

# WLPON Health Newsletter

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November 2012

The month of November has been designated as Prostate Awareness Month so this month's topic is Prostate Cancer.

### What is Prostate Cancer?

The prostate is a gland in the male reproductive system that produces the majority of seminal fluid that carries sperm. The walnut-sized gland is located beneath a man's bladder and surrounds the upper part of the urethra, the tube that carries urine from the bladder. Prostate function is regulated by testosterone, a male sex hormone produced mainly in the testicles.

For reason not fully understood, African-American men have the highest frequency of prostate cancer in the world and the highest death rate from the disease. In other parts of the world – notably Asia, Africa, and Latin America – prostate cancer is rare. Prostate cancer is typically a very slow growing tumor, often causing no symptoms until it is in an advanced stage. Most men with prostate cancer die of other causes – many without ever realizing that they have the disease. But once prostate cancer begins to grow more rapidly or spread outside the prostate, it is dangerous. This aggressive type of prostate cancer can occur at any age. Although the disease tends to progress slowly, it is generally fatal if it spreads beyond the prostate gland itself. Prostate cancer in its early stages (confined to the prostate gland) can be effectively treated, with very good outcomes for survival.



Cancer that has spread beyond the prostate to distant tissues (such as bones, lymph nodes, and lungs) is not curable, but it may be controlled for many years.

### What Causes Prostate Cancer?

Prostate cancer affects mainly older men. Four out of five cases are diagnosed in men over 65, but less than 1% in men under 50. Men with a family history of prostate cancer are more likely to develop the disease than the general population. On a case-by-case basis, doctors cannot say with certainty what causes prostate cancer, but experts generally agree that diet contributes to the risk. Men who consume large amounts of fat – particularly from red meat and other sources of animal fat – are most likely to develop prostate cancer. The disease is much more common in countries where meat and dairy products are dietary staples than in countries where the basic diet consists of rice, soybean products, and vegetables.

The underlying factor linking diet and prostate cancer is probably hormonal. Fats stimulate increased production of testosterone and other hormones, and testosterone acts to speed the growth of prostate cancer. High testosterone levels may stimulate dormant prostate cancer cells into activity.

Another risk factor is lack of physical activity. Researchers know more about what will cause prostate cancer than what will prevent it. No proven link exists between prostate cancer and an active sex life, vasectomy, masturbation, use

of alcohol or tobacco, circumcision, infertility, infection of the prostate, or a common noncancerous condition called benign prostatic hyperplasia which is associated with an enlarged prostate gland. Most elderly men experience an enlarged prostate to some degree.

Drugs that may reduce the risk of prostate cancer include aspirin, farnesyl transferase inhibitors, statins, and other cholesterol and triglyceride lowering drugs, and anti-inflammatory drugs. Adding certain foods in your diet may also help reduce the risk, including tomato sauce and cruciferous vegetables like broccoli, cauliflower, and cabbage.

### Happy Birthday to You!!!

Peter Cantin	Nov. 2
Dorothy Parenteau	Nov. 4
Candace Esquega	Nov. 5
Brian McIvor	Nov. 5
Anthony Morrison	Nov. 7
Pauline Brown	Nov. 7
Megan Leckner	Nov. 8
Dino Williams	Nov. 25
Travis Williams	Nov. 25
Jefferey Gardner	Nov. 27
Calvin Brown	Nov. 29

### Recipe of the Month Hearty Chicken Stew

#### What U Need!

- ¾ cup breadcrumbs
- 1 tbsp grated parmesan cheese
- 2 tbsp butter melted
- 2 tbsp vegetable oil
- 1 small onion, chopped
- 1 lb boneless, skinless chicken breasts, cubed
- 2 cups cubed, peeled potatoes
- 2 cups assorted chopped fresh or frozen mixed vegetables
- 1 tsp salt
- ½ tsp each dried thyme and black pepper

- 1 can carnation milk
- 1 tbsp cornstarch

#### What 2 Do!

- Combine breadcrumbs, parmesan cheese and butter in a bowl; set aside
- Heat oil in large saucepan over medium heat; cook onion about 2 minutes or until softened. Add chicken; cook 5 minutes or until lightly browned. Add potatoes, mixed vegetables, salt, thyme, black pepper; cook, stirring, for 10 minutes.
- Stir together evaporated milk and cornstarch in bowl; stir into vegetable mixture. Bring to a boil, stirring. Reduce heat to medium-low; cover and cook, stirring often, for 10 minutes or until sauce is thickened and vegetables are tender. Pour into 8-inch baking dish. Sprinkle with breadcrumbs. Broil 5 minutes or until golden.



### Weird but True Health Fact

The small intestine is about 4 times as long as the average adult is tall. If it weren't looped back and forth upon itself, its length of 18-23 feet wouldn't fit into the abdominal cavity, making things rather messy. ([www.discoveryhealth.com](http://www.discoveryhealth.com))

### Eco- Living Tip

Donate the clothes that you do not wear, rather than throwing them away, to reduce the amount of waste buildup in landfills.

### Quote of the Month

Want to learn to eat a lot? Here it is: Eat a little. That way, you will be around long enough to eat a lot.

- Anthony Robbins

***Lest we forget***

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<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				<b>1</b> Open Gym 4-6 pm Water Fit 6-9 pm	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> Sewing & Crafts nights 4-6 pm	<b>6</b> Open Fitness Room 4-6 <b>Swim Fit 6-9</b>	<b>7</b> Abinoojii Centre 4-5:30 pm <b>Cooking 4 Life</b> Classes 4-7 pm Ojibway Language Night 5-7 @ AAFS <b>Open Gym 7-9</b>	<b>8</b> Chiropody Clinic <b>10-4 pm</b> Open Gym 4-6 pm <b>Open Fitness Room 4-6 pm</b> Water Fit 6-9 pm	<b>9</b>	<b>10</b>
<b>11</b> Remembrance Day	<b>12</b> Office Closed	<b>13</b> Open Fitness Room 4-6 <b>Swim Fit 6-9</b>	<b>14</b> Prostate Cancer Presentation 4-6 pm Ojibway Language Night 5-7 pm	<b>15</b> Open Gym 4-6 <b>Volleyball 6-9 pm</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> Parents and Tots 4-6 pm <b>Sewing &amp; Craft Night 4-6 pm</b>	<b>20</b> Open Fitness room 4-6 pm Swim Fit 6-9 pm	<b>21</b> Abinoojii Centre 4-5:30 pm Elder's Supper 4-7 pm <b>Movie Night 6:30-9 pm</b> Open Gym 7-9 pm	<b>22</b> Diabetes Support Group @ nurses station Open Gym 4-6 <b>Open Fitness Room 4-6 pm</b> Ojibway Language Night 5-7 @ aafs Water Fit 6-9	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Addictions	<b>27</b> Week	<b>28</b> Long	<b>29</b> Events	<b>30</b>	