

P.S.A. NEWSLETTER

Proudly affiliated with the
PROSTATE CANCER
FOUNDATION of AUSTRALIA



PROSTATE(CANCER) SUPPORT
AWARENESS

ADELAIDE GROUP

Providing support for men with Prostate
Cancer
and their families

www.psaadelaide.org

(over 500 hits since Nov 03)

Mailing Address:-
PSA Prostate Cancer Support
Group
39 Greenfield Rd
Seaview Downs, SA 5049
Reg at (08) 8298-8040

Report on the May 2004 Meeting

Held at the Burnside Hospital on Monday 10th May 2004

Thank you to our sponsors: Abbott Australasia Ltd, City of West Torrens
Council and to The Burnside Hospital for the use of their Lecture Room.

Chair: Barry Oakley.

45 Members Present.

Apologies: John, Harry & Alma, Melissa, Brian & Rhonda, Gary, Margaret, and John.

New Member: A big welcome to Max.

It was very pleasing to see Gerry and Cynthia come along to the meeting, even though Gerry is still feeling woozy. Gerry says thanks to Cecily and Joe for their get well card and \$30 donation!

Correspondence:

Letter from Kathriye Strassnick, Education & Support Project Officer, Cancer Council South Australia, thanking us for our \$25 donation to the "Relay for Life" appeal, and congratulating us on the work we do to support and inform men and carers affected by prostate cancer.

Letter from Ms. Kate McGregor, Honours Student, re her project about Prostate Cancer and thanking us for helping her with the interviews with some of our members who have prostate cancer.

Letter from the PCFA asking us to up-date our details concerning the Adelaide Group for inclusion on the PCFA and the Lion's Club web sites.

Circular from the Cancer Council SA about Australia's Biggest Morning Tea to be held on Thursday 27th May in order to raise funds for cancer research. If someone rings you up and asks you to come along to a morning tea on that morning, you will know what it's all about.

Newsletters: Newsletters have been received from the Onkaparinga, North-East, the Barossa Valley, the Prostate Cancer Action Group (SA) Inc., the Gold Coast and the Bundaberg Groups. Some of these groups now send their Newsletters to us over the internet. Occasionally we extract interesting information from these Newsletters and print it in our own Newsletters. We have also received a copy of the PCFA Annual Report and the Collaboration Committee's minutes of their last meeting.

Other Items: How is the "Peeball": project coming along?

Well the PCFA in Sydney has advised us **that it's all go** and since the project commenced about 6 weeks ago, **\$24,000 worth of peeballs have been sold** and this compares favourably with the first six weeks sales in England. They sell for \$3 each of which the PCFA receives \$1 per ball, the money going into prostate cancer research. Not a bad effort! We haven't been able to locate any hotels selling the "peeballs" in Adelaide as yet, but Trevor Hunt is ordering a few cartons to sell to members. They come in packets of 9, costing \$27 per box. Should anyone be interested in buying some, **give Trevor a ring on 8381 9771 and place an order. It's all for a good cause.**

Library News: John Mayes has kindly donated eight sets of his "**Notes for Dietary Approach to Combat Prostate Cancer**" to our library. We have also placed 10 copies of our last Newsletter, which contained John's lecture, and 15 copies of his recipes in the library. Don't forget we have plenty of books, pamphlets and videos etc on all aspects of prostate cancer in the library - just see John if you want to borrow anything

Latest Internet Web Sites: The Barossa Valley Prostate Cancer Support Group now have their own **web site**. Many thanks to Ian Fisk for organizing this. The actual site is www.pcagsa.org.au/pages/psabarossa.htm The group's monthly Newsletters will be put on this site.

Human Services Finder Site: A new State Government web site was launched on 4.5.04.

It is www.hsfinder.sa.gov.au This is an Australian first and contains details of 10,000 health and community services from 2,200 providers. It is called the Human Services Finder Site and the Health Minister, Ms .Lea Stevens M.P., said that "This is a huge information breakthrough meaning people will no longer have to put up with long waiting queues

or hang on the telephone for extended lengths of time to find out about the location of the services they need". Cripes, I hope she's right! I get a bit sick of someone telling me to press this button, press that button then listen to music, then being told that we value your call, then press another button and then being cut off. One day I put up a really good argument for well over 20 minutes and then found out I was arguing with a female computerised recorded message. She won! Anyway, congrats to the Minister for her initiative in launching the new site and we hope that it will streamline access to a lot of health and volunteer services in this State.

The Association of Prostate Cancer Support Groups (SA) Inc: Gary Bowes, Chairman of the Association, is again on the sick list due to having a third operation on his pesky ankle which hasn't properly healed since his accident over 12 months ago. Gary reports that he has found a kind, generous and caring printer who will print a thousand or so of the Association's new brochure, free of charge. In addition, he has been advised by the Federal Department dealing with Volunteer Organizations that the Association has been successful in receiving a \$2,900 grant for the purpose of buying a lap-top computer and printer.

Prostate Cancer Awareness Evening – Berri: Trevor Hunt from the Prostate Cancer Action Group (SA) Inc., has advised that a meeting held at Berri on 4.5.04 proved to be a great success with 80 people attending. **Dr. James Aspinall**, Urologist, was the key-note speaker and using power-point presentation, mixed humour with drama. He has a very progressive attitude towards prostate cancer. Quite a few pamphlets about P/C were handed out at the meeting. It is hoped that the meeting will increase the membership of the Berri Prostate Support Group, which in recent times has slipped to a low number.

First Salisbury Meeting: The initial Salisbury meeting by the newly formed Salisbury Prostate Cancer Support Group was held on 3rd May when ten people attended. Their next meeting will be held on Monday 7.6.04 commencing at 7pm at the Salisbury West Community Health Centre (off Winzor St) Hollywood Boulevard, Salisbury Downs. Anyone wishing to attend can ring Chris Duff-Tytler on Ph. 8281 7644 for further information. Their Web page is: www.pcagsa.org.au/pages/psasalisbury.htm

The proposed new book "Guide to Advanced Prostate Cancer": Trevor Hunt reported that the working party education sub-committee from the PCFA and the Collaboration Committee need about six men to be interviewed for this book. The men will need to have advanced prostate cancer and are on hormone treatment therapy or some sort of refractory treatment. The interviews will take place at the Cancer Council S.A. at 202 Greenhill Road, Eastwood, on Wednesday 26.5.04 from 9.30am for about 2 hours. Anyone interested should ring Trevor on 83819771 as early as possible as time is running out.

The forthcoming stage play "The Carer": Jeff Roberts mentioned that the comedy stage play called "The Carer" and written by **Alan Hopgood** and starring **Charles "Bud" Tingwell** is coming to Adelaide. Members will remember Alan's last play called "For Better, For Worse" and dealing with prostate cancer, when it was held in the University Theatre a few years ago. His current play, we believe, deals with the problems associated with Alzheimer's Disease. His new play should be very interesting as he has a knack of blending humour with a serious subject. The play will be held in the Dunstan Playhouse Adelaide Festival Theatre commencing at 8pm on Thurs 3.6.04, 2pm & 8pm Fri. 4.6.04, and 2pm & 8pm, Sat 5.6.04. . Bookings at Bass.

Zinc Tablets: If you are taking zinc tablets as a supplement, 'I **zinc** you'd better look at ze strength of ze tablets as shown on ze bottle.' According to an item in "The Advertiser" on 6.5.04, consumers are being warned to stop taking faulty zinc tablets that have been manufactured at prescription strength. The affected batches are **Nature's Own Zinc +B.6 Magnesium tablets** each containing 30 mg of zinc, which is in fact 5 times the amount stated on the label. The affected batch numbers are 302614, 302846 and 400080. The maker, (Mayne Consumer Products), are asking that you return these tablets to the place of purchase and ask for a refund.

Eat More Roo Meat: Latest reports show that Kangaroo meat may be the highest source of healthy fat, Australian scientists say. This fat, known as conjugated linoleic acid (CLA) and found in dairy products, beef and lamb, may help prevent cancer and diabetes –and reduce obesity. The meat has up to five times higher CLA content than lamb and also has higher levels of protein, iron and zinc and is a much leaner meat. So **hop to it – Eat more roo meat and get healthy! Chop the fat off other red meats you may be eating.**

86 Men Get Breast Cancer: It's not only women who get breast cancer, but men as well. In the latest available figures (for 2000) 86 men were diagnosed with breast cancer, and 11,400 women. One in 11 women will be diagnosed with breast cancer before the age of 75. A total number of 2511 women died of the disease in 2000. Roughly the same number of men died of prostate cancer.

Another very serious disease that affects women is ovarian cancer. This disease claims the life of one Australian woman every eight hours. Like prostate cancer, it is usually slow growing and difficult to detect. Sometimes known

as “the disease that whispers” the symptoms, such as bloating, feeling tired and suffering from cramps, are subtle and can be easily confused with less serious illnesses. **More Federal Government money should be spent on an “Awareness Campaign” for both prostate cancer and ovarian cancer. But don’t hold your breath** because I couldn’t find any mention at all in Peter Costello’s May budget for either campaign. **Nor was any mention made of any money being put aside for Prostate Cancer research.** Is there any connection between prostate, testicular, ovarian, cervical and breast cancer? They are all associated with hormones and the body’s immune system. We feel that if a cure (a vaccine, gene therapy or whatever) can be found for one of these diseases, then the cure could well work for the others). The Government can find **\$500,000,000** to blow on 55 clapped out second hand and obsolete M1A1 Abram over-heavy U.S. Army tanks that no one else wanted. They haven’t been made for 20 years, so what about spare parts???? Modern armies are going for new lighter and faster tanks these days. So what’s the Government in fairyland Canberra thinking about? I would like to know! **Surely they can find a paltry \$10M to throw into prostate, testicular, ovarian and cervical cancer research. Come on Canberra, get with it!**

Natural Health & Relaxation Lecture by Mr Bob Mackenzie - Therapist.

Our Vice President, Barry Oakley, introduced Bob and his four guests, Fiona, Varna, Jan, and James to the meeting. Bob explained at the outset that he was not a doctor or a chemist and did not hold any university qualifications. He was however very interested in health matters and has been experimenting with different therapies over the last 20 years. He said that **there were a number of vital factors for good health.** To achieve better health, people should look at a number of important issues such as whether the mind provides relaxation to the muscles or contractions to the muscles. Other factors involve better breathing and regular breathing exercises, good fresh water, controlling and upgrading bodily fluids, relaxation, looking after one’s immune system and generally improving one’s nutrition. It is very hard for people to stay relaxed for any length of time.



Firstly, take breathing. Breathing is connected to our minds. When we are asleep, breathing slows down and greatly reduces oxygen levels. Strong and better breathing during our conscious hours can increase our breathing rate when we are asleep, therefore short breathing exercises taking in deep breaths is essential during the periods that we are awake. **You can easily treble the amount of oxygen in your blood supply with proper breathing exercises.** Oxygen purifies our blood. Generally speaking, people do not use their lungs properly and do not breath efficiently. **High oxygen level is the body’s Number One priority.**

Fresh Water: Everyone knows that this is vital for life, but there is good water and bad water. There is a lot of polluted water around the world that is drunk by many millions of people and this has disastrous results on their health. Even in Australia, good water is getting harder and harder to find. (Editor:- for example, Murray River water if full of impurities and chlorine-I don’t drink the stuff myself.)

Salt:- Salt is also essential to our body. Lack of salt can easily make one tired and languid. Our bodily fluids are basically saline based. To eliminate and do away with salt intake can be dangerous and creates fluid retention and this defeats the work of the body fluids and the control that the body fluids have over the strength of our immunity at any given time. **But remember there is Salt and Salt.** For example, the white table salt we generally use is not pure at all. It is made white and cleaned by being filtered and treated with aluminium silicate and in my opinion, this is dangerous. **Untreated ocean salt is far superior** and this is essential for good health. Look around stores and health food shops and use this instead of the processed cleaned white salt. Our electrolytes need good salt to be cleaned properly, but don’t over-do it, use your lips as your best guide as to the quality of your body fluids. If your lips are dry, you need more good fresh water and if your lips are moist, then you can absorb more saline solution.

Nutrition: Good nutrition is absolutely essential for good health. Nice fresh green vegetables, other types of alkaline vegetables such as potatoes, parsnips etc., fruit and fruit juices, no fatty diets a low consumption of red meats and don’t forget to chop the fat off meats, wholemeal bread – this is the way to go! **There is a lot of very good information about nutrition out there in the market place that we should read and take note of.** Bad nutrition could result in obesity (even in children these days), diabetes, heart problems and a host of other things. **And remember, good eating, drinking and breathing doesn’t include bad habits like taking, sniffing or smoking drugs, drinking alcohol and smoking cigarettes. GIVE ALL THESE THINGS A BIG MISS.**

Glands: Glands are very important to the human body. If you have healthy glands, you have a healthy body. **Swollen glands mean something’s up.** Gland failures are a reflection of stressful emotions being over-used. When we continue to be over-stressed, our glands just don’t work properly and don’t produce enough of the vital ingredients for the well being of our body. They become overloaded and swell up. Infections and viruses can affect our immune system that then adversely affects our glandular system. The correction of glandular problems is related to correcting

our emotional choices, happy enjoyable and caring feelings. Bodily fluids must be immediately correctly balanced. Stress and over-stress can easily kill you. It can bring about poor health and terminal situations. The making of glandular fluids and using them are largely based on emotion. **People must understand their bodily fluids in order to become and remain healthy.**

I have been working on my health program for 20 years and **have been experimenting with a special processed and filtered saline fluid based on natural sea water.** I feel that good results are being achieved with this in combination with my above-mentioned suggestions. The idea is to restore and re-habilitate one's bodily fluids to its correct operating strengths and also to restore natural nutrition as well. All impurities have been removed from the water and there are no side affects whatsoever. Side effects can cause lots of problems in some medical procedures and medicines, as prostate cancer sufferers know only too well.

Sea-water is important to humans but we are steadily polluting the sea in the same way that we have polluted the world's rivers, lakes and streams. (Editor - Yes, look at the polluted Port River Estuary that is now being blamed for the deaths of 5 beautiful dolphins over very recent times.)

Proper relaxation and breathing exercises as well as good nutrition is vital to prostate cancer sufferers in order to reduce their stress levels and hopefully reduce their PSA blood levels as well. I noticed that there are plenty of jokes in the various Prostate Support Groups Newsletters I have read. Keep it up! One has to act good before one can feel good.

At the conclusion of Bob's lecture, Fiona, Varna, Jan and James gave members a short address and reflected on the change in their lives since adopting Bob's therapies. Bob then handed out about a dozen free bottles of his specially treated saline water for members to try. Gerry and Barry thanked him for his interesting lecture and also thanked Bob's guests for coming along to our meeting. At the conclusion, Barry handed Bob a bottle of Hardy's very best Riesling. Should any member like to learn more about Bob's theories and experiments, drop him a line and include a reply paid envelope to the following address:- **Mr. Bob Mackenzie, No.9 Beestone Way, WEST LAKES, S.A. 5021.** Incidentally on the night after Bob's lecture, Channel 7 screened a 3 minute interview with him and we have recorded this to show our members at our next meeting.



Ultrasound used for cancer treatment? Australian, 16/2 p5 + Canberra Times p8, West Australian p12

Medical researchers are killing cancer cells by cranking up the ultrasound energy used to capture images of babies in the womb. It's early days yet, but the technique - high intensity focused ultrasound (HIFU) - promises a side effect-free alternative to surgery, chemotherapy and radiotherapy, British and French scientists claimed in Seattle yesterday. "There are cancers for which ultrasound will revolutionise treatment," said Gail ter Haar, a medical physicist and clinician at Oxford University and the Institute of Cancer Research in Surrey, England. HIFU works by cooking cancer cells at temperatures between 85C and 100C, while leaving the healthy tissue untouched. Short pulses of energy are tightly focused on the tumour.

Zinc may help detect prostate cancer Australian Financial Review, 19/2 p59

Israeli researchers have suggested that low zinc levels in the prostate may be a marker of prostate cancer. They have uncovered a new relationship between zinc in prostate tissue and prostate-specific antigen, or PSA, in the blood which improves doctors' ability to separate benignly enlarged prostates from cancerous ones. Writing in the Journal of Urology, they say that used together zinc and PSA tests may have a significant impact on the reliable diagnosis of prostate cancer.

Selenium May Fight Prostate Damage Supplementation May Reduce Prostate Cancer Risk

By Jennifer Warner

Reviewed By Brunilda Nazario, MD

WebMD Medical News Archive on Tuesday, February 04, 2003

Feb. 4, 2003 -- Boosting the daily dose of selenium may help elderly men keep their prostates healthy and reduce their risk of prostate cancer. A new study shows elderly dogs that ate a diet supplemented with selenium had less age-related DNA damage to their prostates, which may reduce the risk of prostate cancer.

Selenium is an essential nutrient required in small amounts by the human body for a number of vital processes, including some that are thought to reduce the risk of certain types of cancer. The most common dietary sources of selenium are meats, fish, cereal, dairy products, and eggs.

Researchers say that the effect of aging on prostate cancer development is similar in dogs and humans -- the only two species in which prostate cancer occurs spontaneously and with significant frequency. In fact, prostate cancer is the second leading cause of cancer death among men in the U.S.

In the study, researchers selected elderly beagle dogs that were comparable to 62- to 69-year-old men and fed them either a diet that had been supplemented with selenium or a regular diet for seven months and compared the effects of the diets on their prostates.

The results appear in the Feb. 5 issue of the Journal of the National Cancer Institute.

Researcher David J. Waters, DVM, PhD, of the school of veterinary medicine at Purdue University, and colleagues found that dogs fed the supplemented diet had a significantly lower percentage of prostate cells with extensive DNA damage than the others. About 80% of the prostate cells in dogs fed a normal diet had extensive DNA damage compared with only about 57% in the selenium-treated dogs.

In addition, dogs fed the enriched diet also had a twofold increase in the number of prostate cells that had undergone a process that removes damaged cells, called apoptosis, which is associated with a lower risk of cancer.

Researchers say the results show that selenium may help protect cells within the ageing prostate from initial DNA damage before the cells develop major problems that might lead to cancer, but more research is needed to see if the same effect holds true in humans.

THINK ABOUT IT. There is more money being spent on breast implants and Viagra than on Alzheimer's research. This means that by 2030, there should be a large elderly population with perky boobs and huge erections with absolutely no recollection of what to do with them. (from PCAGSA April NL)

Salvage Radiation Therapy for Relapsed Prostate Cancer

Daniel J. George, MD Instructor in Medicine, Harvard Medical School 04/09/2004 WebMD Health

One of the more common dilemmas for patients with prostate cancer who undergo surgery is whether to try radiation therapy if their PSA rises. On the surface this sounds like a reasonable strategy, and in fact some patients even justify their initial treatment choice of surgery because of this backup plan. However, few large studies have ever been shown to support such a strategy in patients. Is it the right approach?

The problem is that a recurrent rise in PSA level following surgery is non-specific for local relapse versus microscopic spread of disease. However, in this month's issue of the Journal of the American Medical Association, Dr. Andrew Stephenson and colleagues report an analysis of over 500 patients treated with salvage radiotherapy at five academic institutions.

The results confirm some previously recognized poor prognostic factors (like Gleason score 8-10, a recurrent PSA level above 2.0 ng/ml, negative surgical margins and seminal vesicle involvement) and identify some new good risk factors (like a PSA doubling time of more than 10 months). More provocative, although less proven, are analyses of certain groups of factors. For instance, patients with a low Gleason score (4-7) and a rapid PSA doubling time had a relatively good 64% likelihood of 4-year progression-free probability (PFP) if their surgical was completely successful, versus 22% likelihood if their surgery was less complete. Similarly, patients with high Gleason score (8-10) and incomplete surgery did well (81% 4-year PFP) if their PSA doubling time was more than 10 months. In summary, this study represents the most comprehensive review yet, on salvage radiotherapy and incorporates the newest and perhaps most significant prognostic factor - PSA doubling time.

Prostate cancer: soy in diet a must for men *Mercury (Hobart), 15/4, p4*

A diet rich in soy could protect men against prostate cancer and even stop them going bald, according to research. Scientists have identified a potent ingredient in Soya beans, soy sauce, tofu and Soya milk that suggests they should be part of every man's daily diet.

A little-known molecule, created in the intestine when soy is digested, helps 'block' a hormone that leads to prostate cancer.

The molecule, called **equol**, completely stops DHT (**dihydrotestosterone**) in its tracks, according to research published in the **journal of Biology of Reproduction**. (*Lots more information on Soy, Equol, Diet and DHT in another newsletter*)

A new "vaccine" shot at prostate cancer *Canberra Times, 14/4, p10; Daily Telegraph, 14/4, p15; Herald Sun (Melbourne), 14/4*

Prostate cancer patients are being given the chance to test a new vaccine designed to trick the immune system into killing cancer cells.

Cancer Trials Australia doctors at three clinics - the Austin Hospital, Royal Melbourne Hospital and Peter MacCallum Cancer Centre - are recruiting 40 patients to receive eight injections of the vaccine over six months. Trial leader Associate Professor Ian Davis of the Austin Hospital said the team hoped the phase two trial would show the **Pentrix** vaccine prompted tumours to shrink. (*Also Dr Mark Rosenthal covered in recent National TV news*)

Say No to Smoking!

Do your body a big favour and quit smoking from May 31st "World No Tobacco Day".

Save your lungs, heart and Vascular System.

Live Longer

Cancer comes to a watery end

PURE water is the latest weapon against cancer. Vets in the Netherlands have shown that, in dogs at least, it can reduce the recurrence of a kind of skin cancer.

Mast cells, a type of immune cell found in the skin, cause 1 in 5 cases of canine skin cancer. They also absorb water particularly well: place them in pure water and they soon swell up and burst. So after tumours were removed from 17 dogs, Isabelle Neyens of Utrecht University tried injecting deionised water into the wound once a week for five weeks. In 15 dogs no tumours grew back (*Veterinary Record*, vol 154, p 90). Normally, tumours reappear in half of cases. Deionised water is simply water from which dissolved substances such as salt have been removed using ion-exchange resins.

Mast cell tumours are rare in people, and it is not known whether other cancers could be treated in this way. "I have never heard of this method being used in people. But mopping up residual cancer cells is a problem after surgery, so it is interesting to find out about new approaches," says John Toy of Cancer Research UK in London.

New Scientist 31 Jan 04 See also Bob Mackenzie's lecture in this issue.

A hangover is the wrath of grapes	Corduroy pillows are making headlines.
A successful diet is the triumph of mind over platter.	Shotgun wedding: A case of wife or death.
A gossip is someone with a great sense of rumour.	Santa's helpers are subordinate clauses.
A boiled egg in the morning is hard to beat.	Those who jump off a Paris bridge are in Seine.
A plateau is a high form of flattery.	Acupuncture is a jab well done.
Every calendar's days are numbered.	What's the definition of a will? (It's a dead giveaway.)
Sea captains don't like crew cuts.	A bicycle can't stand on its own because it is two-tired.
When a clock is hungry, it goes back four seconds.	Reading whilst sunbathing makes you well-red.

Our Next Meeting will be held on **Thursday (not a Monday) 10th June** commencing at 7.00pm when our lecturer will be **Dr. Linda Swaney** who will speak on Radiation Treatment for Prostate Cancer. We will also screen 4 short 3 minute videos dealing with Bob's lecture, breast cancer in men, experiments with snake poison as a cure for prostate cancer and obesity in middle-aged men. **ROLL UP! ROLL UP!**

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 any articles mentioned in this Newsletter, nor for videos or tapes distributed to members. All medical advice should be obtained from your Doctor.

This Newsletter was compiled & typed by Reg Mayes. Ian Fisk, Jeff Roberts, Paul Ferrett & Reg folded and posted the Newsletter. Ann Milne at the Cancer Council South Australia photocopied it. After re-arranging news items into a better format on his computer and supplying the photograph, Ian printed it. 260 copies were distributed.