

"Why Me?"  
The Antigua &  
Barbuda Cancer Society

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#### Special points of interest:

- Real Men Wear Gowns
- Ten steps to Men's Daily Health
- Lycopene and Prostate Cancer
- Green Living
- Goodbye (Tribute to all of our friends and family members who passed away)

### Volunteers Needed!!

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# Making Strides Against Cancer

## REAL MEN WEAR GOWNS



Whether it's time for you to get a blood test or that test, you're not just doing it for yourself. You're doing it for your family and loved ones, because **Real Men Know the Facts:**

- One in 5 men have heart disease
- One in 3 adults have high blood pressure
- Three in 4 men are overweight
- Nine in 10 lung cancer deaths are caused by cigarette smoking

The single most important way you can take care of yourself and those you love is to actively take part in your health care. Educate yourself and those you love is to actively take part in your health care. Educate yourself on health care and participate in decisions with your doctor—even if it means wearing an examination gown.

Men may be catching up in life-span—the life expectancy between men and women has shrunk to 5.2 years, the narrowest since 1946—but men still need to pay more attention to their health. **Why?**

- Compared to women, men are more likely to smoke and drink more, and generally lead less healthy lifestyles
- Put off routine checkups and even ignore symptoms of a health problem
- Join in fearless, risky, and dangerous behaviors

Compared to working-aged women, working-aged men are

less likely to have:

- A regular doctor
- Health insurance

The good news is that many of the diseases and health conditions that men face can be prevented—or treated if they are found early. To start taking better care of your health, learn about your risk factors. Risk factors are things in your life that increase your chances of getting a certain disease. Find out what you can do to lower your risk factors and improve your overall health. Next, find out how often you should see a doctor for routine checkups and what screenings, tests, and vaccines you might need. By taking these steps, you will feel good knowing you are doing all you can to take charge of your health.

The most important things you can do to stay healthy are: *Get the recommended screening tests, Be tobacco free, Be physically active, Eat a healthy diet, Stay at a healthy weight, Take preventive medicines if you need them.*

#### Screening Tests for men:

**What you Need and When**  
Screening test can find diseases early when they are easier to treat. Health experts from the U.S. Preventive Services Task Force have made recommendations based on scientific evidence, about testing for the conditions listed. Talk to your doctor about which ones apply to you and when and how often you should be tested.

- Obesity
- High Cholesterol
- High Blood Pressure
- Colorectal Cancer
- Diabetes
- Depression
- Sexually Transmitted Infections
- HIV
- Abdominal Aortic Aneurysm

**September is Prostate Cancer Awareness Month. The awareness color is the Light Blue Ribbon.** Prostate cancer is the single most diagnosed non-skin cancer among African/Caribbean men. While the mortality rate is dropping, prostate cancer is still the second leading cause of cancer deaths in the African/Caribbean man. **In Antigua and Barbuda it is the leading cancer cause of death for men.**

For the African/Caribbean



Real Men Wear Gowns

man the chances of getting prostate cancer are 1 in 3 and if you have a close relative (father, brother) with the disease the risk is 83% with two close relatives and 97%, an almost certainty with three relatives.

Women this message is for you! Did you know that women play an important role in the health care of men through education and awareness? Men often learn about health from wives, girlfriends, and/or mothers, while women tend to get health information from doctors, the television, the Internet, and printed materials. *Although men need to take charge of their own health, you can help the men in your life get started by raising awareness about men's health.*

### TEN STEPS TO MEN'S DAILY HEALTH

**Don't Smoke.** If you do smoke,

talk to your doctor about quitting. Your doctor or nurse can help you. And, you can also help yourself. For tips on how to quit, call "Why Me?" @ 562-6295 or e-mail us @ whymecancercentre@hotmail.com.

**Be Physically Active.** Walking briskly, mowing the lawn, dancing swimming and bicycling are just a few examples of moderate physical activity. If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week.

**Eat a Healthy Diet.** Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; in-

clude lean meats, poultry, fish, beans, eggs, and nuts and eat foods low in saturated fats, trans fats, cholesterol, salt, (sodium), and added sugars.

### **Stay at a Healthy Weight.**

Balance calories from foods and beverages with calories you burn off by your activities. To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

### **Drink Alcohol Only in Moderation.**

If you drink alcohol, have no more than two drinks a day. (A standard drink is one 12 ounce bottle of beer or one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.)

A few medicinal or environmental exposures have been studied in detail as to their potential impact on developing prostate cancer. [Research](#) is ongoing with regards to all of the following exposures and some disagreement in the medical community exists as to the importance of each of these. With this in mind, there are a few exposures that you should keep in mind.

#### 1. Cadmium Exposure

Cadmium is a naturally occurring element that is found in very high levels in certain industrial settings. Specifically, cadmium recovery smelters, metal plating plants, and factories that produce nickel-cadmium batteries are potential places for exposure. Cigarette smoke also contains traces of cadmium.

Some studies have shown an increase in prostate cancer in men who have been exposed to high levels of cadmium, while other studies have not shown any association. Therefore, the evidence is worrisome, but inconclusive that cadmium exposure may raise the risk of prostate cancer.

#### 2. Dioxin Exposure

Dioxin (otherwise known as TCDD) is a chemical that was used extensively during the Vietnam War as a component in herbicides. Similar chemicals are used in herbicides today as well.

There have been a few studies looking at the association between dioxin exposure and the development of many types of cancers (including prostate cancer). However, thus far, the data from these studies have been conflicting and no clear association has been found.

#### 3. Calcium Intake

A number of studies have been done that have shown that men who have the highest intakes of calcium have higher rates of prostate cancer than those with the lowest intakes of calcium. It is not clear whether the very high rates of calcium intake are actually *causing* the higher rates of prostate cancer or whether there is simply an *association* that exists between the two.

#### 4. Multivitamins

There has been some discussion within the medical community about the possibility that an association exists between the development of prostate cancer and the regular use of multivitamins. However, studies have not shown any clear association.

## Lycopene in Tomatoes and Prostate Cancer

Written by [Gloria Tsang, RD](#) of HealthCastle.com  
Published in September 2004; last updated in July 2006

(HealthCastle.com) Lycopene, a powerful [antioxidant](#), is found abundant in tomatoes and tomato products. Studies found that lycopene may help reduce some cancer and heart disease. The most compelling evidence so far is the role of lycopene in prostate cancer prevention.

In a study of over 40,000 health professionals, Harvard investigators found that men who ate more than 10 servings tomato-based foods daily (like cooked tomatoes and tomato sauce,) had a 35 percent lower risk of developing prostate cancer than those who ate the least amount of these foods. The benefits of lycopene was more pronounced with advanced stages of prostate cancer.



In another study of prostate cancer, researchers looked at blood levels of lycopene and found that the risk of developing prostate cancer, especially aggressive cancer, decreased with increasing blood lycopene levels. Men taking 50mg of lycopene daily had significantly higher level of lycopene. In this study, researchers found that high level of lycopene in the blood was associated with low PSA (prostate specific antigen) levels. High PSA levels in blood are often a sign of prostate cancer.

Enjoy the benefits of lycopene by eating more tomatoes and processed tomato products. Indeed, research showed that lycopene is better absorbed by the body when tomatoes are processed. It is due to the fact that lycopene is bound to tomato's cell structure; processing releases lycopene from the cell structure.

## Goodbye

Day by day I think of you,  
How can all of this be true?  
I can't believe you're really gone,  
I still can't accept it, even after so long.  
Just the thought of you makes me cry,  
Every picture, every letter, I don't know if it will ever get better.  
I always smell your familiar scent, It makes me think of all of the times we spent.  
So many things I never got to say, I never imagined you'd be so far away.  
You were my brother, sister, mother, farther, husband and best friend.  
I loved you like no other.  
In my heart you'll always be, you'll be my guide and help me see.  
I'll never forget your soothing voice.  
But now I have to let you rest, although without you my world's a mess.  
I miss you with all of my heart, I wish we never had to part.  
So now I guess this is my goodbye.  
Rest in eternal peace.

There are no words to express  
our deepest sympathy  
to our friends and family  
who lost their loved ones.  
Our thoughts and prayers are  
with you.

## "Why Me?" The Antigua & Barbuda Cancer Society

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. September is Prostate Cancer Awareness Month and we are advising men on the importance of screening. "Early detection is the best weapon we have against this silent killer." Prostate cancer is nearly 100% survivable if caught in its earliest stages, it is also the number one cancer killer of men in Antigua and Barbuda. With more annual cases of prostate cancer than breast cancer among women, screening is imperative to ensure the health of men. Our men. We urge you to read and pass on "**The Blues**" and maybe one man will heed the information given and accept it in the spirit that it was written in. Love.

### FACTS:

- A man is 33% more likely to get prostate cancer than a woman is to get breast cancer
- Prostate cancer may have no warning signs or symptoms
- The 5 year survival rate when detected early is nearly 100%
- Screening is the only way to detect prostate cancer in its earliest stages
- African/Caribbean men are twice as likely to get prostate cancer and twice as likely to die from it
- Men with a family history of prostate cancer are at high risk
- All men's risk increases with age

There are MORE CASES of prostate cancer than any other major cancer.

## Prostate Cancer...Men Get It!

*Why Me?*

## Green Living

If you're interested in the environment, want to know a little more about why so many people are concerned about the future of the planet, or want to know what you can do to help.

We won't pretend to know how to save the planet. Even if you put the world's leading environmental scientist, researchers, and politicians together in one room, you'd have a great deal of trouble getting them to agree on exactly what to do first and how to do it. However, almost everyone agrees on one thing; that we need to start taking action now in order to stop using the Earth's resources faster than the planet can replenish them.

Many people argue for the need to take serious drastic action, and they are partly right. Industries need to stop polluting, governments need to support clean alternative energy, and communities at every level need to get onboard with waste reduction. But that doesn't mean that people should ignore the very real gains that every single individual can make toward the goal of cleaner, greener and healthier world.

Just as you can't expect industries, governments, and communities to change over-

night, you shouldn't expect to make instant changes yourself. But small steps, consistently taken, will make a difference. In your life, and the life of your children as well.

Whether you want to repair, restore, or reuse, we want to help the environment and create a better home for you and your loved ones—from reducing energy use and waste to making a difference in your diet.

Eating green means knowing where your food comes from, and that involves two issues: how the food was produced, and how it got to you (including what happens to it along the way). To be sure that your food is as green as possible, some scientists advise that if you were to buy locally produced foodstuff—especially from within 12 miles of your home—you would do more for the environment than if you simply brought organic foods from farther afield. Most significantly, you'd save all the greenhouse gas emissions from the transportation of the foods from these distant places. So, if you follow the philosophy of shopping locally and eating organically if possible, you're well on the way to adopting a sustainable diet. Despite all the arguments about what food is best in terms of health, there's agreement from an environmental point of view that it's best to buy local

food. At the heart of all the arguments for eating locally grown produce is the need to cut down on what has become known as food miles., the distance that food travels before it lands on your plate. Food that travels long distance and spends time in storage has fewer nutrients, whereas the sooner you eat something after it's harvested, the more nutrients you get.

If you have the time, energy, space and desire, the greenest option is to grow some of your food yourself using organic methods.

Eating green isn't about sacrificing taste or variety or depriving yourself of a taste that you enjoy. If you're making greener choices most of the time, there's more than enough room for an occasional treat from afar.

As you begin to make your life greener, you'll see benefits well beyond the immediate green ones. You'll discover that being green can help improve the quality of your life in all areas.

**OUR GREEN ISLE COMING SOON!!**