

# PROSTATE CANCER CANADA - NEWMARKET

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

Osteoporosis is a bone disease that involves the deterioration of bone tissue, leading to bone fragility and risk of fractures. According to Osteoporosis Canada, the condition affects two million Canadians and often causes disfigurement and reduction or loss of mobility. Although it is more common in women, osteoporosis is also a serious health issue for men. According to a Canadian study of healthy men and women, the number of broken bones (also known as fractures) of the spine is similar in men and women over the age of 50. Men with Prostate Cancer are also more likely, if they are on hormone treatments, to have to deal with this disease. For our January 20th meeting our guest speaker Barbara Beauchamp of Osteoporosis Canada will show us how we can keep in shape in spite of potentially limited movement and how we can through supplements and proper diet strengthen our bones.

**Meeting Date: January 20th, 2011**

**Place: Newmarket Seniors Meeting Place,  
474 Davis Drive, Newmarket**

**Time: 7:00 pm to 9:00 pm**

**Speaker: Barbara Beauchamp - Osteoporosis Canada**

**Subject: Osteoporosis and Prostate Cancer**

**Prostate Cancer Canada - Newmarket**  
Newmarket, Ontario. 905-830-0447  
[www.newmarketprostatecancer.com](http://www.newmarketprostatecancer.com)

a member of the



Assisted by the Canadian Cancer Society  
Holland River Unit  
Cancer Information Service  
1 - 888 - 939 - 3333

## Your Executive

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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.*



*Upper Canada Chordsmen*

Here are a few pictures taken by Ron at our December 16 meeting, our support group annual Christmas party. The Upper Canada Chordsmen led the entertainment that evening as they have for the past eight years. This time however we also had the pleasure of hearing Susan Brown one of my favourite singers and I am sure one of the most sought after entertainers in York Region. Susan's name seems to appear on the agenda of most money raising events throughout the region. If you want to hear her again, I just happen to have some tickets for a "Let your Spirits Soar" concert on February 11th at Wesley United Church, corner of Woodbine and the Aurora Sideroad. Susan and many other talented performers will give you a night that will really make you feel good about the talent around us.



*Joy Crawford and Susan Brown*



*Members enjoying the Christmas treats*



*Phil and Joan Harrison founding members of our group*

## Robert L. Gatis, Naturopathic Doctor . . . From his September Notes. A few more tips on "Helping your body to heal itself."

One part of naturopathic medicine I really like is fine tuning it to the person, not to the statistics because, just like pharmaceutical medicine, you will find that what works for one person might not work for another.

What I do is attempt to fine tune what people actually need, not what they project they need. I have developed over the years rather different ways to do that. As a Naturopathic Doctor we have a broader scope on how we view health. For example: a fellow came in this week, he's a physicist. He didn't like what his doctor was telling about how his prostate cancer should be treated. He's 76 now. He did some research 18 years ago and came with an idea of a particular substance, which is plant sterols. He just wanted to make sure that the quantities and everything were right. You know, with a physicist everything is by the slide rule. The product that he focussed on was called Sterol 117. I looked up some of the data on it. I had been using it for years for reduction of seasonal allergies. It actually works quite well. So anybody who has seasonal allergies can do this also. Sterol 117 plays an important role in the modulation of the immune system. One specific way is to activate NK-cell activity. Our body's primary defense mechanisms towards dysfunctional cells and viral disease involve the group of cells known as NK cells. NK cells play a major role in the rejection of tumours and cells infected by viruses. They kill cells by releasing small cytoplasmic granules of proteins called perforin and granzyme that cause the target cell to die by apoptosis. These cells travel in the blood stream in a state of rest, but can be immediately recruited into tissues by chemical signals and activated through various mechanisms to **a)** kill dysfunctional cells, **b)** divide and make more NK cells, and **c)** secrete substances that attract other cells into the site. We performed a pilot study to evaluate whether this would be data to support further work on immune modulating effects of the product and, yes, there is high activity. The analysis of the data allowed us to detect compounds in the product, which send signals that directly activate NK killer cells.

Remember what I told you before. We're attempting to find a way to get the body to reactivate to kill the cancer cells. I didn't know that Sterol 117 had so much action on the prostate. That's all this fellow had been using for 18 years and he's still here, his PSA is about 14, no problems urinating, no problems with anything else. Now, is he an exception? Maybe, but not likely. Another supplement, LOM, which I didn't know existed until this man came in, has a lot of data behind it and it is heart protective. So, if you get something that works on your heart and your prostate, then you are good.

There are all sorts of things that we do know. Eating a diet of whole foods, if possible, organic if possible, high in anti-oxidants, high in zinc. High in the omega-3s, low in dairy.

Now dairy is interesting because it is one of the reasons I got into natural medicine in the first place.

Has anybody heard of the independent break-down particles? You take in milk and it goes into your stomach and your small intestine, which has enzymes to digest things. Usually what happens, in milk you've got proteins designed to support a 2200 pound animal. The proteins are amino acids, like little building blocks, all stuck together. What digestion does is break this apart into individual pieces, they get into the blood and are taken to the cells and reformed into whatever length the body needs. In some people like me, as I grew up, they weren't broken down completely and when they got into the blood like that, they were perceived as foreign to the body. So immediately the body sends out things to defend against it and these antibodies begin to bind to any proteins that are foreign. These are considered foreign because they weren't broken down fully. Once they are assimilated into the blood the body says, "Is it with me or against me"? Here's the interesting part, this way of managing antibody complexes, if you have any of that, anywhere, attached to any tissue, including the prostate for example, the body will say, "That cell has to be taken out." In my case, it started to do it with normal cells, particularly the dermal cells. One doctor told me that my asthma and eczema, which I had until I was 21, was from eating dairy products. I was a milkaholic. I gave myself gout and didn't know that was in the family history. I stopped all the dairy and three months later my skin cleared up and my asthma was gone. Last summer I decided I deserved some icecream and started having it every day. What happened? My asthma came back. For me, dairy is not good. So, when people can't drink milk, where do they get their calcium from? Well, vegetables.

It's the same analogy as women with their bones and prostate cancer. Only 25% of women need support for their bones but medicine treats all of them that way. With prostate cancer, there has to be a better way than PSA, by the way, because it doesn't tell you much. Maybe we have a problem here. There's all sorts of reasons why PSA goes up or down. I'm not a big fan of biopsies either. Do you know why? I'll tell you a couple of reasons. I had a fellow come in. He was older, he already had a couple of types of cancer but he had been in an environment where his lungs had been exposed to asbestos. They didn't know whether he had a problem from inhaling stuff like that or if it was something else. So they did a biopsy. Whether it's coincidence or not, this old man is a pretty tough old bird, and he said that he wished he had never had it. He said he had never had any problems until he had the biopsy. In an area like this, no matter how you attempt to clean it, it isn't clean. You're putting needles into it. I don't think I'd want to do it that way if at all possible. That's just me, personally. One of the primary things that I do is try to detoxify

the body. Sometimes you have to think about these things. Would you do everything your doctor suggests without asking questions? One of the things I could never understand is, when people come in to see me I say what drugs are you taking? They will reply, "I'm taking two white ones, a red one and a blue one." When I ask what they are for, they don't know. If you are over 60 in this world and you see a medical doctor, they keep adding drugs with every symptom you have until, by the time you get 80, you have twelve drugs. One of them is the action, the others are for side-effects and so on, without any testing done.

What effects your diet? Are you under stress because you've been diagnosed with cancer? You bet you are. What's your biggest concerns when you've been diagnosed with the big "C?" Diet is, right? All of us should probably worry about that, too. A women came in with manic depression. She told me she would take any supplements I advised but not to change her diet. I told her to go home. She was eating 12 hot fudge sundaes and 20 cups of coffee a day. Supplements can't take the place of good quality food. I do believe that these days we're all heading for type 2 diabetes unless we're really careful, because there's so much extra sugar in our food that it's triggered off an insulin response that never stops. Insulin, after you eat something, is supposed to peak and then go down.

What happens for most of us is we're eating throughout the day and keeping the insulin level up. That creates a huge problem. Dr. Gatis asked if anyone had type 2 diabetes and was amazed to find out that no-one in the group suffered from that. He suggested he might do a study on us! His next question was asking if anyone has food sensitivities. These usually come from an inability to digest whatever you're taking in. Just like with me where the milk doesn't break down in my system. It bloats me and does other stuff. The most common food sensitivities are wheat, dairy, sugar, sometimes soya. Usually what a person likes the most is what gives him trouble, because the food that we like the most usually triggers our adrenals. If you want to get rich, go buy a Tim Hortons. They have the sugar, the wheat and the coffee. The three things that are addictive. 70% of us or more are actually sensitive. to certain foods Dr. Gatis reiterated that diet is of prime importance. He stressed that we should concentrate on whole foods. (organic if possible) They should be high in antioxidants, e.g. fresh fruits, vegetables, grapefruit, watermelon, tomatoes; High in zinc; high in Omega-3 fatty acids i.e. fish; low in dairy, red meat, alcoholic beverages (wine may be the exception in moderation), coffee; avoiding all known carcinogens; high in soya products (has genistein which retards tumour growth); lower in calcium (high levels deplete vitamin D).

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## *A touch of humour* **Did I Read That Sign Right? from one of our members**

**TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW**

**In A Laundromat:**

**AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT**

**In A Memphis Department Store:**

**BARGAIN BASEMENT UPSTAIRS**

**In An Office:**

**AFTER COFFEE BREAK STAFF SHOULD EMPTY THE COFFEE POT AND STAND UPSIDE DOWN ON THE DRAINING BOARD**

**Outside A Second-Hand Shop:**

**WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?**

### **Add these dates to your Calendar**

February 17, 2011 Leah Jamnicky	- from Princess Margaret Hospital - topic to come
March 17, 2011 Dr. Jerome Green	- not yet confirmed
April 21, 2011, Dr. Padraig Warde	- from Princess Margaret Hospital - topic to come
May 19, 2011 Tanya Giaquinto	- from Sunnybrook Hospital - Diet and Cancer . . .
June 16, 2011 Dr. Robert Bristow	- from Princess Margaret Hospital - topic to come