 23 September 2007

Proceeds to Men's Health Projects including Prostate Cancer Research & The Cancer Care Centre Inc.

**In Adelaide** the third *Freemasons Art Exhibition* will be conducted to promote art in the community, raise the awareness of the **Men's Health Seminars, raise funds for Men's Health Projects** and the Cancer Care Centre Inc, and bring people into the Adelaide Masonic Centre on North Terrace. Daily tours of this magnificent heritage building will also be available for those interested in architecture and the work of Freemasonry in the community. Last year the *Freemasons Art Exhibition* raised \$10,000 which was all applied to Men's Health research projects areas.

Full details of the Exhibition are available on the web site: [www.freemasonrysaust.org.au](http://www.freemasonrysaust.org.au)



## "Zometa" Trials being conducted by the Royal Adelaide Hospital

For further information please contact the Research Coordinators, Catherine Easterbrook and Olivia Corso on (08) 8222 4438 or alternatively, Professor V. R. Marshall on (08) 8222 5680. Recruitment will finish Sept 2007.



There were many items on the Lions web site that may have been of interest, but there was not enough space to include them all in this newsletter.

Please have a look at [www.prostatehealth.org.au](http://www.prostatehealth.org.au) especially the “What’s New” area.

Some of the topics included on Sept 5<sup>th</sup> include:-

**Prevention: study’s shock finding** Aug 27, 2007

Fruit and vegetables provide no protection against cancer, according to latest Australian research that has shocked nutritionists. In a discovery that turns conventional advice on its head, experts have admitted there is “zero evidence” that eating fruit and vegetables can help people avoid a disease that kills nearly 40,000 Australians every year - - - .

**New drugs aid erectile recovery after prostate surgery** Aug 27, 2007

A new study shows cholesterol lowering drugs called statins hasten return to potency amongst men undergoing prostate surgery

**Previous ‘rebore’ can affect outcomes of prostate cancer ‘keyhole’ surgery** Aug 27, 2007

A common type of prostate surgery called a ‘trans-urethral resection of the prostate’ causes worse outcomes after cancer surgery in a new study

**Vacuum erection device aids recovery after surgery** Aug 24, 2007

A pilot study shows early use of a vacuum erection aid can help both recovery of erections and reduce penile shortening

**Screening: elasticity test detects prostate cancer** Aug 23, 2007

A new non-invasive form of imaging known as elastography may have potential as a screening tool

**Tassie study finds new prostate cancer gene** Aug 22, 2007

A new gene for prostate cancer has been isolated in a study of prostate cancer families in Tasmania

**Website explaining lab tests launched** Aug 17, 2007 <http://www.labtestsonline.org.au/>

A new website designed to explain lab tests to Australian patients has been announced

**Your PSA is up - is it summer?** Aug 16, 2007

A new study reports that PSA rises in summer - enough to cause some men being screened to be offered a biopsy

**The humble cabbage: cancer fighter?** Aug 14, 2007

Sidelined on dinner plates for years, the much maligned cabbage is fast becoming a disease-fighting super food. Packed with vitamin C, K and B6, cabbage is high in fibre, manganese and folate.

**Treatment: Finasteride has little effect on sexual function** Aug 13, 2007

Men who use finasteride to prevent prostate cancer have little need to worry it will affect their sexual functioning, researchers claim.

A US study of more than 17,000 men found that, contrary to what was previously suspected, finasteride had little effect on sexual function for most men after seven years.

**Clinical trials: three glasses a day may keep cancers at bay** Aug 07, 2007

A Queensland-made punch packed with anti-oxidants killed the cells of five different cancers in clinical tests, it has been claimed. Prostate, breast, bladder, colon and stomach cancer cells were all dramatically reduced after just two weeks of treatment with Dr Red’s Blueberry Punch.

The punch contains a range of anti-oxidant rich ingredients including ginger and tumeric juices, the pulp of oranges, lemons, mandarins and limes, grapes, grape seed and grape skin, as well as tarragon and blueberries.

*This Newsletter was compiled and typed by Ian Fisk plus contributions from Barry Oakley, Phil Davis, Andrew Giles and Brent Frewen. Paul Ferrett, John Baily, Ian Fisk, and Jeff Roberts folded and posted the Newsletter. 345 copies were distributed. Pam Fisk proof read the Newsletter. We would like to thank the Cancer Council South Australia for providing their support and particularly to Chris Noland 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 video, DVD’s or tapes distributed to members. Medical Advice should be obtained from your Doctor.*