



# Below the Belt!

Vol. 8 No. 4

Sept – Nov, 2009

**Newsletter of The Nepean / Blue Mountains Prostate Cancer Support Group Inc.**  
(ABN No. 35 871 442 176)

Check out the box below titled 'What's to Come'. You will see that our October monthly meeting will be our Annual General Meeting. This will be our eighth AGM.

The Group's first meeting was held in October 2001, the first AGM in October 2002. Once again we are calling for people to become involved in the running of the activities of the group by filling positions on the Board of the Group.

For the Support Group to continue to provide much needed support and advice to the sadly ever increasing number of men diagnosed with Prostate Cancer, it is imperative that we encourage greater involvement from you, the members.

If you look at the list of current board members (published on the last page of this newsletter) you will see that there are positions unfilled. This has resulted in some members (mainly Alan & Gabrielle) having to take on the work of more than one position.

Earlier this year we were all devastated when we lost our group secretary, great friend and tireless worker Victor Cipants.

So far we have been unable to fill Victor's position on the board.

Were you involved in business administration? You could be a great secretary – and we desperately need one!

Succession planning; (ie) It is time to share the load!

Give some serious thought to becoming involved. Are you retired or semi retired? Did you once work in finance? Whilst we have a very capable Treasurer in Brett, we would still like someone else to learn the ropes so that when the time comes that Brett feels he's had enough, that person can step into the role. Did you run your own business? Your talents would be a real asset to the Group.

Think about it. Most of the current board have been involved since the beginning and whilst we would like them to continue their current roles, we need to look to the future and get some new blood involved. We need your involvement for the group to continue it's great work in promoting awareness and offering support, the latter of which is the major function of the group (our group is within the top 10 in Australia in terms of its functioning and in being pro-active).

It's not all hard work. The Board is a friendly, easygoing group of people who get on well together and love to socialise. (A 'party' always follows Board meetings)

If you are interested in becoming involved there is a nomination form on page 7 of the newsletter or speak to one of the current board members.

## What's to Come

**Group Meeting – Monday September 21<sup>st</sup>**

Manish Patel – Urologist, Westmead Hospital  
Brachytherapy

**Group Meeting – Monday October 19<sup>th</sup>**

ANNUAL GENERAL MEETNG  
Election of Office Bearers for 2010.

**Group Meeting – Monday November 16<sup>th</sup>**

Dr Viet Do – Radiation Oncologist Nepean Cancer Care Centre  
Latest trends in Radiation Treatment

# Food for Thought

At our June Group Meeting we were fortunate to have as our Guest Speaker Mr. Roger French. Roger is the Nutritionist & Health Director of the Natural Health Society of Australia, this organisation is based in Skiptons Arcade, 541 High St, Penrith. Following is a precis of the talk given to us by Roger There is too much information to include in one newsletter so I will spread it out over the next couple of issues.

## Cancer Fighting Foods

### Cancer risk factors:

Eating the wrong foods, lack of exercise, mismanaging stress, toxic chemical exposure.

We need to eat a range of foods so that the acid/alkali balance in our bodily fluids is correct. The acid/alkali scale is as follows:

1 2 3 4 5 6 7 8 9 10 11 12 13 14  
Pure acid neutral pure alkali

Our bloodstream is kept very close to 7.4 on this scale, that is, very slightly alkaline. If it deviates much from this, we'll die.

What we eat has the biggest influence on this balance. Having too much acidity will result in colds, flu, asthma, depression, etc, and degenerative diseases. To maintain good health, we need to get the ratio of acid-alkali right and keep it right.

### Alkali-forming foods

Alkali-forming foods are mostly water, but provide an essential supply of alkaline minerals, vitamins, other antioxidants and fibre. Fresh fruit and vegetables are high in alkaline minerals – potassium, magnesium and calcium.

Leafy, fruit, stem and root vegetables should be eaten every day. They are a cocktail of minerals, vitamins and other antioxidants in pure water.

Head lettuces such as iceberg lettuce are grown using hormones. Lettuces with the roots attached are grown hydroponically. Cos lettuce is the best as it is closest to natural.

Broccoli and cabbage are excellent for fighting cancer - contain multiple nutrients (particularly *glucosinolates* and *isothiocyanates*) which have potent anti-cancer properties.

Silverbeet, English spinach and parsley are good, except that parsley can be high in *oxalic acid* which renders calcium in food insoluble. Do not eat parsley or bitter silverbeet or spinach in large quantities.

Alfalfa sprouts have a high concentration of nutrients and are the most nutritious of all vegetables.

Celery is high in potassium which is an essential dietary mineral (electrolyte).

Research has shown that people who eat a high level of lycopene, found in tomatoes, watermelon and pink grapefruit, have 40% less incidence of prostate cancer. Lycopene is a bright red carotenoid pigment and antioxidant. Other carotenoids, which are powerful antioxidants, are found in yellow-orange fruits and vegetables, including carrots, pawpaw, papayas, apricots, mangoes, etc.

Dark red, blue and purple fruits and vegetables contain *anthocyanins* and *proanthocyanidins* which are antioxidants 15 to 40 times as powerful as vitamin C. They include blueberries, cranberries, blackberries, mulberries, red currants, strawberries, cherries, red apples and red and black grapes. Vegetables include eggplant, beetroot and red cabbage.

### Acidity of Fruits

Fruits contain low levels of weak organic acids. Nevertheless, all of them – as long as they are ripe – are alkali-forming in our bodies after their processing is complete.

### Highly acidic fruits

Citrus fruit such as lemons, oranges and grapefruit are high in fruit acids. So are pineapples, tomatoes (a fruit vegetable) and sour berries.

Pineapple contains bromelain which is anti-inflammatory and facilitates protein digestion.

### Sub-acid fruits

Include apples, pears, stone fruit, grapes, mangoes and ripe berries.

The darker the colour, the better.

Grapes have the second highest sugar content next to bananas, but the sugar in these fruits is well balanced by minerals and vitamins (unlike refined sugar).

### Neutral fruits

Bananas (high in potassium), pawpaw. The latter contains papain, an enzyme that helps digest protein.

Pawpaw is very gentle on the intestines and can often be tolerated by people with ulcerative colitis – ripe pawpaw is an excellent food.

### Melons.

Watermelon is 93% water and is best eaten alone because this amount of fluid can interfere with the digestion of other foods. It is cleansing and excellent for a light detox diet.

Avocados are high in fat and should be largely avoided by people with diabetes.

Re pesticides on non-organic fruits and veges, always wash the chemicals off fruit and vegetables using a *petroleum-free* cleanser designed for the purpose.

### **Protein-rich foods**

It is important to include protein in the diet every day or at least six days a week, but only in small quantities. Our plate should be  $\frac{1}{4}$  protein and  $\frac{3}{4}$  vegetables or fruits.

Nuts (almonds, cashews, hazelnuts, Brazil nuts, macadamias, pistachios, walnuts, pecans) are excellent sources of protein and anti-cancer, anti-heart disease foods. Brazil nuts are the richest of all foods in the strongly anti-cancer mineral, selenium.

Walnuts are rich in omega-3 oil (benefits a healthy heart); they are third richest after flax seeds and cold-water fish.

80 – 100 grams of mixed nuts provide sufficient protein for a day for an adult of average size.

Lentils, chickpeas and other dried beans and peas are also good sources of protein

People who have a high triglyceride (fat) count should avoid nuts and avocados until the level falls to normal. Instead eat chick peas, lentils, lima beans and red kidney beans, which are low in fat compared to other protein foods.

Seeds provide excellent nutrition, but their oil turns rancid more readily. Tahini is sesame-seed paste and is a great food or spread. Pepitas (green Mexican pumpkin seeds) are higher in iron than red meat.

(But beware of taking in too much iron, which, when in excess, generates cancer-causing free radicals. The iron in red meat is more readily absorbed than iron in plant foods, which is one reason why a lot of red meat can be dangerous, especially with cancer. Having blood iron level checked by a doctor could be a very wise idea.)

Hommus made from chick peas and tahini plus lemon and garlic is a wholesome food, though a bit too salty.

2 to 3 eggs are sufficient protein for a whole day. Always buy free range and limit eggs for protein to once a week.

Avoid cheddar cheese because of the high fat content. Ricotta and cottage cheese are low in fat and better options. Limit total cheese consumption to around 100 grams per week. With cancer, better to avoid dairy foods altogether.

Sour acidophilus yoghurt is OK in small quantities.

Deep-sea, cold-water fish, such as salmon, sardines, herrings and mackerel, are rich sources of omega-3 fatty acids. Omega-3 fatty acids are associated with a range of health benefits, such as lowering the risk of heart disease and relieving inflammatory conditions such as rheumatoid arthritis and inflammatory bowel disease.

Farmed salmon are raised using drugs and red dye and should be avoided. Wild salmon is the fish to choose. It is available only in cans in which the lids carry the words, "USA", "Alaska" or "Canada".

*(To be continued in the Next Issue)*

## **Some Items of Interest**

These articles appeared in a publication titled 'MISTER' (Men's Information Sheet To Every Region – August 2009 Issue) We obtained our copy from the PCFA. You might like to check out the web sites.

### **Testosterone Importance.**

"It should be recognised that testosterone is much more than a sex hormone. Critical in maintaining healthy bone density, lean muscle, and red blood cell production. From about age 30, levels drop by approximately 10 percent every decade.

Body changes in men can creep up over twenty years. Barely noticeable at first, they cut to core issues of what it is to be a man."

More on the commercial website (Diagnosis; Diet; and Causes, and many aspects of interest):

[www.supplemax.com.au](http://www.supplemax.com.au)

### **Andrology Australia**

A community and professional education programme providing information on male reproductive health". Under 'Quick Links', choose Fact Sheets about your particular need. All aspects of Testosterone are important for men.

Register for the free newsletter: "The Healthy Male". Click on Publications; then Health Publications (on left); then Newsletters; and, Booklets (on left).

Search:

[www.andrologyaustralia.org](http://www.andrologyaustralia.org)

### **MHIRC.**

#### **The Men's Health and Information Resource Centre**

(UWS Richmond, Sydney)

designs, develops and supports research and projects to promote positive images of men and boys:

[www.menshealthaustralia.net/](http://www.menshealthaustralia.net/)

## **Distribution of Information**

We distribute this newsletter in two ways.

One way is by mailing out a 'hard copy'. This requires the newsletter to be printed, folded, placed in an envelope, stamped and mailed. This involves a bit of work and expense.

It costs about \$1.60 to print each copy plus 0.55c for postage and on top of this there is the cost of envelopes and labels.

The second method is by email. We do this by placing a copy of the newsletter on our web site ([www.prostatesupport.org.au](http://www.prostatesupport.org.au)) and sending a link to all members who have given us their email. This method is virtually at nil cost to us.

If you have computer access and have given us your email you will receive your newsletter by this method. We will continue to mail the newsletter to all other members.

In the past we have also sent out to members the 'Us Too' newsletter. This is published by the American 'Us Too' organisation (This organisation is similar to our PCFA). We have received advice from 'Us Too' that they will no longer be providing 'hard copies' of their newsletter, however they have agreed to allow us to put a link to their web site on our web site. So members with computer access can still keep up with the 'Us Too' newsletter.

The Prostate Cancer Foundation of Australia (PCFA) sends out quarterly and free of charge their newsletter 'Prostate News'. When you join our group, your address details are forwarded to PCFA to enable this to happen. If, for some reason, you are not receiving this publication please contact me and I will arrange for it to be sent.

Have you checked our web site recently?

In an effort to keep the web site up to date, Committeeman Eric Kent has recently taken on the role of 'Web Manager'. Eric, (assisted by his son, Phillip) has made a lot of modifications including a new title banner, photos of recent events in which we have participated and information on upcoming events.

## **You have Advanced Prostate Cancer: What's Next?**

### **An Individual disease:**

Advanced Prostate Cancer is almost like a different disease in each man it affects.

The course of the disease is different in every man. Treatments work differently. Therapies have to be tailored to individuals. You will work with doctors who know a lot about the disease. But you need to get smart about your prostate cancer. It's your body. It's your life.

The 5 things to do first: There's a lot to learn and do. It can be overwhelming but you can tackle it all, one step at a time.

1. Learn all you can about advanced prostate cancer and your situation. You need the facts. You need to be educated about your own medical history. You need to learn all about advanced prostate cancer and your potential treatment options.
2. Build a medical team you trust. You may already have a doctor/s you work with. Advanced prostate cancer is a complex disease. It takes a team of medical professionals, so find the best team you can.
3. Talk with other patients with prostate cancer. Join a support group and talk with people who have been down this road before. You may learn about new treatments, hear inspiring stories and practical information. You may even share a laugh with someone who understands exactly how you feel.
4. Stay healthy and fit. Good diet and exercise improves everything from heart health to mood. Get fit, you'll feel better and have more energy. Treatments will work better. Side effects will be less bothersome. More exercise is better than less and some is better than none.
5. Find joy! Living long and enjoying your life: that's the whole point. Help yourself by doing things you enjoy. Make big plans. Fill your days with things and people you love. Joy is not only its own reward but a powerful medicine too.

Find good information on Advanced Prostate Cancer: ask your doctor. Your support group may be able to recommend recent articles and books. Subscribe to current newsletters, talk with other prostate cancer survivors, read from reliable web sites, attend your support group to hear from Medical professionals.

Information taken from "Living with Advanced Prostate Cancer" a publication from the educational service of the INSTITUTE For Continuing Healthcare Education obtained through the Prostate Cancer Research Institute: [www.pcri.org](http://www.pcri.org)

*(This item was taken from the SAN Support Group Newsletter for March 2009)*

### **Recent Involvements**

Members of the Nepean / Blue Mountains Prostate Cancer Support Group have been involved in a number of awareness functions in recent months.

#### **Hot Rod Show**

On the 19th of July, members of the group, on behalf of the PCFA, manned an information booth at the Hot Rod Show at Windsor. This was a very popular event with the public and many information brochures were handed out. Our President, Alan Moran, gave an address on the necessity for men to become informed about prostate cancer and talk to their doctor.

#### **Bunnings Stores**

The Bunnings Hardware Store chain, as part of 'Prostate Cancer Awareness Month' (September) has joined the PCFA to help raise awareness of prostate cancer.

Local support groups have been encouraged to set up booths and distribute information about prostate cancer at the various Bunnings Stores. In addition money can also be raised on these days. All money raised will be forwarded to PCFA by Bunnings and PCFA will then hand this money back to the respective support groups.

Our group was involved in two of these days.

On Sunday, August 30<sup>th</sup> we manned a booth at the Bunnings North Penrith store where we were able to hand out a lot of information and also raised over \$240.00.

On Saturday, September 5<sup>th</sup> we were at the Bunnings Minchinbury store where we participated in their 'Family Fun Day'. Again handing out information and 'Rattling the Tin'! Another successful day.

**NEPEAN/BLUE MOUNTAINS PROSTATE CANCER SUPPORT GROUP INC.**

**IT'S ON AGAIN!**

**THE HAWKESBURY CANOE CLASSIC ----- OCTOBER 24th, 2009**

This is a canoe race over 111 kms from Windsor bridge to Brooklyn bridge, non stop and most of it at night. The event has been running for over 30 years..

The event attracts over 430 canoes and kayaks and 600 + paddlers to get them to Brooklyn. For the past 6 years our Group have provided volunteers to assist in the running of this event.

The HCC is not only a race but also a major fund raising effort for worthy causes and ours is one of them. Last year we raised \$2000 for providing volunteers to assist with the preparation stages of the event, and in particular, the boat scrutineering. The funding this year will be directed to NBMPCSG

The HCC committee have once again asked if we would assist with this year's race.

So.....what's involved?

We are asked to be at Macquarie Park Windsor by about 0830 on Saturday morning October 24 and we are needed until about 2-3 pm, depending on the arrival of the boats for scrutineering.

The work is not arduous, not complicated, and there is a very social aspect to the day. Bring a chair, any extra food or drink you might need and the usual outdoor stuff like sunblock etc. Lunch is provided for the volunteers and they receive also a T shirt and a few other extraneous goodies.

Those who have participated in previous years have enjoyed the day and it puts forward the presence of our cause to a large gathering in one location.

I hope you will join us again for this interesting and worthwhile day. If you can, would you please complete the section below and return to me as soon as possible

Many thanks

P O Box 153  
Springwood, NSW, 2777

Brett Sowerby

Email [waxtech@bigpond.com](mailto:waxtech@bigpond.com)

Yes, I would like to help with the Hawkesbury Canoe Classic for October 24th, 2009

NAME(s).....

CONTACT PHONE No.....Mobile.....

Email address.....

A little old man shuffled slowly into an ice cream parlour and pulled himself slowly, painfully, up onto a stool.. After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied as he painfully adjusted himself, 'Arthritis.'



## ***OK MEN – IT'S TIME***

***To put up your hand***  
**FOR DRAGON BOATING**

**AT**

**DARLING HARBOUR**  
**OCTOBER, 25 2009**

**We have spoken about this event for a couple of months now. There has been a lot of interest from our group. We need 20 to get our own team for this event. We can do it! We have wonderful encouragement from the organizers.**

**We now need your support. This is such a great opportunity to further our cause and show the world that prostate cancer is not the end of the line. It's just the beginning.**

**Please contact Brett  
by email at [waxtech@bigpond.com](mailto:waxtech@bigpond.com)**

**2009 ANNUAL GENERAL MEETING**

Our Annual General Meeting will be held on Monday, October 20<sup>th</sup>, 2008, so here is an overview of what is involved and how you go about nominating for election to the Board of our Association .

Our Board has 10 members, with four of these members forming an Executive, these four members are President, Vice -President, Secretary (who is also the Public Officer) and the Treasurer. The other positions on the board are; Assistant Secretary, Librarian, Newsletter Editor and Committee Member (3 positions)

If you want to re-nominate for the Board or nominate as a new member for the Board, you will need to fill out and sign the nomination form below, (or you may nominate in writing) and have two other members endorse and sign your nomination, which, when completed, will need to be handed to Alan Moran, our Secretary no later than seven days before the date of the AGM . (i.e. Monday, October 12<sup>th</sup>, 2009)

.....  
.

**NOMINATION FORM  
For  
ELECTION TO THE BOARD OF  
NEPEAN / BLUE MOUNTAINS PROSTATE CANCER SUPPORT GROUP INC.**

To The Secretary  
Nepean / Blue Mountains Prostate Cancer Support Group Inc.,

I. .... Wish to nominate for election to the

position of ..... On Board of the  
Nepean / Blue Mountains Prostate Cancer Support Group Inc.

Signed.....

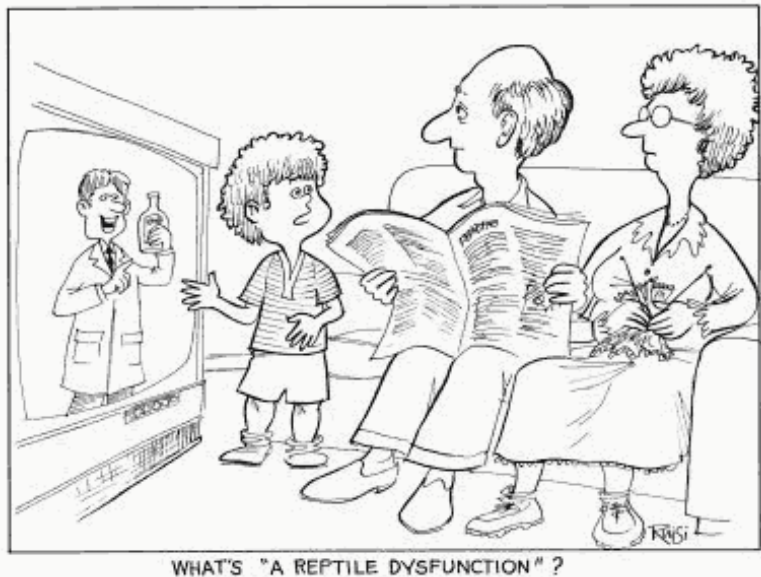
We endorse this nomination.

Name..... Signed.....

Name..... Signed.....

**New hormone pill here next year.**  
“There is a new hormone pill to be released and hopefully receive the blessing of the Therapeutic Goods Administration about the middle of next year. Check out their website [www.ferringpharmaceuticals.com](http://www.ferringpharmaceuticals.com) and then “Research” will give some information on FIRMAGON a long acting GnRH receptor blocker to treat prostate cancer”.





Many years ago in Scotland , a new game was invented. It was ruled 'Gentlemen Only....Ladies Forbidden'....and thus the word GOLF entered into the English language. ( I don't know if this is true, but gee it sounds good!!)

**Relay for Life Matters**

The results of the Penrith Relay for Life  
 Raised in excess of \$199, 000  
 Thank you to everyone involved!

Upcoming "Relay for Life" events –  
 for your diary!

Blacktown Relay for Life  
 31 October / 1 Nov 2009,  
 Blacktown Olympic Park

Upper Blue Mountains Relay for Life  
 21-22 November 2009, Katoomba  
 Falls Reserve  
 Seeking committee members

**Board Members of the Nepean / Blue Mountains Prostate Cancer Support Group for 2009 are as follows:-**

<b>President :-</b>	Alan Moran
<b>Vice President:-</b>	Gabrielle Moran
<b>Secretary :-</b>	Vacant
<b>Assistant Secretary :-</b>	Vacant
<b>Treasurer :-</b>	Brett Sowerby
<b>Librarian :-</b>	Ian Davis
<b>Newsletter Editor:-</b>	Alan Howard
<b>Committee Member :-</b>	Eric Kent
<b>Committee Member :-</b>	John Withers
<b>Committee Member :-</b>	Mick Boyle
<b>Committee Member :-</b>	Richard Bennett

The Nepean / Blue Mountains Prostate Support Group Inc. is grateful for the support of its members and various local groups. This enables us to produce this newsletter and cover other incidentals in the running of the group.

The Below the Belt 'Zipper' logo (Page 1) is copyrighted to Ms. Caroline Redwood and is used with her kind permission

\*\*\*\*\*

**The views expressed in this newsletter are not necessarily the views of the Group.  
 The Group does not offer medical or other professional advice.**

**Articles presented in this or any other issues are presented only as a means of sharing information and opinions with members.**

**It is important that health professionals should be consulted before making any decisions about any treatments.**

**This newsletter has been compiled by Alan Howard from material culled or provided.**

**email: [nbmpcsgnews@gmail.com](mailto:nbmpcsgnews@gmail.com)**

**Nepean / Blue Mountains Prostate Cancer Support Group Web Site 'www.prostatesupport.org.au**