



Specialist Prostate Cancer Nurses

The Austin Hospital has specialist breast and special prostate cancer nurses.

Until a last minute decision, it looked as though the Austin Hospital would not continue its specialist prostate cancer nurse position beyond the end of June 2015.

Prostate Cancer patients and their families are very fortunate to have Carla D'Amico as the specialist prostate cancer nurse at the Austin. The last 6 months or so have been extremely difficult for Carla having the uncertainty of whether her role would continue or not

Unfortunately the position has only been funded until June 2016. At least that gives us plenty of time to lobby to make the position permanent.

Specialist prostate cancer nurses didn't fare too well in the recent Federal Budget either:

Specialist Breast Nurses	\$19.5 million
Specialist Nurses for Prostate, and all other types of, cancer	\$0

My Prostate Cancer Experience Study

This international study is being conducted by 3 prostate cancer support and advocacy nonprofit organizations, the Prostate Cancer Foundation of Australia, Malecare and the Global Prostate Cancer Alliance.

Please help with this valuable research and complete the questionnaire by clicking on this link:

<https://www.surveymonkey.com/s/myprostatecancer>

The survey takes 10 minutes or less to complete. It will help us understand the truth of how prostate cancer treatment affects day to day living. There are many different kinds of treatments, different stages of disease and different sequences of treatment choice making. The survey encompasses all of the different prostate cancer treatments that you may have chosen.

If you have any questions or want more information, please contact the Primary Investigator, Darryl Mitteldorf by email: darrylm@malecare.org

Our Next Meeting

Date: **Wednesday 12 August 2015.**

Time: **10:00 am to 12.30 pm**

Place: **Ivanhoe Uniting Church, Seddon Street, Ivanhoe** (Melways 31 F8)

- Meetings are open to anyone interested in getting support or information on a prostate cancer journey. Partners or carers are welcome to all meetings.
- **There is no charge for attending.**

We know what to do – But we’re not doing it

The benefits of exercise for prostate cancer survivors are well established.

A group of researchers led by Professor Daniel Galvao of Edith Cowan University in Perth studied 463 Australian prostate cancer survivors to see how many of the men were getting sufficient exercise. The participants in the study were also tested for psychological distress, unmet supportive care needs, and quality of life.

Current exercise guidelines for cancer survivors recommend 150 minutes of moderate intensity or 75 minutes of strenuous exercise per week and twice weekly resistance exercise.

Only 12.3% of the men got sufficient exercise in accordance with the guidelines.

40.2% of the men did some exercise.

47.5% of the men were inactive.

The study found that lack of physical activity contributed to poorer quality of life and greater psychological distress.

Journal of Clinical Oncology, Vol 33, No 15_suppl, 2015: e16089

Doc Moyad’s What Works & What is Worthless Column(Also Known as “No Bogus Science” Column)

The obesity epidemic

New U.S. statistics show nearly two-thirds (66%) of adults are now at an unhealthy weight! [Australians are not far behind.]

People ask me about supplements and prescription pills all the time for everything from sexual dysfunction, incontinence, fatty liver, low testosterone, high cholesterol, blood pressure, blood sugar... you name it and I have heard it. Yet, right in front of us is the ultimate lifelong challenge (really solution) of how do I achieve a healthy weight?

Whatever it takes to help you lose weight/waist please do it now, because the bottom line is that we have hit the bottom line and almost every health condition ever discussed in this newsletter gets worse with weight gain!

Ginseng Shoots and Scores Again Against Cancer-Related Fatigue!!!”

Bottom Line:

A Mayo Clinic initiated major clinical trial previously demonstrated that American Ginseng at a dosage of 2000 mg per day (3-5% ginsenosides = active ingredients) significantly reduced cancer-related fatigue (CRF) in eight weeks, and now a smaller study from MD Anderson Cancer Center just demonstrated a significant reduction in CRF and improved quality of life and appetite and sleep in just one month with Panax ginseng (similar to American but with slight differences)! How awesome is this!!!^{1,2}

What is more awesome than Coach Jim Harbaugh at Michigan? Almost Nothing! However, what is definitely awesomerrr (I just made up that word and I love it) is the ongoing research with ginseng to reduce cancer-related fatigue (CRF)!!! This is a fabulous story my friends and enemies! So, the next time someone tells you that a dietary supplement cannot help cancer patients then you should

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tell that person that they are grossly misinformed and should be punished (aka should buy a round of expensive beers for Dr. Moyad).

A few years ago 2,000 mg of American Ginseng (3% ginsenosides and another CRF trial by this group used a 5% ginsenoside 1,000 mg per day product³) demonstrated an ability to significantly reduce CRF in patients being treated for a variety of cancers including breast, prostate... and side effects were similar to the placebo. They utilized a "pure ground root" ginseng product from the Ginseng Board of Wisconsin (just go to their website ginsengboard.com and you will see an article on the trial and how to purchase the product), which is the one I recommend and I have ZERO affiliation or relationship with this company, but just believe that we need to copy what worked from the research. Hey-just like with prescription drugs folks!

Now, a small trial from MD Anderson Cancer Center (seems like a reputable place like the Mayo Clinic...sarcasm alert) using 800 mg per day of Panax or Asian ginseng (similar but not exactly the same as American ginseng with a 7% or more ginsenoside concentration from Indena S.p.A. Milan, Italy...Gratzi!) in 30 patients significantly reduced fatigue and improved quality of life and this also appeared to then improve sleep and appetite and other issues related to CRF in 30 days! What is the catch? There was no placebo arm in this study but these findings are consistent with what has been demonstrated against placebo from other studies (such as the Mayo clinic trials).

In other words, CRF can be tough to deal with from androgen deprivation treatment (ADT) to Xtandi to Zytiga to chemotherapy... and now ginseng appears to be one of the only safe and low-cost options that cancer doctors are just now beginning to endorse! How awesomerrr is that!!! Man, I love this stuff!

References:

- ¹ Barton DL, et al. J Natl Cancer Inst 2013; 105:1230-8.
- ² Yennurajalingam S, et al. Integrative Cancer Therapies 2015, Epub ahead of print.
- ³ Barton DL, et al. Support Care Cancer 2010; 18:179-87.

Thanks to the Us TOO International Prostate Cancer Education & Support Network for allowing us to reproduce these articles which appeared in their recent HotSheet newsletters. Dr. Mark Moyad is the Jenkins/Pokempner Director of Preventive & Complementary Medicine at the University of Michigan Medical Centre.

The impact of bicycling on PSA levels ... and risk for prostate cancer

As a result of recent research, the "New" Prostate Cancer Infolink comments that:

"At this time there is no good reason to believe that cycling is necessarily a cause of an increased PSA level in men who bicycle **on a regular basis**. On the other hand, if you do **not** bicycle on a regular basis, it may not be the best idea to get a screening PSA test carried out within 48 hours of so of a long bike ride."

Reference: <http://tinyurl.com/pvhyzqb>

Medical issue?

A man goes to the Doctor with a piece of lettuce hanging out of his ear.

"That looks nasty," says the doctor.

"Nasty?" replies the man, "this is just the tip of the iceberg!"

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Prostate Heidelberg provides information, education and support for those affected by prostate cancer. At the meetings, we

- 1. Show respect to members and speakers;*
- 2. Allow people to speak and we listen;*
- 3. Respect confidentiality;*
- 4. Allow new ideas to be shared.*

We meet on the 2nd Wednesday of each month (February to December) from 10:00am -12:30pm.

We meet at the Uniting Church Meeting Room, Seddon St, Ivanhoe (behind the Commonwealth Bank in Upper Heidelberg Rd).

Free parking is available in a large public parking area at rear of the church. Ivanhoe railway station is nearby.

Meetings are open to anyone interested in getting support or information on a prostate cancer journey.

Partners or carers are welcome to all meetings

There is no charge for attending.

COMMITTEE:

Max Shub, Facilitator 0413 777 342
Paul Hobson Secretary 0405 086 869
Chris Ellis
Spiros Haldas
Patrick Woodlock

Annual subscription - \$5 from 1st January per individual, couple, or family.

MEETING VENUE:

Uniting Church Meeting Room
Seddon St, Ivanhoe
(behind the Commonwealth Bank in Upper Heidelberg Rd).

CORRESPONDENCE

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CALENDAR Meetings: **10:00am -12:30pm**

Wed 12 August '15
Wed 9 September '15
Wed 14 October '15
Wed 11 November '15
Wed 9 December '15 (Christmas lunch)

Please contact Paul Hobson to redirect or cancel receipt of this Newsletter.

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