

CANADIAN PROSTATE CANCER SUPPORT GROUP

Newmarket, Ontario

Volume 14, Issue 5, January 15th, 2010

**A support group that provides understanding,
hope and information to prostate cancer patients and their families**



I am sure all of our support group members will welcome back Dr. Jerome Green as our speaker for the January 21st meeting, Dr. Green is a Urologist practising out of Southlake Regional Health Centre and he is a regular contributor to our group. His talks keep us up to date on what's new in prostate cancer treatment. At mailing time we hadn't confirmed the subject of this months talk, however, we know you will find it very interesting and informative. Dr. Green's presentations are always on a subject most of us are very concerned about.

- Meeting Date** **January 21st, 2010**
- Place** **Newmarket Seniors Meeting Place,
474 Davis Drive, Newmarket**
- Time:** **7:00 pm to 9:00 pm**
- Speaker** **Dr. Jerome A. Green, Urologic Surgeon**
- Subject:** **The Latest in Prostate Cancer info . . .**

**Canadian Prostate Cancer Support Group,
Newmarket, Ontario. 905-830-0447
www.newmarketprostatecancer.com**

a member of the



Assisted by the Canadian Cancer Society
Holland River Unit
Cancer Information Service
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The Newmarket Prostate Cancer Support Group does not recommend products, treatment modalities, medications, or physicians. All information is, however, freely shared.

November Notes . . . Tanya Giaquinto, Sunnybrook Cancer Centre

Subject: Diet and Cancer ... Reducing Your Risk, Taking Control

Tanya Giaquinto paid a return visit to our support group in November 2009. Much of what she had to say was covered in an earlier visit in April of the same year. We have printed out November's talk more in point form for easy reading. Notes from that first talk in April are still available. Just ask us for a copy and we will send it to you.

Today we're going to talk about making the best choices. We're all human, we're all going to have those moments when we're not going to make the best choices. I'm going to talk about the relationship between diet, weight and cancer risk. When I talk about cancer risk, I also talk about not only the prevention of the cancer but also about the prevention of it returning, because that's the goal. We want to be healthy, we want a good quality of life. Diet, weight and physical activity are all interrelated. We need to concentrate on all three. We need to maintain weight and how do we do that? By the food we eat and whether we're physically active. Many cancers are preventable by proper diet and lifestyle. So what we choose to eat, whether we exercise or smoke, it does affect our risk.

We need to maintain a healthy weight. You will hear me say that again and again, because it does lower our risk of cancer returning or preventing it in the first place. You need to be active and that means every day. Eat well. When you eat well, how do you feel? You feel good, right? When we make poor choices over a period of time, we don't feel good. You want to avoid food and drinks that promote weight gain and that are not full of nutrients. We want our plate full of foods that come from plants. Animal food, again limit red meat and avoid processed meats. Alcohol drinks: we want to limit. I am not saying avoid, limit. We will talk about portion size and what moderation is. Preservation, processing and preparation. We should look at the amount of salt we want in our food. Dietary supplements: an area of confusion. A lot of information and I will talk about the role of supplements in terms of risk. And don't smoke or chew tobacco.

Picture in your head what a healthy weight is. Many times we think about when we were 18 years old and were a 110 lbs, we were in great physical shape and that's what we think a healthy weight is. But that's not what a healthy weight is for you right now. A healthy weight person is somebody who is eating well most of the time and is physically active every day. That is someone with a healthy weight. We want to be as lean as possible, so we want to maintain our weight currently and not gain any more weight because as we age, we do tend to gain more weight. That has to do with our metabolism and loss of muscle mass. So physical activity as we age is very important because we want to keep our weight under control. There are some tools that we use to help maintain a healthy weight. One of them is the Body Mass Index and we use waist circumference. Body Mass Index uses your height and your weight. There are limits to this tool because if you're over 65 you really shouldn't be using it, although we do use it in conjunction with other tools. The other tool that

we use is waist circumference. This tool is considered a better way of assessing whether you are in a healthy weight. What that means is, they measure your waist. Not your tiny part of your body but, just above your belly button, over your hip bone. This tells us where your body fat is located. It's important to know that because if you carry your weight above the waist that, in fact, is more active and it clings on to hormones and other stuff. They really want you to minimize that kind of weight. So how do we maintain a healthy weight? One is what we eat, the second is be active. The types of food we eat is important. You want to limit high energy dense foods. All that means is high calorie foods with few nutrients that protect us and keep us healthy. Keep an eye on portion sizes. If you're trying to maintain weight, you can have the best and the most beautiful healthy food but eating in excess is not good either. So we need to limit portion sizes.

Physical Activity: You want to be physically active every single day. There are different definitions of physical activity. What we aim for or recommend is 30 minutes a day, at least. Then, once you achieve that, you want to go up to 60 minutes. You want to limit sedentary habits, like watching TV. For those of you who are not active every day, if you can watch TV every day, I really believe you can be active every day. You can be active while you're watching TV. It's really important. When I'm talking about physical activity, I'm not talking about running, I'm not talking about intense, vigorous activity, I'm talking about things like swimming, walking that are comfortable for you and won't harm you and put you in danger of an injury. Housework, that's a physical activity if you are vacuuming, raking, sweeping, washing your car, those are awesome physical activities. If you're dusting, that doesn't count. You need your heart rate to be working. You need to be active. Tanya then turned to a power point presentation to expand on her suggestions.

Food, Nutrition, Physical Activity and the Prevention of Cancer:

Based on 7,000 research studies from around the world, many cancers are preventable and diet and lifestyle do make a difference. What can we do? We can make choices that help us reduce our risk and we do that by working to maintain a healthy weight by being active, eating well and not smoking. Maintaining a healthy weight is one of the most important things you can do to reduce your risk and you can do that by avoiding weight gain and increases in waist circumference throughout adulthood. Maintain a healthy BMI (Body Mass Index) which calculates the range of healthy weights for different heights

Top tips for maintaining a healthy weight

Be physically active for at least 30 minutes every day as part of everyday life. As your fitness improves, aim for 60 minutes of moderate, or 30 minutes or more of vigorous physical activity. Limit sedentary habits such as watching TV

What is moderate physical activity?

Swimming, dancing, walking briskly to the bus stop or subway station, cycling to your local shops, walking up the stairs instead of taking the elevator, doing housework like sweeping, vacuuming and gardening, like raking leaves.

What is vigorous activity?

Good examples include: jogging, hill walking, fast cycling aerobics classes, working out at the gym, like running on the treadmill, team games like football, soccer, hockey, basketball

Limit foods and drinks that promote weight gain.

Consume energy-dense foods sparingly.

High energy-dense foods contain a lot of fat/sugar which can lead to weight gain especially if consumed often and in large portions. Avoid sugary drinks like soft drinks / pop, fruit drinks. Consume 'fast foods' sparingly, if at all

What are high energy dense foods?

Those that contain more fat and/or sugar and contain little fibre or water. Examples are: snack foods, chocolate, muffins, chips, cookies, burgers, fried chicken and most pizzas. They should be eaten sparingly. Remember, some energy dense foods, eaten in small amounts contain valuable nutrition.

What are low energy dense foods?

Those that contain less fat and/or sugar and contain plenty of fibre and water and they help us feel full. Examples are non-starchy vegetables, fruits and legumes. These should form the basis of your diet.

Eat mostly foods of plant origin

Eat at least five portions of a variety of vegetables and fruits every day limiting starchy vegetables. Eat whole grains and/or legumes with every meal. You should always eat plant foods because they have naturally occurring Anti-Cancer Phytochemicals

Tips for increasing vegetable and fruit intake

Keep them both in reach and in sight. Be adventurous, try something New! Add fruit to your salads. Eat vegetables raw with healthy dips, in sandwiches, soups, stews and casseroles. Try stir-fries, steamed, baked, microwaved for variety.

Enjoy fruit for dessert, as a snack, on cereals, in shakes or smoothies, with yogurt, fruit salads, use in baking, grilling.

Good Whole Grain Choices

Include all three parts of the grain kernel (germ, bran and endosperm) They contain vitamins and minerals, and a wide range of anti-cancer substances including fiber and hundreds of phytochemicals and they help balance insulin levels. Include whole grain breads and cereals (brown rice, whole wheat pasta, whole wheat pancakes)

Label read. Look for products made with whole-grain or 100% whole wheat flours. Remember to try other grains such as barley, buckwheat, bulgur, kamut, millet, quinoa, spelt and wheat berries

Animal Foods

Limit consumption of red meat to 2 1/2 oz, twice a week of lean red meats. Avoid processed meat such as ham, bacon, salami, hot dogs and sausages. Choose poultry, fish, shellfish and meat alternatives more often

Alcoholic Drinks

If you choose to drink alcohol, limit to no more than: 1 drink per day for women and 2 drinks per day for men. A drink is:

- 5 oz (150 ml) wine
- 12 oz (355 ml) of beer
- 1.5 oz (45 ml) liquor/spirits

Limit consumption of salt

Limit salt when preparing foods. Limit consumption of processed foods

Dietary Supplements

Don't Use Supplements to Protect Against Cancer. Some studies have shown that supplements can upset the balance of nutrients in the body.

“Let food be your medicine.”

It's hard to beat the complex disease protective power of nutrient rich, fibre rich, phytochemical rich, omega 3 rich foods like vegetables, fruits, legumes, fish, nuts, seeds and whole grains.

Dietary Supplements

Calcium and Vitamin D are important for bone health and they may play role in cancer prevention

Recommendations

Calcium	
19-50 years	1000 mg
Over 50 years	1200 mg

Vitamin D	
Under 50	200IU
51-70 years	400IU
Over 70 years	600 IU

Other Healthy Eating Recommendations and Tips

Choose Healthy Fats

Monounsaturated fats – olives/olive oil, canola oil, avocado

What is Trans Fat?

Trans fat is found in many foods. Most trans fat is “artificial” because it is created when a liquid vegetable oil is made into a solid fat, like margarine or shortening. Some meat and dairy also have small amounts of naturally-occurring trans fat

Where Do You Find Trans Fat?

The following foods found both in grocery stores and restaurants often contain trans fat:

Hard margarine, shortening, vegetable ghee

Baked goods (muffins, doughnuts, pastries, cookies, tortillas, parathas, steamed buns, pies and tarts)

Snack foods (chips, crackers, microwave popcorn, granola bars, cereal bars, wafers, pudding cups)

Deep-fried foods (chicken nuggets, fish sticks, french fries, onion rings, hash browns, dumplings)

Read-to-eat and frozen foods (quiche, burritos, pizza, pizza pockets, egg rolls, meat or vegetable pies, patties, pastries, waffles, toaster pastries, frozen potato products, breakfast sandwiches)

Convenience foods (taco shells, pie crust, muffin and cake mixes, icing, instant noodles, ready-to-bake dough, puff pastry, hot chocolate mix, coffee whitener)

Read the Label!

Tips for Achieving a Healthy Weight

Keep a food and activity diary. Treat all snacks as food. Minimize mindless munching. Eat a small snack before you go out. Drink water. Start your meal with vegetable soup, salad, or water. Keep tempting treats hidden, or out of the home. Remember, all beverages are not created equal. Limit alcohol intake. Weigh yourself occasionally

Portion Sizes

Tanya emphasized the importance of portion sizes and their effect on obesity in our population. She recommended:

Buy small packages of food

Ask for smaller portions at meals

Use a smaller plate

Add vegetables and fruit to meals

Plate your snacks

Slow the pace

Portion Distortion.

Here are three examples of how fast food portions have expanded for Bagel, Coffee and French Fries in the last twenty years. Consider portion sizes for **everything** you eat, except fruit and vegetables.

Bagel

20 Years Ago



3" diameter
140 calories

Today



6" diameter
350 calories

Coffee

20 Years Ago



With whole milk & sugar
8 ounces
45 calories

Today



Mocha coffee with steamed
whole milk & mocha syrup
16 ounces
305 calories

French Fries

20 Years Ago



2.4 ounces
210 calories

Today



6.9 ounces
610 calories