



Below the Belt!

Vol. 14 No. 3

June – August, 2015

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

Volunteers... Who needs them?

The answer to that question should be pretty obvious. We all do!

Stop and think of all the areas where people help out voluntarily expecting no reward save the knowledge that they are being of assistance.

During May we celebrated National Volunteers Week . Marie-Claire Cheron-Sauer, Director, Support Programs with PCFA, shared the following statement;

“Dear PCFA Network Members,

Today marks the beginning of National Volunteers Week (11-17 May).

The theme for National Volunteers Week this year, “Give Happy, Live Happy” celebrates that not only are volunteers helping make the lives of others happier, they too are happier as a result.

We are very fortunate to have a large network of volunteers, who work together with PCFA national and state/territory teams to achieve the mission of PCFA and would like to take this opportunity to thank you for your passion and commitment to reducing the impact of prostate cancer on Australian men, women and the wider community.

Together, we are making a difference. Thank you all for your contribution and I wish you all much enjoyment as you participate in various events within our community, celebrating National Volunteers’ Week across Australia”

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What's to Come

Group Meeting – Monday June 15th

John & Rhonda Alexander

First Aid

Group Meeting – Monday July 20th

Members Forum – Visitors Welcome

Refer Local Press prior to the Meeting

Group Meeting – Monday August 17th

Dr Tony Bowden – General Health and Prostate Cancer

Refer Local Press prior to the Meeting

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

Food for Thought

Is there a specific 'diet' for Prostate Cancer

Probably Not. But.....

How can I eat more healthily?

Food is an important and enjoyable part of everyday life and it's important to remember this if you decide to make changes to your diet. Don't worry about the occasional treat, but try to make sensible choices in your day-to-day life.

Set yourself realistic goals and make changes gradually. Trying to make too many changes at once may mean that you are less likely to stick to them. Start by making small changes that you feel comfortable with, for example eating more fruit and vegetables.

Try to cut down on unhealthy foods, such as those high in sugar or saturated fat, although there is nothing wrong with the occasional treat. Check the labels on packaged foods for the calorie, fat, salt and sugar content.

Ask your doctor to refer you to a dietitian for help improving your diet or if you have any other medical conditions that could be affected by your diet, such as diabetes.

Fruit and vegetables

Fruit and vegetables are an important part of a healthy diet and a good source of vitamins, minerals and fibre. Eating plenty of fruit and vegetables helps to reduce your risk of heart disease, some cancers and other medical problems. Aim to eat at least five portions every day.

Fruit and vegetables of different colours contain different nutrients. Try to eat a variety to increase your intake of vitamins and minerals.

Which foods might help with my prostate cancer?

There is **some evidence** that certain foods may slow down the growth of prostate cancer or reduce the risk of it returning after treatment. ***At the moment this evidence is limited and we need more research to show clearly how different foods can help.***

- **Soy and other pulses.** Pulses such as, kidney beans, chickpeas, lentils and soy beans in particular contain plant chemicals that are thought to be anti-cancerous. Soy foods include soy milk, tofu, soy yoghurts, soy bread, miso and tempeh.
- **Green tea.** Green tea may protect against advanced prostate cancer. For it to have an effect you need to drink around six cups a day, and brew the tea for 5 minutes to release the nutrients.
- **Tomatoes and lycopene.** Tomatoes contain a plant chemical called lycopene, which may slow down the growth of prostate cancer. Cooked and processed tomatoes, such as tomato sauces, soups, purees and pastes, are a better source of lycopene than fresh tomatoes.
- **Selenium.** Good sources of selenium include Brazil nuts, fish, seafood, liver, kidney and poultry. Taking selenium supplements doesn't appear to have any benefit.
- **Cruciferous vegetables.** This is a group of vegetables that includes broccoli, cauliflower, cabbage, Brussels sprouts, bok choy, spinach and kale.
- **Pomegranate juice.** Try drinking a glass of concentrated pomegranate juice a day.
- **Fish and fish oils.** Try to eat at least two portions of fish a week. Include at least one, and up to four, portions of oily fish a week. Examples of oily fish include salmon, mackerel, sardines, trout, herring and fresh tuna.

Which foods should I limit in my diet?

There is some evidence that certain foods may increase the risk of prostate cancer growing or advanced prostate cancer. ***As with foods which might help, the evidence is limited.***

- **Dairy products and calcium.** Eating very high levels of calcium or dairy may increase the risk of advanced prostate cancer. Calcium is important for strong bones and overall health and you need to include some in your diet.
- **Red and processed meat.** Eating too much red and processed meat may raise your risk of aggressive and advanced prostate cancer. Red meat includes beef, pork or lamb and processed meat includes ham, bacon, sausages and burgers.

Volunteers... Who needs them?

I would like to take up a couple of the items raised in Marie Claire’s letter.

Firstly the theme for Volunteers Week ‘Give Happy – Live Happy’. What does this mean?

If we involve ourselves in helping others we will get benefits from that contact and involvement. This comes not only from those that we may help, but also from the friendships developed with our fellow volunteers. I know that I always get a ‘buzz’ if I feel that I have been able to help someone. Our Group is a very friendly and social collection of people. Whenever we get together, be it at our regular monthly meetings or when helping at an awareness function, we always enjoy each other’s company and friendship.

“reducing the impact of prostate cancer on Australian men, women and the wider community”

We have all seen when a new member first attends one of our meetings, often with their wife, they look nervous and more than likely confused (we know, we’ve all been there). By speaking to us ‘volunteers’ they are usually reassured and better equipped to face their difficult road ahead.

So, we need more volunteers!

You realise that this is leading to a “Commercial” don’t you!

Recently, we have had to cancel awareness events due to lack of sufficient number of volunteers. The ‘Barry Sheene Festival of Speed at Eastern Creek Raceway, the Penrith Council Christmas gathering where we were invited to run the Barbecue. You could also include the recent Penrith relay for Life where, by past year’s standards, we had a relatively poor attendance.

WE NEED MORE PEOPLE TO BECOME PART OF OUR EVENTS!

Become involved; Help out, give support to those that need it, Raise awareness of this disease. **COME AND HAVE SOME FUN!**

We will need YOUR help and support at these upcoming events.

Some Dates to Put in Your Diary (Events that we have been invited to attend)

Saturday & Sunday, July 4th and 5th – Hawkesbury Toy and Hobby Show

Saturday, August 1st – Visit to Penrith Men’s shed

Saturday, September 5th – Bunnings Barbecue (This is the day before Father’s Day, always a busy day – Lots of help required)



Is there a spreciic ‘diet’ for Prostate Cancer

- **Well done meat.** Meat cooked at very high temperatures or very well done, such as barbequed or fried meat, might also increase your risk of advanced cancer, particularly if it's red or processed meat
- **Fat.** You need some fat in your diet for your body to function properly. However, eating too much fat can make you put on weight which may increase your risk of advanced prostate cancer.

(This item was taken from an article on the ‘Prostate Cancer U.K’ web site.

<http://prostatecanceruk.org> this is an interesting site with a lot of good information on all aspects of Prostate Cancer. There is also a leaflet entitled ‘Diet, physical activity and prostate cancer’ that can be downloaded in PDF format)

Penrith Relay for Life – 2015



Eric and John at our 'Camp Site'

Our Group once again participated in the Penrith Relay for Life. This was the Tenth year that we have taken part in this great community event.

This year's event was not without its problems.

During the two weeks leading up to the Relay, the entire Sydney area was lashed by some pretty violent weather with above average rainfall. This fact, combined with more bad weather predicted for the scheduled day of the event, caused the organisers to postpone the relay for two weeks. As it eventuated this was a very good

decision as more heavy rain fell in the Penrith area on the original scheduled day. However, the rescheduled Relay was blessed with near perfect weather and the weekend was once again a great success.

Our two teams 'Prostate Pals East' and Prostate Pals West' were once again organised and Captained by Eric Kent and John Kemp.

Prior to the event, John and Eric were both interviewed by the local media. This interview was published in the local press and the video was posted on the Relay's 'Facebook' page. It was also featured on screens at the Relay.

Our group ran two teams with a total of 21 members originally registered, but because of the wash out, several members couldn't make the rescheduled weekend. 17 members came and 15 of these completed laps, several members did over 30 laps, John Kemp set himself the target of 71 laps (one for each year of his age!), John achieved his target. I had the privilege of accompanying John on his final couple of laps on Sunday Morning. In total our teams raised just over \$3000, (our second hand book stall made \$55) So far the Relay has raised over \$260,000.00.

Our team numbers were down this year, (Does anyone have any ideas of how we can get more people to join us next year, please see any of our board members), it is a great social weekend for all the community.

Because of the popularity of the event and with the space restrictions of Howell Oval, next year the relay will probably be held at the Penrith Showground, not yet confirmed but a good chance.

The absolute highlight of the relay for our team was Eric Kent being given the honour of cutting the ribbon to start the 1200 people off on their journey, which was a great honour for Eric and good recognition for our group.

Thank you to all who took part this year, thank you to the members who came Friday afternoon to set up the tents, Thank you to ladies who cooked & brought food for everyone. Special thanks to John, Eric and Alan for all they did over the 3 days.

For more photos, check out the web site

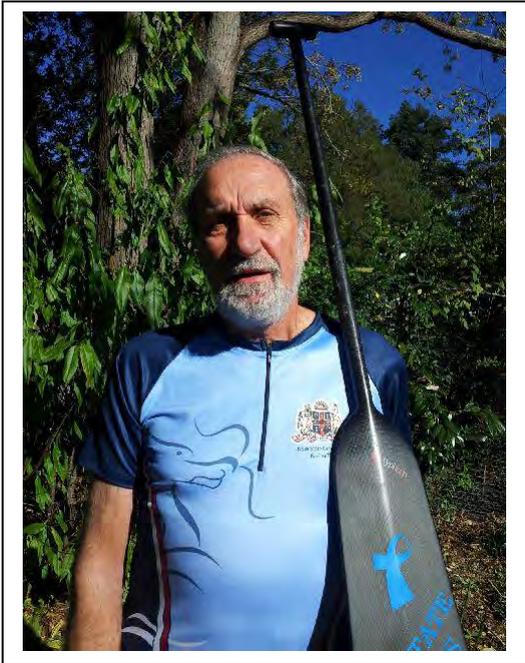
<http://www.prostatesupport.org.au/blog/>



Eric prepares to cut the ribbon to start the event

An embarrassing item

(Writing this item is a bit embarrassing. It is by me about me!)



As many of our members may know, I dabble in the wonderful, but slightly crazy sport of Dragon Boat Racing. My involvement stems from an invitation from The Dragons Abreast organisation for Prostate Cancer survivors to participate in their annual Regatta at Sydney's Darling Harbour.

The first year that I participated I realised that here was a team sport that I enjoyed, was great exercise and was one in which I was able to participate.

After our initial training for that first Regatta I went along intending to join the local club ('Pendragons' based at the Penrith Regatta Centre) however the club was training hard for an upcoming Regatta and that first training session was pretty intense. Needless to say, I 'chickened out'.

Following another couple of years of 'thinking about it' I finally bit the bullet and decided to join the club. I have just completed my fourth season of Dragon Boating.

Part way through the season just completed a couple of my team mates in Pendragons persuaded me to try out for the State Masters 'C' Division Team. (Over 60) I can assure I comfortably qualified for this division!

Long story short I managed to make it into the team.

We recently competed in the Australian Championships in Perth. While the crew that I was in was not successful, the NSW squad had a very successful Championship winning a number of medals in various categories and came away with the overall Champion state title.

Personally I thoroughly enjoyed the experience. The opportunity to meet and train with a new great group of people under the guidance of different coaches was well worth all the time and effort that I put in.

Why am I writing this article? While I can assure I do not have a big ego I am still nonetheless proud of my achievements, but the main reason for the article is to show other men that a prostate cancer diagnoses is not necessarily the end of the world. You can still live a full and meaningful life.

Too many times we hear of men, who on receiving the bad news of a cancer diagnosis, become depressed and withdraw into themselves.

My advice? **STAY INVOLVED!**

Whether it is with Family, sport such as Golf or Bowls, or, in my case Dragon Boating, or with groups such as the Men's Shed Movement, this Support Group. The main thing is **STAY INVOLVED!**

Surround yourself with positive people. Many of my team mates in Pendragons are Breast Cancer Survivors. A more positive (if slightly crazy) group of people you would be hard pushed to find.

Where to now? As I write this article we are involved in training for a Regatta at Port Macquarie over the June long weekend. Feature race of that weekend is a 20km marathon!!

And there is always next year's Australian Championships in Adelaide to aim for.

As I often say 'You do not have to be crazy to be involved in Dragon Boating But it does help!'

Hawkesbury Relay for Life



John Kemp at the Support Group Stand

On Saturday, May 23rd, our Group was invited to man a stand at the 'Health Expo' at the Hawkesbury Relay for Life. This does not mean entering teams such as we do at Penrith. Hawkesbury Relay have a tent that they refer to as the 'Health Expo' where various groups involved in Health and Wellbeing are invited to set up displays and promote their activities. Our participation was organized by our hard working Promotions Officer, John Kemp. The 'Expo' only runs for four hours from 11.00am until 3.00pm. Not an arduous task. During the day we were able to speak to survivors and offer support. We also promoted the existence of our Group in the community. The stand was manned by John Kemp and Alan Howard

Glenbrook Bowling Club Presentation

In what has become an annual event, Glenbrook Panthers Bowling Club Members and Management presented the Group with a generous \$1000.00 donation at their recent Annual Club Presentation Night. The money comes from the Club Members. Several Years ago, the club came up with a novel way to raise money. I am not a bowler but apparently in the bowling world, a bowl delivered on the wrong bias is the ultimate mortal sin. In a good spirited way, the club has introduced a fine tin for any player who 'puts down a wrong bias' during a game. This is referred to as the 'SCOTIE' tin (Small Circle On The Inside Everytime) A gold coin is contributed to the tin each time this occurs. This is the seventh year that the club has chosen to donate the money to our Group to assist us in our charity donations.



Group Vice President Tom Walshe accepts the donation cheque



Donation from Penrith Gaels Club

The Gaels Club in Penrith has once again made a significant Donation to our Group. The Gaels place one of our collection containers on the bar of the club and the Members contribute their small change. This year the Donation totalled \$1300.00. Thank you Members and Staff of 'The Gaels'.

Of Prostates and Tests

23 February 2015, (ABC Local Radio. Tony Delroy's recent Nightlife broadcast)

To test, or not to test - that is the question when it comes to prostate cancer. The release a couple of months ago of new Australian draft guidelines for prostate cancer testing was seen as a first step in ending confusion for Australian men and their doctors. (These guidelines are available on our website 'www.prostatesupport.org.au/blog')

In this Nightlife podcast Tony is getting the latest advice on prostate cancer and prostate exams direct from the experts. Joining him in the studio is Professor Mark Frydenberg, President-elect of the Urological Society of Australia and New Zealand; and, Dr Patrick Bowden, radiation oncologist at Epworth Radiation Oncology Department.

Stream or download the podcast here:

http://mpegmedia.abc.net.au/local/nightlife/prostate_c_m2218651.mp3



How long since you learned First Aid?

At our June Group Meeting (Monday, June 15th), two of our members, John & Rhonda Alexander will be giving a talk on basic First Aid.

John and Rhonda have both been involved in the St John Ambulance Organisation for a number of years both as first aiders and lecturers.

Why not come along and join us and brush up your first aid knowledge.



What do we do With the Money we Raise?

At a recent Monthly Group Meeting a question was quite rightly asked as to what we do with money that we raise and is donated to us by community groups (See previous items about donations from The Gaels and Glenbrook Bowling Clubs)

Since we became an Incorporated Group and able to fund raise we have made donations of over \$57,000.00.

These donations are often in the form of equipment eg. A Bladder Scanner to the Nepean Cancer Care Centre (\$17,000), Several Self Injecting Pain Relief Pumps to various Hospitals in our area (total of \$16,500) We are currently organising to make a further donation of these pumps to the Palliative Care Unit at Mt Druitt Hospital.

We have also donated money to Greater Community Transport towards the purchase cost of a vehicle as well as further donations towards their running costs.

We are also a 'Gold Sponsor' of Nepean - Blue Mountains Cancer Help.

The majority of our donations go to organisations in our local area however we have made donations to groups that are not local but are Cancer related. The Prostate Cancer Foundation of Australia and The Chris O'Brien Life House to name two.

Do you have any suggestions of worthy Local Cancer Organisations that we might be able to assist?

Prostate Cancer And A Higher Risk Of Bone Fracture

While looking for items of interest to include in the Newsletter, I came across this item in a media release from the Garvan Institute from April of 2008. I feel sure that it is still relevant.

'As unlikely as it sounds, scientists at the Garvan Institute of Medical Research have shown that there is a link between prostate cancer and a higher risk of bone fracture.

Analysis of data from Garvan's Dubbo Osteoporosis Epidemiology Study suggests that men with prostate cancer face a 50% higher risk of fracture, which increases to nearly doubled risk if they are receiving ADT treatment. The results have just been published online in the prestigious international journal "Bone".

"This is a controversial area which has been under discussion for at least three years," said Garvan's Associate Professor Tuan Nguyen, who initiated the study after hearing speculation on the concept. "It has taken us about two years to assemble and analyse the data. The results suggest a link between the two diseases, although we still don't understand the mechanisms."

Professor Nguyen and his colleagues have studied 822 men from Dubbo for nearly 20 years. These men were all aged 60 or over in 1989 when the study began. Of the 822 men, 43 subsequently developed prostate cancer. Twenty-two of the men received ADT (androgen deprivation therapy) and 21 did not. Compared to the men without prostate cancer, those with the disease showed a 50% increase in the risk of fracture. For those being treated with ADT, the risk increased approximately twofold.

"The results have important implications in practice for several reasons," said Nguyen. "First, most of the men who developed prostate cancer started out with a higher BMD (bone mineral density) than average. Second, developing prostate cancer clearly increased their risk of fracture. Third, ADT treatment doubled their risk of fracture."

"There are factors at play that we do not yet understand. Obviously the higher BMD of the men with prostate cancer did not protect them against fracture. Exactly what mechanisms are at work are unclear."

"Osteoporosis in men often remains untreated, even after a fracture. It is highly unlikely, therefore, that any of the men at higher risk will be receiving anti-fracture therapy."

"The clear message that comes out of this study is that men with prostate cancer should consider seeking evaluation for osteoporosis, particularly if they are being treated with ADT."

"More and more we are seeing ways in which diseases are connected. You can't isolate osteoporosis from cancer from diabetes and so on. In treating one disease, we must be careful not to increase the risk of another. As we understand these connections, we learn how better to treat the whole person."

Several strategies can reduce a man's risk for osteoporosis, or lessen its effects if he already has it.

These include Nutrition, a well-balanced diet with some calcium and vitamin D. (See item on Page 2) Exercise, particularly weight bearing such as walking, climbing stairs etc. Healthy Lifestyle, cut out smoking, moderate consumption of alcohol.

A Bone Mineral Density Test could be prescribed by your doctor.

I will follow up this topic in later newsletters. If you have anything to contribute please contact me.

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"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

Knock, knock;
Who's there?
The Police.
What do you want?
We just want to talk.
How many of you are there?
Two
Then talk to each other

Contact Us

Telephone 1300 13 38 78

Email nbmpcsg@gmail.com

Web Site
'www.prostatesupport.org.au'

Postal Address
Nepean / Blue Mountains
Prostate Cancer Support
Group
P.O. Box 763
Kingswood, N.S.W. 2747

PAYMENT OF Membership Fees. The Group collects an annual membership fee. 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. per family. Don't forget to advise who you are in the Lodgement Reference i.e. "John Smith Fees 2015"



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 2015 are as follows:-

| | |
|-----------------------------------|-----------------|
| President :- | David Wilkinson |
| Vice President:- | Tom Walsh |
| Secretary :- | Ross Baker |
| Treasurer :- | Allan Burrow |
| Librarian :- | Bob Wittrien |
| Newsletter Editor:- | Alan Howard |
| Web Site Manager :- | Brett Sowerby |
| Promotions Officer :- | John Kemp |
| Membership Co Ordinator :- | John Alexander |
| Publicity Officer :- | Alan Moran |

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

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