

P.S.A. NEWSLETTER

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PROSTATE CANCER
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PROSTATE(CANCER) SUPPORT
AWARENESS



ADELAIDE GROUP
Providing support for men with Prostate
Cancer
and their families

www.psaadelaide.org

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Report on the April 2004 Meeting

Held at the Burnside Hospital on Thursday 15th April 2004.

Thank you to our sponsors: Abbott Australasia, City of West Torrens Council and to
THE BURNSIDE HOSPITAL for the use of their Lecture Room.

Chair: Barry Oakley.

30 Members present.

Special Guests: Barry welcomed special visitors **Rob & Ruth Douthwaite** from the Penrith Prostate Support Group, N.S.W. Rob is the Chairman of that group which has 100 members. He gave us a run down of the group's activities and mentioned that he had undergone Brachytherapy treatment by Dr. Phillip Striker. He was in hospital for only one night and was going along O.K. with few side effects, but strongly recommends that anyone contemplating this procedure should practice pelvic floor exercises BEFORE having the treatment.



Rob told us that he was over here in South Australia to take part in a Morris Minor & vintage car rally throughout the Barossa Valley over the Easter Holidays. Except for a bit of a squeeze for himself and Ruth in the Morris Minor, the rally went off pretty well. This shows that there's plenty of "get up and go", still left in us old codgers. Reg gave Rob 6 sets of the Mr. Phip (Prostate Health Improvement Program) papers, 2 Prostak Magazines and the last two copies of our Newsletter. From now on we will exchange our Newsletters with those of the Penrith Support Group. **Best of luck to all members of the Penrith Group.**

Apologies: Gerry & Cynthia (Gerry is still on the sick list), Jeff & Theban, Trevor & Coralie, Jim & Elaine, Melissa, Eric and Brian and Rhonda.
Get well soon Gerry & Eric .

New Members: Welcome to Leon and Dianne.

We regret to announce the passing of two of our members. They are Reg Brook and Richard Humphris. Our sympathy goes out to their wives and families.

Correspondence:

From the P.C.F.A. re the recent launch of their "**Peeball**" campaign. There's more about this later in this Newsletter. From the Department of Human Services acknowledging receipt of our **application for a \$600 grant** under the Community Grants Program for Seniors. The successful applicants will be advised later this month. Let's keep our fingers crossed.

Letter from Mrs. Maureen Humphris thanking us for the support given to her late husband.

Newsletters were received from the following P/C Support Groups:- The Gold Coast, Cobram, Maroondah, The North East Group, The Barossa Valley, Onkaparinga, Bundaberg, The Jacaranda Lodge, & the Royal North Shore Hospital. We also received newsletters from the Prostate Cancer Action Group (SA) Inc. and Medicines Talk.

We also received 25 copies of the Cancer Council South Australia Newsletter that is now called "**Mosaic**". Our Internet web site gets a mention, as does Barry Oakley's book "**Life's in the Pink**". Copies of the newsletter are available in our Library. It looks pretty good and is well worth reading.

Internet Web Sites:

The North East Support Group is now on the Internet and has a web page. The site is www.pcagsa.org.au/pages/psane.htm Our own **Adelaide Group's** web site is www.psaadelaide.org and has now been up-dated with our March and April Newsletters on it. Check it out. You'll be surprised how much information is on

our site. Other local sites are **The Prostate Cancer Action Group (SA) Inc**, on www.pcagsa.org.au **The Onkaparinga site**, together with their Newsletters is on www.pcsog.org

Many thanks to Ian Fisk, our Webmaster, for helping to establish these sites & for keeping them up-to-date. Over the last 8 or 9 weeks, over 350 people have logged onto our site. We hope that they have learnt something. Whilst on the internet, have a look at the PCFA new "Peeball" site. It is on www.peeball.com.au

Name Tags: Our thanks goes to Brett Fry for donating 100 plastic clip and pin name tags to us. Pam Fisk will now go through all our old tags and replace any battered ones. Thanks Pam.

Relay for Life Fund Raiser. The recent "Relay for Life" fund-raiser event held at the Santos Stadium was a great success. Our meeting resolved **that we donate \$25 to this event** and Reg will send off a cheque to the Cancer Council SA, as soon as possible.

Prostate Cancer Awareness Evenings: The recent Prostate Cancer Awareness Evening conducted by the Prostate Cancer Action Group (SA) Inc, at **Woodville**, attracted 68 people and proved to be a great success. This really proves the point that men are now seeking a lot more information concerning prostate cancer, and that these Awareness Evenings are greatly appreciated in the community.

The Action Group in conjunction with the Riverland P/C Support Group, will hold another Public Awareness Evening between 7pm and 9.30pm on Tuesday 4.5.04. It will be held at the Berri Club, Old Sturt Highway, **Berri**. **Dr. James Aspinall**, Urologist, will be the key-note speaker. Two P/C Survivors will talk of their experiences and there will also be a **Discussion Panel**. Phone 8582 2899 if you would like to go to the meeting.

The Association of Prostate Cancer Support Groups (SA) Inc:- The Chairman, Gary Bowes, has advised that there is a bit of a hold up in getting the Association recognized for taxation deduction purposes. It is hoped that things will be sorted out by June. Another snag has also cropped up in getting someone to print 3 or 4 thousand 2colour brochures for the Association. The Cancer Council SA printed 300 black and white brochures (thanks Ann Milne) and Reg printed another 250, all of which have been distributed. Thanks Ian & Jeff for folding them. **Here is an Urgent Message from Gary---Does anyone know of a good, generous & kind hearted printer who might like to come to the party and print (in three colours) these brochures for us?** We will supply the A4 paper, and list them as a sponsor. If you know of anyone, give Gary a call on 8261 1004 (A/H), or Reg on 8298 8040.

Ms. Kate McGreagor – Prostate Cancer Thesis: Kate is a university student who is doing **a thesis on the positive coping strategy involving the well-being of prostate cancer survivors**. Kate came along to our meeting and would like to know if there is anyone who would like to talk to her and complete a short questionnaire. If so, members can ring her on 8331 8864 and organize an interview or have the questionnaire sent out. The main criteria is that members must have had a medical procedure and have been in remission (or no increase in their PSA reading) for 12 months. Kate was able to secure some volunteers at our meeting and no wonder, Kate is a living doll.

Dinner Dance Fund Raiser Night: Ms Simone Caruana has asked us to announce details of a **Dinner Dance Fundraiser Night** that she is organizing to raise money for Cancer Research. It will be a 4-course meal with floor shows and other entertainment throughout the evening. It will be held on Saturday the 17th July commencing at 6.30pm in the San Giorgio Community Centre, Henry Street, Payneham. The cost is \$45 per person. For more information and tickets please ring Simone on **0401 399 496**. Sounds like it will be a great night!

Phenoxidial – A promising drug to fight Advanced Prostate Cancer: Here are extracts from reporter Sophie Scott's A.B.C News Item "News on Line" dated 31.3.04. Doctors have released the findings of a study into an Australian designed drug called "**Phenoxidial**" which it is hoped, will be successful in **treating late stage prostate cancer**. It is based on a plant compound that has been shown to have anti-cancer properties. Perth Urologist, Dr. Robert Davies, gave the drug to 24 patients. After 3 months, 2 patients showed stabilised levels and 6 showed a decrease in PSA levels. The drug was equally effective in helping patients with advanced **ovarian cancer**.

Reg rang the phone number listed below and was told that the drug is undergoing clinical trials and is not on the market at present. This may happen in two or three years, depending on the outcome of the trials. For those members wanting more information, phone the **Trials Co-ordinator on Ph. No. 1300 789 709**

What is a Peeball? Yes, Peeballs are here!



The Prostate Cancer Foundation of Australia has borrowed a unique money-raising game from England in order to raise funds for Prostate Cancer Research. It is hoped that **\$500,000 will be raised from the sale of Peeballs in pubs and clubs throughout Australia**. Costing only \$3 each, \$1 from every sale will go to the P.C.F.A. **What is a Peeball?** Well they are about the size of a large marble and are made of a harmless biodegradable powder that dissolves when coming into contact with urine. The game requires a total re-think of the male code of urinal etiquette as the idea is to see which bloke can dissolve the balls the fastest when placed in the pub's urinals (Crikey! That sentence doesn't sound too good does it?). The serious side is to high-light prostate cancer, and men with a weak urine flow should hot-foot it down to their local G.P. to get their plumbing checked out. A feeble flow may indicate that something is wrong somewhere. The **peeballs** are on sale in Pubs & Clubs **supplied by Carlton & United Breweries**.

Stop Press

The first meeting of the New **Salisbury Prostate Support Group** will be held on Monday May 3rd between 7pm and 9pm at the Salisbury West Community Health Centre (off Windzor St), Hollywood Boulevard, Salisbury Downs. For further information phone 8281 7644 and ask for Chris Duff-Tyler.

Customs officer at the airport asked Paddy if he had anything to declare. "No, only this bottle of holy water from Lourdes." The officer was interested and asked to see it. When Paddy produced it the officer removed the cork and put his nose to the bottle. "That is not water," he said grimly. "That is whisky." "Mother of God!" exclaimed Paddy, "It is another blooming miracle!"



Library News:

The Cancer Council South Australia, has donated the following videos to our group:- 5 copies of "**A guide to the Treatment of Localized Prostate Cancer**", and 5 copies of "**A Guide to the Treatment of Advanced Prostate Cancer**". Many thanks to Kathriye Strassnick for organizing this for us. The videos are available to other SA Support Groups by phoning Kathriye on 8291 4111.

Andrology Australia has donated 30 new books that will interest members. They are 10 copies of "**Prostate Enlargement in the Older Male**", 10 dealing with "**Erectile Dysfunction**", and 10 about "**Testicular Cancer**". Any other P/C Support Groups, both here and interstate, can obtain free copies of these books by phoning Andrology Australia on 1300 303 878. Thanks Andrology Australia and in particular, Vanessa Fleming-Baillie, the Administrative Officer. We have also bought 6 copies of Barry's book "**Life's in the Pink**" & these are now in our library. See John Mayes if you want to borrow any of the above copies. You can download Acrobat Reader files of their newsletters from www.andrologyaustralia.org.

Extracts from "The Gold Coast" Newsletter April 04. Thanks to Don Baumber and James Stanfield.

Prostate Cancer hope Herald Sun (Melbourne), 18/3 p30

Recurrence of cancer after a diseased prostate is removed is not necessarily as dire as doctors once believed, and External Beam Radiation Therapy (EBRT) could save the lives of many men with such a condition, a study found. Until now, doctors believed that certain ominous signs, including rising levels of PSA in a blood test, usually meant that the cancer had not only returned but had spread to other parts of the body and was incurable. But the study suggests that many of these men can be cured with radiation therapy localised to the pelvis or prostatic bed because the cancer has not spread.

Fat drug found to retard prostate tumour growth Age 16/3 p5

American scientists believe a drug commonly prescribed to treat obesity may also inhibit the growth of prostate tumours.

The scientists compared normal prostate cells with prostate cancer cells grown in mice. They discovered that the latter are affected by increased activity of an enzyme known as fatty acid synthase - the final enzyme in the body's cellular conversion from carbohydrates to fat.

They identified the anti-obesity drug orlistat as an inhibitor of the enzyme, and administered orlistat to mice carrying prostate tumours. The drug was able to inhibit the tumour growth.

The findings from the Burnham Institute, a medical research centre in California, appear in the journal *Cancer Research*. (Are you man or mouse?)(Len Robbins has USA Oncology info on Statins related to cancer)

PSA test alone may miss tumours Australian Doctor, 20/2 p4

Doctors screening for prostate cancer with a PSA test alone risk missing tumours by failing to perform a rectal examination, researchers say.

More than half the time screening was performed, PSA testing was done without an accompanying digital rectal examination, according to a study of 600 men published in the Archive of internal Medicine (9 February). Up to 17% of cancers occurred in men with a PSA level less than 4.0ng/mL and were picked up on examination alone, the researchers said.

“Digital rectal examination is most important in those with “normal” PSA level, because individuals with an elevated PSA level receive, presumably, further examination,” they wrote. Guidelines from the NHMRC Australian Health and Technology Advisory Committee and the Australia Cancer Society recommend that screening - with rectal examination and a PSA test - should be made available after appropriate counselling to men aged 50-70 with at least 10 years life expectancy. However, population screening of asymptomatic men is not recommended. The researchers said a possible reason for omission of a rectal examination included the perception that PSA testing was superior and that examination would not add to it.

Member for Canberra, Annette Ellis Canberra Times, 6/3 p1 +West Australian p11

Member for Canberra Annette Ellis has been diagnosed with breast cancer and will stand down from Labour's front bench for the next four to eight weeks to undergo treatment. Labour leader Mark Latham made the announcement yesterday, saying Ms Ellis, 57, had requested privacy at this time.

Ms Ellis's cancer was detected through a routine mammogram and "**highlights the importance of good accessible screening programs**", Mr Latham who in 1998 was diagnosed with testicular cancer after a check-up, said. "While this is a serious illness, it has been detected early and the prognosis is encouraging," he said.

Eat your Way to a long life Sunday Mail (Brisbane), 7/3 p52

Forget the facelift and ditch the pricey skin-care products - the fountain of youth lies in your local fruit and veg shop. A Californian doctor has pinpointed 14 "superfoods" that slow the signs of ageing and help people live longer.

The foods - beans, blueberries, broccoli, oats, oranges, pumpkin, salmon, soy, spinach, green and black tea, tomatoes, turkey, walnuts and yogurt - all contain vitamins and minerals that protect against some of the health threats facing older people.

They include prostate, breast and bowel cancer, as well as obesity and its related disease, diabetes.

Plastic surgeon Steven Pratt compiled the list of superfoods after studying the eating habits of patients over 20 years.

He said that together they achieved the highest levels of vitamin, fibre and disease fighting chemicals, and could keep skin taut. Each food must be eaten at least four times a week for best results.

A leading trainer was given an eye test and presented with a pair of glasses. The optician said they would cost \$300.00. "Too much," cried the trainer. "They are bi-focal", said the optician. "I do not care if they are by Phar Lap. It is too much."



The jokes have been lifted from The Maroondah P/C Support Group's March 04 Newsletter.

John Mayes then gave us a talk on “Foods to Combat Prostate Cancer and Recipes.” There are a number of copies of John’s lecture & recipes in our library. At the conclusion of his talk, Barry presented him with a bottle of the very best of Wolf Blass’ red. We appreciate the work John put into his lecture and for the amount of information he has placed in our library. Everyone at the meeting was given a print-out containing a number of his recipes & details of his talk.
Thanks John.



**Dietary approach to combating Prostate Cancer.
Speaker- John Mayes, PSA Group Librarian.**

John quoted a number of specialists working in the area of Prostate Cancer treatment to emphasise that those who have CaP cannot just sit back passively and expect Medical treatment alone to halt or slow the progress of your CaP. Life style changes, changes in diet and taking responsibility to take on ‘the fight’ yourself, all can make a big difference to the outcomes. Basically you cannot ‘fight CaP by proxy’. The speaker pointed out that after a Radical Prostatectomy with a poor prognosis and no other orthodox medical treatment, more than four years later, he still has an undetectable PSA. He believes that what he has done for himself has made a difference and thinks that there are grounds for believing that his Urologist and General Practitioner think so too. Obviously everyone is different and adopting exactly John’s dietary approach, cannot be guaranteed to necessarily be effective. On the other hand two Research Abstracts recently to hand, do suggest that the manner and quantity of carbohydrate ingestion and its impact on insulin levels are associated with the progression of CaP. John’s dietary approach is primarily aimed at controlling the rate at which carbohydrate is digested and its quantity as a means for controlling the level of Insulin in the blood.

John used a simplified diagram to try and explain the biochemical pathways that stem from high Insulin levels which can create a cascade of products that aid the progression of cancer cells.

The Research Abstracts referred to are:- 'Clinical, haemodynamic, anthropometric, metabolic and insulin profile of men with high-stage and high-grade clinical prostate cancer.' By Hammarsten J, Hogstedt B. from Dept Urology, Central Hospital, Halmstad, Sweden. In – Blood Press. 2004;13(1): 47-55, 299 men were studied. Also (Abstract 1217) 'Dietary Fat and Carbohydrates : Role in Prevention of Prostate Cancer Progression in TRAMP mice.' This study was undertaken at the University of Alabama by a group led by Ada Elgavish PhD. And released by the 'American Association for Cancer Research' 27/10/03.

Basic Dietary Rules & Tricks.

There are four basic points that one needs to keep in mind as a basis for your anti-cancer diet:-

1. *Insulin control.* You need insulin to survive, but excess insulin leads to a wide range of disease conditions. Elevated levels of insulin lead to a high production of eicosanoids that are deleterious to your health. This is done by controlling the protein to carbohydrate ratio of every meal in order to maintain appropriate insulin levels.
2. *Calorie restriction* without hunger or deprivation. It boosts the effectiveness of the immune system as well as slows down the ageing process that is associated with many chronic diseases.
3. *Supplementation with Fish Oil.* This ensures sufficient EPA to help inhibit the enzyme that helps create the Arachidonic Acid that is the precursor for many of the dangerous and harmful eicosanoids.
4. *Maintain as high an anti-oxidant status* as possible through the judicious use of supplements and choosing low density carbohydrate sources and ensuring that fruit and vegetables chosen are rich in anti-oxidant, anti-cancer compounds and ideally have a significant fibre content. A good rule of thumb is that the more colourful the vegetable or fruit, the higher anti-oxidant composition it is likely to have.

Rules :-

1. Never consume more low fat protein in one sitting than one can fit on the palm of your hand. It should not be thicker than the palm of your hand. Sufficient protein should be consumed at every meal. More protein than that stated, cannot be effectively used in maintaining your lean body mass moreover excess protein will be stored as fat. Eating less protein will be to subject yourself to protein malnutrition.
2. Let most of your carbohydrates come from fruits and vegetables and use grains, starches, pasta and bread in moderation. Why? Because fruits and vegetables are low-density carbohydrates. Any one can eat one cup of pasta, but it's hard work to eat six cups of steamed broccoli. Yet both contain the same amount of carbohydrates. The broccoli has large amounts of fibre and water which dilute out the carbohydrate. In addition the fibre, (especially if it is soluble fibre), in low density carbohydrates helps slow down the rate of entry of carbohydrates into the blood stream., thus lowering insulin secretion. On the other hand, grains, starches, pasta etc. are very high density carbohydrates – which means it is very easy to over consume them even if a few of them do have a low Glycaemic Index, that is they are digested slowly.
3. Ideally eat small meals throughout the day. A well balanced and appropriate meal should enable you go for 5 to six hours before feeling hungry. It is also a good idea to have a snack of approximately 100 calories just before you go to bed to comfortably take you through the night.
4. Our bodies need some fat – nutritionists do not talk about 'essential fatty acids' for nothing. On the other hand Myer cites a study of prostate cancer victims who had a PSA doubling time of 5 to 6 months, and just by dramatically cutting down on fat consumption, extended that PSA doubling time to 17 to 18 months. Just this stratagem alone, if you are of advanced years, could possibly make the difference between dying because of prostate cancer or dying of old age. Obviously it is impossible to cut out all fats, however it is important to know that mono-unsaturated fats do not affect insulin levels nor do they affect the production of eicosanoids. On the other hand, saturated fats, poly-unsaturated fats such as linoleic acid – one of the Omega 6 family of fatty acids, as well as trans fats, need to be curtailed in one's diet as much as possible. Linoleic acid is found in most animal fats as well as a lot of fats of vegetable origin. The long chain omega 3 fatty acids such as EPA and DHA from fish are very important and should be consumed as much as possible however as it is so difficult to get large amounts – over consumption of these is unlikely to be a problem. Olive Oil, avocado, almonds, cashews, macadamia nuts and pistachio nuts are all good sources of mono-unsaturated oil. Sufficient fat of the right sort not only helps the flavour of cooked food but also slows down the digestion of carbohydrates in that food. Approximately 30% of my energy needs comes from fat. This might seem a lot of fat however as fat contributes a high number of calories per gram to the diet, only quite a physically small amount of fat is needed to make up this proportion.
5. To approximate the correct proportions of carbohydrate and protein, imagine your protein (using the palm of hand rule) occupying one third of your plate with the remainder of the plate being filled with low density vegetables and/or fruit. Sometimes it may be necessary to be more exact. I get approximately 30% of my calories from fat, 30% from protein and 40% from carbohydrates. If one thinks of these percentages in terms of weight, it would

equate to fat –3 grams, protein-7 grams and carbohydrate-9 grams. One can think of these quantities as one ‘block’ of fat, protein or carbohydrate. Obviously it is not quite as simple as this. 28 grams of Whey Protein equates almost exactly with four protein blocks however it would take roughly 120 grams of meat to equate with 28 grams of pure protein. The same complications apply to carbohydrates.

Tricks for slowing the digestion of carbohydrate :-

- [a] Teach yourself about the Glycaemic Index of various foods [the rate of digestion] – start with the foods you normally eat and start determining what is just too high a GI to continue eating, what is perhaps acceptable regarding GI but is just too dense to continue eating in the quantities that you are accustomed to. [Too many calories] Too much of even relatively low GI food will still get too great a release of insulin.
- [b] Identify low GI, low density vegetables and fruit that you have not been eating enough of and make the decision to change your eating habits.
- [c] Be aware that the least processing the better. Some of you are into juicing. You get all the goodies in terms of anti-oxidants and enzymes etc. however as the cellular walls of the fruit and vegetables that you use have been pulverised, it makes it much easier for the juice to be digested. In other words you have increased dramatically the Glycaemic Index [and hence the insulin response] of the various fruits and vegetables that went into the juicer. It is much better to eat those fruit and vegetables with a suitable quantity of protein. Your chewing cannot pulverise food to such an extent.
- [d] Use of a judicious amount of fat [ideally mono-unsaturated] in cooked food or with raw food will help slow the digestion rate.
- [e] Consumption of two to three heaped spoonfuls of Psyllium Husks in water about 20 to 30 minutes before a meal, will provide a good input of soluble fibre that will slow digestion of the meal to follow. It will also ensure that you are wonderfully ‘regular’.
- [f] Drink Green Tea before, during and after your meal. It will not only tend to slow down the action of the amylase enzyme in your saliva in starting the digestion of starchy foods, it will also aid in the digestion of fats but also increase the efficiency of insulin in your body by a factor of up to 16. In other words, your pancreas will not have to produce so much insulin in order to ‘push’ your blood sugars into your cells. And if you have less insulin you will have less activation of the enzyme that helps create Arachidonic Acid which produces all the compounds that are so helpful to cancer cells. Of course Green Tea has a role in inhibiting many of the enzymes that that help produce those dangerous compounds.
- [g] Stop right now that ‘sweet tooth ‘ of yours. It is killing you gently but also killing you fast. Adding sugar to food does not help at all. If any food contains glucose, it will go straight into your blood stream without any need for extended digestion at all. Glucose tends to be the preferred base for the anaerobic glycolytic energy pathway for cancer cells. Soft drinks should not be part of your diet. Abstinence is the only way to deal with these carbohydrates.
- [h] Be aware that 75 to 80 % of the food area of Super Market shelves, are stocked with highly processed carbohydrates, many of them with significant amounts of saturated fat and trans fats to give them a long shelf life. The processing has often removed or destroyed many important nutrients. In addition there is a whole Advertising Industry out there, very skilled in getting you to feel that you need to buy such products. The costs of production for these products are relatively low and the profit margin very high. Changing what and how you eat will not be easy!

A sample of suitable Recipes were also provided. Also eight Folders that elaborate further were made available for loan.

If any members are prepared to commit to the dietary approach [It is a significant and life-long commitment to change], the Speaker is prepared to consult, advise or coach as needed.

News Snippets from “The Advertiser”

Grants for cancer groups

TWO grants of \$10,000 will be awarded to community groups involved in supporting women with breast cancer.

The National Breast Cancer Centre yesterday announced the grants to be given to groups with pioneering ideas on improving access to health and support services for women with breast cancer, particularly in areas where access to care can be difficult.

For details visit breast.health.com.au/pinkpony

24.3.04

Snakes help cancer fight

RESEARCHERS in Adelaide have found a snake venom compound with the potential to destroy the blood supply to malignant tumours.

University of South Australia scientists are using a venom component which has been shown to damage blood vessel cells without harming surrounding healthy cells.

Associate Professor Tony Woods, from UniSA's School of Pharmaceutical, Molecular and Biomedical Sciences, said snake venom research was under way worldwide but his research had uncovered a compound that could be used in very low concentrations.

UniSA snake venom specialist Dr Michael Venning said the drug that resulted from the research would be artificially replicated, rather than relying on mass milkings of snakes.

31.3.04

A toast to good health.

TALK around the dinner table turned to the unthinkable last night.

This year's fundraising dinner for The South Australian Medical Research Trust, *Bubbly Epicurean Delights*, focused on directing funds to research into breast cancer- and prostate cancer.

"It's only in the last few years that men have become aware of their risk in contracting prostate cancer," says the trust's general manager, **Annemarie Hoffmann**.

Invited guests at the Marino Bistro, Holdfast Shore, included design duo **George Gross** and **Harry Watt**, restaurateur **Jack Psellos** and wife **Irene**, and ETSA Utilities chief executive and Adelaide United president **Basil Scarsella** and wife **Rita**.

1.4.04

Bone risk shift to men

OSTEOPOROSIS is a growing problem for Australian men, scientists have warned, after finding hip fracture rates for men under 70 have almost caught up with those in women.

Osteoporosis education has focused largely on older women, who are at increased risk after menopause because of the effect of changing hormone levels on bone density.

The latest finding, however, indicates prevention and treatment efforts should shift to concentrate on middle-aged men as well as women. A 12-year study showed one-third of Australia's bone density-related hip fractures are suffered by men.

\$3.3m cancer funding

THREE of the nation's leading cancer research institutes will share in \$3.3 million in funding announced yesterday.

Australian Cancer Research Foundation chairman Tom Dery said the Garven Institute in Sydney, Melbourne's Peter MacCallum Cancer Centre and the Institute for Molecular Bioscience in Brisbane would benefit from the research funding.

"Our 2004 funding for three major research projects, is part of our ongoing commitment to invest in the world-class work now taking place at Australia's foremost cancer research centres," Mr Dery said.

31.3.04

New drug beats Viagra

VIAGRA is no longer the drug of choice for men suffering erection difficulties.

A US study published today pitted the little blue pill against its rival yellow pill, Cialis, and found 73 per cent of men preferred Cialis,

While Viagra needs to be taken an hour before sexual activity and lasts up to four hours, relative newcomer Cialis can work within 16 minutes and lasts up to 36 hours.

The study, published in the *European Urology* journal, was conducted by German urologists and the UCLA School of Medicine, in California.

25.3.04

Cold virus fights skin cancer cells

ONE of the viruses responsible for common colds might be capable of destroying the deadly skin tumours known as melanomas.

A team led by Darren Shafren of the University of Newcastle in New South Wales, Australia, has shown that a type of Coxsackie virus kills melanoma cells but leaves normal cells untouched. The virus targets the tumours because the surfaces of the melanoma cells have large numbers of the proteins the virus uses to get into cells. When the virus was injected into mice with human melanomas, the tumours disappeared within a month, the team reports in the January issue of *Clinical Cancer Research*.

Shafren's team is now gearing up for a safety trial in patients with terminal malignant melanoma. The method will not work for people who are immune to the Coxsackie virus strain, which preliminary tests suggest make up about 15 per cent of the population. But such people could be treated with another cancer-killing strain the team identified.

Few natural viruses target tumours. Other groups hoping to treat cancer this way are creating genetically modified strains.

"The New Scientist" 17.1.04

A politician awoke after an operation and asked the nurse, "Why is the curtain closed? Is it night time already?"

"No" she replied. "But there's a fire across the street and we did not want you to wake up and think the operation was unsuccessful."

Boss to secretary, "Who told you that because I tried to kiss you at the Christmas party, you could neglect your work?"

Secretary, "My Lawyer."

"The Cobram" April 04 Newsletter. Thanks guys

This Newsletter was compiled & typed by Reg Mayes. John Mayes typed & supplied his lecture details. Ian Fisk, Jeff Roberts, & Reg printed & posted the Newsletter with the aid of Ann Milne at the Cancer Council South Australia. Ian re-arranged all news items into a better format on his computer. Photos also by Ian.

Our next meeting will be held at 7pm on Monday 10th May at the Burnside Hospital when Bob McKenzie will give us a talk on "Alternative Health Medicines". Roll up! Roll Up!