



Below the Belt!

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

PCFA “Thank You” Function at Government House.



Front row (L to R) Professor Bashir, Trish Godard, Sir Nicholas Shehadie Gabrielle Moran & Pam Sandoe. Back Row Mr. Godard, Alan Moran & David Sandoe

On the 23rd of March 2011, PCFA hosted a function at Government House to honour the many people who have made a valued contribution in the fight against Prostate Cancer. Our group Vice President, Gabrielle Moran, was one of three women who were honoured with an award from the PCFA. This award was presented by Her Excellency the Governor of NSW, Professor Marie Bashir. The other two recipients were Pam Sandoe and Trish Goddard. This was the first time ever that the PCFA had made an award to women for Achievement and Excellency in Prostate Cancer Advocacy. *(Cont'd Page 3)*

What's to Come

Group Meeting – Monday June 20th
Open Forum (Including Separate Carers Meeting)
Topics of Interest to Members

Group Meeting – Monday July 18th
Brett McCann – from Impotence Australia
Sexual Rehabilitation & Impact on Relationships Following P.C. Treatment

Group Meeting – Monday August 15th
To Be Advised
Refer Local Press in Week Prior to Meeting

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

Food for Thought

Grapefruit and other drugs.

My wife and I both take prescription medication. (My wife for blood pressure myself for cholesterol.) We are both advised not to consume grapefruit with these drugs. I decided to check out why this is so. This is what I found on the 'world wide interweb thingy'

A nutraceutical is a food or part of a food that allegedly provides medicinal or health benefits, including the prevention and treatment of disease. Grapefruit juice has been touted as containing many compounds that can reduce hardening of the arteries (atherosclerosis) and even the risk of cancer. Grapefruit juice can, therefore, be justifiably referred to as a classic nutraceutical. However, for many persons taking certain medications, grapefruit juice might actually better be termed a "nutrapollutical!"

It turns out that grapefruit juice can directly or indirectly interact in important ways with a number of medications. This is especially important since grapefruit juice is consumed by many people as part of their breakfast - a time of the day when medications also are commonly taken.

Grapefruit juice blocks special enzymes in the wall of the small intestine that actually destroys many medications and prevents their absorption into the body. Thus, smaller amounts of the drugs get into the body than are ingested. When the action of this enzyme is blocked, more of the drugs get into the body and the blood levels of these medications increase. This can lead to toxic side effects from the medications.

Amazingly, this remarkable food-drug interaction was discovered completely by accident over a decade ago! Researchers were investigating whether alcohol could interact with felodipine (Plendil) (a blood pressure drug) and used a solution of alcohol with grapefruit juice to mask the taste of alcohol for the study. Researchers discovered that blood levels of felodipine were increased several fold more than in previous studies. This increased blood level caused an increase in the effect and side effects of felodipine. Further research revealed that the grapefruit juice itself was actually increasing the amount of the study drug in the body.

Research about the interaction of grapefruit juice with drugs suggests that compounds in grapefruit juice, called furanocoumarins (for example, bergamottin), may be responsible for the effects of grapefruit juice. Researchers believe that furanocoumarins block the enzymes in the intestines that normally break down many drugs. One glass of grapefruit juice could elicit the maximum blocking effect, and the effect may persist for longer than 24 hours. Since the effects can last for such a prolonged period of time, grapefruit juice does not have to be taken at the same time as the medication in order for the interaction to occur. Therefore, unlike similar interactions, where the interaction can be avoided by separating the administration of the two interacting agents by a couple of hours, administration of grapefruit juice with susceptible drugs should be separated by 24 or more hours to avoid the interaction. Since this is not practical for individuals who are taking a medication daily, they should not consume grapefruit juice when taking medications that are affected by grapefruit juice.

The grapefruit juice-drug interaction can lead to unpredictable and hazardous levels of certain important drugs.

(To make matters worse, we have a grapefruit tree that is a prolific bearer, - Anyone want some grapefruit!)

New CEO appointed to head PCFA.

Dr Anthony Lowe has been appointed the new CEO of the Prostate Cancer Foundation of Australia.

Dr. Anthony Lowe joins the Prostate Cancer Foundation of Australia at a time of significant developments, including new service and resource offerings for Australian men diagnosed with prostate cancer, and for health professionals.

Before joining the PCFA Dr Lowe was chief operating officer and company secretary at the National Breast Cancer Foundation,(NBCF) where he implemented online registration and social network fundraising for NBCF's Pink Ribbon breakfast campaign, started a data-driven direct mail program, new customer relationship management and website content management systems, and implemented new financial reporting that resulted in NBCF being a finalist in the PwC Transparency Awards in all three years since their inception.

Importantly, he restructured the NBCF investment portfolio, resulting in reduced investment fees and reduced investment risk, and he led the team to design and implement website and customer relationship management system for Register4, Australia's first online community for volunteer breast cancer research participants.

Previously, Dr Lowe held senior executive positions in the financial services industry, in Australia, the US and UK, ultimately becoming an executive director and Asia Pacific business group leader for Mercer Wealth Solutions.

His strong track record of developing business strategy, driving revenue growth and implementing change helps to build organisational capacity and operational outcomes.

PCFA National Chairman Graeme Johnson says the organisation will rely heavily on Dr Lowe's leadership to ensure prostate cancer and those affected by it continue to receive vital resources, support and government assistance.

"The PCFA is privileged to have the experience and expertise that Dr Lowe brings, particularly during this time of expansion and vital development," says Mr Johnson.

Welcome Dr. Lowe.

(This article is reproduced from the South Australian & Northern Territory Newsletter "PROSTATE SUPPORTER" - www.pcagsa.org.au)

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PCFA "Thank You" Function at Government House. *(Continued from Page 1)*

Gabrielle stated "I was very humbled but appreciative of the recognition for the role of women, most of whom, like me, are just ordinary people trying to make a difference in the lives of those they love and care about. My personal commitment was made when Alan was diagnosed and I was determined to try and make something good come out of a very bad situation. That commitment has not wavered during the past decade; in fact it has grown stronger and continues to do so."

Gabrielle recently presented a paper on the subject of the role of carers at the PCFA Support and Advocacy Conference held in Canberra.

"I put my heart and soul literally into my presentation in Canberra, not only because the role of carers is something that I am passionate about, just as importantly, I was at the conference as a representative of our Support Group and knew my actions would reflect back on us, therefore it became paramount to me that I should make a good job of it. The presentation has been updated since then, because I believe we should never become complacent and work at continuously improving what we do."

Barry Sheene 'Festival of Speed'

Eastern Creek – April 2nd & 3rd, 2011

Our group was once again invited to man an information booth at this event.

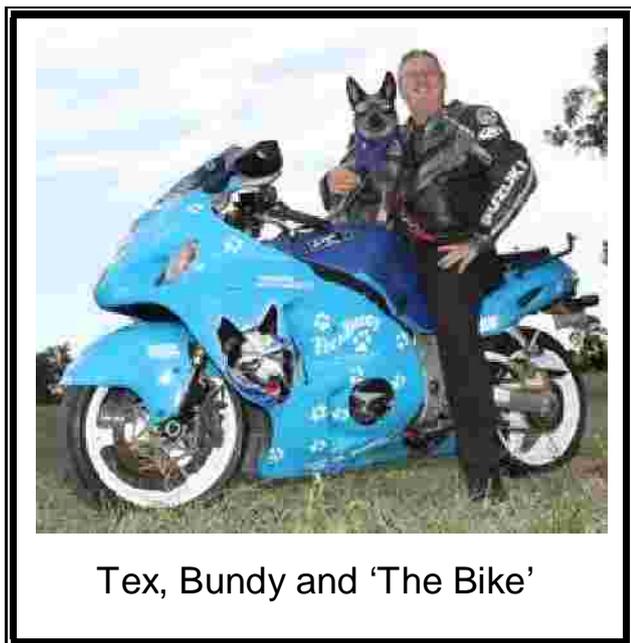
Due to the wind, Saturday was mainly spent holding on to our marquee!

Sunday was a much more pleasant day and we were able to hand out information leaflets and discuss PC options with many interested men.

One of the highlights of the meeting was the appearance of Tex and Bundy.

Bundy, the stumpy tailed cattle dog, is the “world’s fastest dog on a motorcycle”, clocking up speeds of 283km/h. Together with her owners Tex O’Grady & Jenny, Bundy is a favourite fund raiser for many charities, particularly Prostate Cancer. (Just check out their bike!)

Tex and Bundy were also present at the recent ‘Thank You’ function hosted by the NSW State Governor, Professor Marie Bashir. (Refer Item, Page 1) where Bundy was introduced to the Governor.



Tex, Bundy and 'The Bike'

The bike is a Suzuki GSX1300R 'Hayabusa'



Bundy meets Professor Bashir

Recent Donations by our Group

At the April Board meeting of our Group, the decision was taken to make donations to two local organisations. The two organisations chosen were Blue Mountains Cancer Help and the Great Community Transport Inc.

A donation of \$2,000.00 was made to Blue Mountains Cancer Help. (You may recall, Robyn Yates from Blue Mountains Cancer Help was guest speaker at our March meeting.)

\$1,000.00 was handed to Great Community Transport Inc. to assist with running costs of their vehicles. In 2009 we donated \$5,000.00 to this organisation to help in the purchase of a vehicle to transport patients to medical appointments.

Relay for Life – Penrith – 2011



The Nepean / Blue Mountains Support group once again participated in the Penrith 'Relay for Life'. This was the tenth running of this event and the sixth time that we have taken part.

The relay was held over the weekend of April 30th – May 1st and while the inclement weather was annoying it did not disrupt the proceedings.

Our team 'The Prostate Pals' this year comprised 34 members. So far our team has raised \$1709.60 from cash and donations online. Plus another \$310.00 from the raffle. This gives us a total of \$2019.60. WELL DONE EVERYONE..... TAKE A BOW !!

Thanks to Sophie for donating the beautiful handmade ear rings and to Joan and Ian for the tea set. The overall total for the Relay was close to \$160,000.00 so far. This brings the total raised over the ten years that the relay has been held in Penrith to over \$1,500,000.00.

Thanks again to all those who assisted in setting up and packing up our 'camp' site and a particular thankyou to everyone who took part or donated.

Some "stats" for the Relay:

Top fundraisers were John K with combined online and cash donations of \$547. Mick and Pauline raised \$370 and Katherine B raised 318.60.

The top 10 Lap Scores this year were:

First with 81 laps. was Ross

2nd/3rd with 55 each were Simon and Katherine.

4th with 50 was John K.

5th with 45 was Samantha.

6th with 41 was Natasha.

7th with 39 was Wendy.

8th with 35 was Bob.

9th with 32 was Alan H.

10th with 30 each were Garry and Marion.



On behalf of everybody I would like to thank our team Captain and Organiser, Ian Davis, for another excellently organised day. This was the sixth year that we have participated and Ian has been our Captain and Organiser every year.

