

# 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. 167 - April 2017**

Editor: Mary Jones

**Our next meeting will be held on**

**Tuesday, 6 June 2017**

**Our guest speaker will be Dr Max Dias  
Neurological Surgeon at the San**

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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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## June Meeting

Our speaker for June will be Dr Max Dias, Neurological Surgeon at the San.

Dr Dias' topic will be *"Dealing with complications after prostate surgery for cancer"*.

This will be of interest to many men who have undertaken a radical prostatectomy and have outcomes that were not perfect.

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## May Meeting Report

Our speaker for May was Lynn Silverstone from Community Care who spoke on Dementia. So what is Dementia?

Dementia is a neurological condition that affects the brain. Alzheimer's disease is the most common type of dementia and can lead to mood issues; personality changes; confusion; linguistic problems, such as difficulty reading or writing; memory problems and lapses in judgement.

Alzheimer's disease and vascular dementia are not the only types of dementia; Lewy body dementia and fronto temporal dementia involve many of the same symptoms. Parkinson's disease is known to lead to symptoms of dementia. Some cases of dementia are reversible, while others are not.

A person's brain function is at its peak around 26 years of age and as we age we lose brain cells and it takes longer to learn new tasks.

Memory loss is a primary symptom of dementia, but not all memory loss in the elderly is due to dementia.

A person may worry about forgetting the names of people or things; forgetting appointments or birthdays; putting things in strange places. A person can have lost their car in a carpark or not remember where their keys are.

With the increasing use of technology our brain does not have to work so hard to remember

things. We no longer have to remember telephone numbers – they're in our phone. We don't read maps – our devices will tell us when to turn left/right etc.

***But it's a case of use it or lose it!***

People are encouraged to remember a short list of shopping items, to say the words out loud while touching their fingers together and commit them to memory, write letters, try saying the alphabet backwards, learn something new, play an instrument, eat well (a Mediterranean Diet is good), sleep well. Keep an active lifestyle.

We thanked Lynn for her time and appreciated her talk.

Further information about dementia and dementia risk reduction is available from Alzheimer's Australia on 1800 100 500 or [www.fightdementia.org.au](http://www.fightdementia.org.au)

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### **More Funding for Prostate Nurses**

PCFA are very pleased to let you know that Minister Hunt has announced funding for a further 14 Prostate Cancer Specialist Nurses.

This is on top of the renewed funding announced last month and will bring the total number of nurses around Australia to 43.

Great news!

*Daniel Moore Network Support, PCFA*

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### **Visit to New Hospital**

Five members of the committee were fortunate to be invited to visit the new Northern Beaches Hospital at Frenchs Forest a few weeks ago. We were taken around what is still very much a building site to see the progress. We travelled on the service lift to the 8<sup>th</sup> floor just below the helipad, which gave us sweeping views over the area.

Our guide, Deborah Latta, explained the layout of the hospital, took us into the almost completed operating theatre. The operating theatres will all have the ability to beam the operations in progress to anywhere, eliminating the need of multiple persons round the bed. We saw the ground floor and reception areas.

The new hospital will include 488 beds, 1400 car spaces, a helipad, a 50-space emergency department, 14 operating theatres, advanced intensive care and critical care units, dialysis centre, chemotherapy area, maternity and special care nursery, paediatric unit and an inpatient mental health facility and will employ 1300 staff.

The hospital will also have teaching and educational facilities and conference rooms.

The hospital will provide health services for both public and private patients. The Northern Sydney Local Health District has entered into a long-term partnership with Healthscope to provide public patient services over the next 20 years. This partnership is about delivering the best possible care to all patients on the Northern Beaches.

The Northern Beaches Hospital is scheduled to open its doors to the public in 2018.

Many of our members who live on the Peninsula have voiced concerns about the journey to the hospital via the Wakehurst Parkway which is notoriously known for being closed in times of extreme rain, but I am pleased to see that a 24/7 Urgent Care Centre is at planning stage for the site of the present Mona Vale Hospital. We await more details.

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### **Nutrition for a Healthy Prostate**

by **Wendy Winnall** on May 22, 2017

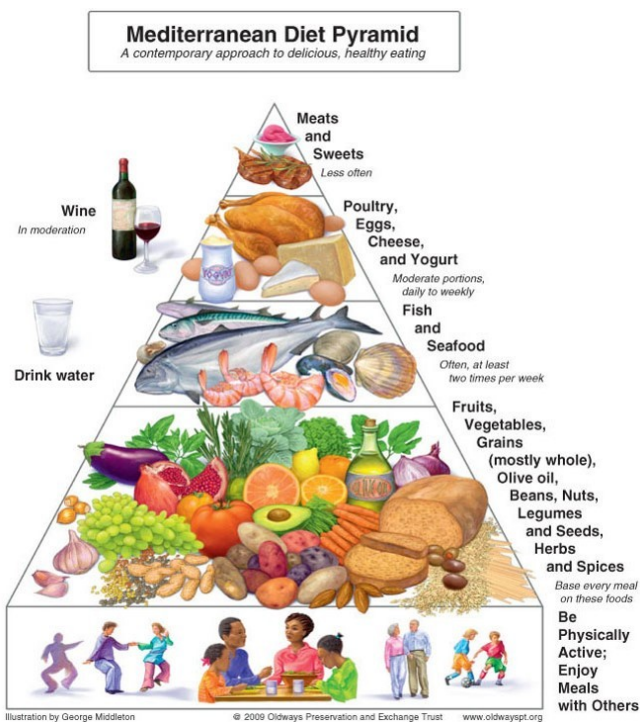
Adopting a healthy lifestyle is a good strategy for men with prostate cancer. Both exercise and a healthy diet can help manage side effects and reduce the chances of the cancer returning. Dr Google is full of recommendations about how to prevent cancer with diet, but most of these are poor quality. At the recent Community Conversations forum in Queensland, we were fortunate to hear from Dr Olivia Wright, a leading dietitian and nutrition researcher at the University of Queensland.

"Diet does make a difference to staying healthy for those diagnosed with cancer" Dr Wright explains. "Scientific research has shown this to be true. In 2002, sixteen experts assessed thousands of scientific studies of the diets of people with cancer. They concluded that up to 600,000 lives could have been saved through good diet, physical activity and maintaining suitable body weight." For men with prostate cancer, there is evidence that a Mediterranean-style diet can help prevent progression of this disease. Dr Wright recommends consuming a rich variety of coloured fruits and vegetables, including plenty of non-refined grains, nuts, seeds, legumes, fish (particularly the oily varieties rich in omega 3) and regular consumption of dairy foods (particularly white cheese, for example, feta and ricotta, and yoghurt). She also recommends minimising processed meat and sweets. **A Mediterranean diet** includes significant amounts of olive oil, which provide "good fats". The good news is that the Mediterranean diet includes some alcohol.

But for men with prostate cancer, this is recommended in moderation and **not to exceed two standard drinks** per day with at least a couple of alcohol free days per week. Some studies have found that **regular consumption of even small amounts** of alcohol were associated with an increased risk of dying from prostate cancer.

Reducing fat is very important. Dr Wright tells us that “Researchers investigating the fat intake of 4,577 men with prostate cancer from 1986 to 2010, showed that men who replaced as little as 10 percent of their daily carbohydrates and animal fats with healthy vegetable fats benefited from a 29 percent lower prostate cancer mortality risk than those who didn't change their diets”.

Alongside a healthy diet, Dr Wright recommends regular physical activity. “Try to aim for 150 minutes per week, but make sure to get your doctor's approval first. We know that men who have prostate cancer are more likely to have poor outcomes and recurrence of their cancer if they gain weight.”



To read more on this article go to - <http://tinyurl.com/ycrdhhd>

## Christmas in July

**Don't forget our Christmas in July dinner at Dee Why RSL on July 4<sup>th</sup> instead of our usual meeting.**

**Cost to members \$10. Put it in your diary now and join us for this wonderful evening.**

May 2017 – Newsletter of the Prostate Cancer Support Group – Northern Beaches

## Norma's May Quiz

1. Which famous May said “Come up and see me sometime”
2. Name an reasons why May blossom was not allowed in the house. And was considered “Unlucky” There are at least six reasons, to do with countryside, religion weather or health”
3. What is the birthstone for May
4. May was named after the Greek goddess called ....?
5. There is an old saying that goes Marry in May and ... ..
6. Another saying April showers bring ... ..
7. May in the Northern hemisphere is the equivalent to **which** month in the Southern hemisphere
8. What is a maypole?
- 9 In England why did children and country folk dance round the maypole
10. Which two birth signs are in May

## Answers to Norma's April Quiz

1. What creature was removed from the Cascade beer logo in 2013? *The Tasmanian tiger*
2. Which cathedral is in Moscow's Red Square? *Saint Basils*
3. Quinine treats which disease? *Malaria*
4. Which war was fought over the 38<sup>th</sup> parallel? *The Korean*
5. With which sport do you associate with Lindsey Vonn? *Alpine Skiing*
6. Which coffee's name is taken from the Latin word for “hood”? *Cappuccino*
7. Which nerve runs from the lower back to the knee ? *Sciatic*
8. Which actor was first nominated for an Oscar for the 1969 film Easy Rider? *Jack Nicholson*
9. Which book was first published as “The Whale”? *Moby Dick*
10. The Sonoran desert spans which two countries? *USA and Mexico*
11. Which continent has the most countries within it? *Africa*
12. In which country did artist Vincent Van Gogh die in 1890? *France*
13. Which alcoholic drink is made from the blue agave plant? *Tequila*
14. Which English county starts with the letter K? *Kent*
15. What is the name of the Alfred Hitchcock movie that is also a kind of dizziness? *Vertigo*

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## Future Meetings

Tuesday 4<sup>th</sup> July - Christmas in July  
 Tuesday 1<sup>st</sup> August - Prof Ian Caterson,  
 Physician & Clinical Researcher,  
 Men, Obesity and Health  
 Tuesday 5<sup>th</sup> Sept – Meridith Van Wensveen –  
 Peter’s Message  
 Tuesday 3<sup>rd</sup> Oct – TBA  
 Tuesday 7<sup>th</sup> Nov - TBA  
 Tuesday 5<sup>th</sup> Dec - Christmas Celebration

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

See PCFA Newsletters online at:

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