

# 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. 82**

**Dec 2007 Newsletter including a report on the November Meetings  
held at the Fullarton Centre on Nov 19 2007 and the BBQ**

Thank you to our sponsors:- State Funded Volunteer's Support Fund. Members please note:- At our next meeting will be held on **Feb 18<sup>th</sup>**. It will be an Annual General Meeting for Election of Officers followed by our speaker - **Derrick McManus**. (see Page 2 for more information on Derrick)

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

**at the Fullarton Park Centre, 411 Fullarton Road, Fullarton.**



**SEASONS GREETINGS  
BEST WISHES FOR A MERRY CHRISTMAS AND  
A HAPPY NEW YEAR.**

**FROM:- YOUR PRESIDENT - PHIL DAVIS. VICE  
PRESIDENT AND RESEARCH LIBRARIAN -  
JOHN MAYES. TREASURER - ARTHUR SEAGER.  
SECRETARY, WEBMASTER, NEWSLETTER EDITOR,  
MEMBERSHIP SEC. - IAN FISK. NAME-TAG  
MANAGER/PROOF READER PAM FISK. NEWSLETTER  
FOLDING TEAM MEMBERS, JEFF ROBERTS, JOHN  
BAILEY AND PAUL FERRETT AND SUPPER CO-ORDINATOR - CORALEE HUNT.**

## **Nov 19, 2007 Meeting**

**Chair:** Phil Davis

Members present 44

**Apologies:** Reg Mayes (home since Nov 9<sup>th</sup> under TLC of Amy), Barry and Margaret Oakley, John Mayes and Murray & Faye Yates (having Brachytherapy).

**New Member(s):-** Malcolm, John and Peter.

**ProstateSA Help:-** was requested for volunteers to assist ProstateSA with Classic Adelaide

**Events:-**An Awareness evening at Mt. Barker on Nov 21<sup>st</sup> was promoted, as well as one in April at Stirling dates tba. Joe Bridges also spoke about a fundraising event on Nov 28<sup>th</sup>, a movie 'The Heartbreak Kid' at the Noarlunga Theatre. Joe has decided to devote the rest of his life to raising money for both Prostate Cancer and Breast Cancer. He is programmed to box with Father Dave Smith in 2008. That fight will be televised on Channel Nine's Mornings with Kerry Ann Kennerly, details to be advised.

**Christmas Barbecue:-** a reminder was also given about our event at Chapel Hill.

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



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

Phil reflected on some events in 2007 (see the President Report later for more) including John Mayes recent talk "Power of the mind he has an inquiring mind, strong character and discipline. Consider ones own circumstances, background and character as a basis to build Hope, optimism and determination.

Member Brian FORD (Ph 8387 8951) advised that Brighten Fresh Fruit Shop, Shop 11 / 525 Brighton Road, Brighton, will sell to PSA members, if purchased in lots of 6 bottles or

more Dr Red's Blueberry Punch \$35.00 a bottle & Ginger Punch (Prostate Formula) \$27.00 a bottle. The owner of Brighten Fresh Fruit Shop is Bill Lokus. 82968955. (that is cheaper than ordering it on line directly from Dr Red)

Phil also noted the work Karyn Foster of Foster Hill did in promoting **Movember**. It was well publicised in Print, Radio, TV and Foxtel. Several Port Adelaide footballers grew moustaches.

## President's Report

### Year 2007.

As we move towards the end of the year I would like to take a moment and reflect on the year 2007. We conducted our meetings at a new venue, which has provided better parking facilities and a larger room. The retirement of our former President, Barry Oakley and Secretary/Treasurer Reg Mayes, had a significant impact on the group and altered the structure of the committee, fortunately the group has been able to continue with the election of new volunteers, Ian, Arthur and myself. Barry and Reg, although both have substantial health issues have provided assistance and advice, which has been greatly appreciated. Thank you.

During the year we have had a variety of guest speakers, some were quite outstanding, not wishing to focus on any individual, all medically trained speakers were excellent and greatly appreciated for imparting some of their knowledge. John Mayes, Ray Nicholson and Graeme Goodings were inspiring as speakers, when relaying their stories of survival and how they empowered themselves spiritually, psychologically and physically. All have had a variety of medical procedures and made significant lifestyle changes to aid their chances of surviving cancer.

### **Vale**

It would be remiss of me not to mention the sad passing during the year of Gary Bowes, who was a founding member of our group and the President of the Association of Prostate Cancer Support Groups S.A. Inc and one of the S.A. Support and Advocacy Committee representatives to the Prostate Cancer Foundation of Australia. He is sadly missed and on behalf of all members I extend our sympathy to his family.

### Year 2008.

The first meeting for next year, will be at the same venue, Fullarton Park Centre on Monday the 18<sup>th</sup> of February, it will be our Annual General meeting and all positions will again be declared vacant. It has been a privilege to be your President for the latter half of 2007 and if nominated and democratically elected, I will accept the position again, given unforeseen circumstances.

**Our Speaker for our first meeting is Derrick McManus**, he is a sought after speaker with an inspirational story of human spirit and survival.

### **In Brief.**

On the 3<sup>rd</sup> of May 1994, Senior Constable Derrick McManus was shot 14 times with a high-powered semi-automatic weapon. With broken bones and severed arteries he lay bleeding to death for three hours before he could be rescued, during S.A. longest running siege. The siege continued for 40 hours with some 2,000 rounds of ammunition fired during this period, most prior to his rescue. Derrick survived and in doing so demonstrated that individuals can defy the odds, nothing is impossible.

Derrick has excellent presentation skills, which captivates an audience and everyone takes away something different from his presentations. It is a 'don't miss meeting', hope to see you all there.

### Future Speakers.

If anybody has any ideas or thoughts in regard to a potential speaker, don't hesitate to contact either Ian Fisk or myself.

### "Have I learnt anything, since joining our Prostate Cancer Support and Awareness Group?"

Having attended meetings, listened to various competent speakers and shared concerns with others has been rewarding and enjoyable. It has been quite apparent to me that the various issues I face regarding prostate cancer are common, not only within our group, but other support and awareness groups in Australia and around the World. There is always joy when the P.S.A. test indicates a low reading.

Friendly support and knowledge along with laughter appears beneficial.

### Season's Greetings

I would like to take this opportunity to wish all members and their families a safe, healthy and very enjoyable Christmas and New Year.

Unfortunately I was unable to attend the Christmas Barbecue as my daughter was in the process of giving birth, I became a grandfather for the second time, another healthy girl, it will make Christmas even more special.

Thank you for your support and friendship.

Phil Davis, Phone - 8263 2217,

Classic100@bigpond.com

## Treasurer's Report

During the month of November we received donations from Bruce of \$50, David of \$25, John C of \$50, and the tin box collection on meeting night raised \$70.60. Thanks to all contributors. Please send future donations directly to "The Treasurer, PSA - Adelaide Group, 18 Middleton Crescent, Golden Grove, SA, 5125".

## November presentaion by Professor Gary Wittert

Gary start off stating that he a proponent of vitamins, especially Vitamin E for exercise!

Aided by a PowerPoint presentation Gary spoke to us for around 45 minutes. His presentation is summarized below, greatly assisted by having a copy of the presentation and a recording of the audio!

Australian men are more likely to get sick from serious health problems, than Australian women.

Australian men have a higher death rate than Australian women

Men and women have unique needs both in terms of specific health issues and the way they access health services and information

Men are less likely to access medical services, particularly for problems of an emotional nature.

Health awareness is lower in men.

Men are less inclined than women to take an active role in maintaining their own health

He expanded on that listing rates for some common conditions such as:- Malignancy, Heart disease, - Strokes, Lung Problems, Accidents, Suicide, Diabetes mellitus, Motor vehicle accidents and deaths due to heart disease where in all cases the rates were higher for men than for women.

Determinants of men's health were then covered including biological (men take more risks etc) factors, male depression, sociocultural factors, socioeconomic factors and occupation and employment.

Increased intra-abdominal fat increases the risk of cardiovascular disease.

Men over the age of 35 face a high burden of risk factors for cardiovascular and related diseases from high rates of obesity, high blood pressure, diabetes, depression and insomnia and some degree of erectile dysfunction.

Erectile dysfunction (ED) is a marker of cardiovascular risk. With notable exceptions, most ED reflects heart disease "the penis is a window to the heart". Several charts were shown for different age ranges.

Depression scores are 25% higher in men with severe ED, Increasing severity of ED is associated with poorer overall quality of life, less satisfaction with relationships and lower income.

Main reason for men to go to the doctor is health crisis/sickness and medication, few go for screening.

Studies have shown that men prefer to see a doctor in his private rooms rather than anywhere else.

### **Patterns of help-seeking: implications for provision of health care for men:-**

The initial approach to seeking help for health-related issues

tends to be indirect.

Men are heavily reliant on self monitoring.

Men are more likely to focus on physical problems and are less likely to disclose mental and emotional problems.

Men spend less time with physicians during their health visits and receive less advice from physicians about changing risk factors for disease, particularly during general checkups.

Based on the perspectives of family physicians, a number of systematic barriers that prevent men from seeking help from health services have been identified: lack of time, poor access opportunities, having to state the reason for a visit and lack of a male care provider.

What is being done: The Freemasons Foundation have provided a substantial grant for men's health research the State Minister of Health is very close to announcing a men's health policy.

On Nov 5<sup>th</sup> the then shadow minister of health had announced a "Men's Health Policy" see Page 4

### **Freemasons Foundation Centre for Men's Health**

Established funding from the Freemasons Foundation and University of Adelaide.

Work under the banner and in close association with Andrology Australia, University of Adelaide, University of South Australia, Flinders University and the South Australian Department of Health.

Aims:

- raise the public profile of men's health issues;
- develop effective strategies for promoting positive health and wellbeing among men and boys;
- develop effective treatments for health conditions and diseases affecting men; and
- to build a critical mass of researchers and practitioners with interests in various aspects of men's health.

### **Questions/Answers**

Waist circumference is a better measure to be concerned with than Body Mass Index especially for those over 60. (with age all tend to lose muscle and to gain fat, BMI may not reflect that). Waste to hip ratio is a better indication. Don't worry about weight, just exercise. Physical fitness overrides most of the other factors plus resistance exercise is absolutely critical. Eg if the legs are bad, do bicep curls with weights. Weight loss without exercise can result in loss of muscle mass and increase of fat mass which can worsen the situation.



He told a few amusing stories, one about his son, another about a question by graduating medical students to their professor about health “how many hours should a man sleep a day”, the answer the professor gave was 4 or 5 hours. The graduates were aghast “no one can survive on 4 or 5 hours sleep a day!”

The professor replied, “Don’t be stupid, you get more at night of course”.

As a thank you, Gary was given a bottle of the popular grape antioxidant.

## Federal Labor Announces National Men’s Health Policy

Media Statement - 5<sup>th</sup> November 2007

Shadow Minister for Health Nicola Roxon today announced that a Rudd Labor Government would develop a National Men’s Health Policy.

Australia’s first – and to date, only - National Women’s Health Policy was launched under a previous Labor Government in 1989, but a National Men’s Health Policy is needed to deal with issues affecting men’s health.

Federal Labor acknowledges that too little attention has been given to men’s health needs. Some health issues – like prostate cancer – affect only men while other health issues – such as cardiovascular disease, diabetes and injuries – affect more men than women.

Australian men have a lower life expectancy and greater levels of serious morbidity than women. Many also tend to defer or ignore health issues – as reflected in lower use of health services.

To accompany its recent commitment to a new National Women’s Health Policy, a Rudd Labor Government will also develop a national policy on men’s health. This will be done in consultation with State and Territory governments, health service providers, consumer and advocacy groups and Australian men.

The policy will be particularly focused on reducing barriers that men experience in accessing health services, tackling widespread reticence amongst men to seek treatment, improving male-friendly health services and raising awareness of the range of preventable health problems that disproportionately affect men and which result in generally poorer health outcomes for Australian men.

Labor’s National Men’s Health Policy will also address specific groups of **men** who experience higher morbidity and mortality rates, including Indigenous men and men living in rural and remote communities.

A range of Federal Labor’s recent health initiatives will particularly impact on men’s health:

Labor’s \$600 million elective surgery plan will slash waiting lists for hip, knee, and hernia procedures.

Labor’s \$135 million National Cancer Plan includes \$15 million to establish two dedicated **Prostate Cancer Research Centres** – the first in Australia. Prostate cancer is the most common cancer diagnosed in Australian men and the second most common cause of cancer-related death in men. The centres will develop improved diagnostic and screening tools as well as new treatments for prostate cancer.

A Rudd Labor Government will also invest \$25 million over three years to screen all 50 year olds for bowel cancer. Bowel cancer is the second most common cancer in Australian men, after prostate cancer.

Labor’s \$220 million commitment to *GP Super Clinics* will bring health professionals – doctors, specialists, allied health – together in the one place, substantially improving the accessibility and convenience of health services for men and their families.

Labor’s national policy on men’s health will ensure that the planning and delivery of health services better meets the needs of Australian men.

*Sorry there was not room for this in the last newsletter.*

## Christmas Barbecue

This year’s Christmas barbecue was not well attended. One contributing factor to the low attendance could have been the late announcement of the date. The date was on the website late October, but many may not have known the date until receiving the newsletter in mid November. Because Graham Lyons was overseas before our October meeting, a date could not be confirmed then. Hopefully the secretary next year will be more organized!

Perhaps it is time to try something different? One proposal was to join with the Mitcham Group and have a dinner at their venue (the Colonel Light Gardens RSL Club) next November. Members will be canvassed closer to that time!

The ten that did attend enjoyed a very pleasant afternoon at Graham’s property at Chapel Hill. The weather was



perfect, not too hot, not too cold, the country side looked wonderful, the air clear etc.

Thanks again to Graham for the use of his facilities and to Pam Fisk for organizing the cake and other things!

**So that the latest Prostate News could be included with it, this newsletter is a bit later than intended. That’s my story and I am sticking to it! With the new State Wide Newsletter next year this will be my last one! Whipee!**

**Thanks to the contributions from others through the years, especially Reg Mayes!**

**Reg and Amy Mayes and Pam Fisk have also assisted with the newsletter folding many times. Ian Fisk**

## Mt Barker Awareness Evening

The Prostate Cancer Action Group greatly assisted by the Freemasons of Mt Barker conducted a Prostate Cancer Awareness meeting on November 22<sup>nd</sup>. Speakers included Dr Chris Switajewski (urologist), Dr Graham Lyons, Jeff Roberts and Ian Fisk. The attendance was 79. The next awareness evening is proposed to be at Stirling in April 2008. Again the Action Group will be thankfully assisted by the Freemasons.

### Fullarton Park Centre Nibbles

As mentioned at the last meeting, the centre sent an invitation to our group to join them for 'Drinks and Nibbles' on the afternoon of Thursday 6<sup>th</sup> of December. At a great sacrifice of our time, Pam and Ian Fisk attended! As the picture shows, there was not much to eat!



### The Combined State-wide Support Group Newsletter

Karyn Foster of Foster Hill organized a meeting for December 12<sup>th</sup> at the Oxford Hotel, North Adelaide for South Australian support groups to discuss next year's new combined state wide support group newsletter. Attending were members from all groups except Port Pirie including, Trevor Hunt, John and Phyllis Shields, Ray Power, Jeff Roberts, Phil Davis, David Sly, Paul Redman Karyn Foster, Ian Fisk and John Mayes.



Karyn has engaged David Sly, a professional free lance journalist of 30 years experience to produce the newsletter. If all goes well, our newsletter could be a model for a national newsletter for other states.

In 2008 ten issues of the newsletter should be published starting with the first one proposed to be mailed out in the last week of January. Contributors (all support groups and the Action Group) were requested to send content for the first issue to David Sly by Jan 14<sup>th</sup> 2008.

The newsletter will also be available for downloading from the web.

Andrew Giles, the PCFA CEO wanted the new head office Support Group Services Manager to meet the South Australian Groups in early 2008. As the Dec 12<sup>th</sup> meeting had already been organized that was an ideal opportunity for Paul Redman to meet representatives from most of the groups. Paul was able to meet all at the meeting and after at lunch and inform all of some of the latest news from head office eg new website on line early 2008, multi language facilities will be available soon, individual support group/chapter areas on the PCFA website soon etc.

Note thanks must go to the Oxford Hotel management for providing the room complete with light refreshments free of charge.

### Naturopathic Approaches to Prostate Cancer Support

On Tuesday, December 11<sup>th</sup> Belle McCaleb gave a presentation on diet and nutritional and herbal medicine specific to prostate cancer support. She is the Naturopath, Nutritionist and Herbalist at the Cancer Care Centre Naturopathy Clinic. At least two of our members attended this very interesting and worthwhile session.

Belle stated at the beginning that: "More than any other cancer, prostate cancer is strongly linked to diet and nutrition and further linked to the likelihood of development and rate of progression"

A vast range of subjects were covered including the different forms of studies, from pilot to full double blind, stress, meat and dairy, Fat, Total Energy Intake, Obesity, types of fat, calcium, Fish Oil, plant food, pretty well all the vitamins, many minerals including zinc and selenium, garlic, onions,

green tea, resveratrol, cucumin, turmeric, pomegranate, estrogens, phyto estrogens, polymorphism, soy, saw palmetto, St Mary's thistle, nettles and boswella.

Many references were given to the studies that reported the results shown in her presentation.

For those that missed the talk, it was recorded. A podcast of it will be available on the Cancer Care website within approximately a week. The podcast file size will likely be quite big, so broadband internet access would be best to view the presentation.

The session was concluded with some words from Hippocrates "Let food be your medicine and medicine your food."

Perhaps in 2008 we can have Belle speak to our group.



The Cancer Care Centre Inc. is an innovative, non-profit organisation providing complementary health care services to people affected by cancer. They are at 76-78 Edmund Avenue, Unley SA 6061 Phone 8272 2411

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

**Prostate Cancer Support City of Onkaparinga Group:** (Noarlunga Hospital Centre) General discussion/Round Robin - catching up after the break. Ring John Shields on 8382 6671 for details.

### **Mitcham Support Group:**

February meeting will be on Feb 28<sup>th</sup>, it will be the Annual General Meeting including election of officers plus viewing of a DVD. Please check with Terry Harbour on 8271 0513

for details.

**Barossa/Gawler Group:** Uniting Church Hall, (Cnr. Of Murray St and Memorial Avenue, Nuriootpa.) Feb 19, 2008 Speaker/Topic TBA ring Alan Hall on 8564-2015 for details

### **McLaren Districts Prostate Cancer Support Group**

(McLaren Vale & Districts War Memorial Hospital) Date and topic TBA ring Bryan on 8323 6600 for details. 

## ProstateSA/The Cancer Council SA/Prostate Cancer Support Groups Forum

A meeting was held on *Tuesday 27 November, 2007 at the Cancer Council South Australia, Greenhill Road.* All support groups were invited to attend.

Disappointingly the four from support groups were very much outnumbered by ProstateSA and Cancer Council members. All who attended were members of the Action Group but also from the Adelaide and Mitcham groups. Support group people attending were I Fisk, Trevor Hunt, Jeff Roberts and Dean Wall. From ProstateSA and the Cancer Council were Mr Ray Blight (Chairman, ProstateSA), A/Prof Brenda Wilson (Chief Executive, TCCSA), Mr Brent Frewen, Ms Jenny Philip-Harbutt, Ms Monica Byrnes, Ms Jackie Hickling and Ms Lyn Cornish.

Mr Brent Frewen advised the group that the GP card has been revised, that the brochure 'Common prostate problems' has been revised by Dr Peter Sutherland with minimal changes. Reprint of the brochure will follow at a later date.

Ms Jenny Philip-Harbutt also provided an overview of the Australian Prostate Cancer Collaboration 9<sup>th</sup> Annual Scientific Meeting in Melbourne, 11<sup>th</sup> -12<sup>th</sup> October 2007. A copy of the program complete with Abstracts has since been provided to be shared amongst support groups. This document does not appear to be available on line, but hopefully some of the documentation may be available somewhere on line! Many topics were covered over the two days including:- stem cells & prostate cancer, clinical trials, news and views and sexuality and relationships after prostate cancer. Also included was a session on the development of a new semen-based test for prostate cancer.

A summary of the prostate cancer call-in was provided by Ms Jenny Philip-Harbutt revealing a slight increase in the number of callers compared with last year (167 vs 142).

Mr Brent Frewen provided a brief summary of the events held across 2007. Most recently was Classic Adelaide Rally. Although volunteer support was quite low we have received some more corporate support and positive responses to follow up for next year. The calendar of fundraising events for 2008 has been developed including Adelaide 36ers basketball game in February, Make a Change, Father's Day and hopefully Classic Adelaide Rally again. ProstateSA has been particularly fortunate to have been offered a house to auction by Mr Gordon Pickard, AM and the Pickard Group. This should bring in significant funds and is expected to occur around July 2008. A major fundraising event is also planned in the form of a blue tie gala dinner later in 2008.

Discussion was opened regarding whether the support groups wanted to continue with meetings or if there was an alternative preferred method of continuing the relationship and / or assisting the groups better.

ProstateSA and The Cancer Council SA are keen to provide as much support as possible and eager to see support groups continue productively. A few concerns about support groups were raised by the members present and included an apparent lack of referrals by GP's, urologists and other health professionals to support groups or even the provision of information regarding the existence of support groups to their clients. Another difficulty raised was that of members being willing to take on leadership responsibilities and succession planning. It was revealed that research out of NSW regarding referrals to support groups in general show that less than 1:4 clients were referred. There also has been some research around support group attendance, how to engage members and how to provide assistance to develop leadership roles.

Research will be investigated by Ms Monica Byrnes and Ms Jackie Hickling to assist the development of methods to assist support group membership and services to the community. Evaluation of this research will be presented to support group members for discussion about ways to address current issues. Mr Ray Blight suggested that a teleconference be held early next year to allow more support group members to participate in this discussion and facilitate engagement of those members who cannot travel or are in regional areas. This will be organised by Ms Lyn Cornish in collaboration with support group members and details advised as soon as available.

It is proposed to hold a teleconference on Tuesday 26 February, 2008 between 10 am – 11 am. Discussion will centre on how support groups might be able to obtain new members, group leadership challenges and any assistance that ProstateSA and The Cancer Council may be able to provide. Any members who wish to join the teleconference in person at the office of The Cancer Council SA are welcome. All other members who wish to join by telephone will be contacted by Telstra at the designated time. Further details will be provided by Ms Lyn Cornish and telephone numbers of those members who wish to participate need to be supplied at least two weeks prior to the teleconference date. That date has since been confirmed. 

## DVDs for the Library

The Prostate Cancer Foundation of Australia has sent four DVDs of the Adelaide Men's Health Forum (October 6<sup>th</sup>) for our Library. They will be available from our hardworking librarian, John Mayes, for loan from early 2008 at our meetings

## Support and Advocacy Committee of the PCFA Teleconference Dec 14

Dean Wall and Ian Fisk participated in the teleconference. Some of the subjects covered during the teleconference include:-

- introduction to Paul Redman, the new Support Group Services Manager for PCFA
- the new support group brochure should be available by mid Jan 2008
- will all please take a few minutes of your time and fill out the on line survey on [www.prostate.org.au](http://www.prostate.org.au)
- the PCFA General Practitioner education has revealed/confirmed that many GPs are reluctant to perform a Digital Rectal Examination. A video has been produced and a "testing box" as well to try and overcome this problem. Advertisements should be screened early next year.
- negotiations are continuing regarding the Commonwealth Bank becoming the major PCFA sponsor. PCFA are

changing their banking over to them soon.

- Andrew Giles was present on the teleconference so was able to tell all of the latest developments in all areas.
- he went through some of the new staff at head office Ross Anderson answers the 1800 free call number, Mellissa Harris is the new Executive Assistant, Paul Redman was mentioned earlier, Anne Gilhooly is the new Communications Manager responsible for all internal and external publications including Prostate News, the annual report and will also control the website, Samantha Stewart (Melbourne), Andrew Kang looks after the financial matters plus a few others!
- on Nov 1<sup>st</sup> the PCFA national board agreed to spend **5.5 million dollars** on prostate cancer research in Australia, in every state except Tasmania – funding is going to the top researchers in Australia. Keep looking at Prostate News for more details later.

## How Prostate Cancer Support Groups Do and Do Not Survive: British Columbian Perspective.

Report by Pam Sandoe, OAM

Extracts from a paper presented by John L Oliffe, PhD, Med, RN at the Adelaide Men's Health Forum on: Oct 6, 2007

Many prostate cancer support groups have formed in North America during the past decade, yet their operation or factors influencing sustainability are poorly understood. The findings indicate that effective group leadership is integral to group sustainability and the recruitment and retention of attendees. The primary purpose of all the PCSGs was to provide information and support to men and their families. Many groups were uncertain how formal associations with cancer fund-raising societies would influence group effectiveness. Prostate Cancer activism resided with individual group "champions" through activities coordinated by provincial and national PCSG organisations. Activism did not guarantee group sustainability. The study findings reveal why some groups flourish while others appear untenable, and form the basis for discussion about how PCSG sustainability might be best achieved.

Considerable time and effort goes into the operation and maintenance of PCSGs. Group sustainability is an important issue that has attracted little research attention. Many groups participating were challenged to attract and retain members, maintain cohesive leadership and provide up-to-date information in a rapidly changing field.

The success and longevity of PCSGs is reliant on effective leadership and management. PCSG leadership is challenging for lay volunteers because the groups attract men and women with a wide diversity of needs that fluctuate considerably. Cohesive leadership, shared management and the use of

specific facilitator strategies at meetings appeared to be integral to satisfying attendees' needs and fostering their camaraderie and commitment to the group. Group members were adamant that PCSGs needed to be survivor led, being a group leader required significant time, energy and commitment that few men were able or willing take on. It was established that leaders were at risk for 'burnout'. Succession planning is critical to ensuring the sustainability of groups.

Longevity of PCSGs is linked with maintaining an adequate number of members. Growth of groups is reliant on visionary leaders who can respond to emergent trends both in terms of information content and potential member markers.

The formal linkages with prostate cancer practitioners and the ideal form of collaboration to empower and promote PCSGs is by drawing both public and health care professionals' attention to the valuable services provided to men and their families

The study findings provide important directions and highlight the extraordinary commitment of unpaid volunteers in leadership roles, who themselves are living with prostate cancer, was inspiring. Members of PCSGs may be able to use the findings of this study to enhance group effectiveness; the wider community needs to be involved in identifying ways to ensure this valuable resource continues to be available for prostate cancer survivors and their families.



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 for more details and the full stories. Some of the topics included on Dec 15<sup>th</sup> included:-

Association found between cooked meat and PSA levels. Dec 14, 2007

Meats, particularly chicken and beef, cooked at high temperatures can contain carcinogens which cause prostate cancer in rats. etc.

Risk: diet linked to prostate cancer. Dec 11, 2007

Men who regularly consume a lot of meat, takeaway food, white bread and full-strength beer almost double their risk of developing prostate cancer, a study into how long-term diet affects risk of the disease has found. etc

Prostate cancer patients often get contra-indicated therapy. Nov 29, 2007

Obesity And Overweight Linked To Higher Prostate Cancer Mortality. Nov 29, 2007

ScienceDaily (Nov. 12, 2007) — Men who are overweight or obese when diagnosed with prostate cancer are at greater risk of death after treatment, according to a new study in Cancer

Research: prostate cancer’s hereditary link. Nov 26, 2007

Screening: doubts over accuracy of prostate test for obese. Nov 21, 2007



### **The Obesity epidemic**

On Dec 3<sup>rd</sup> ABC Radio National The Health Report’ repeated an fascinating program.

A researcher (Dr Robert Lustig) in the United States claims that the reason for the obesity epidemic is more than just the calories we eat and the lack of exercise. It’s a substance that food manufacturers are widely using. (fructose)

The podcast of it will be available on-line until early January, the complete transcript for a long time.

By reducing insulin levels patients lost considerable amounts of weight. “we were able to get them to stop eating, in fact they stopped eating carbohydrate on a dime, they went from 900 calories a day in carbohydrate intake to 350 calories a day in carbohydrate intake, they stopped snacking between meals, they stopped drinking soft drinks. We didn’t tell them to do this, they just did it, they didn’t need to do it. Their insulins went down, they felt better, they started exercising and they lost weight and continued and kept losing weight.”

The question is why does exercise work in obesity? Because it burns calories? That’s ridiculous. Twenty minutes of jogging is one chocolate chip cookie, I mean you can’t do it. One Big Mac requires three hours of vigorous exercise to work that off, that’s not the reason that exercise is important, exercise is important for three reasons exclusive of the fact that it burns calories.

The first is it increases skeletal muscle insulin sensitivity, in other words it makes your muscle more insulin sensitive, therefore your pancreas can make less, therefore your levels can drop, therefore there’s less insulin in your blood to shunt sugar to fat. That’s probably the main reason that exercise is important and I’m totally for it.

The second reason that exercise is important is because it’s the single best treatment to get your cortisol down. Cortisol is your stress hormone, it’s the hormone that goes up when you are mega-stressed, it’s the hormone that basically causes visceral fat deposition which is the bad fat and it has been tied to the metabolic syndrome. So by getting your cortisol down you’re actually reducing the amount of fat deposited and it also reduces food intake. People think that somehow exercise increases food intake, it does not, it reduces food intake.

And then the third reason that exercise is important, which is somewhat not well known, but I’m trying to evaluate this at the present time, is that it actually helps detoxify the sugar fructose. Fructose actually is a hepato-toxin; now fructose is fruit sugar but we were never designed to take in so much fructose. Our consumption of fructose has gone from less than half a pound per year in 1970 to 56 pounds per year in 2003.”

Etc. do listen to the Podcast or obtain the full transcript!



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