

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. 174 - November 2017

Editor: Mary Jones

Our next meeting will be held on

Tuesday, 5 December 2017

This will be our Christmas Celebration!

Please join us for a buffet dinner to mark the end of another successful year

Everyone is welcome, bring your partners along BUT YOU MUST RSVP TO NORMA

The next Newsletter will be published in January 2018

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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 1st Tuesday of the month except in January.

Usual Location:

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

Time: 6:30pm till 8:30pm

Tuesday 5 December

Your committee is preparing a wonderful feast for you to celebrate Christmas and the end of the year, but we need to know numbers.

PLEASE PHONE NORMA ON 9918 4929 TO LET US KNOW YOU ARE COMING.

IF NO-ONE HOME, PLEASE LEAVE A MESSAGE WITH NAME AND NUMBER OF GUESTS - Cost \$10 per person



November Meeting Report.

We began the evening with our Melbourne Cup celebrations, with Fancy Hats, Best Dressed and, of course, our horsey raffle where each horse was a previous winner of the Melbourne Cup.

Katharine Hodgkinson, from HeadWay Health was our guest speaker.

Katharine, a Clinical Psychologist, has over 20 years' experience in client care, research and education. She has worked in community, hospital and private settings providing psychological services to those dealing with range of emotional and health concerns.

Katharine currently leads a team of Clinical and Consulting Psychologists at HeadwayHealth providing intervention to those affected by

emotional and health concerns, as well as carers, families and loved ones.

A cancer diagnosis is a major crisis in people's lives and responses are individual and change over time and create a ripple effect on many areas of life. Cancer changes the way you view life. There is now a 'new normal'.

After the initial diagnosis there is shock, disbelief and individual responses vary but can include feeling isolated, helpless, sleep disturbance, sadness, anger, depression to name a few.

For men diagnosed with prostate cancer it can be a roller coaster ride. Most men like to be self-reliant and don't reveal their emotions but now feel vulnerable and don't know how to deal with it or ask for help.

There is a fear and grief for the life they had/were planning to have and anxiety for the future – treatments, side effects, outcomes – no one gives guarantees.

Quite often the partners of men with prostate cancer are their carers and support, but they too can suffer from anxiety and depression.

Katharine advised to do what matters to you and gives you joy and pleasure; keep busy, socialise, take a holiday, exercise, nurture your body, get help with your diet, learn new experiences and always keep your sense of humour.

Be honest with your treating team, be flexible, take small steps and recognise others' feelings.

Should you ever feel things are getting too much you can see your G.P. for a Mental Health Care Plan and this is where Katharine and her team can help.

HeadWay Health offer a range of targeted strategies to support those affected by a cancer diagnosis at all points across the care continuum.

They work closely with other members of the health care team to provide a comprehensive and coordinated approach to supporting your care. The team provides a variety of clinics in Frenchs Forest, Crows Nest, North Sydney and Hornsby.

Katharine's presentation was informative and well received by all present and we thank her for giving us her time.

See their website at –

<http://www.headwayhealth.com.au> or call them on 9453-3027.

Ateronon

Ever heard of The Tomato Pill Company? They have a product called Ateronon which they claim contains a beneficial ingredient from the

Mediterranean diet, known to help provide heart and circulatory benefits. The beneficial ingredient of ATERONON is lycopene, an important natural antioxidant found in the health-promoting Mediterranean diet. Lycopene is an antioxidant present in tomatoes and some other red fruit. This product is available to buy on-line.

The editor would be interested to know if anyone has tried it and their thoughts on the outcomes.

New patterns in prostate cancer diagnosis

Posted by **Mitchell Lawrence** on November 8, 2017

Knowing how to read and interpret changes in the patterns of natural phenomena can provide early warning signs of danger. Experienced beachgoers search for rips using patterns in the surf, like gaps between waves or streams of foam on the surface of the water. The same principle applies to prostate cancer pathology, where pathologists carefully scrutinise the patterns that cells form within prostate tissue. If they spot a tumour, pathologists then decode these patterns to estimate the severity of the tumour and help guide patient treatment.

Recently, there has been increasing interest in a distinctive growth pattern of prostate cancer cells, known as intraductal carcinoma of the prostate (IDC-P). As its name suggests, intraductal cancer involves the growth of tumour cells within the normal ducts of the prostate. These ducts form the plumbing system that transports seminal fluid to the urethra, but sometimes cancer cells colonise this space. This is more common in large and high grade tumours, so the presence of intraductal cancer may be a marker of adverse risk.

Pathologists first reported intraductal prostate cancer in the 1980s, but for many years it was not considered to be important. This is starting to change,

To read more go to <http://tinyurl.com/yb8nj83v>

January Meeting 2018

Look out for the January newsletter where we will announce more speakers and events for our Support Group for the year.

The committee would like to take this opportunity to wish all our members and their families a happy time with loved ones over the Christmas Season. May the New Year see you healthy and happy.



Norma's November Quiz

1. Which English King was crowned on Christmas Day?
2. Was A Wassail, a song, a drink, a dance or a celebration?
3. If we say a colony of Ants, what do we call a group of Turkeys?
4. Who wrote "A Christmas Carol"?
5. Dr. Clement Clarke Moore wrote a very famous Christmas Eve Poem, what was it called?
6. Who wrote the carol 'Joy to The World'?
7. The city of David is another name for which famous biblical town?
8. What do Elvis Presley, Floyd Cramer, Anne Murray and Bing Crosby have in common?
9. Name two of Santa's reindeer whose names begin with C.
10. In the song 'The Twelve Days of Christmas' my true love bought me what on day nine?
11. What is the birth sign of people born on Xmas Day?
12. Can you name the two States in the US that have towns called CHRISTMAS?
13. The feast of the Holy name of Jesus on or around January 1st celebrates what happening to the baby?
14. What shallow drinking vessel is said to have been modelled on the breast of Marie Antoinette?
15. Deer meat is called what?
16. Name the creature noted for feeding on mistletoe berries.
17. What did Dutch children hang by the fireside instead of the more traditional stocking?
18. Which English King made the first Christmas Day Broadcast?
19. When was the first New Year card sent 1767, 1867, or 1467?
20. Gasper, one of the Wise men took what as a present to Jesus?

Answers to Norma's October Quiz

1. If October 31st is Halloween what is November 1st? *All Saints Day*
2. Which plot tried to change the political scene in England in November 1605, and who was the main man? *The Gunpowder Plot of Guido Fawkes and his cronies!*
3. The clues are: 11th month, 11 o'clock, What happened? *The War to end all wars ended 1918*
4. Is the earth's lithosphere above or below ground? *Below ground*

5. The bushranger Frederick Ward was known as Captain What? *Captain Thunderbolt*
6. What are the Christian names of John Lennon's two sons? *Julian and Sean*
7. What is the main muscle of respiration? *The diaphragm*
8. Which character in the kids story "Wind in the Willows" simply hates society? *Badger*
9. Name the main commercial crop of Ethiopia? *Coffee*
10. What is the birth sign for one born on November 22nd? *Capricorn*

Is tofu safe?

By MATT ATHERTON

Express Newspaper UK Tues Nov 14 2017

Prostate Cancer UK said more research was needed to confirm the link between prostate cancer and tofu.

A US study, published on 8 November in the International Journal of Cancer, claimed men eating foods rich in isoflavones could be at risk of developing prostate cancer - the UK's most common cancer in males.

Isoflavones are compounds which are derived from plants and are found mostly in soya flour, but are also found in soybeans, tofu and miso. Prostate Cancer UK director Dr Iain Frame told Express.co.uk: "This study suggests a potential link between foods high in isoflavones such as soybeans and tofu and increased risk of advanced prostate cancer, however, there is currently not enough concrete evidence to say whether this is actually the case.

"Much more research is needed to measure the actual intake of isoflavones in people with varied eating habits."

The study was published during Movember - the annual month-long charity campaign to raise awareness for men's health.

Dr Jianjun Zhang, lead author of the research from Fairbanks School of Public Health at Indiana University in Indianapolis, writes in the study abstract: "Prostate cancer is a major cancer in Western countries, and its incidence rate has been remarkably increasing in Asian countries during the last several decades. "Age, ethnicity and family history are the only established, but non-modifiable, risk factors for this malignancy." The researchers compared the number of prostate cancer cases in more than 27,000 men over an 11 year period. The cancer was found in 2,598 of them, with 287 being advanced cases.

Men taking part in the study were asked to write down everything they ate over the period. From this, scientists reported they found isoflavones to be linked to a higher risk of developing Prostate Cancer

Is tofu safe? Prostate Cancer UK says more research is needed to confirm soya link

“Our study offers novel evidence that dietary intake of isoflavones has different effects on advanced and non-advanced prostate cancer,” said Zhang.

“This observation is important for understanding the ethology and prevention of prostate cancer, but needs to be confirmed in more epidemiological studies among populations with diverse dietary habits.”

Currently there are very few established risk factors for prostate cancer, and more research was needed, according to oncologist Dr Jiri Kubes, a prostate cancer specialist from the Proton Therapy Center in Prague.

“It’s therefore vital that men are aware of the early warning signs, and are visiting their GPs as soon as they suspect something may be wrong. Often, prostate cancer can be present without any warning signs.”

Meanwhile, last week it was revealed that soya foods could help to suppress the development of breast cancer.

There were 46,690 new cases of prostate cancer diagnosed in 2014, according to Cancer Research UK.

More than 11,000 people died from the disease in the same year. Symptoms include burning, or pain when urinating, frequent urinating at night, finding blood in urine and loss of bladder control. A healthy diet and regular exercise could help to lower the risk of developing prostate cancer, said Prostate Cancer UK.

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 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

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	

Useful websites:

www.pcfa.org.au Telephone: 02 9438 7000

See PCFA Newsletters online at:

www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html

Other useful links-

www.prostatehealth.org.au

www.cancercouncil.com.au

www.acf.com.au

www.prostate-cancer-support-act.net

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

