

# East Lancashire Prostate Cancer Support Group Newsletter



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## “Salad dressing may help battle prostate cancer, new research shows”

By Dailyrecord.co.uk

10 Jun 2013 20:48

A SPOONFUL of salad dressing a day may improve a man's survival chances after being diagnosed with prostate cancer, research has shown. The finding is the most striking result from a study linking consumption of healthy vegetable fats with a reduced risk of deadly cancer and death. One serving of oil-based dressing a day - equivalent to one tablespoon - was associated with a 29 per cent lower risk of potentially lethal prostate cancer and a 13 per cent lower chance of dying from any cause. The US authors stressed the research involving 4,577 prostate cancer patients had revealed an association and not a causal link. In an online paper published by the journal JAMA Internal Medicine, they wrote: "Overall, our findings support counseling men with prostate cancer to follow a heart-healthy diet in which carbohydrate calories are replaced with unsaturated oils and nuts to reduce the risk of all-cause mortality." The potential benefit of vegetable fat consumption for prostate cancer-specific

outcomes merits further research." Of the male health workers with prostate cancer enrolled into the Health Professionals Follow-up Study, around a fifth (21%) died from the disease over a period of about eight years. Another 31 per cent died from

drate consumption with healthy vegetable fats had a 29% lower risk of developing deadly prostate cancer and a 26 per cent reduced risk of dying from any cause. As well as the benefit from salad dressing, the study also showed that eating an ounce of

nuts a day led to an 18% lower risk of lethal prostate cancer and an 11 per cent lower risk of death.

Lead scientist Dr Erin Richman, from the University of California at San Francisco, said:

"Consumption of healthy oils and

nuts increases plasma (blood) antioxidants and reduces insulin and inflammation, which may deter prostate cancer progression. "The beneficial effects of unsaturated fats and harmful effects of saturated and trans-fats on cardiovascular health are well known. Now our research has shown additional potential benefits of consuming unsaturated fats among men with prostate cancer."

Each year around 41,000 men in the UK are diagnosed with prostate cancer and almost 11,000 die from the disease. In the US, nearly 2.5 million men are living with pros-



heart disease and almost 21% from other cancers. At the time they were recruited, all the men had non-metastatic prostate cancer, meaning the disease had not yet spread to the bones or other parts of the body. Information about the patients' dietary habits was collected from food questionnaires. Swapping animal fats and carbohydrates for healthy vegetable fats, including olive and canola oil as well as oils from nuts, seeds and avocados, was found to have a significant impact on disease progression and death. Men who replaced 10 per cent of their total daily carbohy-

tate cancer. In recent years there has been growing evidence that diet can help decide the fate of prostate cancer patients. Research on advanced prostate cancer has suggested fat intake may affect disease progression. The new study took into account factors such as age, medical treatment, body mass index (BMI), smoking, exercise, blood pressure, cholesterol levels and other aspects of diet that may have influenced the results.

Commenting on the findings, Dr Stephen Freedland, from Duke University Medical Centre in Durham, the US, wrote in the journal: "In the absence of randomised trial data, it is impossible to use these data as 'proof' that vegetable intake lowers prostate cancer risk, and the authors have carefully avoided such statements. "Determining whether this benefit is due to reduced consumption of carbohydrates or greater intake of vegetables will require future prospective randomised trials."

## ***Awareness Day & Scanner Appeal held in Blackburn Shopping Mall by Stuart Marshall***

Stuart then told the group about the Awareness Day which we held at Blackburn and explained that the group took buckets to collect for the scanner appeal for Burnley General Hospital which includes a mobile scanner for Lancashire. T Shirts were worn by the group (of which there were quite a few members present) and these had been paid for by Ted Davies, a member of our Support Group, Ted donated £50 for this purpose plus £50 for our group. Stuart explained that we do not know how much money was raised at Blackburn because the buckets were sealed and they can only be opened in the presence of an independent person. Stuart will send a letter of thanks to Ted.

## ***Speakers for Upcoming Meetings***

### ***Thursday 4th July 2013 Dr Parikh***

Doctor Parikh, Consultant Oncologist from Preston will speak at the next meeting (Thursday 4<sup>th</sup> July), this has been arranged by Deborah Dobson. Doctor Parikh will speak generally about Radiotherapy, but if anyone has any questions these could be submitted and incorporated into her general talk rather than her speak to people on an individual basis.

### ***Thursday 1st August 2013***

#### ***“Tax Care & Toy Boy’s”***

At the August Meeting (Thursday 1<sup>st</sup> August) there is a speaker who is from an independent company, experts on legal solutions. His talk is entitled “Tax, Care and Toy boys,” Colin S. from the Oldham Group said that they have had the talk and he thought that it was extremely good, briefly it covers financial affairs such as inheritance planning and all things taxed, etc. Colin also said that he thought it was very informative and there was no pressure on anyone in respect of sales and that it certainly will open your mind!



From Left to Right Hazel Goulding (Treasurer) Leon D Wright (IT Admin) Stuart Marshall (Secretary) Steve Laird (Vice Chairman) Dave Riley (Chairman)

## Contact Information

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We are a group of local people who know about prostate cancer. We are a friendly organisation dedicated to offering support to men who have had or who are experiencing the effects of this potentially life threatening disease.

The East Lanc's Prostate Cancer Support Group offers a place for free exchange of information and help for local men and their supporters (family and friends) who may be affected by this increasingly common form of male cancer.

At each meeting we strive to be a happy, supportive and upbeat group of people; encouraging open discussion on what can be a very difficult and perhaps for some an embarrassing subject. We have lively, informative, interactive, sharing and above all supportive meetings.

### ***“Problems with viewing website on Google Chrome”***

If you are experiencing difficulty accessing the website using Google Chrome you can try setting the program to run in compatibility mode.

- 1 Right click on your Google Chrome icon
- 2 Left click properties
- 3 Left click compatibility tab
- 4 Left click Vista (if running Windows 7, otherwise for earlier versions of windows select the appropriate version)
- 5 Left click apply
- 6 Left click O/K

If you experience a similar problem with using Internet Explorer go to the Tools menu and select compatibility mode whilst you are on the website's page, a dialog box will appear with the site highlighted, simply click add and O/K

*Meeting Dates or Current Year Shown below  
@ The Mackenzie Centre  
Burnley General Hospital*



2013

**JANUARY**

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**DECEMBER**

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