



Proudly Affiliated  
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Cancer Foundation of  
Australia

# Payneham

## PROSTATE CANCER SUPPORT AND AWARENESS GROUP NEWSLETTER

### Mailing Address

Payneham P.C.S.A.  
1 Brixham Rd  
St Agnes. 5097

**June 2009**

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Website [www.psapayneham.org](http://www.psapayneham.org)

Wish to reach us by Email

Phil Davis [classic100@bigpond.com](mailto:classic100@bigpond.com)

For further Information  
Ph Phil (08) 82632217 or  
Peter (08) 82635556 or  
Arthur (08) 82894180.

WE WOULD BE DELIGHTED TO WELCOME YOU ALONG TO OUR MONTHLY MEETINGS, WIVES/PARTNERS OR OTHER FAMILY MEMBERS ARE ALSO VERY WELCOME. (Prostate Cancer also affects wives/partners and family.)

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

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

**Next Meeting 7p.m.  
Tuesday 16th June  
2009 at**

**Payneham R.S.L.,  
360 Payneham Rd,  
Payneham**

**Guest Speaker,  
Ashleigh Moore, of  
Cancer Voices who will  
speak in regard to their  
advocacy role on  
behalf of those affected  
by cancer**

## **REPORT FOR OUR MAY MEETING**

**Chair person Phil Davis.**

**Present 34**

**Apologies; Brian and Coralie Thomas, Al Portman and Richard and Valerie Tula.**

## CHAIR PERSON REPORT

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The generosity of spirit and friendliness amongst those in attendance at our May meeting was again very evident. Although we all have our own daily challenges and health, life issues it is apparent as a group we are all helping to improve the lot of others and each other. In my view a positive friendly attitude can be contagious even in times of adversity, providing hope, support and comfort.

Present at our meeting was Paul Redman, Support Group Service Manager, employed by the Prostate Cancer Foundation of Australia, he advised us that the management of Bunnings Hardware Stores have indicated that later this year they are prepared to donate funds to the Prostate Cancer Foundation of Australia, and if individual support groups choose to become involved in promoting awareness at store level, some donated funds will assist in the funding of that individual groups.

During the meeting Peter, who has been diagnosed with prostate cancer and leukaemia advised that his symptoms have become more evident and problematic in recent times. He would appreciate being able speak with another person in a similar circumstance. So if anyone is in a similar circumstance or knows of anyone who would be prepared to chat with Peter, please don't hesitate to contact me.

I have been fortunate this month to profile Doug Day, when you read his story I think perhaps you will also believe, that generally we undervalue our own human characteristics until faced with perilous adversity, I think we are all so much stronger than we imagine. I think both Doug and Kay have been so much stronger than they both initially imagined.

## FUTURE MEETINGS

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For the remainder of this year we have some excellent speakers who will address some very relevant issues which many men suffer after treatment.

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|--|---|
| 1. <b>Tuesday July 21st</b><br><b>7.00p.m.</b>   | <b>Dr Jehan Titus;</b> Urologist who will speak about erectile dysfunction, treatment options and men's sexual health.            |
| 2. <b>Tuesday Aug 18th</b><br><b>7.00p.m.</b>    | <b>Dr Samantha Pillay,</b> Urologist who will speak about the wide Spread problem of urinary incontinence.                        |
| 2.1. <b>Tuesday Sept 15th</b><br><b>7.00p.m.</b> | <b>Rosalie Donhardt; Registered Nurse,</b> good bladder & bowel.<br><b>Dr Rieger,</b> Colorectal Surgeon, Speech regarding bowel. |
| 3. <b>Tuesday Oct 20th</b><br><b>7.00p.m.</b>    | <b>Discussion evening,</b> facilitated by <b>Kevin O'Shaughnessy.</b>   |
| 4. <b>Tuesday Nov 17th</b><br><b>7.00p.m.,</b>   | <b>Annual General Meeting;</b> election of Office Bearers for 2010, social evening and barbecue.                                  |

## **PRESENTATION FOR OUR MAY MEETING**

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**Our speaker for the evening was Faith Best**, who not only had a friendly and cheerful smile, **(pictured with Paul Redman and Arthur Seager)** but is also an amply qualified Naturopath and Wellness Practitioner, who has her practice at 105 Anzac Highway, Ashford. For contact phone 0411279312 or email [faith@faithbest.com.au](mailto:faith@faithbest.com.au). She has a Bachelor of Health Science (Complementary Medicine), Advanced Diploma of Naturopathy, Certificate 1V TFH-Kinesiology, Certificate 1V Massage, Practitioner Training in Glycomics Preivity (Dallas 2004) Practitioner Training in Glycomics Proevity, 2006, Vitality and Longevity Practitioner Training (Perth 2004) Bio Impedance Analysis and currently finishing a graduate Advance Diploma in Wellness.



Faith defined Wellness, as a state of physical, emotional, intellectual and spiritual wellbeing, beyond the manifestation of obvious disease symptoms.

She spoke about wellness being a way of life, a lifestyle which can be designed to achieve an optimal level of health and wellbeing. Everyone regardless of his or her state of health can improve their state of wellness, with greater awareness and attention to nutrition, physical fitness, stress management and environmental sensitivity.

The four major factors Faith mentioned that contribute stress on our health are Psychological stress, Physical Stress, Environmental Stress and Dietary Stress.

Obesity was mentioned as a significant problem within our society, with the above stresses contributing to the epidemic. Australian people are the fattest in the world with more than 9 million adults classified as obese or overweight and this in itself places people at greater risk of developing health problems.

During her speech she mentioned that most people do not consume an optimal amount of all vitamins by diet alone and it appeared prudent for all adults to take vitamin supplements

### **Her Wellness Lifestyle pyramid emphasised the following for better health'**

1. Take a multivitamin, omega 3 fatty acid and antioxidant daily.
2. Keep high glycaemic load foods (potato, bread, pasta and rice) to a minimum.
3. Include nuts, seeds and healthy oils in your diet.
4. Fruit two pieces or one cup daily if you are trying to lose weight.

5. Protein rich foods with each meal or snack.
6. Fresh vegetables a minimum of three cups daily.
7. Water minimum of eight glasses daily. (drink alcohol in moderation.)
8. Regular exercise, minimum of 30 minutes most days. (Walking is an excellent activity.)

Also avoid refined carbohydrates.

As part of her speech she emphasised that people with better health habits survive longer, and for those people disability is postponed and compressed into fewer years at the end of life.

**In her Summary** she recognized the discipline of our treasurer, Arthur Seager concerning his discipline regarding diet, exercise and lifestyles. (Arthur, must have given her an apple prior to her speaking) She re-enforced that we can choose to change our wellness state even though we may have been diagnosed with a serious illness through diet, exercises, avoid prolong stress, toxicity; if obese reduce weight and supplementation.

**Faith's really good practical tips to help keep you in optimal health were;**

- 1. Hydrate yourself with 2 litres of purified water daily.**
- 2. Consume a glass of water with lemon first thing in the morning.**
- 3. Eat at least one meal per day with green leafy vegetables in it.**
- 4. Ensure you have at least 10 minutes of sunlight per day.**
- 5. Reduce coffee intake. (Vary the time at which you drink them. Substitute with cleansing drinks-juices and herbal teas, i.e. green tea.)**
- 6. Moderate alcohol consumption. (Aim for at least 3-4 alcohol free days.**
- 7. Walk for at least 20 minutes per day.**
- 8. Stretch daily-neck, hamstrings, arms, calves, quadriceps and back.**
- 9. Deep breathe daily for 5 minutes. Breathe in for 4 counts, hold for 4 counts then breathe out for 4 counts.**
- 10. Smile frequently, laugh daily and have a time of quietness and positive thought.**

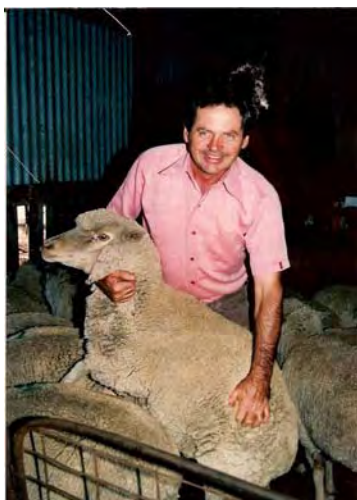
## PERSONAL PERSPECTIVE

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### DOUGLAS and KAY DAY

Doug and Kay Day have experienced rabbit and mouse plagues but as one listens to the experiences of Doug and Kay Day, with prostate cancer, some would say a plague in our community, one is reminded how merciless and taxing it is, both physically and emotionally.

The mallee country near Lameroo is a scenic area in South Australia and is the location in which Doug and Kay lived on a farm, where they raised four children and pursued a variety of farming activities, including cereal growing, wool growing, pigs, milked a few cows and also turned their farm into a tourist attraction, commencing Meranwyney 'Host Farm.' They provided accommodation and meals for tourists who wished to experience farm life first hand and demonstrated various farming activities, including shearing sheep, harvesting crops, feeding lambs and calves and much more. Doug accompanied tourists about the farm providing a commentary, in regard to local history, identifying native birds, animals and flora.



In his late fifties and early sixties Doug completed an arts degree via correspondence majoring in Anthropology and Philosophy.

During 2002 Doug and Kay decided it was time to retire, they sold their farm and moved to the north eastern suburbs of Adelaide. Where Doug who always enjoyed nature and the country lifestyle, would frequently travel to the Adelaide hills where he would shear sheep for hobby farmers.

Having lived an incredibly rewarding and multi-dimensional life in the country they were looking forward to a fulfilling and happy retirement, holidaying periodically and enjoying the company of family and friends.

Unfortunately as their life evolved there was a merciless challenge about to unfold.

In December 2003, Doug as a result of experiencing urinary difficulties went to his doctor who referred him to a Urologist, he conducted a variety of test and procedures. When they were completed Doug and Kay were informed that he had prostate cancer, his P.S.A. was 17, with a Gleason score of 9, cancer was established in a substantial portion of his prostate and it appeared to be outside the prostate capsule as he had a suspicious spot on his pubic bone.

With such a perilous diagnosis, Doug was initially quite emotionally distressed and traumatized with the fear that he would die in the not so distant future. His thoughts turned to Kay and his family and the impact it had on them, he also had an underlying concern he may not be able to see all of them prior to his imminent demise.



However with the ongoing support of Kay, family, friends and harnessing his own strengths he steadily developed an amazing capacity and resilience to face the challenges ahead.

Initially the urologist prescribed androcur, which was later stopped after Doug experienced aside effect of angina. In April and May 2004 he had radiotherapy to the pelvic region which in turn reduced his P.S.A. eventually down to 2.2 by the 2<sup>nd</sup> of August 2005.

On the 17<sup>th</sup> of August 2005 he underwent a complete body scan which indicated that cancer had spread to several sites about his body within his bone structure. He was then prescribed Zolodex and Cosudex, this further reduced his P.S.A. to.04.

Another whole body scan was conducted in May 2006 which indicated some lesions on his bones had resolved but some new ones were now evident. Because of ongoing urinary tract problems due to scaring he had a second TURP, which required a catheter for 10 days afterwards, but was much more comfortable than having the tract stretched by rods.

In June 2006, he had his large intestines cauterized in an attempt to prevent bleeding from ulcers and also had radiotherapy to the middle of his spine along with Zometa infusions.

During September 2006 both Kay and Doug flew to London to visit one of their son's and daughter in law unfortunately he become ill whilst in London and spent a week in hospital where he had blood transfusions and further cauterization of his large intestine to prevent bleeding.

On his return home he was very ill and wasn't expected to survive, over the next few weeks he was in and out of various hospitals and received further cauterization of his large bowel, several blood transfusions, various treatments for pain relief, nausea, angina, bowel problems, anxiety along with continuing his Zometa infusions and 3 monthly Zolodex implants.



During November 2006 he had radiotherapy to his lower spine and thighs, which reduced the pain and discomfort significantly and his health improved.

As Doug's health was a little more stable he had coronary artery triple bypass surgery which stopped the angina pains.

Doug's P.S.A. commenced to rise during 2008 and he was prescribed a variety of drugs in an attempt to reduce it, including ketaconazole, prednisone and nilutamide, some were more effective than others, and he experienced a variety of harrowing side effects.

He had more radiotherapy in February and March of this year to his lower spine and left hip which has reduced some pain, the radiotherapist decided not to treat his ribs with radiotherapy as the risk of significant damage to his liver was high.

In March of this year Doug who is taking an astounding amount of different medication, recorded a P.S.A. of 9.7, his Oncologist recommended that he commence chemotherapy and participate in a clinical trial to test the effectiveness of aflibercept administered every 3 weeks to patients treated with docetaxel/prednisone for metastatic androgen-independent prostate cancer.

Prior to attending our April 21<sup>st</sup> meeting, Doug commenced his participation in the trial, where he had a blood pressure check, blood and urine samples taken, aflibercept (or placebo) infused over a period of one hour and 15 minutes, followed by prednisone and then docetaxel infusion for a period of 1 hour 15 minutes. He is to maintain a comprehensive diary concerning side effects, pain, blood pressure, medication taken and when.



I don't know how Doug and Kay appeared so relaxed and happy at our April and May meetings, I do hope each meeting provided some source of comfort for them. As I mentioned earlier Doug and also Kay have both harnessed their own strengths and demonstrated an amazing resilience in facing the physical and emotional challenges as they have and continue to rise.

**Strength does not come from a physical capacity. It comes from an indomitable will.**

**(Mahatma Gandhi.)**

### [Pomegranate Juice battles Prostate Cancer](#)

Cancer-fighting properties of pomegranate juice have been backed by another study in the United States. Researchers monitored 48 men who had had treatment for their prostate cancer over six years;

Those who drank a cup of pomegranate juice daily performed better on their PSA tests, which can be an indicator of their ongoing cancer.

"The Study suggests that pomegranate juice may effectively slow the progression of prostate cancer after unsuccessful treatment." Christopher dAmling, of the American Urological Association said.

Long term follow up of Phase 2 study of pomegranate juice for men with prostate cancers shows durable prolongation of PSA doubling time.

The Journal of Urology, April 2009 (Vol 181, Issue 4. Page 295.)

### [PSA at age 60 predicts dying of Prostate Cancer before 85 years.](#)

A man's PSA value at age 60 reliably predicted the risk of fatal prostate cancer over the next 25 years, according to data from a Swedish study.

Men who had PSA values below the median of .1ng/ml, had less than a 1% risk of dying of prostate cancer by age 85. Hans Lija, MD. of Memorial Sloan-Kettering Cancer Center in New York, reported at the American Urological Association meeting.

### [Library News](#)

Librarian Kathie Seager advises our Library is steadily growing, as a result of books received from the Prostate Cancer Foundation and also a big thank you to Barry and Margaret Oakley who recently donated some books to our library.

*A Redneck Love Poem.  
at Humour.)*

*Susie Lee done fell in love,  
She planned to marry Joe.  
She was so happy 'bout it all,  
She told her pappy so.  
Pappy told her, Susie gal,  
You'll have to find another.*

*(Another attempt*



*I'd just as soon yo' Ma don't know, ut Joe is yo' half brother,  
So Susie put aside her Joe,  
And planned to marry Will,  
But after telling Pappy this,  
He said, 'There's trouble still,'  
You can't marry Will, my gal,  
And please don't tell yo' mother.  
But Will and Joe and several Mo'  
I know is yo' half brother.  
But Mama knew and said, my child,  
Just do what makes yo' happy.  
Marry will or marry Joe;  
You ain't no kin to Pappy.*

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 the hall, enter the eastern side door of the R.S.L. from the 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.**

For further information or a chat please call Phil Davis, Ph82632217, Peter Woodrow, 82635556 or Arthur Seager, Ph 82894180.

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

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## VOLUNTEERS WITH PROSTATE CANCER AND THEIR PARTNERS

### REQUIRED TO PARTICIPATE IN A RESEARCH STUDY

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#### > Who are we looking for?

We are looking for men who have received prostate cancer treatment in the last 3 years and who currently have a partner.

#### > What does the study involve?

You will be asked to attend two group conversations to discuss the sort of support services that you and your partner would find beneficial in relation to your prostate cancer treatment and its side effects. The conversations will be conducted by an experienced researcher in a private room at a mutually agreed time.

#### > How long will it take?

Each group conversation will take 60-90 minutes.

#### > How do you participate?

If you would like to participate in this study or need further information;

Please contact either:

Professor Jan Paterson

Ph: (08) 8201 3266

Email: [jan.paterson@flinders.edu.au](mailto:jan.paterson@flinders.edu.au)

or

Dr Amanda Moseley

Ph: (08) 8204 7042

Email: [mose0026@flinders.edu.au](mailto:mose0026@flinders.edu.au)



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