

January 2012

NEWSLETTER



The annual Christmas Dinner featured puzzles that challenged even the most musical of our members!

NEXT MEETING:

Jason Gordon, M.Sc. Aud (C) from Gordon Hearing Services will be presenting “*New Advancements in Hearing Aid Technology: Not Your Father’s Hearing Aid!*” and will concentrate on what is new in the hearing aid world, including information on bluetooth technology, the miniaturization of hearing devices and the new waterproof hearing aid. Gordon Hearing Services opened in Comox in 2009 and is independently owned and operated by audiologist, Jason Gordon. He has been an audiologist for 11 years since receiving his Masters of Science (UBC) in 2000. A long time resident of the valley, he and his wife recently celebrated the birth of their first daughter.

7:30; Monday evening, January 9, 2012

Ramblings:

Lisa and I would like to wish everyone a very happy new year and we hope that everyone had as relaxing and enjoyable Christmas as we did. Relaxing, spending time with family and friends, and enjoying fabulous dinners brought a very enjoyable break to a busy year.

Looking forward to seeing everyone in 2012.

Doug

Stroke has a new indicator

They say if you tell this to ten people, you stand a chance of saving one life.
Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue.

STROKE IDENTIFICATION:

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ...she said she had just tripped over a brick because of her new shoes. They got her cleaned up and brought her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the afternoon. Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 PM Jane passed away). She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die; they end up in a helpless, hopeless condition instead.

A neurologist says that if he can get to a stroke victim within three hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within three hours, which is tough.

RECOGNIZING A STROKE

Have the sense to remember the '3' steps: S-T-R.

Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S: *Ask the person to **SMILE**.

T: *Ask the person to **TALK & SAY A SIMPLE SENTENCE** (Coherently)

(I.e. It is sunny out today.)

R: *Ask the person to **RAISE BOTH ARMS**.



Member of the month:

Annamae Lindsay

If he or she has trouble with **ANY ONE** of these tasks, call emergency number **immediately** and describe the symptoms to the dispatcher.

NOTE: Another 'sign' of a stroke is to ask the person to 'stick' out his or her tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

Prostate Cancer Canada Network - Comox Valley

website:

www.cvprostatecancer.org

e-mail:

prostatecancer@shaw.ca

Mailing Address:

5976 Aldergrove Drive,
Courtenay, BC, V9J 1W3

Meetings:

Comox Valley Health Centre,
961a England Avenue,
Courtenay, BC

Next Meeting:

Monday, 7:30 pm, January 9,
2012.

Our Mission Statement:

"We aim to help those who have been diagnosed with prostate cancer by providing opportunities for learning more about the disease through group discussions and personal support. We work to increase public awareness of prostate cancer through advocacy, presentations to interested groups, free prostate cancer screening and publicity."

Medical Advisors:

Dr. Aaron Clark
Dr. James Chartrand
Dr. Will Tinmouth

Prostate Cancer Information

Prostate Cancer Canada:

www.prostatecancer.ca

Prostate Cancer Canada Network:

www.prostatecancernetwork.ca

Canadian Cancer Society:

Information Line:

1 888 939-3333

Comox Valley Unit:

102 1509 Cliffe Avenue
Courtenay, BC, V9N 2K6
250 338-5454

Prostate Cancer Foundation BC

www.prostatecancerbc.ca

So much bad science being published

by Dr. Ingrid Pincott, *The Comox Valley Record, MidWeek*, December 7, 2011

Well, as a colleague wrote to me recently that with all the bad science being published lately it is impossible to respond every time, to read the science and come up with a response that ends up sounding very similar to the last rebuttal any way. The biggest problem with all of these so called studies is that the researchers are evaluating nutrients as if they were drugs by using them as singular agents rather than as part of an overall nutritional support program.

This research is based on the SELECT trial, (Selenium and Vitamin E Cancer Prevention Trial). SELECT began enrolling patients on August 22, 2001 and enrollment closed on June 24, 2004 with over 35,000 participants. Participants stopped taking supplements in 2008. The initial SELECT report published in December 2008 found no reduction in risk of prostate cancer with either selenium or vitamin E supplements over 5.5 years so the AMA concluded: "physicians should not recommend vitamin E or any other anti-oxidant to their patients for preventing prostate cancer."

The Life Extension Foundation predicted this and the recent results due to the form of vitamin E used in this trial. The final analysis of the SELECT trial results collected on the participants through July 5, 2011 (three years after they stopped taking the supplements!) were published in the *Journal of the Medical Association* on October 12, 2011.

The men were given **synthetic alpha tocopherol**, ignoring previous research findings at John Hopkins School of Public Health in 2000, that 10,456 men with the highest gamma tocopherol blood levels had a five-fold reduction in prostate cancer risk. In another arm of the study where selenium was given - in addition to synthetic alpha tocopherol - there was not a statistically significant increase in prostate cancer. The authors commented on the protective effect of selenium but did not mention that alpha tocopherol displaces the protective gamma tocopherol. The vast majority of vitamin E human clinical trials focus only on the synthetic alpha tocopherol form of vitamin E as if it were the only form that people require.

How Gamma tocopherol prevents cancers:

- Gamma tocopherol scavenges reactive nitrogen species which can damage proteins, lipids and DNA.
- Gamma tocopherol also prevents cancer cells from reproducing and spreading by stimulating PPAR-gamma cell membrane receptors. PPAR activating drugs are being researched by pharmaceutical companies as anti-cancer drugs.
- Gamma tocopherol induces programmed cell death of prostate cancer cells called apoptosis.
- Gamma tocopherol also reduces the formation of new blood vessels (angiogenesis) in tumors promoting cancer cell death. (To date these same mechanisms work for colon, breast, lung and prostate cancer).

Cancer is the end result of damage inflicted upon critical DNA genes that regulate cellular growth and maturation. Mutated cells in the prostate glands of aging males are already on the verge of maturing into full-blown cancer. With the research now in nutrigenomics it is well known that when genes swim in a healthy environment this mutation may be prevented or slowed and that is why taking a blend of antioxidants protects DNA expression. There are many studies touting the protective effects of selenium and vitamin E to lower the risk of prostate cancer.

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