

# 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. 162 - November 2016**

Editor: Mary Jones

**Our Christmas Meeting will be held on**

**Tuesday, 6 December 2016**

**A great way to finish off an outstanding year**

**Please join us for light refreshments and Christmas cheer**

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## 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

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## December Meeting

Our last meeting for 2016 will be our Christmas social. Join us for food and drinks as we celebrate with good friends our successful year at the NBPCSG. All are welcome.

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## November Meeting Report

### Diet and Prostate Cancer: What Foods to Avoid and What Foods to include and how?

Jaime Rose Chambers is an Accredited Practising Dietician and Nutritionist. She has been in private practices in Surry Hills and Double Bay for more than 8 years and is a nutritional expert for Eat Fit Food, with a special interest in prostate and other hormonal cancers.

Jaime explained that diet is so important at all stages of the P C journey as it is one of the only risk factors we can control. There is evidence to show that some diet and lifestyle factors will promote the growth of PC cells whilst others may slow the progression of PC.

She did not advocate going to 'Doctor Google' as the information there is often far-fetched, with dangerous diets and is not supported by appropriate evidence-based, scientific studies.

The link between diet and prostate cancer was first identified in Asian countries where there is a lower incidence of the disease compared to western countries. Prostate Cancer rates increased for those who migrated from Asia to a western country and adopted their lifestyle. And there is a case for the Mediterranean diet. A heart-healthy diet is a prostate-healthy diet.

Overweight/obesity is associated with higher grade cancer and higher recurrence rates of PC after a radical prostatectomy. Hormone therapy often causes 3-10kg weight gain. A 'normal' weight is calculated by: BMI between 19-25, waist circumference <100cm (ideally <94cm)

Jaime went on to describe the **foods to avoid** – **Saturated Fats** e.g. fat on and in meat, processed meats, poultry skin, full fat dairy products, milk chocolate, any commercially produced biscuits, cakes, pies, desserts, etc.

**Palmitic Acid** – Palm oil, corn oil, cottonseed oil, soybean oil, peanut oil.

**Omega 6 Fatty Acids** – in sausages, frankfurters, hot dogs, red meat, organ meats and offal, poultry fat, egg yolks.

**Burnt or charred meats** – can increase the risk of PC, so don't overcook muscle meats, grill, pan-fry and don't make gravy from the drippings. Consume cruciferous veges with a meat meal, they help to 'mop up' the carcinogens.

**Refined sugars** – a major energy source for many cancers, low nutritional value, can drive up blood sugar/insulin levels which are associated with cancer risk.

**Protective Nutrients and foods** - such as allium vegetables e.g. garlic, onions, shallots, leeks and chives. **Allinase**, the active component when garlic is cut or crushed, has been found to have anti-tumour properties. Use fresh crushed, sliced or minced garlic to pasta sauces, in salads, added to stir fries, soups, casseroles, roasts.

**Cruciferous/Brassica Vegetables** – such as cauliflower, cabbage, brussel sprouts, bok choy, rocket, watercress and kale. Eat raw or lightly cooked for greater benefit. Snack on raw broccoli dipped in hummus, blend into green smoothies, have raw in salads.

**Oily Fish** – salmon, trout, tuna, mackerel, kippers, herrings, anchovies contain long chain omega-3 fatty acids which have many functions in the human body from arthritis, cardio-vascular, brain function and are anti-inflammatory.

**Lycopene** – is responsible for red pigment of tomatoes, watermelon, pink grapefruit and is an essential nutrient that our body cannot make. You can use tinned tomatoes or tomato concentrate in sauces, soups, casseroles, slow-cooked meals or have tomatoes fresh in salads.

**Polyphenols** - act as antioxidant and may slow the growth of PC as it protects cells and DNA from damage. 4 – 6 cups green tea a day is helpful, but may have an effect on other medications so check with your GP first.

**Selenium** – best sources brazil nuts, fish and seafood, but can be toxic at high levels. Have 5 brazil nuts a day as a snack, make into a pesto, use in muffins, banana breads etc.

**Soy** – a legume that is rich in phytoestrogens, found in soy milk, tofu and soy beans.

**Vitamin D** – major source from the sun, but also found in fish, eggs, mushrooms.

**Other promising benefits** can be found in ground flaxseed, (not flaxseed oil) vitamin E, resveratrol, turmeric, cinnamon.

Jaime's presentation was very thorough and she explained everything very well. We thanked her for the time she spent with us.

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## NEW Online Prostate Cancer Patient Experience Survey

Investigators from Queens University in Canada  
Dr. Dean Tripp Dr. Robert Siemens Dr. Jason Izard

**Project Aims:**

This brief online survey will help clinicians understand how biopsychosocial risk factors affect patient quality of life in men with Prostate Cancer. In particular, this survey examines factors such as the staging of the patients' cancer, their treatments, feelings of hopelessness, depressive symptoms, interpersonal needs, psychache, fear about death, cognitive awareness, and thoughts and behaviours associated with self-injury or death.

**Length of survey:** 15-30 minutes .

Please take the time to look at this survey and help shape future treatments for those living with prostate cancer. Go to -

<http://tinyurl.com/jk8vvj7>

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## TETOSTERONE TREATMENTS

Testosterone promotes the growth of prostate cancer. We therefore questioned the efficacy of recent advertisements promoting its therapeutic use for various conditions and to increase "masculinity".

Wendy Winnall, scientific writer for PCFA, provided a comprehensive reply – go to <http://tinyurl.com/gmnsrvk> to read more

When it is used for clinical treatment of conditions such as Hypogonadism, wherein direct lack of testosterone causes significant health problems and increased risk of mortality, supplements have been used successfully to alleviate symptoms. Currently the best evidence available says that testosterone replacement in this context was not associated with an increase in prostate cancer.

On the other hand the use of testosterone “andropause” with decrease in quality of life and increased risk for conditions such as type 2 Diabetes, obesity and metabolic syndrome has not been comprehensively assessed with regard to safety in terms of side effects and prostate cancer. This applies also to its use of supplements for “masculinity”. Fortunately there are clinicians and scientists keeping a close eye on this field.

A caution is also added about the history of the administering medical practitioners.

*Bottom line...assess and beware.*

*Jo-Ann Steeves*

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### **Norma’s Quiz for November**

1. What is the Christmas link between Pope Adrian1st, Dean Martin, WC Fields and Charlie Chaplin?
2. Which of these pulled Cinderella’s coach? 8 horses,4 rats,6 white mice or 12 elves?
3. Who wrote The Nutcracker Suite, a Christmas ballet?
4. In which country did the Advent calendar originate?
5. Which spice is most often used when making eggnog?
6. Who wrote the story ‘A Christmas Carol’?
7. Which one of these is NOT one of Santa’s reindeers? Vixen, Donna or Comet?
8. A host of what announced the forthcoming birth of Christ?
9. How do you spell the Xmas plant, pontessier, poinseta or poinsettia?
10. What colour is The Grinch and who played him in the movie?
11. Who was the Roman Emperor in the Holy Land at that First Christmas?
12. Do reindeers have scent glands in their hind toes so that they can leave a trail for the herd?
13. What colour Christmas does Elvis Presley sing about, white red, blue or black?
14. Which drink company first used Santa Claus in their advertisement, Pepsi, Fanta,7Up or Coca Cola?
15. Which weather condition starts just after Christmas, Christmas monsoon, Aurora Australis or El Nino?
16. What is New Year’s Eve called in Scotland?
17. In The Wizard of Oz what was Dorothy’s dog called?
18. What is a baby turkey called besides “chick”
19. Which “Play it again Sam ”actor was born on Christmas Day?
20. Who wrote the songs for the film White Christmas?

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### **Answers to Norma’s October Quiz**

1. What exact date was Ned Kelly hanged in Melbourne jail? *11 November 1880*
2. What is another Aboriginal word for the dingo? *Warrigal*
3. In 1973 which Australian became the only author to win a Nobel Prize? *Patrick White*
4. Country music legend Slim Dusty was not born with that name, what were his three birth names? *David Gordon Kirkpatrick*
5. The film Gallipoli was directed by Peter Weir but who wrote the screen play? *David Williamson*
6. Amazingly John Howard and the late John Lennon shared a middle name, what was it? *Winston*
7. Which explorer, the first to circumnavigate the island, recommended the name of **Australia** for the new continent? *Matthew Flinders*
8. Schindler’s List was based on whose book and what did he call the book? *Thomas Keneally, the book - Schindler’s Ark*
9. Who was the first tennis player to win a million dollars? (Australian) *Rod Laver*
10. Australia’s idolised horse, Phar Lap, won the world’s richest race in 1932 in which country? *Mexico*

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### **Vale**

It is with great sadness that we have to inform you of the passing of one of our esteemed and regular members – Don Roberts. Don died peacefully in his sleep this week and will be sadly missed by his wife Esmay and all his family. Our condolences and prayers go out to them at this difficult time.

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### **First Meeting for 2017**

**We do not meet in January**, and so our first meeting will be 7 February 2017.

The next newsletter to go out will be at the end of January and a list of speakers for 2017 will be available then.

The Executive Committee would like to take this opportunity to thank everyone for their participation and enthusiasm in 2016 and to wish you a Very Healthy Happy Christmas and a Prosperous New Year

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### **Christmas Cards in retail stores**

Simson Cards each year generously donate royalties from the sale of their PCFA branded Christmas to PCFA. Simson Cards are available in all David Jones and Myer Stores and selected Australia PostShop, newsXpress, Nextra, Wild Cards & Gifts and over 1,000 newsagents.

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## 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.

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## 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.

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## 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)