

# Prostate Cancer Support Group - Northern Beaches

Affiliated with the Prostate Cancer Foundation of Australia

Proudly sponsored by Hammond Care, Health and Hospitals Limited  
*A program of support serving men of all ages, their families, carers and friends  
before, during and after diagnosis*

**Newsletter No. 159 - August 2016**

Editor: Mary Jones

**Our next meeting will be held on**

**Tuesday, 6 September**

**This is our MEN ONLY night**

**To be facilitated by Evan Kallipolitis from PCFA**

---

## What's in this issue

- August Meeting report - page 1
- Big Aussie BBQ 2016 - page 3
- Will it come back? - page 2
- Norma's Quiz - page 3
- Contact Information - page 4

---

## Monthly Meetings

All people are welcome to attend our regular monthly meetings. No notice is required - simply come along and introduce yourself, or contact us via the website.

### When:

Meetings of our support group are held on the 1<sup>st</sup> Tuesday of the month except in January.

### Usual Location:

The Cottage, Mona Vale Hospital, Coronation Street, Mona Vale.

Time: 6:30pm till 8:30pm

---

## September Meeting

*Ladies, you have an evening off!* The men are invited to attend our September meeting where the topic and discussions are all theirs. These evenings have always proved to be very popular and informative. Come along and enjoy a different type of meeting.

---

## August Meeting Report

Pam Noble, pharmacist, was our guest for August and as a returning speaker was as popular and informative as ever.

### Hidden concerns of Mixing our Medications and Supplements How safe is it really?

Pam began by saying that medications come in many forms

- Tablets, capsules
- Liquids, gels
- Patches
- Eye drops/ear drops/nasal sprays
- Inhalers, puffers
- Creams, ointments
- Suppositories
- Injections

Medications are dispensed by

- Prescription ; Dr, dentist, naturopath, optometrist, herbalist, homeopath
  - Supplements – vitamins, dietary etc
  - OTCs
  - Pharmacist recommendation
  - Purchased ourselves – chemists, supermarkets, health food stores. ONLINE !!!!!
- Most drugs have side effects with drug interactions if you are taking multiple medications, and complicated by missing doses or incorrect dosing.

Non-steroidal anti-inflammatory medicines, sedating antihistamines, sedatives, and ulcer drugs/antacids are all available without a prescription, and all may cause major side effects. Surveys indicate people 60+ take on average of 2-4 non-prescription drugs daily.

Adverse drug reactions account for about 15-20% of hospitalisations and the more medications a person is on, the higher the risk of drug-drug interactions or adverse drug reactions and complications.

Medicines affect different people in different ways – *never take someone else's medications*

As we get older, we may not need as high a dose as when we were younger and may be more prone to side effects.

Talk to your doctor or pharmacist and have your meds and dosages reviewed on a regular basis about unwanted effects especially if starting a new drug or dose change or if you are taking or thinking of taking any vitamin or herbal product, pain killers or other OTC. (over the counter drugs) Know what each medicine is for, how and when to take it

Know the benefits and risks, side effects.

Read the labels of OTCs – warnings & directions!!

It is not always easy to notice if you have been affected by a new medicine or a change in dose. You may feel better than before, and may not notice that you are a little less steady on your feet or that your vision is slightly blurred

**NSAIDs – Non Steroidal Anti-inflammatory agents** such as:

Voltaren, Feldene, Indocid, Celebrex, Mobic, Aspirin are generally safe and well tolerated but can increase risk of indigestion, stomach ulcers, bleeding in colon, increased BP, kidney effects. There is a risk if used with blood thinners – PLAVIX, Warfarin, Cartia, Pradaxa, Persantin, Effient, Eliquis

**Muscle Relaxants/Sleep aids** such as:

Restavit, Unisom, Mersyndol, Dolasid can leave you feeling groggy and confused with an increased risk of falls and can cause constipation, dry mouth, urinary problems.

Do not use for longer than 2 weeks.

**Anti anxiety agents including** Benzodiazepines – Valium, Serepax, Temaze, Normison, Xanax, Valdoxan, Stillnox should not be taken with alcohol

**Heart & BP medications** - Be cautious of digoxin (Lanoxin) The concern: Use of digoxin, which is prescribed as a treatment for heart failure and irregular heartbeat, can be toxic in older adults and people whose kidneys do not work well.

**Diabetic Drugs:** Metformin, Diabex, Diaformin are a concern as they can cause severe low blood sugar in older adults.

**Pain Killers – analgesics**

Codeine, Tramadol, Oxycontin, Norspan, Duragesic, Targin, MS Contin

The concern: These types of opioid analgesic medications, also known as narcotic analgesics and can cause confusion, falls, hallucinations in older adults.

**Anti-psychotics**

Used in schizophrenia, bipolar disorder or some forms of depression: risperidone (Risperdal) and quetiapine (Seroquel), Olanzapine (Zyprexa) can increase drowsiness, confusion, also may cause tremors and increase your risk of falls.

OTCs – Analgesics are generally safe and well tolerated

OTCs – Laxatives are used by about 30-50% of people over 60 - many who are NOT constipated and may cause slow lazy bowel from overuse  
OTCs – Heartburn remedies may cause diarrhoea or constipation and may affect absorption of other medications

OTCs – Cold and Flu Remedies, decongestants, antihistamines, cough suppressants .

Choose a product that BEST matches your symptoms !! Watch out with BP or heart disease  
May interact with older antihistamines and cause dry mouth, blurred vision.

**Herbal Products and Supplements** Are they safe because they are “natural” ? Not necessarily! They aren't natural to the human body **and** may contain other ingredients, e.g. pollens, minerals, chemicals.

**Supplements**

- 68% of adults take supplements
- \$40 Billion industry
- Not as regulated by TGA or FDA
- Vary widely in dosage, extract and quality

Let your Doctor/Pharmacist know if you are taking supplements as all have drug interactions and effect enzymes that metabolize drugs in liver, stomach and blood proteins

**Herbal Products and Supplements**

- Curcumin (from turmeric)
- Fish oils - Omega-6 fatty acids – fresh fish and nuts
- Flax seed oil
- Krill oil is another option.
- Garlic may be helpful reducing high testosterone levels
- Genistein (Soy ) levels are lower in patients with enlarged prostates or prostate cancer, but caution with phytoestrogens
- Green tea extract has shown some promise in early studies as a treatment of prostate cancer.

---

### Anti-androgen

- Resveratrol (red wine)
- Lycopene decreases in serum PSA level; tumor shrinkage – tomatoes !!
- Milk thistle -- many compounds in milk thistle, including silymarin have potent anti-prostate cancer activity.
- Vitamin E natural complex. dose 30 -100 units.
- Selenium, the mineral, < 200 mcg/day may be of benefit. May slow progression
- Saw palmetto—slows /inhibits growth of prostate cancer cells.

### More supplements:

- Zinc
- Calcium & high dairy diet
- Grapefruit juice, pomegranate juice
- Antioxidants – Vit C, B complex, Folic Acid, Coenzyme Q10
- Vitamin D – 600-800IU
- Lycopene decreases in serum PSA level; tumor shrinkage – tomatoes !!
- Milk thistle -- many compounds in milk thistle, including silymarin has potent anti-prostate cancer activity.
- Vitamin E natural complex. dose 30 -100 units.
- Selenium, the mineral, < 200 mcg/day may be of benefit. May slow progression

<http://tinyurl.com/hbfuwnb>

<http://tinyurl.com/jdxw5eo>

---

### Our Big Aussie BBQ and Family Fun Day Sunday 18 September is nearly here.

**Let's really put Prostate Cancer to the forefront on the Northern Beaches and perhaps save a few lives.**

*Join us for this day as we promote Prostate Cancer Awareness in the community and raise funds for Prostate Cancer Research.*

Pittwater Rugby Park will be alive with a Classic Car display and Market Stalls as well as a Jumping Castle and Face Painting for the kids. We also have a full programme of performers with community ukulele groups, children's choir and band, dancing groups. Returning again by popular

demand is Sam Shaw with the Big Sing Community Singing Group. Sam will also be welcomed in her own solo section. The Hon. Rob Stokes will officially open the event at 10am. We have the big Aussie Barbeque of course, so there will be plenty to eat and drink.

One of our major initiatives this year is our **huge raffle** with lots of prizes and we wish to publicly thank the local businesses that have supported us:

*Col Crawford Lifestyle Cars,*

*Novotel Manly Pacific*

*The Hermes Group at The Newport*

*Forestville and Pittwater RSL Clubs*

*Royal Motor Yacht Club*

*Bunnings Belrose*

*Vagabond Cruises*

*Anaconda*

*Cromer and Warringah Golf Clubs*

*Bluestone Homes*

*fallenBROKENstreet Hats*

*New Leaf Nursery*

*United Cinemas*

*Hunter Valley Gardens*

*Giorgio Brussollo*

*Barrenjoey Designs*

**Raffle Tickets are \$2.00 each**

We urge you all to come and enjoy a day out, bring the family and help us make this event a huge success.

Many thanks to those who have contributed to the planning and running of the day. More help is always needed, so please contact Mary on 0409 909 356 to offer an hour of your time on the day or if you would like to buy raffle tickets.

All the prizes are listed on our website –

[www.prostate-cancer-support-nb.org](http://www.prostate-cancer-support-nb.org)

Don't forget to check out our Facebook page at

<https://www.facebook.com/groups/183444238720268/>

Become a friend and leave a comment.

---

### Norma's August Quiz

1. Who died first Gilbert or Sullivan?
2. Who created the Keystone Cops?
3. Which cooking pot boils food at a higher temperature than boiling point?
4. What are Cornichons (To eat)
5. Which drink is distilled from the agave plant?
6. What does fibrin cause the blood to do?
7. Where is Narita Airport?
8. In which war was the Battle of Inkerman
9. Which letter is two dashes and two dots in Morse Code?
10. What is the main food of baby whales?

**Joke of the month** What's the difference between a lawyer and a rhinoceros?

---

### Answers to Norma's Quiz for July

1. What spice do we get from the berries of Piper Nigrum shrub? *Pepper*
2. What was sportsman Harold Larwood famous for? *Bodyline bowling*
3. Where in Australia did Rupert Murdoch begin his newspaper career and with which paper? *In Adelaide, "The News"*
4. Name the film that showed the part that Parkes, in Australia, played in the moon landing of 1969. *The Dish*
5. What is the main ingredient of Rosti? *Potatoes*
6. What was the motto of the Three Musketeers? *One for all and all for one.*
7. Who's catchphrase was Holey Moley? *Captain Marvel*
8. How many ships were in the First Fleet? *11*
9. What is the name of the hottest, driest and lowest place in USA? *Death Valley*
10. Who sailed with the ships Pinta, Nina and Santa? Was it Magellan, Cook or Columbus? *Columbus*

---

### Future Meetings

- Tuesday 4th October Prof Anthony Joshua,  
Medical Oncologist
- Tuesday 1st November TBA
- Tuesday 6th December Christmas Social

---

### Publicity

One of the main aims of the NB Prostate Cancer Support Group is to reach out to men and their families and provide information and emotional support for those diagnosed with Prostate Cancer. PCFA Ambassador Programme we may be able to reach more men's groups and clubs and spread the word about the importance of regular testing for prostate cancer.

This year, we are hoping that with the support of the PCFA Ambassador Programme we may be able to reach more men's groups and clubs and spread the word about the importance of regular testing for prostate cancer.

If you know of any organisation that may benefit from having one of the Ambassador Speakers visit them please let one of the committee members know.

We are always seeking ways to reach the public and articles about our Group have appeared in Pittwater Online News and the 'What's on Pittwater' website provides information about our meetings.

---

### Disclaimer

From time to time in our newsletters we provide information about developments in the diagnosis and treatment of prostate cancer, research articles, documents, presentations and other interesting materials. However, the Group's Executive and the editor of this newsletter do not have the medical expertise required to make an informed evaluation of the conclusions and recommendations presented in such materials, and we have not verified such conclusions and recommendations through appropriately qualified medical professionals.

The information presented in this newsletter must not be interpreted as being endorsed or recommended by the Executive or the editor. Any recommendations made in such materials may not be applicable in your particular case. Before implementing any recommendations made in the materials that are reported, it is essential that you obtain advice from appropriately qualified medical professionals. The view of the Group's Executive is that no two prostate cancer cases are alike and that no single treatment option is better than any other in all cases. While the information in this newsletter should be of interest, there is no substitute for getting informed medical advice from your own GP, specialists and other medical professionals.

### Contact Us

#### Postal address

Northern Beaches Prostate Cancer Support Group  
PO Box 324, Mona Vale, NSW 1660

#### Web site

Our web site provides details about the activities of the group, meetings, contact persons and lots of other useful information:

[www.prostate-cancer-support-nb.org](http://www.prostate-cancer-support-nb.org)

#### Personal support

If you would like support, advice or assistance contact any of the committee:

Treasurer - Alan Taylor	Phone: 02 9981 2616
Library - Ron Jones	Phone: 02 9997 2709
Programme Organiser - Denise Taylor	Phone: 02 9981 2616
Catering - Jo-Ann Steeves	Phone: 02 9918 6575
Eleanor Swansbra	Phone: 02 9918 6428
Norma Norman	Phone: 02 9918 4929

Committee member, newsletter editor and web site manager:

Mary Jones Phone: 0409 909 356

Email: [info@prostate-cancer-support-nb.org](mailto:info@prostate-cancer-support-nb.org)

#### Useful websites:

[www.pcfa.org.au](http://www.pcfa.org.au) Telephone: 02 9438 7000

See PCFA Newsletters online at:

[www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html](http://www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html)

Other useful links-

[www.prostatehealth.org.au](http://www.prostatehealth.org.au)

[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

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

[www.acf.com.au](http://www.acf.com.au)

[www.prostate-cancer-support-act.net](http://www.prostate-cancer-support-act.net)

[www.prostate-cancer-support-sydneynorth.org](http://www.prostate-cancer-support-sydneynorth.org)

If you are aware of news, products, publications, web sites, services or events that may be of interest to members of the group I'd be happy to be informed of them. If you have received this newsletter indirectly and would like to be emailed a copy directly please send me an email. I'm happy to also add any of your friends to the email list.

Past issues of our newsletters can be viewed on our website: [www.prostate-cancer-support-nb.org](http://www.prostate-cancer-support-nb.org)

