

P.S.A. NEWSLETTER

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

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Support Group
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Report on the February Meeting.

Held at the Burnside Hospital on 22nd February 05 and Nov 04 BBQ

Thank you to our sponsors: Abbott Australasia Ltd., City of West Torrens Council, the Burnside War Memorial Hospital, Aventis Pharma P/L, PMP Print and the Arte Grafica Printing Pty. Ltd.

The next meeting will be held on Monday 21st March '05 commencing at 7.00pm when Dr. Peter Sutherland, Head of the Urology Dept. at the R.A.H., will speak on the latest techniques to control prostate cancer and the Robotic Surgery now being done at the R.A.H. It will be an illustrated lecture. Roll up! Roll up!

Report on the February Meeting:

Chair: Barry Oakley

Members present 50

Apologies : Kate (Aventis Pharma), Jeff, Noel, Dennis.

New Members: A big welcome was extended to new members Don & Glenys, John & Gabby, Stephen, Carl & Pat, Peter & Rosemary, Brian & Lyn, David & Helen and John & Jan. Each new member gave a short talk as to where they were at with prostate cancer.

We're starting off the New Year with some really good news

The Association of Prostate Cancer Support Groups (SA) Inc. **has received: a \$1,500 cheque from Aventis Pharma.** The Association Chairman, Gary Bowes, said he will arrange the distribution of about \$200 to each of the six groups in the Association viz., Adelaide, Onkaparinga, North East, Barossa Valley, Pt. Pirie and Berri. The balance of \$300 will go to the Association as they do not have any funds at the present time.

Some good news came from Reg who said that he has **just received a cheque for \$500 for our PSA (Adelaide Group)** from the West Torrens Council's Community Grants Program. This money will go towards the production of our monthly Newsletter, cost of A4 paper, and postage costs to some 280 members. At the moment these costs amount to about \$190 per month. Many thanks West Torrens Council!

Election of Officers for 2005:

The following officers were unanimously elected for the forthcoming year:-

President – **Gerry McCreanor**. Vice President – **Barry Oakley**. Secretary/Treasurer/Newsletter Editor – **Reg Mayes**. Research Librarian – **John Mayes**. Webmaster/Assistant Newsletter Editor & Photographer – **Ian Fisk**. Name-Tag Secretary - **Pam Fisk**. Newsletter Production Team Members – **Jeff Roberts and Paul Ferrett**.

Acting President, Barry Oakley, thanked all the office bearers for their untiring efforts during 2004 and wished the Committee continuing success for 2005.

Barry also said that it was pleasing to see our President Gerry and Cynthia come along for the night and wished Gerry every success with his current radiotherapy treatment. Gerry thanked Barry for standing in for him for most of the year and also thanked the Committee for their work. He told us a few jokes to keep the show rolling along a bit – **Goodonya Gerry!**

Grants for Seniors 2004-2005:

Applications from volunteer organizations for grants from the above program are now open and these close on 18.3.05. Any S.A. volunteer groups who are interested should obtain more information and an application form by e-mailing this address:- cheryll.may@dfc.sa.gov.au or ring 8226 6944. Funds are not available for recurrent expenses such as postages, or Newsletter production costs. They are mainly directed towards special one-off projects and new equipment etc. It does no harm to find out about this State Government funded program designed to assist small volunteer organizations.

The Freemason's Art Exhibition – 15th to 17th April '05:

Ray Nicholson was good enough to come along to our meeting and speak about the forthcoming Freemason's Art Exhibition which will raise funds for prostate cancer research and also for the Cancer Care Centre Inc., Unley. The project is called "Secret Men's Business". They hope to raise a sizeable sum from the project, and if successful, this could become a bi-annual Art Exhibition.

Twelve top aboriginal artists have been invited to display their work. Also, about 500 other paintings will be on display and most will be for sale. The Exhibition will be held in the Great Hall of the Masonic Centre, 254 North Terrace, Adelaide, from 15th to 17th April, inclusive. Admission is free and catalogues will cost \$5. A total of \$4,500 in prizes will be awarded to the successful artists. Our PSA (Adelaide Group) has taken an advert in the Art Catalogue at a cost of \$60. This will mainly tell readers what we are all about and also advertise our web site: www.psaadelaide.org and other associated sites. We understand that 5,000 catalogues will be printed so we think this is a pretty good deal. Check our web site for more details about the exhibition. Ray also mentioned that the Cancer Care Centre Inc., at 76-78 Edmund Ave., Unley, has recently formed a Men's Support Group. Anyone interested should ring 8272 2411 for more particulars. Thanks Ray!

Andrology Australia:

Andrology Australia is an initiative funded by the Australian Government Department of Health and Ageing and is the Australian Centre of Excellence in Male Reproductive Health based at the Monash University, Melbourne. They have supported the Australian Prostate Cancer Bio-resource that received an NH & MRC grant in 2004 **to continue the network of prostate tissue banks that assist research into understanding how prostate cancer develops and progresses.**

We are very pleased to learn that the Federal Government is now taking an interest in men's health and recently made a grant of **\$4.3 million** spread over the next 4 years to Andrology Australia. Incidentally, their web site is <http://www.andrologyaustralia.org> **and last month the site received 400,000 hits. This is phenomenal – click onto the site and see what's going on!** While playing around on the internet, also **check out our own site on** www.psaadelaide.org You'll be surprised to see how much information is on it thanks to our Webmaster, Ian Fisk.

The Xmas BBQ at Chapel Hill:

At our **Annual BBQ** about 25 members had a great time on Graham Lyons property at Chapel Hill on 21.11.04. There was plenty to eat and drink but some of the red meat looked a bit unhealthy for those on diets and prostate watch. However, Xmas only comes once a year doesn't it? Quite a few members were taken around the property by Graham in his 4WD for a scenic drive. The quadricycle also worked overtime with guys and girls having rides.



We lined everyone up for an historic photograph per favour of Ian and it is reproduced here. We were going to line up Graham's 2 legged emu for a photo as well, but when it saw the BBQ burning and men with knives and forks cooking something on the hot plate which looked suspiciously like emu meat, **it took off and we haven't seen it since.** They tell me emus don't fly. Well don't believe it – this one did!



Many thanks to **Graham** for allowing us to use his property for the day, also thanks to **Les and Joy Belton**, and **Trevor and Coralie Hunt** for donating prizes for our raffles, also to **Keith and Joy Gobbett** for the \$20 towards the cost of BBQ expenses. It was certainly a **beautiful day in the Adelaide Hills** and I am sure that everyone enjoyed themselves.

Guest Speaker Mr. David Parkin

David gave members details of the problems he faced before deciding to travel to the Dominican Republic to have an High Intensity Focused Ultrasound (HIFU) procedure at a cost of \$20,000. He said that it was money well spent. His PSA was 6 before the procedure and is now down to 1.8 after only a few months. More information about this procedure can be found at <http://www.internationalhifu.com> The following is a short story compiled by David for the benefit of members. At the conclusion of David's talk, Barry thanked him for his interesting presentation and presented him with a bottle of the very best Wolf Blass Shiraz



ADELAIDE MAN PIONEERS NEW CANCER TREATMENT

Rose Park resident David Parkin was diagnosed with prostate cancer in July. Instead of accepting local medical advice to proceed with surgery, he flew to the Caribbean for a treatment unheard of in Australia - High Intensity Focused Ultrasound (HIFU).

"I didn't like the consequences of what surgery or radiotherapy offered," said Mr Parkin. "Statistically both have a high rate of success (no recurrence of the cancer for at least 10 years) treating early stage prostate cancer but the side effects are unattractive: 70% probability of impotence and up to 10% likelihood of incontinence. My wife Jayne and I searched the web to find the most promising new treatment for prostate cancer and we found it. I suffered no surgical trauma and I expect no adverse effects whatsoever."

Ultrasound has been used as a treatment for prostate cancer in some countries for the past 15 years. Its success rate has matched surgery and radiotherapy but the adverse side effects were similar. This latest highly technical version has been developed by cooperating research centres across USA, Europe and Japan. It allows the urologist to plan treatment under ultrasound image guidance, target the tumour and monitor the therapy with a single multifunction probe. The precision and flexibility of the treatment virtually eliminates damage to surrounding tissue.

The treatment is under clinical trial in USA and the urologist conducting the trials played a leading role in the development of the procedure. He travels regularly to the Dominican Republic in the Caribbean and to Mexico to perform the procedure offshore for USA patients not prepared to wait for mainstream USA approval.

"I managed to locate this urologist and had several conversations with him from Australia." said Mr Parkin. "In late September I met with him and his team in the Dominican Republic and underwent the procedure. The treatment was painless and any discomfort over the six weeks since has been negligible. My prostate has been effectively removed, but its shell remains and with it the intricate nervous system required to ensure potency. The outcome is better than the best nerve-sparing surgeon can hope to achieve without any of the trauma and prolonged recovery associated with surgery. The procedure does not require hospitalisation. It is so non invasive that patients were enjoying celebratory drinks around the hotel swimming pool only hours after treatment."

Mr Parkin is a business consultant with extensive experience throughout Australia and overseas. "The third world location did not concern me," he said. "I have lived and worked in environments similar to the Dominican Republic and I enjoy the people and the experience. I knew that these countries often take the opportunity to embrace medical skills and technologies ahead of the more conservative first world. The smartest thing I did was to consult widely in Australia before reaching a decision on treatment. Not only did I better understand the complexities of my condition and the range of treatments available worldwide, but I learned that in general the medical profession is unhappy with mainstream treatments and is deeply divided on which is the best of an unsatisfactory lot. My decision was based on simple logic."

"I am the first Australian to have the treatment. I was intrigued to learn that many of the early patients in Mexico and the Dominican Republic have been surgeons themselves."

"I arrived home to read that brachytherapy is now available in Adelaide. This is a procedure in which radioactive seeds are implanted in the prostate to directly target the tumour. But it is still a form of radiotherapy with similar inherent risks. Cutting edge prostate cancer treatment technology has moved from brachytherapy in the late nineties through cryotherapy (a process of killing the tumour with frozen gas chosen by Rupert Murdoch several years ago) to HIFU. My USA urologist is a leading authority on cryotherapy. In his view HIFU is vastly superior to any of these treatments."

Mr Parkin asked the HIFU team whether it could cope with an influx of patients from Australia if he publicised his experience. "We will expand the programme," said the urologist. "There are so many men undergoing dangerous and unnecessary surgery."

“Relay for Life” Fund Raising Campaign. Cancer Council, S.A.:

The Cancer Council, S.A., has advised that they are running their annual “Relay for Life” fund raising event at the Santos Stadium on 2nd and 3rd April. They are looking for teams to take part in the event. The registration fee for each team member is \$10. For more information, please ring their Relay Office on 8291 4154. The meeting decided to make a donation of \$25 towards the campaign. Come along to the Santos Stadium at 1.30pm on 2nd April, do a lap of the oval and join in the fun.

“Be a Man” Public Awareness Campaign:

The Australia wide campaign has now commenced with TV ads urging men to talk to their doctors about prostate cancer. **The Australian Pensioners Insurance Association will contribute one and a half million dollars over 3 years to run the campaign. The Prostate Cancer Foundation of Australia is also assisting with this project.** Chairman of the P.C.F.A., Ms. Patricia Watson, said the support was extraordinary and that recent research undertaken on behalf of the P.C.F.A. indicated that awareness is growing, but men are still embarrassed about the disease and are very reluctant to discuss it. This campaign aims to change that view, particularly amongst men over 50 yrs.

Information brochures have been printed and any prostate cancer support group requiring a supply of the “Be a Man” brochures, or further information, should ring the PCFA toll free number on 1800 220 099. The APIA is to be congratulated for generously supporting this very important project.

The Onkaparinga Prostate Cancer Support Group News:

John Shields has advised that the group will hold its next meeting on Wed. 6th April in the Noarlunga Community Hospital Board Room, Noarlunga Centre, from 6.30pm to 9pm. The speaker will be **Ray Nicholson** who will talk about his own battle with **Mantle Cell Lymphoma**. Ray gave the Adelaide Group his inspiring talk on 13.9.04 John said that any Adelaide members who missed his talk are more than welcome to come along to hear Ray. Ring John on **8325 8100** to register your interest and for further particulars. Seats are limited.

BILL Toop is helping to raise awareness of prostate cancer

A CUP of coffee and a cigarette for breakfast soon became a glass of freshly squeezed fruit and vegetable juice when Bill Toop was diagnosed with prostate cancer.

With some changes to his Lifestyle, positive thinking and surgery, the Clarence Gardens local beat the disease.

“One of the most useful pieces of advice I got in the early days was never accept ownership of a disease,” he says. “My prostate had a cancerous problem but I didn’t have cancer. I decided then that I would get rid of it and I did.”

Mr Toop was diagnosed with cancer in 1998, but now the 55-year-old has a clean bill of health.

“I tried a few natural cures for a start and it didn’t seem to have the desired result.”

“After 12 months I decided to go for surgery, which takes quite a while to recover from.”

The handyman can now focus on fixing up an old caravan he bought to put on his Clare farm as a “weekender”.

Prostate cancer is the second most common cancer in Australia after skin cancer.

Mr Toop, who is a member of the Prostate Cancer Action Group (PCAG), said men do not speak about their health issues as much as women.

“Men are much less likely to take an interest **in** their health,” he said.

“This is what our group is about - making people aware.”

The PCAG is holding an awareness evening on Wednesday, February 23, 7pm-9.30pm at the Mitcham AFA Bowling Clubrooms. 150 Belair Rd, Hawthorn. Details: 8277 3424.

ALISON MICHELL from the Messenger Feb 16 2005

Mitcham Awareness Evening

The Awareness Evening conducted by the Prostate Cancer Action Group at the Mitcham Bowling Clubrooms on the 23rd February was attended by 170 people. We were absolutely thrilled by the number which is the highest attendance of the 13 awareness evenings we have been involved in during the past 3 years. This confirms the necessity for evenings such as these (despite the views of a few).



PSA Adelaide Report on Nov 2004 BBQ and February 2005 Meeting

Our key speaker Dr Peter Sutherland, gave a short overview of prostate cancer and later in the evening gave a very interesting presentation on robotic surgery. He was the surgeon who conducted the first surgery with a robot in South Australia at the Royal Adelaide Hospital in November last year. Four of our Group also spoke, Dean Wall, Robert Kitto, Bill Toop and Gordon Frith. The speakers were well received by the audience.

A check of the evaluation forms completed by the audience showed a very favourable response to the evening. The venue was very good and our Group received great assistance from members of the Bowling Club. I have to say the number attending placed a big strain on our members and in particular I would like to commend Theban, Coralie and Vesna for providing the refreshments for 170 people.

Our Group certainly needs more members. If anyone is interested in being involved please contact myself on 8277 3424 or others members of our Group. There is great satisfaction in promoting prostate cancer to the community.

Jeff Roberts



News from “PROSTATE SA”

“It would appear that South Australia is in a very good position to take a leadership role in both the care and research into prostate disorders in Australia.

Clinically, brachytherapy is now established in both the private and public sector. A state of the art Da Vinci robot has been commissioned at the Royal Adelaide Hospital and for the first time we have seen evidence that chemotherapeutic agents can now have a beneficial effect on metastatic prostate cancer.

The team at the Repatriation General Hospital and also at the Hanson Institute have been collecting and storing prostate tissues with clinical follow up over many years and with support from the Australian Prostate Cancer Collaboration a major node will be established in Adelaide to further expand the collection and cataloguing of prostate cancer. There is also considerable activity in South Australia in basic research, epidemiology and education – most of this work has a profile at a national and international level. Often, however, even though we are all in the one geographic area, we are not necessarily aware of what other people are doing and also we lack funding and staff to facilitate and coordinate interactions between scientists, clinicians and the community. It has therefore been proposed that because prostate disorders are such a significant issue as far as men’s health is concerned, that we need to establish an organization that will involve all who are involved in research, treatment or suffer from prostatic diseases and for us all to work together to try to obtain further resources from Government, industry and the community to try to further advance our knowledge and treatment, particularly of prostate cancer. The other advantage would be that if we can get a cohesive organization established, it will be able to network with similar organizations interstate to help formulate and develop national and international initiatives to improve the management of prostate cancer.

The interest in establishing such an organization was tested when some 60 clinicians, scientists and members of support groups from across Adelaide came together and they indicated their strong enthusiasm for the establishment of Prostate SA.

Already we have received support from the Urological Society, from industry and we are now endeavouring to establish a Board of Directors who hopefully will have strong links with industry and/or Government.

The aim of Prostate SA is to have as many individuals involved as possible and if you are interested in more information about Prostate SA or wish to be on our mailing list, please contact Amber Doyle, Dame Roma Mitchell Cancer Research Laboratories, PO Box 14, Rundle Mall, Adelaide, South Australia 5000. Phone 8222 3225, Fax 8222 3217 and email: amber.doyle@imvs.sa.gov.au”

Thoughts for today:

If man evolved from monkeys and apes, why do we still have monkeys and apes with us today? (I’ve often pondered on this perplexing question myself. - Reg)

Why is there an expiration date on sour cream? (The mind boggles!)

If you try to fail, and succeed, which have you done? (Only an idiot would try and fail wouldn’t they?)

If you ate both pasta and antipasto, would you still be hungry? (Now that’s a curly one for you.)

I went to a bookstore and asked the salesperson, “Where’s the self-help section?” She said that if she told me, it would defeat the purpose. (Some of these librarians can be pretty tricky, can’t they?)

One tequila, two tequila, three tequila, floor.....(Self explanatory!)

Diet to ward off cancer

HALVING the risk of developing prostate cancer could be as simple as tucking into a wedge of watermelon or tossing an extra tomato in your salad, Perth researchers have found.

A study by researchers at Curtin University of Technology has shown eating yellow, orange and red fruits such as tomatoes, watermelon and citrus, and vegetables such as red capsicum, pumpkin and spinach may reduce the risk of developing prostate cancer by up to 50 per cent.

The study by the School of Public Health looked at 404 Chinese subjects - some of whom had developed prostate cancer and others who had not. *Advertiser 21 12 04*

Jilted woman jailed

LONDON: A jilted woman who ripped off her former lover's testicle with her bare hands was jailed for 2½ years yesterday.

Amanda Monti, 24, flew into a rage when Geoffrey Jones, 37, rejected her advances after a party.

She yanked off his left testicle, tried to swallow it and spat it out, Liverpool Crown Court heard.

A friend grabbed it and handed it back to Mr Jones saying: "That's yours."

Videos:

Owing to Dr. James Aspinall being unable to present his lecture due to unforeseen circumstances, three short videos were shown dealing with the healthy benefits of green tea, details about advanced tests for cervical cancer and the amount of bacteria and excessive growth hormones in the chickens we eat today and their possible detrimental affects to our health. John Mayes spoke briefly on the benefits of green tea and suggested that packets of the larger sized tea leaves used for tea pots is superior to the smaller leaves used in tea bags. Both Twinings and Lipton market good Chinese green tea. Reg bought along 20 tea bags of Chinese green tea and most of these were sampled by members during supper. We have re-scheduled Dr. Aspinall to give his lecture on Monday 20.6.05

GET TESTED, SCREENED TO PREVENT PROBLEMS

There has been much in the news about the latest anti-aging solutions, from Botox to herbal creams. We are spending billions to make sure that our exterior looks good, but we are ignoring those things that will allow us healthy living for the rest of our lives.

While there is no agreement on the need for an annual physical, there are some things that you can and should do, particularly if there is a family history of medical problems. Let's look at some of the critical screenings that you should consider.

Men over 50 should have a prostate screening including a digital exam on an annual basis. The latest research suggests that it is not the PSA rating that is important, but sudden changes in that rate. OK, the exam is a little uncomfortable, but that is better than having prostate cancer surgery. Women at any age should have a Pap smear at least every three years if not on an annual basis. Some physicians are suggesting that women over 65 may not need an annual test, but that would depend on the risk factors. Women should also have a yearly mammogram and do monthly self-examination.

Men and women both need blood pressure measurements, cholesterol checks, diabetes screening. They do not have to be annual unless there is a history of hypertension or high cholesterol. With obesity and diabetes reaching epidemic numbers, it is worth a check.

If you are over 50 you need to start that dreaded colonoscopy or sigmoidoscopy examination which should occur every 5 years. While a little uncomfortable, they are painless.

from Prostate Cancer Action Group SA Feb Newsletter.

POEM FROM JOY

THE ILLNESS CAME, TIME STOOD STILL
WE COULD NOT TAKE THIS BITTER PILL
RESEARCH WAS DONE, OUR MINDS A MUDDLE
WE HUGGED AND CRIED AND TRIED TO CUDDLE
ONWARD THEN AT EXPRESS PACE
THE AWFUL OPERATION RACE
TO GET IT CUT TO GET IT OUT
WE ONLY WISHED TO STAND AND SHOUT
NOT ME NOT US YOU DREADFUL FATE
BUT GOD ALMIGHTY IT WAS TOO LATE
THE DEED WAS DONE THE DIE WAS CAST
WE DID IT ALL SO BLOODY FAST
THE SURGEON SAID "I'M SORRY MATE
YOU SURELY WERE A TAD TOO LATE
THE CANCER'S OUT IT'S SPREAD A SMIDGEON
SO NOW YOU ARE A GUINEA PIGEON
WE'LL TRY A FEW OTHER THINGS
MAYBE THEN LUCK WILL TAKE WINGS
AND CARRY YOU TO SAFETY'S SHORES
BUT **DON'T FORGET THE BLOODY OARS**".

BY JOY BELTON-KAPLAN



Joy

Healthy Honey

Here's the latest buzz: the honey you enjoy in your tea may be even more beneficial than you think. Honey contains enzymes, vitamins, minerals and antioxidants and has been used as a healing substance since ancient times.

In a recent study at the University of California, Davis, when researchers fed 25 people four or more tablespoons of buckwheat honey each day for 29 days, blood samples showed increased levels of compounds that help protect against cancer and heart disease.

But you don't need that much honey to get a benefit. Generally speaking, the darker the honey, the more antioxidants it has. The potency of honey's healing properties depends on the kind of flowers from which bees gather their nectar. So savour this sweet news.

Lucia Raatma from Readers Digest Dec 04

PERCY, CLARRY, BOB AND ME

Let me tell you about my intimate friends, Percy, Clarry and Bob. We have been together for nearly 3 years; together we have climbed mountains, visited distant shores and go to bed with my wife.

It all happened like this. Over four year ago I had a prostatectomy and in spite of lengthy physiotherapy remained moderately incontinent. Pads were bulky and annoying and very often were quite insufficient. In addition to the incontinence itself, the leakage of even a few drops would irritate the urethra and produce an overwhelming urge to urinate even though there was very little there. The time had come to seek an alternative approach in particular since maintaining physical activity was important to managing my cardiac condition.

While I was aware of artificial urinary sphincters (AUS), it was my GP who suggested that I should investigate them in more detail and put me in contact with one of his patients who had one. His very favourable experience and that of some others, together with some information from the internet and a discussion with one of my urologists all lead to a relatively easy decision. As with all surgery there are risks including the small risk that the implant might become infected and then have to be removed. There are some preliminary investigations to determine whether one is a suitable candidate for an AUS.

And so Percy, Clarry and Bob became part of me. Percy is the pump that is inside the scrotum, Clarry the cuff the fits around the urethra behind the scrotum and Bob is the pressure regulating bulb in the groin. The surgery to implant the AUS takes only a couple of hours with an incision under the scrotum and another in the groin. Almost no pain relief was necessary and the after effects of the surgery were minimal other than that I would put a prize bull to shame for a few days! The AUS was activated about 6 weeks after surgery to give everything time to heal, and was immediately effective. What bliss!

The AUS is easy to use but one really needs three hands! One hand to hold the body of the pump (it is about 30x20x10mm), one to squeeze the bulb and one to steer. To use the AUS one needs to get it all out and deep opening zips are important to prevent scratches to the sensitive skin. But no one has ever asked me why I am standing there squeezing myself! The AUS is not perfect and strong sneezes, stumbling or anything that presses on the cuff will cause leakage. Riding a bicycle or an elephant is probably not possible and some chairs are a problem. There is no sensation of having the AUS though one can feel the cuff just under the skin and obviously the pump in the scrotum.

How long will the AUS last? I hope for 5 years. The AUS could have a catastrophic failure such as a faulty valve, the saline in the AUS could slowly leak as the polymer used in its construction is slightly permeable, but also one's body changes with time and body muscles deteriorate with age. In time changes in the urethra and surrounding muscles and

PSA Adelaide Report on Nov 2004 BBQ and February 2005 Meeting

the loss of pressure within the AUS will result in it being less effective, and the stage may come when it needs to be replaced or some other approach adopted.

In my case the cost was covered by health insurance but probably the whole process costs \$12000-15000, mostly for the AUS itself. Given the excellent outcomes in retrospect I would have gladly paid all the costs.

There is a detailed article on the AUS at <http://www.emedicine.com/med/UROLOGY.htm> (remember that URLs are case sensitive) but it must be realised that medical practice varies between countries and overseas based information must be used carefully.

Ron Seidel

Exercise May Help Cancer Patients Recuperate

Jan 27, 2005 3:25 pm US/Central

CHICAGO (CBS 2) Low blood counts, lack of sleep, pain and stress often leave cancer patients with overwhelming fatigue during therapy.

As medical editor Mary Ann Childers explains, resting to conserve energy may not be the best remedy.

When Dick Yolevich is not poolside having coffee with his wife, he is inside working hard to fight fatigue.

I hope that my experience is indicative of what it's going to do for other people, says Dick Yolevich

The prostate cancer patient is in a study to see if exercise helps patients avoid fatigue during radiation treatments.

Doctors typically tell weary cancer patients to relax, take it easy. Now new research suggests the opposite.

What we actually see is if you can get up and get moving even just a little bit, there are some positive things that occur systemically in the body which actually can help alleviate some of that fatigue, says Karen Mustian, PhD.

Participants in the University of Rochester study include breast and prostate cancer patients who have been scheduled for at least 30 radiation treatments.

"The activities that we're having them do are considered very low to moderate intensity activities – walking, says Karen Mustian, PhD.

Along with some resistance training, even a little workout boosts his energy says Dick Yolevich . This is a fatigue that doesn't go away with sleep. It just hangs on and fortunately, I didn't experience any of that.

With results like that, the day may come when cancer doctors prescribe exercise as often as heart doctors.

I would say that probably in 20 years, you will see programs very similar to cardiac rehabilitation programs where it will be a common part of your treatment, Karen Mustian, PhD says.

Previous studies have shown that cancer patients with fatigue who are inactive can actually feel worse. As always, if you think you want to start an exercise program ask your doctor for guidelines.

Mary Ann Childers (© MMV, CBS Broadcasting Inc)

Grape Juice Raises 'Good' Cholesterol Levels

Drinking Grape Juice May Also Reduce Inflammation Linked to Heart Disease

By Miranda Hitti, Reviewed By Brunilda Nazario, MD on Friday, November 19, 2004

WebMD Medical News

Nov. 19, 2004 -- Move over, wine. Nonalcoholic grape juice may also be heart-friendly, raising levels of HDL ("good") cholesterol, according to a new study.

The findings are reported in a letter to the editor of the November edition of *Arteriosclerosis, Thrombosis, and Vascular Biology*.

The study was conducted by researchers including Jane Freedman, MD, associate professor of medicine and pharmacology at Boston University's medical school and was partially funded by an unrestricted grant from grape juice maker Welch's.

Freedman and colleagues studied 17 men and three women with previously diagnosed heart disease. Participants were 63 years old, on average. Ten had high blood pressure and four were current smokers.

The patients were taking standard treatments for their heart problems including aspirin therapy. Blood tests were done looking at their fasting cholesterol and good HDL values at each visit.

The participants were assigned to drink either purple Concord grape juice or a placebo beverage for 14 days.

(continue next page)

Association of Prostate Cancer Support Groups (SA) Inc.

The Association's Chairman, Gary Bowes has just advised that he has received a cheque for \$1500 from the SA Premiers Department to assist the various group members with their funding during the next 12 months.

A letter dated 7-2-05 from Premier Rann is reproduced here.

Gary also reported that the following persons have been elected to the APCSG Committee for 2005:- Secretary, Alan Hall, Treasurer & Public Officer Gerry McCreanor and Assistant Treasurer Brian Foreman. Gary will remain as chairman for the next 12 months.

Support and Advocacy Committee (SAC) of the PCFA. SA's two representatives were elected for the SAC were Trevor Hunt (PC Action Group) and Gary Bowes (APCSG). Tony Woolley and John Mayes will be approached to serve as deputies.

A big 'thank you' goes to the Premier's Dept., for their generous \$1,500 grant, and also another big thanks to Aventis Pharma P/L for their similar grant to the Association.

File No: 24088

Mr Gary Bowes
Chair
Association of Prostate Cancer Support Groups SA Inc
PO Box 308
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The Premier of SOUTH AUSTRALIA

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Dear Mr Bowes

Thank you for your application to the Volunteer Support Fund seeking a grant to benefit your volunteers and volunteer program. I wish to acknowledge the role of the Association of Prostate Cancer Support Groups SA Inc and the benefit it brings to the community.

I am extremely pleased that the Volunteer Support Fund provides the Government of South Australia with the opportunity to assist your organisation in providing these important services. I therefore enclose a cheque for \$1500 (including GST, if registered) from the Volunteer Support Fund in recognition of the significant role that the volunteers of Association of Prostate Cancer Support Groups SA Inc play in helping the community. Please also find enclosed a signed copy of the Grant Agreement for your records.

Please let me take this opportunity to thank you for the important services you provide and wish you every success in the future.

Yours sincerely

MIKE RANN
Premier

7/2/2005

Encl.

Grape Juice Raises 'Good' Cholesterol Levels (from previous page)

Afterward, they abstained from both drinks for 14 days. Finally, they repeated the test using whichever drink they hadn't already tried.

"Good" HDL levels "significantly increased" in participants when they drank grape juice, write the researchers.

Grape juice drinkers had HDL levels of 50 mg/dL, compared with almost 45 mg/dL in the placebo group. An HDL level below 40 mg/dL is considered a risk factor for heart disease.

The grape juice group also had lower levels of two indicators of inflammation: superoxide and soluble CD40 ligand. Inflammation plays a key role in atherosclerosis, or hardening of the arteries.

Soluble CD40 ligand is thought to contribute to the development of atherosclerosis and vascular inflammation, says Freedman in a news release.

Other indicators of inflammation weren't affected, probably because patients were already taking aspirin to fight inflammation.

(continue next page)

PSA Adelaide Report on Nov 2004 BBQ and February 2005 Meeting

The results suggest that alcohol-free grape juice might provide some of the cardiovascular benefits seen in studies of wine.

“There has been great interest in the possible benefits of drinking red wine for people with cardiovascular disease. But it has been offset, to a certain extent, by concerns about promoting alcohol consumption,” says Freedman in the news release. This has led to the exploration of non- alcoholic grape products.

This is the first study to show its positive effect on CD40 ligand, an emerging indicator of heart disease, even in people already on aspirin.

SOURCES: Albers, A. *Arteriosclerosis, Thrombosis, and Vascular Biology*, November 2004; vol 24: pp 179-180. WebMD Feature: “Know Your Heart Numbers?” WebMD Feature: “How Low Should Your Cholesterol Go?” News release, JMPR Associates, Inc.

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Tyre boss beats cancer

TYRE magnate Bob Jane says he has beaten cancer.

The 75-year-old says he feels fitter and stronger than when he was diagnosed with prostate cancer eight years ago.

“I could fight an alligator - 10 of them - no worries,” Mr Jane said yesterday.

He has shunned surgery and resorted to a strict diet high in antioxidants and vitamin supplements.

The former motor racing ace, who twice won at Bathurst, said he continued to live on fresh fruit and organically grown vegetables complemented by regular servings of deep-sea fish and fruit juices.

“I have regular blood tests to monitor my condition, which is very stable; there has been no deterioration in the past eight years,” he said. *From Sunday Mail 19-12-04*

P.S.A (Adelaide Group) Program for 2005.

Meetings at 7pm on the **third Monday** of each month (Feb to Nov), in the Lecture Room, Burnside War Memorial Hospital, 120 Kensington Road, Toorak Gardens. Tea, coffee & biscuits provided.

| Date | Speaker and Subject. |
|-------------|--|
| 21.2.05 | Mr. David Parkin. High Intensity Focused Ultrasound treatment for prostate cancer carried out in the Dominican Republic. Also the Annual General Meeting, Election of Officers. |
| 21.3.05 | Dr. Peter Sutherland –Head of the Urology Dept R.A.H. Illustrated lecture on Robotic Surgery at the R.A.H. |
| 18.4.05 | Dr. Ian Olver, Director of the Cancer Centre, R.A.H., - Illustrated lecture on prostate cancer, Treatments, clinical trials and hormonal treatments. |
| 16.5.05 | Please note that this is a public holiday (Adelaide Cup Day) but we will be having a meeting as an open discussion amongst members. |
| 20.6.05 | Dr. James Aspinall - An illustrated lecture on various aspects of Prostate Cancer. Questions and answers. |
| 18.7.05 | Professor Villis Marshall - The latest about Prostate Cancer Research and Prostate S.A. |
| 15.8.05 | Dr. Carole Pinnock, Research Scientist from the Daw Park Repat. Hospital. - An Illustrated Lecture. |
| 19.9.05 | Ms. Adeline Lim, Senior Radiation Therapist, R.A.H. – A radiotherapy up-date. |
| 17.10.05 | Dr. Graham Sinclair – An illustrated lecture. Watchful waiting versus prostatectomies, radiotherapy and brachytherapy treatments. When each type of treatment should be used. Questions and answers. |
| 21.11.05 | Dr. Alan Stapleton, Head of the Urology Division of the Daw Park Repat. Hospital - The latest up-dates concerning the various prostate cancer treatments. |
| | Please Note: The date of our Annual Xmas BBQ will be announced later in the year. |

This Newsletter was compiled and typed by Reg Mayes. Ian Fisk, Jeff Roberts and Reg folded and posted the Newsletter. Anne Milne at the Cancer Council South Australia photocopied it. The Cancer Council SA does not necessarily agree with all the comments included in this newsletter. After re-arranging news items on his computer and supplying photographs, Ian Fisk printed it. 280 copies were distributed.

Disclaimer – The PSA (Adelaide Group) is not responsible for advice given by guest speakers, or use of products mentioned in this Newsletter. Nor are we responsible for information contained on websites, books, magazines, pamphlets or extracts from articles mentioned in this Newsletter, nor for videos or tapes distributed to members. Medical advice should be obtained from your Doctor.