

MITCHAM PROSTATE CANCER SUPPORT GROUP

16TH FEBRUARY 2006 MEETING

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ISSUES DISCUSSED/MATTERS RAISED AT THE MEETING

The Meeting

Was opened at 7.10 pm by Chairman Jeff Roberts who welcomed those in attendance.

The meeting saw an excellent turn up with 35 in attendance with apologies from Eric, Reg and Barry.

New visitor Keith Williams was welcomed to the meeting as was a female visitor Delores, Sarina & Angela.

Be a Man/Health in Men

Jeff reminded the meeting that the **Be a Man** launch is occurring in Rundle Mall tomorrow 17/2/06—Late news, the launch was seen as a resounding success with about 400 “showbags” being handed out together with many brochures from the S.A. Support Group Association.

Other Matters Discussed

Jeff advised that our Group will be having an article in the next issue of the Mitcham Community News and our group is mentioned in the “Notice Board” of the current Messenger paper.

On that point Jeff recognized the excellent support given to our Group by the Mitcham Council.

Jeff mentioned an editorial in the Advertiser this week and read a report regarding a new vaccine for managing prostate cancer, developed by a Brisbane scientist. Mention was also made by a member of the Ginger Punch developed in Qld

Visitor Delores addressed the meeting advising that her husband had been diagnosed with prostate cancer in October 2005, undergoing a radical prostatectomy in November last year. Unfortunately his PSA is still high indicating the cancer has spread to other parts of his body. She queried whether his illness is still referred to as “prostate cancer” and asked whether things such as the vaccine and punch might be of help to her husband.

Discussion ensued and Delores was advised to seek further medical advice on treatment/cancer management options open to her husband for his condition

Member’s Comments

As per normal members were offered an opportunity to “update” the group on their condition/progress, and this was taken up by 9 members who gave a brief summary of what they had been through and their outlook for the future. On member Bob Ingram is undergoing surgery this coming Wednesday and members wished him all the best.

Financial Report

Jeff provided the meeting with a summary of our financial position in respect to income and expenditures since our last meeting November 2005. The Group is still in a reasonably healthy position re finances.

Group Office Bearers

Jeff indicated that the position of Chairperson had to be filled and that Terry Harbour was willing to take on that role. Terry was nominated by Ian Anderson, seconded by Graham Bradley and carried.

Jeff continued on chairing the meeting.

For more information in respect to the Mitcham Prostate Cancer Support Group please contact Jeff Roberts on 82773424 or check our link at website:
www.psaadelaide.org

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

**SEE OVER FOR
GUEST
SPEAKER**

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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.*

Guest Speaker

Jeff welcomed three special visitors from Sydney & Melbourne to the meeting: Andrew Giles, C.E.O. of the Prostate Cancer Foundation of Australia, Ms. Jo Fairbairne and Ms. Sue Clifford, Marketing Assistant for PCA Victoria. They are in Adelaide to be at the **Be a Man** launch in Rundle Mall tomorrow the 17th February.

Mr. Andrew Giles provided an overview of the treatment methods of prostate cancer in the 1990's and the partnership developed with Rotary in 1996 which saw the need for a forum to provide support groups to men suffering prostate cancer, and their partners which led to the establishment of the Prostate Cancer Foundation of Australia (PFCA). The PFCA is the biggest financial supporter of research into prostate cancer in Australia.

12 months ago, saw the launch of **Be a Man** in Sydney aimed at promoting an awareness of prostate cancer in Australia, and the Adelaide launch is tomorrow the 17th February in Rundle Mall. Andrew summarised the aims of the Foundation—researching the causes and diagnosis of prostate cancer and providing support to sufferers.

Andrew discussed tests for prostate cancer (PSA and

DRE) and the need for on-going research to find a better marker to indicate the presence of cancer and also a need to find a better way of providing a prognosis for those with prostate cancer. The stance of Professor Coates, chair of the Cancer Association of Australia was mentioned, which led to some discussion on the obvious conflict of the two organizations.

The Foundation has been supported to undertake an audit of all researchers in Australia currently researcher prostate cancer issues and to date 275 have been identified although this is not confirmed.

In conclusion Andrew provided an overview of the need for community support and where the Foundation is going in respect to raising awareness, providing support to sufferers and funding for researchers.

There were a number of questions from the floor.

NEXT MEETING

The next meeting of the Mitcham Prostate Cancer Support Group is at the Colonel Light Gardens RSL at 7.00 p.m. 23/3/06.

Guest Speaker will be a member of the Group—

Ken Hancock, discussing his experiences as a psychologist, how he handled diagnosis of prostate cancer and his current involvement in prostate cancer issues.

Please make sure you attend.

HEALTHY EATING

Anne on [the Circle](#) writes: "Here is one of our summer favorites, and it is PCa healthy (and easy), containing tomatoes, garlic and olive oil. I first ate it at a hole-in-the-wall little restaurant in Florence and scoured around for awhile until I found a recipe for it."

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 cup 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.



"This is so-o-o-o-o good, Anne says, "that sometimes I make it as a main dish for Frank and me and serve it with a green vegetable."

Recipe from "PSA Rising.com.au"

Would be a perfect accompaniment to a nice piece of grilled Tasmanian Salmon (and a glass of wine of course).