

PAYNEHAM PROSTATE CANCER SUPPORT AND AWARENESS GROUP NEWSLETTER

PROUDLY AFFILIATED
WITH THE PROSTATE
CANCER FOUNDATION
OF AUSTRALIA



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No 3 April 2009 Website

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WELCOME TO THE APRIL 09 EDITION OF OUR NEWSLETTER.

The Payneham Prostate Cancer Support and Awareness Group has been formed to provide friendship support and information for people who have been affected or diagnosed with Prostate Cancer.

WE WOULD BE DELIGHTED TO WELCOME YOU ALONG TO OUR MONTHLY MEETINGS WHICH ARE CONDUCTED AT THE PAYNEHAM R.S.L. CLUBROOMS, 360 PAYNEHAM RD, PAYNEHAM. WIVE'S/PARTNERS OR OTHER FAMILY MEMBERS ARE ALSO VERY WELCOME.

Next meeting; Tuesday the 21st of April 2009, commencing 7p.m.

Speaker; Our Guest Speaker for the evening will be Dr Graham Lyons, who will speak in regard to diet, anti-prostate cancer foods and also supplements.

REPORT FOR OUR FEBRUARY MEETING.

Chair person. Phil Davis,

Present 32

Apologies, Arthur & Kathie Seager, Beryl Chaetle, Patricia Delpin, John & Robyne Marr, Margaret Oakley, Garry and Alison Eckerman.

A Big Welcome to Johann Felusch to our Support Group

CHAIR PERSON'S REPORT;

We enjoyed a more comfortable meeting this month as a result of relocating into the auditorium of the complex, which has an abundant amount of space, far less noise which unfortunately impacted on our first meeting last month and the microphone operated correctly.

We were indeed privileged to have in attendance at our meeting our speaker Paul Redman, Malcolm and Bev Ellis, John and Phyllis Shields, and Ian Fisk, Malcolm is the Chairperson of the Australia Central Chapter of Prostate Cancer Support Groups and John is the President of the Onkaparinga Prostate Cancer Support and Awareness Group, Ian Fisk is the Secretary of the Adelaide Group and a member of The National Support and Advocacy Committee.

The first part of the evening was a discussion concerning problems experienced by males following treatment, building on the information and research of our February speaker Kevin O'Shaughnessy. No matter what form of treatment one has for prostate cancer, the fact is, life will change regardless of how successful the treatment, there will be side effects, both physically and psychologically, for some it may be quite minor when considering the big picture and for others they will have ongoing problems. I guess the words I think of are the words of Lance Armstrong. "Live Strong." There are a lot of things that we can do to empower ourselves, example gain more knowledge, live a healthier and as stress free lifestyle as possible, accept ourselves as we are, accept help from others, seek professional medical help and enjoy life after a diagnosis of prostate cancer.

During the last month I received a letter from a State Member of Parliament, Frances Bedford, who is the Member for Florey, she expressed her good wishes and every success for the group, emphasising the importance of having a group in the North Eastern suburbs assisting with men's health. I have forwarded a letter thanking her on behalf of our group along with a copy of our Newsletter. As a result of her offer of assistance, we are now able to print our Newsletter at her electoral office, a big thank you.

Presentation for the Evening.

Our speaker for the meeting was Paul Redman, who is The Support Group Service Manager, employed by The Prostate Cancer Foundation of Australia.

During his speech he presented a large amount of information, of which I am only going to write about portion in a structured manner, hopefully providing some insight into the broader picture for new members, who have only just joined our Prostate Cancer Support and Awareness Group.

Paul advised us that the Payneham Prostate Cancer Support and Awareness Group is one of eighty four sprinkled throughout Australia, who are affiliated with the Prostate Cancer Foundation of Australia.

All Prostate Cancer Support and Awareness Groups who are affiliated with the Prostate Cancer Foundation and located in the Northern Territory and South Australia, are members of what is known as the Central Australia Chapter which came into being during 2008. The Chapter Councillors are elected members drawn from support groups across the Central Australia Chapter, the current Chairperson is Malcolm Ellis, who as I mentioned was present at our meeting and is also a member and Vice President of the Onkaparinga Prostate Cancer Support Group.

The role of the Central Australia Chapter is to;

- 1. Provide overall support addressing the needs of its individual Support Groups through;**
 - (a) The Central Chapter Council.**
 - (b) Quarterly Meetings of the Chapter Members. (currently conducted every second month, I would expect a Chapter Meeting will be conducted at Payneham in the not so distant future)**
 - (c) Annual General Meeting of Members.**
 - (d) Annual Conference for all members.**
 - (e) Publication of a Chapter Newsletter. (The "Prostate Supporter Newsletter.")**
- 2. Provide a line of communication between the Central Australia Support Groups and the Prostate Cancer Foundation of Australia**
- 3. Encouragement and management of the development and growth of existing and new Support Groups in the Chapter,**
- 4. Provide such resources, support, as will assist the activities of individual Support Groups, their members and all men and their families and carers in the Central Australia Chapter.**

The Prostate Cancer Foundation of Australia (PCFA) is a national body and a not for profit organization, devoting all its resources towards reducing the impact of prostate cancer on the community.

The PCFA Goals are;

1. Reduce the impact of prostate cancer on Australian men, their families and the community.
2. Represent the interests of all Australian men diagnosed with prostate cancer.

They work to raise awareness and attract widespread financial support through government grants, corporate partners, individuals and the community, e.g. fund raising activities such as 'Movember,' this enables the Foundation to:

1. Fund research into the causes, detection, diagnosis and improved treatment of prostate cancer.
2. Provide information, support and counselling to those affected by prostate cancer.
3. Raise community awareness of the incidence of prostate cancer, thereby encouraging earlier detection and more effective treatment of the disease.

At the conclusion of 2008, Prostate Cancer Foundation of Australia has provided in excess of seven million dollars around Australia, funding ground breaking and vital research in such areas as new tests to assist with the diagnosis of prostate cancer, new treatment modalities and new techniques for dealing with advanced prostate cancer.

The Prostate Cancer Foundation of Australia also has a free hotline (1800 22 00 99) to assist and link people to support groups throughout Australia. The PCFA also has a website, (www.prostate.org.au) which has an abundant amount of information, in order to assist men diagnosed with prostate cancer and their families. There is much more information including details about research they are funding, their fundraising initiatives and much more.

THE ROLE OF WOMEN IN SUPPORT GROUPS

At our March meeting it was mentioned and followed by a nod of approval, that some articles for inclusion in our Payneham Newsletter should recognise the support, encouragement and contribution of our wives and/or partners. Actually I agree whole heartily, one major issue can be the difficulty for women to get help because they are not the patient. As we know a diagnosis of prostate cancer affects the whole family, support groups need to address and support women also during meetings.

John Oliffe who is a South Australian, and currently an Assistant Professor of Nursing at the University of British Columbia, Vancouver, Canada, has a particular interest in Men's Health and Prostate Cancer. He along with his colleagues recently conducted research into the role of women who attend support groups.

During the research, interviews were conducted with 20 women who attended meetings in the British Columbia area of Canada, the researchers also attended and observed women's participation at meetings. Overall, this research confirmed Oliffe's impression from previous research on prostate cancer groups.

Women play an important role in groups, although he was surprised how many women attended and took part.

Oliffe identified three general roles by women in groups;

Social Facilitator,

Background supporter and

Cancer co-survivor.

- 1. Social facilitators do various things to enhance the important connections, such as greeting people, welcoming new members and looking after refreshments.**
- 2. Background supporters, tended to be less active, sit with their husbands and sometimes take notes.**
- 3. Cancer co-survivors, participated more like active stake holders, more readily taking part in discussion, much more like men, except they were more likely to express emotion and ask directly for support from others.**

Some of the women mentioned their husbands might not have attended meetings on their own.

In general, women said they were there to support their husbands, but it was also quite clear, that they had issues of their own.

One spouse said, "I went to support my husband, because he was newly diagnosed but I was also quite overwhelmed by the amount of information there was."

Another woman said, "I had a need to talk. As much as your family and friends love you, they don't really have the knowledge. I believe that the groups can help enormously emotionally and I think emotion plays a huge role in the disease."

In general women had needs of their own, apart from the difficulties of dealing with their partner's problems, during and after treatment and the impact that presented to them individually and as a couple.

Professor Oliffe mentioned it was quite clear that women play a very important role in support groups, "During the course of our study, two of the groups folded and both of those were men only groups. I can't say for sure that's why they folded, but I'd suggest groups might want to think more about the role spouses can play in bringing more people out and sustaining an active membership. In some groups women might be the glue that holds the group together."

In conclusion Professor Oliffe advised, that women who want to get involved should understand an important message." Don't expect that men will operate and behave in a group in the same way that women would. Some women have said to me that men don't talk like they should, but I think men just talk the way they talk and it's different from what women would do, but it works. There is a lot of literature that says men don't look after their health, but guys in prostate support groups are definitely the exception to the rule. I think it's one of the great stories in men's health promotions."

CLEAR AND PRESENT DANGER

Dairy products may be linked to an increased risk of Prostate Cancer



THIS DANGER WAS VERY APPARENT AND OF CONCERN EVEN FOR MY THEN 3 YEAR OLD DAUGHTER,
BUT WHAT ABOUT THE MORE OBSCURE DANGERS

During my childhood and adolescent years I along with my two brothers and sister grew up on our parent's mixed farm, it was an idyllic lifestyle with the ability to roam far and wide and we all helped about the farm, including with milking the dairy herd. All of us consumed a generous amount of dairy products.

One was quick to learn there were some obvious dangers about the farm, snakes, scorpions and you did not enter a paddock where a bull was located, as this may have by very dangerous to one's health and well being. This was unfortunately tragically reinforced when one of our neighbours was gored to death by one of his bulls.

Unfortunately there may have been a more obscure danger, which we all were quite unaware off until recent year.

In more recent years my father his elder brother who resided on a neighbouring property and also milked dairy cows were both diagnosed with prostate cancer, my Uncle's elder son (my Cousin) also diagnosed with prostate cancer, his other son has prostate issues and my two brothers and I have also been diagnosed with prostate cancer. There have been a couple of other relatives as well.

.../7.

I have read various articles and listened to a variety of lectures mentioning perhaps a gene defect within a family which may place them at a greater risk of being diagnosed with prostate cancer, or perhaps a particular type of cleaning chemical used in a dairy, which may increase the risk or it may well be some other reason or environmental factor not as yet discovered.

I was interested to read recently a report by David Liu, Ph D, Saturday April 19, 2008 (Foodconsumer.org) Which reported that Japanese researchers have recently conducted an epidemiological study and confirmed the association between high intake of dairy products and increased risk of prostate cancer.

Kurahashi N along with colleagues from the National Cancer Centre in Tokyo, found that the study indicated that the prostate cancer risk increased by more than 50 percent in those whose intake of dairy products was in the highest quartile, compared to that for the lowest quartile.

The researchers concluded that "our results suggest that the intake of dairy products may be associated with an increased risk of prostate cancer." Similar research conducted in other countries concluded with similar results. (Refer April 2009, Us Too Newsletter.)



My family and I perhaps MAY have avoided a diagnosis of prostate cancer if we had given more milk to the calves and consumed less milk, cream and other dairy products ourselves, or is it a load of bull?" The nutritional benefits of milk are well recorded also. We all have a choice and I certainly am not qualified to indicate one way or another.

Quite obviously more definitive research is required, not only in regard to milk but many other foods in order to provide greater clarity and directions for the next generation, especially sons with a father, brother or other relative diagnosed with prostate cancer.

PS My dairy farmer grandfather died at 91 years of age, with heart failure, never diagnosed with having prostate cancer, however one of my great uncles died as a result of prostate problems at the age of 78 in the early 1940ies

Positive Story for Hormone Therapy Users. (I Think.)

One day whilst walking around the farm in companying with one of my brothers, I was just about to enter a paddock in which a young bull was grazing. My brother advised against this, as in his view the bull was becoming quite nasty and aggressive. However I was of the opinion he was a little young, so I entered the paddock and the bull noticed me and immediately commenced running towards me, bellowing loudly and snorting. Realizing I couldn't run as quickly as Kathy Freeman, I jumped back over the fence. The bull continued to the fence which was electric and continued bellowing, snorting and kicking up dirt in a very menacing manner.

About three weeks later I returned to the paddock in which the bull was located and discovered his temperament had completely changed, he was quiet, cuddly, friendly and so lovable, young children were able to ride on his back. During that three week period and during one of his more aggressive periods he had attempted to jump over the fence and injured, shall I say, 'the crown jewels' a vet was called and to ensure the bull's survived, he had to remove the very damaged testicles, from that time onwards his temperament changed completely.

Anyway my nonsensical farm analogy being, for those of us who are or have been on hormone therapy it has one more positive, apart from the obvious of retarding the progress of the cancer, it has the effect of making us more cuddly, friendly and lovable.

(Sorry to be a little self indulgent with the above two stories)

OUR LIVES DO MATTER

WE DO NOT GIVE MEDICAL ADVISE PLEASE TALK TO YOUR
HEALTH PROFESSIONAL, WE ALSO DO NOT RECOMMEND
TREATMENT MODALITIES, MEDICATION OR PHYSICIANS.

The Payneham R.S.L. is located on the southern side of Payneham Rd, about 100 metres east of the intersection of Payneham Rd and Portrush Rd. A car park is available on the eastern side of hall, enter eastern side door of RSL from car park.)

Membership to join the Payneham Prostate Cancer Support and Awareness Group is free as the group is funded in part by the Prostate Cancer Foundation of Australia, however we do welcome and depend on donation to fund the remainder of our expenses.

Supper (Tea Coffee and Biscuits) is provided free of charge at each meeting and the bar at the R.S.L. is open prior to and after each meeting.

Thank you to all members who have DISTRIBUTED PAMPHLETS DURING THE MONTH.

For further information or a chat please call Phil Davis, Ph 8263 2217, Peter Woodrow, 8263 5556 or Arthur Seager, Ph 8289 4180.

**A SPECIAL THANK YOU TO THE COMMITTEE OF THE PAYNEHAM
R.S.L.**
