



# Below the Belt!

Vol. 13 No. 3

June 2014 – Aug 2014,

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

## Vale John Price

Members of the Group will be saddened to hear of the passing of John Price.

John was one of the representatives' from the Cancer Council that came to the Awareness Meetings held at the Uniting Church at Glenbrook in 1999 prior to the formation of our Group and has since been involved with our Group following its formation in October 2001. Members may recall John being the returning offices at our AGM's. John would assist at Awareness Events such as those held at Bunning's BBQ's over the years. He stated on his badge "Mentor" which denoted his experience in dealing with cancer. He did not actually have prostate cancer but he was treated for a number of other cancers. Including breast cancer and also skin cancer. He passed away as the result of a blood cancer which required him to have infusions about once each 3 weeks.

When our Group was considering the purchase of reclining chairs, for the chemo section of the Nepean Cancer Care Centre John donated two fabric recliners. Unfortunately they were unacceptable as the fabric did not lend itself to being cleaned to the standard required by the Health Department. On another occasion at a fundraiser that we held at the Gael's Club John donated \$1,000 to support our quest to purchase equipment for the hospital. This generosity defines the quality of the man.

John was above all else a thorough gentleman and will be sadly missed at our monthly meetings.

Regrettably, we did not find out about John's passing until after his funeral had been held and so we were unable to attend.

## **What's to Come**

### **Group Meeting – Monday June 16<sup>th</sup>**

Tony Sonnerveld OAM, Chairman of the NSW Board of the PCFA  
'The value of advocacy in obtaining improved treatment services for prostate cancer survivors'

### **Group Meeting – Monday July 21<sup>st</sup>**

Open Forum

Topics of Interest to Members

### **Group Meeting – Monday August 18<sup>th</sup>**

Robyn Yates

Founder & CEO of Blue Mountains Cancer Help

**All meetings :-** Gather at 6-30pm for a 7-00pm start.

# Food for Thought

## Is There a Prostate Cancer Diet?

When you're being treated for cancer, it's more important than ever to eat right and get adequate nutrition -- but it can also be more difficult than ever to adhere to a balanced cancer diet. Your body is working overtime to fight the cancer, while it's also doing extra duty to repair healthy cells that may have been damaged as a side effect of treatments like chemotherapy and radiation. At the same time, many cancer treatments -- especially chemotherapy -- come with side effects that drain your strength and sap your appetite. So how can you make sure you're getting all the essential nutrients, vitamins, and minerals you need to keep a balanced cancer diet?

1. Participate in regular exercise. Walking is best. (\*)
2. Limit your calorie intake. Excess calories are bad for cancer growth. Eat what you need to get to the next meal; don't adopt the 'all you can eat' style of eating as if you are never going to eat again.
3. Get sunshine daily. Darker-skinned people need more sunshine.
4. Don't follow these or any guidelines to excess. Moderation is the key.
5. Heart healthy is prostate healthy. Heart disease is still the No. 1 killer, even in men with prostate cancer.
6. Variety in the foods you eat is important. Increase the diversity.
7. Remember supplements are supplements. They are not intended to replace an intelligent diet; their purpose is to supplement an intelligent diet. Supplements are a poor alternative to eating foods that are high in the desired nutrients.
8. See a doctor regularly for early detection and preventative care. Be proactive rather than reactive.

## Nutritional Recommendations

The two diets known to be associated with longevity and reduced risks for prostate cancer are the traditional Japanese diet and a Southern Mediterranean diet. The Japanese diet is high in green tea, soy, vegetables, and fish, as well as low in calories and fat. The Mediterranean diet is high in fresh fruits and vegetables, garlic, tomatoes, red wine, olive oil, and fish. Both are low in red meat.

Specifically, you should incorporate these principles when re-evaluating your daily diet:

1. Reduce animal fat in your diet. Studies show that excess fat, primarily red meat and high-fat dairy, stimulates prostate cancer to grow.
2. Avoid trans fatty acids, which are known to promote cancer growth. These are high in some margarines, and fried and baked foods.
3. Increase your fresh fish intake, which is high in the very beneficial alpha omega-3 fatty acids. Ideally eat cold-water fish such as salmon, sardines, mackerel, and trout, at least two to three times a week. The fish should be poached, baked, or grilled (not burned or charred). Avoid fried fish.

4. Significantly increase your fresh fruit, herb, and vegetable consumption daily. Powerful anticancer nutrients are being discovered regularly in colourful fruits and vegetables, fresh herbs, leafy green vegetables, nuts, berries, and seeds.
5. Avoid high-calcium diets, which have been shown to stimulate prostate cancer growth.
6. Take a multivitamin with B complex and folic acid daily.
7. Avoid high-dose zinc supplements.
8. Increase your natural vitamin C consumption -- this includes citrus, berries, spinach, rock melon, sweet peppers (i.e. capsicums), and mango.
9. Drink green tea several times each week.
10. Avoid excess preserved, pickled, or salted foods.
11. Eat red grapes, drink red grape juice, or red wine regularly.(In Moderation!!)
12. Eat leafy dark-green vegetables frequently.
13. Cruciferous vegetables are cancer protective. These include cabbage, broccoli, and cauliflower.
14. Tomatoes and especially tomato products are very high in lycopene, a powerful anticancer substance. This includes pizza sauce, tomato paste, and tomatoe sauce.
15. Avoid flax seed oil. This can stimulate prostate cancer to grow. You can obtain the very healthy alpha omega-3 fatty acids you need through fresh fish and nuts.
16. Use olive oil, which is very healthy and rich in vitamin E and antioxidants. Avocado oil is also good. Avoid oils high in polyunsaturated fats such as corn, canola, or soybean.
17. Take vitamin E, 50 to 100 IU of gamma and d-alpha, only with the approval of your doctor. Some recent studies have raised concerns over serious risks with vitamin E intake. Natural sources include nuts, seeds, olive oil, avocado oil, wheat germ, peas, and non fat milk.
18. Selenium is a very powerful antioxidant and the backbone molecule of your body's immune system. Most studies support a daily selenium supplement of 200 micrograms a day. The benefits appear to be only for those who have low selenium levels, which is difficult and expensive to measure. Since it only costs about 7 cents a day and is not toxic at these levels, it is reasonable for all men to take selenium. Natural sources include Brazil nuts, fresh fish, grains, mushrooms, wheat germ, bran, whole-wheat bread, oats, and brown rice.

*(This item is based on an article from the 'Web MD' website 'www.webmd.com' there are many other interesting Health related articles on this site)*

(\* ) An exercise and fitness initiative has recently come to Penrith. It is called 'Parkrun' It involves running or walking over a 5km course each week and is a worldwide organisation. You register on line and are given your own personal 'barcode'. After you finish the course you are handed a token. This token along with your barcode are scanned and you can track your improvement over the weeks. Once registered you can attend any other 'parkrun' The location of the Penrith event is out at the Penrith Regatta Centre. For full details see '[www.parkrun.com.au/penrithlakes/](http://www.parkrun.com.au/penrithlakes/)'

## Penrith Relay for Life – 2014

This year's relay was always going to be quite an emotional experience for us as it was the first Relay since the passing of our Relay organiser and Team Captain, Ian Davis.

John Kemp and Eric Kent stepped up to take on Ian's roles and as John and Eric both said 'it took two of them to cover the work that Ian undertook each year'.

However they did a tremendous job and our participation was well organised and everything ran smoothly. Well done John & Eric !



Treasurer, Allan Burrow, assists the 'Queen of Spades' in the cutting of the Relay Cake

The weather gods were not all that kind to us this year with the day dawning wet and raining. Fortunately our 'Camp Site' had been set up the evening before so that we were at least able to keep dry. Thanks to all those members who turned up on Friday to help set up.

The weather did improve in that the rain at least stopped but it remained very cold. Given our recent run of fabulous weather that Saturday was a real rarity.

It was probably as a result of the weather conditions that the number of laps walked by team members was not very high this year.

Our "Champion" walker again this year was John Kemp, he walked 44 laps.

The Relay overall was again a huge success with (at recent count) \$413,241.00 being raised, well in excess of this year's target of \$350,000.00. This figure is still only a preliminary figure and is sure to rise in the immediate future.

Our two teams 'Prostate Pals East and West raised in excess of \$3,888.00 between them.

But it's not only about the money raised. Our Group treats it as a social get together. We are able to expand and renew friendships. (One of my reasons for my poor 'lap count' this year was I spent too much time stopping and talking – well that's my excuse anyway!) This is arguably the most popular Community event held in Penrith each year. There is a real positive 'vibe' about the whole weekend. Participation continues to rise with 142 teams being registered this year. Will we see you next Year? Make it a date and come and join the fun!



### What Really Causes Cancer?

The Cancer Council of NSW is undertaking a study to assess the influences that may cause Cancer.

They are after participants who have been diagnosed within the past eighteen months.

**For more information call on 1800 500 894 or visit the Cancer Council's web site 'www.clearstudy.org.au'**

## **New painless diagnosis for prostate cancer**

In March of this year, Australia news organisations carried the news of a new technique for the diagnosis for Prostate Cancer

*"MEN won't need to have numerous painful needles in their rectum to find out if they have prostate cancer anymore, Australian doctors say.*

*Urologist Dr Les Thompson and radiographer Dr Rob Parkinson have found a new way to accurately diagnose the cancer without multiple biopsies.*

*Their world-first study, supported by Queensland's Wesley Research Institute, used an MRI scanner to detect suspicious cell areas in the prostate.*

*The doctors then used a crosshair to target the area with a needle which took a tiny tissue sample to be analysed in the lab. The whole process takes about 30 minutes.*

*Until now, men have required up to 30 random needle biopsies, like stabs in the dark, which were tested to try to locate tumours.*

*Dr Thompson says the method is both uncomfortable and less accurate, leading to men being over diagnosed.*

*"There's been a lot of over-treatment, men have unfortunately suffered the side-effects of those treatments like impotence and incontinence, in retrospect, unnecessarily," he told reporters.*

*Dr Parkinson said the new treatment provides information about the size and extent and the aggressiveness of tumours.*

*"This is a big help for urologists in deciding what the best treatment option for the patient is," he said. At a cost of about \$500, the prostate MRI scan isn't cheap.*

*Dr Thompson said he has been campaigning to get it listed as a medicare item like breast screening and mammograms.*

*But prostate cancer survivor Peter Dornan, who heads the Brisbane Prostate Cancer Support Network, said "blow the money".*

*Before the new method, he said, prostate cancer diagnosis and treatment involved castration or countless needle biopsies.*

*Mr Dornan said the medical, social and emotional costs of having or being misdiagnosed with prostate cancer were high.*

*"Money is very important, it's fabulous, but what you have to consider is this will save the psychosocial effects on the person who is now not going to (unnecessarily) be treated for prostate cancer," Mr Dornan said.*

*"You save surgeries, radiations, you save the side effects, the interrelation effects, the flow-on effects of prostate cancer that affect the whole family."*



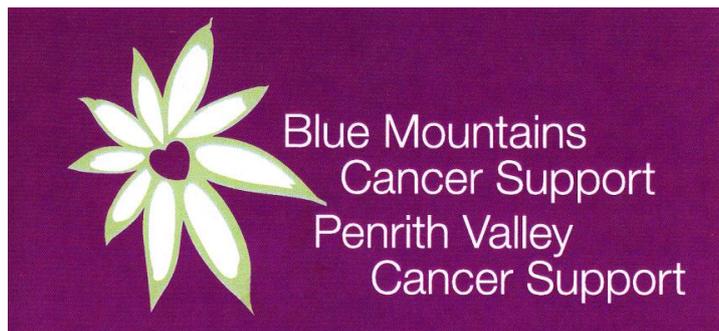
## **HOW TO STAY YOUNG**

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him / her
2. Keep only cheerful friends. The grouches pull you down
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
- 6 The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether its family, pets, keepsakes, music, plants. hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it if it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next town, to a foreign country, but NOT to where the guilt is. Tell the people you love that you love them, at every opportunity...

### **AND ALWAYS REMEMBER:**

Life is not measured by the number of breaths we take, but by the moments that take our breath away. If you don't share this with at least 8 people.... Who cares?

## Blue Mountains Cancer Help



Over the years we have been privileged to be involved with the Blue Mountains Cancer Help organisation. Robyn Yates (Founder and Director) from Blue Mountains Cancer Help has attended our monthly meetings and spoken to us on a number of occasions.\* We have also been able to assist them in their work by way of

donations. They have recently expanded their area and now take in the Penrith Valley. Blue Mountains Cancer Help are a locally based organisation established to provide support for local residents who have been diagnosed with cancer. Blue Mountains Cancer Help is funded through their two Op-Shops, one in Whitton Street Katoomba and the other in High Street Penrith (adjacent to Aldi), fund raising, bequests and donations.

(\* Robyn will again be our Guest Speaker at our August Meeting)

### ***“The Blue Mountains Cancer Help Story – February 2014***

*Blue Mountains Cancer Help Incorporated is a local organisation, unique in NSW, supporting people diagnosed with cancer in the Blue Mountains and Penrith communities. Since inception we have seen and assessed over six hundred (600) clients, and are currently actively supporting over two hundred and fifty clients and their families. We are a registered, charitable organisation with deductible gift recipient status, having started up in May 2005. Our organisation is based on the ‘Bloomhill’ model located in Buderim, Queensland which has been operating successfully on the Sunshine Coast since 1997.*

*With over forty two (42) fully trained and insured therapists, Blue Mountains Cancer Help is providing a large range of Complementary Therapies such as Massage (including Lymphoedema Management), Reflexology, Art Therapy, Reiki, Acupuncture, Counselling, Qi Gong and Meditation as well as facilitated support groups for member clients and their families/carers. These therapies promote relaxation during a very challenging and often life changing experience. All therapies are subsidised by Blue Mountains Cancer Help and if necessary can be carried out at the client’s home. In the 2012/2013 financial year two thousand, nine hundred and sixteen therapies (2,916) in total, including counselling, were provided to clients. Each new client member is initially assessed by a Registered Nurse after which they may choose to access any of the above services.*

*Other services include a “buddy system” for a particular member of the client’s family. We can also assist with transport as required in conjunction with Great Community Transport service, and have established a book and wig library for client use. Our aim is to work alongside General Practitioners and Specialists and to complement existing services such as Community Health, Palliative Care and other support organisations in the Blue Mountains.*

*BMCH Op-Shops in Katoomba and Penrith Valley provide us with a regular source of income, along with fund-raising events and donations. The Op-Shops provide an important focal point for the community and volunteers. Volunteer training is offered on a regular basis. The organisation has already provided both a sense of purpose, friendship and support to clients and their families and we are committed to do so into the future. (Continued Page 7)*

**Hawkesbury Relay For Life**  
**Saturday 24<sup>th</sup> May 2014, at Hawkesbury Showground,**

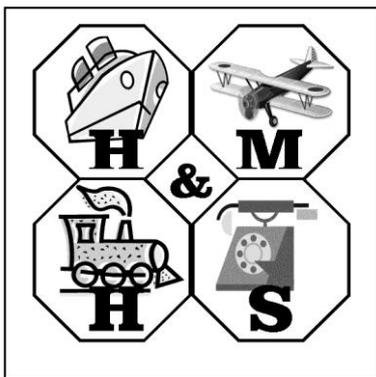
Our support group was invited to man a Prostate Cancer Table, in the Health Information tent at the Hawkesbury Relay for Life, from 11AM to 3PM.

Group Members Eric Kent, Peter Anderson, led by John Kemp, manned the table handing out about 50 information packs during the 4 hour shift, There were 18 information tables manned on the day, with people coming through browsing throughout the day.

Hawkesbury relay is about a third of the size of the Penrith relay, but they had a couple of things that we hope Penrith relay might pick up, (the Health information tent being one of them).

The lady who organized the tent told us twice during the day, that she had had several positive comments about having a Prostate Cancer table there,

We have already been booked to attend again next year, thanks to Eric, Peter and John for their time and effort in representing us at this event.



**2014 Hawkesbury Model and Hobby Show**

**5th & 6th July 2014**

We have been invited to set up an information stall at this event. We have participated here for the last couple of years and those involved have enjoyed the day.

If you are available to assist contact John Kemp.



**Cancer bigger risk in bush**

Dozens of men die each year in NSW because of the gap between prostate cancer treatments in cities and outlying areas, according to a 15-year study. The research shows that if survival rates were the same, 700 fewer deaths could have occurred during the 15 years.

For full details of this study check out the following link:

**Geographic variation in prostate cancer survival in New South Wales study:**

<https://www.mja.com.au/journal/2014/200/10/geographic-variation-prostate-cancer-survival-new-south-wales>



(Continued from Page 6)

*We welcome you to visit our Op-Shops at Unit 2, 27 Whitton Street, Katoomba, and 201-211 High Street, Penrith. Volunteers are always required to help out with fund-raising, administration, buddying, or to work in the Op-Shops! **Should you have further enquiries contact us at BMCH Office on (02) 4782 4866 between 10am to 4pm Monday to Friday; or ring our Op-Shops at Katoomba, (02) 4782 6076 or, Penrith Valley, (02) 4721 5823. - See more at: <http://www.cancerhelp.net.au/>***

**Donation from Glenbrook Panthers Bowls Club.**



Once again our Group has received a generous donation from the Members of Glenbrook Panthers Bowls Club.

Board Members from our Group were recently invited to the Bowls Club Annual Awards Presentation function

At the function, President, David Wilkinson, was presented with a cheque for \$1000.00. This money is raised throughout the year by

the bowlers making 'contributions' to the fines tin whenever they send down a bowl on the wrong bias.

It was pointed out by the Bowls Club President, that the members had improved their technique to such a degree this year that the fines tin fell short of the \$1000.00! However members generously 'kicked in' and brought the figure up to that mark!



David also presented the Members of the Club with one of our 'Appreciation Certificates' in recognition of their ongoing support over a number of years.



**Dragon Boating - 2014**

Just a preliminary advice that this year the 'Dragons Abreast Regatta' will be held at the Sydney International Regatta Centre at Penrith. (Note that it is on Saturday this year) Darling Harbour will be out of action due to the extensive renovations being carried out there. So... It's time to start thinking about your participation this year. Are you going to join us ? or would you prefer to be one of our supporters.

Think about it! We need paddlers and Sponsorship! Do you know any Local businesses that would be willing to sponsor us?



# A Laugh at Life !

## Duties of Wives!

Three men were sitting together bragging about how they had given their new wives duties.

Terry had married a woman from USA and bragged that he had told his wife she needed to do all the dishes and housework.

He said that it took a couple of days but on the third day he came home to a clean house and the dishes were all washed and put away.

Jimmie had married a woman from Canada. He bragged that he had given his wife orders that she was to do all the cleaning, dishes and the cooking. He told them that the first day he didn't see any results, but the next day it was better. By the third day, his house was clean, the dishes were done and he had a huge dinner on the table.

The third man had married an Australian girl. He boasted that he told her that her duties were to keep the house cleaned, dishes washed, laundry and ironing twice a week, lawns mowed, windows cleaned and hot meals on the table for every meal. He said the first day he didn't see anything, the second day he didn't see anything, but by the third day most of the swelling had gone down and he could see a little out of his left eye, just enough to fix himself a bite to eat, load the dishwasher and hang out a load of washing

God Bless Australian Women.....



## School Days

TEACHER: Mary, go to the map of the world and find Australia.

MARY: Here it is.

TEACHER: Correct. Now class, who discovered Australia?

CLASS: Mary!

## Grand Parenting 101

A woman in a supermarket is following a grandfather and his badly behaved 3 year-old grandson.

It's obvious to her that he has his hands full with the child screaming for sweets in the sweet aisle, biscuits in the biscuit aisle; and for fruit, cereal and drinks in the other aisles.

Meanwhile, Granddad is working his way around, saying in a controlled voice, "Easy, William, we won't be long . . . Easy boy."

Another outburst, and she hears the granddad calmly say, "It's okay, William, just a couple more minutes and we'll be out of here. Hang in there, boy"

At the checkout, the little terror is throwing items out of the cart, and Granddad says again in a controlled voice, "William, William, relax buddy, don't get upset. We'll be home in five minutes; stay cool, William."

Very impressed, the woman goes outside where the grandfather is loading his groceries and the boy into the car. She said to the elderly gentleman, "It's none of my business, but you were amazing in there. I don't know how you did it. That whole time, you kept your composure, and no matter how loud and disruptive he got, you just calmly kept saying things would be okay. William is very lucky to have you as his grandpa." "Thanks," said the grandfather, "but I'm William . . ."

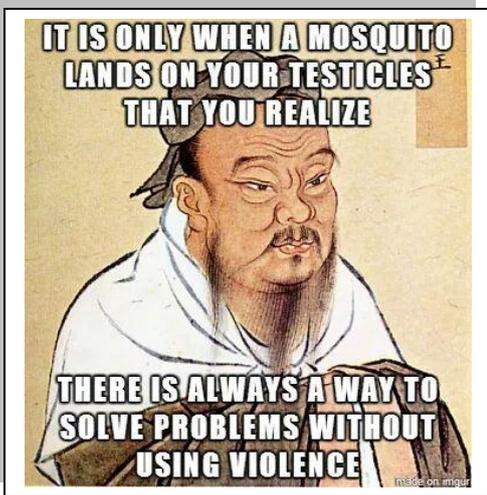
The little bastard's name is Kevin."



## Trivia Time....

Q: What is the Australian Aboriginal word for 'Head Covering'?

A: Akubra.



**Contact Us**

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**PAYMENT OF Membership Fees.** Members can pay their annual Group Membership Fees by direct deposit to our bank account. Our Westpac Account Name is 'Nepean / Blue Mountains Prostate Cancer Support Group'. BSB is 032-837 and the Account No. is 206701. Current Fees are \$10.00 P.A. Don't forget to advise who you are in the Lodgement Reference i.e. " John Smith Fees 2014"



**Would you like to make a cash donation to our group?**  
**Do you know any Group or Organisation that would like to make a donation?**  
 We are a registered charitable organisation and all donations are fully tax deductible.  
 All donations help us to support cancer and health related projects in our local area.  
 If you are able to assist, contact our Treasurer, Allan Burrow.

**Board Members of the Nepean / Blue Mountains Prostate Cancer Support Group for 2013 are as follows:-**

<b>President :-</b>	David Wilkinson
<b>Vice President:-</b>	John Alexander
<b>Secretary :-</b>	Ross Baker
<b>Treasurer :-</b>	Allan Burrow
<b>Librarian :-</b>	Bob Wittrien
<b>Newsletter Editor:-</b>	Alan Howard
<b>Web Site Manager :-</b>	Eric Kent
<b>Promotions Officer :-</b>	
<b>Membership Co Ordinator :-</b>	
<b>Publicity Officer :-</b>	John Kemp

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

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**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**