

# MITCHAM PROSTATE CANCER SUPPORT GROUP

## REPORT ON THE MEETING OF 26TH OCTOBER 2006

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### ISSUES DISCUSSED/MATTERS RAISED AT THE MEETING

#### The Meeting

The meeting opened at 7.11 p.m. with Terry welcoming 16 persons present.

There were no new visitors to the meeting. Apologies had been received from Reg and Glenys Schluter and Ken Cooney.

Terry mentioned that in early November he is due for his 4th PSA test since his operation, and hopefully it will still be close to zero.

Ian advised that his PSA reading has now gone down to 0.1.

John mentioned that in May 06, his PSA had been 3.8 and through clinical trials of androgen deprivation treatment and scans showed that over two to three weeks, taking 2 tablets a day saw his PSA reduce to 0.4. His treatment will be completed the end of November.

Terry advised that from the last meeting, the documentation seeking affiliation with the PCFA have been completed and posted.

#### Financial Report:

Jeff provided the financial report for the Group. Details of the financial position of the group were presented per a written report.

Terry advised that he had discussed with Jeff the payment of a further \$50 to the RSL as a thanks for using their facilities. \$50 donation had been made in the first half of the year. Support of the group was sought re making the donation. All agreed. Jeff to arrange.

#### Correspondence

A letter was received from newly formed "Cancer Voices SA", together with a questionnaire to be completed and returned. Cancer Voices SA aims to make sure the concerns of people affected by cancer are well represented at all levels.

Terry mentioned his concerns regarding many groups/organizations apparently performing the same functions, with "messages" coming from different directions—the Cancer Council promotes essentially the same things at a State level, as does the PCFA at a national level.

Jeff and Ian provided information on the proposed function of Cancer Voices SA (being committee members), and it was agreed that members would take away a ques-

tionnaire, return them at the next meeting and Terry would consolidate a response from this Group.

#### Other Matters Discussed:

Jeff again mentioned about the PCAG seeking volunteers to assist with the 5 day Classic Adelaide Rally 15th-19th November. Volunteers would be involved principally raising funds through collection tins etc. and helping out in other small ways (assisting with BBQ's etc) with the functioning of the event. Anyone interested to see Jeff.

Jeff also mentioned the awareness evening held at Stirling RSL Club on the 11th October, 2006, 7.30 pm promoted by the Freemasons. About 70 people attended a very satisfactory evening.

Terry attended a similar awareness evening at the Mitcham Village where four speakers addressed a number of health issues. About 80-90 people attended and the evening which was quite a success.

For more information in respect to the Mitcham Prostate Cancer Support Group please contact Jeff Roberts on 8277 3424 or Terry Harbour on 8271 0513 or check our link at website:

[www.psaadelaide.org](http://www.psaadelaide.org)

**NEXT MEETING-  
THURSDAY 23RD  
NOVEMBER 2006**

**7.00 P.M.**

**COLONEL LIGHT  
GARDENS RSL  
CLUBROOMS**

#### DISCLAIMER

This Group, either as a Group or individually, does not treat or prescribe for any human disease, and is not a provider of professional advice. Nor does it purport to act as a provider of any professional advice. If any man has concerns about his prostate health, he should consult his health professional. *The Group acts as a means of creating an awareness of prostate health, and encourages men to take a more pro-active interest in their overall health situation, by promoting stimulation for independent thought, analysis and action.*

### ***Inaugural PCFA Men's Health Promotion Conference***

*In lieu of a guest speaker, the members viewed selected portions of a DVD taken of the key note speakers at the Conference.*

*First was Professor Suzanne Steginga speaking on "Coping with Cancer—the Power of Shared Experiences" and the second speaker being Professor Gary Wittert on the subject of "Prevention—Type 2 Diabetes" Both presentations were very interesting with the diabetes talk prompting at least one member to try and work out his body mass index to see if he is overweight.*

There are three DVD's covering the talks given by presenters in each of the four sessions plus an additional one on the subject of HIFU and all four are available to purchase. Discussion was had on our Group joining with other support groups to purchase the DVD's at a very nominal cost per group, which would enable us from time to time to listen to/see the other key note speakers. The Group agreed that this should be pursued.

### ***Next Meeting— 23rd November***

The Guest Speaker at November's meeting will be Nurse [Jan Rowe](#) of the Repatriation Hospital.

Below are some useful web sites relating to cancer/prostate cancer issues.

[www.psa-rising.com](http://www.psa-rising.com)

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

[www.cancercentral.com.au](http://www.cancercentral.com.au)

[www.virtualmenshealth.com](http://www.virtualmenshealth.com)

[www.prostatecancerfoundation.org](http://www.prostatecancerfoundation.org)

[www.prostate-research.org.uk](http://www.prostate-research.org.uk)

[www.qldcancer.com.au](http://www.qldcancer.com.au)

This is in addition to the local prostate cancer related organizations

If any member is aware of any other web sites of interest, please let the Editor know

## *Healthy Eating*

### **PANZANELLA (Italian bread salad)**

4 cups fresh tomatoes, diced into 1/2 in pieces  
 3/4 cup slivered onion (red, white or yellow)  
 1/2 cup water  
 1/3 cup olive oil  
 1/3 cup wine vinegar  
 1 tsp ground black pepper  
 1 tsp salt 1 tsp sugar  
 1/2 cup fresh basil  
 6 cups stale, dense, crusty bread cut or torn into 1 inch cubes  
 3 or 4 cloves garlic



Combine all ingredients except bread in large bowl and let stand for flavors to develop, about ten or fifteen minutes. Add bread; Toss well to coat. If bread seems dry, sprinkle with a tablespoon or two of water. Salad will hold several hours at room temperature before serving.

Mediterranean diets have been shown to be good for heart/cholesterol/prostate issues. This salad would be an ideal side salad to a piece of grilled chicken breast for a "lazy Sunday lunch" and a glass of sauvignon blanc.

*(courtesy of Healthy Eating, PSA Rising web site)*