

Printed for the Prostate Cancer Support Groups as a courtesy of Newfoundland Power



Since long time federation member and past president Mr. Herb Brett lost his battle with prostate cancer, Municipalities Newfoundland and Labrador thought that it would be an honor to have the **2008 Walk a Mile in His Shoes**

WALK A MILE IN HIS SHOES

dedicated to his memory. This year almost 400 Newfoundland and Labrador men will receive the devastating news that they have prostate cancer. Fathers, sons, brothers, uncles, husbands and dads will be diagnosed. This disease can touch any family. It could be you or a family member. Unfortunately 80 men living in this province will lose the battle to prostate cancer this year. The good news, however, is prostate cancer can be beaten. Awareness and early detection are the keys to successful treatment and recovery. It is incumbent on all men to become aware, to become health conscious and to have an annual prostate cancer examination. The Brett family and the MNL join the prostate cancer support groups and the Canadian Cancer Society in promoting the importance of knowing the facts about prostate cancer and in encouraging all men to know the risks and to get checked annually.



The candle lighting tribute on May 9th at the mid-year symposium in Gander clearly demonstrated the enthusiasm of MNL and Mrs. Brett for this initiative. **Walk a Mile in His Shoes** takes place in many communities throughout the province in mid-September. It may already be scheduled in your community. If so, we encourage you as a town council, to give it your utmost support. If not, we challenge you to become involved by organizing a walk in your town. You owe it to yourself, to your family and to your fellow citizens and especially to the memory of a life long and dedicated municipal leader, Mr. Herb Brett. (seen in the picture with Mrs. Brett are left-right Graham Mercer and Graham Letto)

Events Calendar

Provincial Survivor Conference

*Lion Max Simms Memorial Camp
October 17-18*

Prostate Cancer Awareness Week & Walk a Mile

September 13-20

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News Flash

- A new prostate cancer support group will begin service in Happy Valley Goose Bay in mid-September. The local contact person is Eric Flynn (phone # 896-3155).
- The prostate cancer support groups of NL will be hosting the CPCN National Conference in 2009. The conference will take place on September 9-11 at the Fairmont Hotel in St. John's. The NL groups will each be represented at the 2008 Conference in Calgary, August 3-5.
- **2008 NAOSH Week** (North American Occupational and Safety Week) St. John's May 4-10 selected **Walk a Mile in His Shoes** as their charity. On June 16, Mayor O'keefe presented a cheque for \$1400 on behalf of city employees to the St. John's **Walk a Mile** which will take place at Mundy Pond on Saturday, September 13.
- **Tom Barry** (central prostate cancer support group chair) has been awarded the prestigious **Citation of Merit** by the National Council of the Canadian Cancer Society for his significant contribution as a cancer society volunteer.
- On April 12, **Mr. Harry Steele**, Steele Communications, was awarded the NL Prostate Cancer Support Group **Outstanding Contribution Award** for his ongoing effort in promoting prostate cancer awareness and for his unfailing support to those diagnosed with prostate cancer.

Prostate Cancer Survivor Conference 2008

Pre-Registration

Lion Max Simms Memorial Camp

October 17-18

Please note:

Your accommodation and food will be free. Except in special circumstances, you will be responsible for your own transportation costs.

You may wish to pre-register as a group through your support group chair or, if you are not a member of a prostate cancer support group, you may wish to phone *Graham* at 1-888-753-6520, toll free, to register.

Otherwise, please complete the following and send (before September 30th) to:

*Graham Mercer
Canadian Cancer Society
P.O. Box 8921, Viking Building
St. John's, NL
A1B 3R9*

Name: _____

Address: _____

Town/City: _____

Phone: _____

Postal Code: _____

Email: _____

BROCCOLI MAY PREVENT PROSTATE CANCER

Just a few more portions of broccoli each week may protect men from prostate cancer, British researchers reported yesterday. The researchers believe a chemical in the food sparks hundreds of genetic changes, activating some genes that fight cancer and switching off others that fuel tumors, said Richard Mithen, a biologist at Britain's Institute of Food Research. The study is the first human trial investigating the potential biological mechanism at work, Mithen said. "Everybody says 'eat your vegetables' but nobody can tell us why," said Mithen, who led the study. "Our study shows why vegetables are good." The benefit would likely be the same in other cruciferous vegetables that contain a compound called isothiocyanate, including Brussels sprouts, cauliflower, cabbage, rocket or arugula, watercress and horseradish, they added. Broccoli, however, has a particularly powerful type of the compound called sulforaphane, which the researchers think gives the green vegetable an extra cancer-fighting kick, Mithen said.

More food for thought: Can food prevent cancer?

Some scientists argue that what you eat, your environment and your mental attitude can help you beat cancer. You need to protect yourself against imbalances in the environment; adjust your diet to cut back on foods that promote cancer (sugar, white flour, animal fats) and eat more foods that contain phytochemical components that fight it (green tea, turmeric, cruciferous vegetables); heal the psychological wounds that aid the chemical processes that cause cancer; and stimulate your immune system.

Dr David Servan-Schreiber, author of *Anticancer: A New Way of Life*, calls it "the standard plate". Its part of a range of measures - what you eat, your environment and your mental attitude - that he has compiled from the latest scientific evidence to help you beat cancer.

For instance:

Red wine: The concentration of polyphenols - which combat carcinogens - is greater in wine than in grape juice. Pinot noir is particularly rich in resveratrol, a polyphenol that protects cells from ageing.

Green tea: Epigallocatechin gallate (EGCG), found in green tea, is a molecule that blocks the formation of the new blood vessels needed for tumor growth.

Blueberries: These contain anthocyanidins and proanthocyanidins, molecules that force cancer cells to self-destruct, a process known as apoptosis.

Broccoli prevents pre-cancerous cells from developing: Cruciform vegetables such as broccoli, Brussels sprouts, cauliflower and bok choy all contain sulforaphane and Indole-3-carbinols (I3C), powerful anti-cancer molecules that can detoxify carcinogenic substances.

Mackerel helps stop the spread of cancer cells: A key source of essential fatty acids, such as Omega-3s, which reduce cancer cell growth in tumors (lung, breast, colon, prostate, kidney). Studies show that eating fish twice a week helps prevent cancer. Also rich in selenium, which stimulates immune cells.

Tomatoes increase the body's capacity to attack tumor cells: Vegetables and fruits rich in carotenoids - tomatoes, carrots, beetroot, squash and apricots - contain vitamin A and lycopene, which slows cancer growth and combats a type of brain tumor known as a glioma. Men who eat tomato sauce twice a week may be protected against prostate cancer.

Garlic reduces carcinogenic effects: An ancient medicine, garlic is part of the alliaceous family. Their sulphur compounds reduce the carcinogens of tobacco and over-grilled meat and fight cancers of the colon, breast, lung, kidney and prostate, and leukemia. Also regulates blood sugar, which helps limit cancer cells.



On Saturday April 12, the Newfoundland and Labrador Prostate Cancer Advisory Board and the Canadian Cancer Society with the support of Bayer-Levitra and the Department of Health and Community Services presented a **Men's Sexual Health** forum. Dr. Gerald Brock, Associate Professor, Department of Surgery, Division of Urology, at St. Joseph's Health Centre in London, Ontario was the keynote speaker. The Forum was held at the Angus Bruneau Lecture Theatre, Memorial University Engineering Building.

Dr. Brock is the author of over 50 peer-reviewed publications, 13 book chapters as well as numerous abstracts. Over the past decade, he has been invited to speak across Canada, the USA, Europe, Australia and Asia. Dr. Brock's work in urology and erectile dysfunction is acknowledged by his role as an editorial board member of the Canadian Journal of Urology, Andrology, Chronicle of Medicine and Sexual Health, and as an ad hoc reviewer for the Journal of Urology, Urology, and the International Journal of Impotence Research.

The event organizers were pleased with the public forum because it attracted 150 people and succeeded in further promoting prostate cancer awareness.



There was a large turnout at the Elks Club on June 3 for the monthly meeting of the Avalon Prostate Cancer Support Group to hear Dr. Nebojsa Denic, chief of laboratory science at the Health Science Center, and some of his colleagues talk about the issues raised at the Cameron Inquiry as they related to prostate cancer diagnosis.

Graham Mercer presented former NL Prostate Cancer Advisory Board members, Irene Howlett and Susan Power, certificates of appreciation for their tremendous contribution to advancing the cause of prostate cancer awareness and patient support in the province of Newfoundland and Labrador.

Lynette Hillier, Bliss Murphy Cancer Center, was presented a \$500 cheque for the Patient and Family Support Fund from group chair Ray Andrews.



Invite you to attend the Canadian Prostate Cancer Network 2009 National Conference at the Fairmont Hotel, St. John's, Newfoundland September 9th - 11th, 2009

A great conference and an abundance of Newfoundland hospitality are assured

Travel is easy by air, land and sea

Don't miss this opportunity to spend some quality time in the magnificent land that Cabot discovered more than 500 years ago

*Come
'Catch the Wave'*

*If you would like to have your **story/journey** printed in a future issue, please forward a copy of it, along with a recent photo (optional), to me at gmercerc@nl.cancer.ca or write to:*

*Graham Mercer
P.O. Box 8921, Viking Building
St. John's, NL, A1B 3R9*