

## INFORMATION SITES

### Adelaide

Lions Australia Prostate Cancer Website  
(Incorporating Daw Park Repatriation  
General Hospital's, Mr Phip Project)  
[www.prostatehealth.org.au](http://www.prostatehealth.org.au)

Prostate Support Awareness (Adelaide)  
[www.psaadelaide.org](http://www.psaadelaide.org)

Mitcham Support Group  
[www.psamitcham.org](http://www.psamitcham.org)

Prostate Cancer Support, Onkaparinga Group  
[www.pcsog.org](http://www.pcsog.org)

Prostate Support Awareness Barossa/Gawler Group  
[www.pcagsa.org.au/pages/psabarossa.htm](http://www.pcagsa.org.au/pages/psabarossa.htm)

Prostate Support Awareness Port Pirie Group  
[www.pcagsa.org.au/pages/psaportpirie.htm](http://www.pcagsa.org.au/pages/psaportpirie.htm)

The Cancer Council South Australia  
[www.cancersa.org.au](http://www.cancersa.org.au)  
Email: [tcc@cancersa.org.au](mailto:tcc@cancersa.org.au)  
Cancer Connect - Cost local call 13 11 20  
(Prostate Assistance)

Prostate Cancer Action Group (SA) Inc.  
[www.pcagsa.org.au](http://www.pcagsa.org.au)

### Sydney NSW

Prostate Cancer Foundation of Australia  
[www.prostate.org.au](http://www.prostate.org.au)

### Melbourne VIC

Andrology Australia  
[www.andrologyaustralia.org](http://www.andrologyaustralia.org)



#### **OUR LOGO:**

The Logo shows where the Prostate is situated in a Man's body. The curved top of the design is the Bladder and the round section is the Prostate with the Urethra passing out the bottom.

## WHERE DO WE MEET?

### Adelaide Group

Meeting: 3<sup>rd</sup> Mon of each month Feb - Nov  
Fullarton Park Centre, 411 Fullarton Rd,  
Fullarton, SA 5063 at 7.00 pm  
Contact - Ian - (08) 8296 3350  
Jeff - (08) 8277-3424

### Mitcham Group

Meeting 4<sup>th</sup> Thursday of each month Feb - Nov  
Colonel Light Gardens RSL Club 7.00 pm  
4 Prince George Parade, Colonel Light Gardens  
Contact - Terry - (08) 8271-0513

### Onkaparinga Group

Meeting: 1<sup>st</sup> Wed of each month Feb - Dec  
from 6.30 pm to 9.00 pm  
Noarlunga Community Hospital  
Alexander-Kelly Drive, Noarlunga, SA 5168  
Contact - John - (08) 8382 6671  
Brian - (08) 8556 2012

### Payneham Group

Meeting: 3<sup>rd</sup> Tue of each month Feb - Nov  
Payneham RSL Clubrooms 7.00 pm  
360 Payneham Rd, Payneham  
Contact - Phil - (08) 8263 2217  
Arthur - (08) 8289 4180  
Peter - (08) 8263 5556

### Barossa/Gawler Group

Meeting: 3<sup>rd</sup> Tues of each month Feb - Nov  
normally 7.30 pm to 9.00 pm  
Uniting Church Hall, Cnr. Of Murray St and  
Memorial Avenue, Nuriootpa, SA 5355  
Contact - Allan - (08) 8564 2015

### Port Pirie Group

Meeting: 1<sup>st</sup> Tue of each month Feb - Dec  
Pasinco BHAS Bowling Club 7.30 pm to 9.00 pm  
1 Halley Street, Port Pirie, SA 5540  
Contact - Barry - (08) 8632 3820  
Colin - (08) 8632 2367

### Prostate Cancer Action Group (SA) Inc.

Contact - Dean - (08) 8390 3030

# PROSTATE CANCER

## INFORMATION



Association  
of  
**Prostate Cancer Support Groups  
(SA) Inc.**

c/o 69 Folkestone Rd, South Brighton, SA 5048

# Prostate Cancer ‘There’s always support’

## MEN!

**Are you over 50?**

**If so, ask your doctor about the tests for Prostate Cancer**

- P.S.A. blood test
- D.R.E.

and

- Heart check-up
- Liver and Kidney check
- Sugar and Cholesterol test
- Blood Pressure check

**Have a medical check-up**

**NOW**

**...do not put it off any longer!**

## IF DIAGNOSED

If you are diagnosed with Prostate Cancer it is important that you take some time when choosing your preferred method of treatment.

You are encouraged to research treatment options available and so enable you to **‘MAKE AN INFORMED DECISION’**.

**Seek a second medical opinion if necessary.**

## WHO ARE WE?

- We are an Association of non profit, voluntary, self help support groups.
- We are a group of men who, with their wives or partners, attend informal monthly meetings to discuss issues and concerns related to Prostate Cancer.

## WHAT DO WE DO?

We provide an opportunity for you to:-

- Meet with others who have had similar experiences.
- Talk about your personal circumstances.
- Receive support.
- Gain information and be better informed about Prostate Cancer.
- Hear from guest speakers who are experts in their respective fields, Urologists, Radiotherapists, Health Professionals and others.
- After the meeting enjoy light refreshments and a chat with other members of the group.

**All meetings are free**

## RESOURCES

Each group has a collection of resources on Prostate Cancer, consisting of videos, books, newsletters and pamphlets.

These are available for loan.



### **DISCLAIMER:**

The Association is not responsible for any medical advice, information, treatments, products, views expressed from the Internet or telephone sites listed on this pamphlet. It is recommended that a man with an illness consult his health professional before making a decision about any treatments.