

MITCHAM PROSTATE CANCER SUPPORT GROUP

22ND JUNE 2006 MEETING

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For more information in respect to the Mitcham Prostate Cancer Support Group please contact Jeff Roberts on 82773424 or Terry Harbour on 82710513 or check our link at website:

www.psaadelaide.org

**NEXT MEETING-
THURSDAY 27TH
JULY 2006**

7.00 P.M.

**COLONEL LIGHT
GARDENS RSL
CLUBROOMS-
GUEST SPEAKER
DR. LLOYD
EVANS**

(SEE PAGE 2)

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ISSUES DISCUSSED/MATTERS RAISED AT THE MEETING

The Meeting

The meeting was opened by Terry H at 7.05 pm with 22 people in attendance. An apology was received from Leo Pilkington

A few of those present provided an overview of their current situation.

Terry advised that a thank you note had been sent to Graeme Goodings in relation to his presentation at the last meeting. Graeme discussed his thoughts, feelings and emotions upon becoming aware he had cancer which perhaps related to how many others reacted upon being informed of our personal situation.

Terry also provided, for the first time, the "required" joke by the chair, pre-empted with his profound apologies to Port Power supporters.

Financial Report:

Jeff provided the financial report for the Group, which showed a relatively healthy balance for a small group. The report was accepted.

Other Matters Discussed— business arising from pre- vious meeting

Terry mentioned an article appearing in the Advertiser 14/6/06 suggesting an ingredient of beer may thwart prostate cancer (it was at this stage that extreme interest was shown by a number of males present). Unfortunately the amount of beer needed to be consumed (17 pints) to make the ingredient (xanthohumol) effective, would undoubtedly be counter-acted by the adverse health effects on one's liver etc. Positive news was that German scientists have brewed a beer containing 10 times as much of xanthohumol.

Terry also mentioned his desire of including something in the newsletters which was not directly associated with prostate cancer and thus the "Healthy Eating" recipes has appeared. If anyone had a good recipe for a healthy food—please let Terry know (although this doesn't include lamb's fry and bacon).

General Issues

Jeff advised that he had arranged for a promotional article to be included in the latest Mitcham Community News—copy was passed around for information.

Correspondence

Terry advised of a number of emails received only in the last 24 hours advising of promotions/meeting which had now passed. Although there was a request from the Prostate Cancer Foundation of Australia seeking donations. The PCFA does support the Group by providing public liability cover for the Group and provide publications.

Discussion ensued and **moved/seconded** and passed that we donate \$50.00 to the PCFA.

Also correspondence advising of an awareness morning at the Glenelg/Plympton RSL clubrooms 10.30 am Friday 30th June—Terry and others will attend.

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

There was no quest speaker at this meeting, but instead, a DVD on prostate cancer was shown to the meeting. Only about the first 10-15 minutes was shown which contained comments from medical experts on various issues associated with prostate cancer

The issue of on-going support and the need to be able to talk to people was reinforced. This was where Support Groups were promoted as being the vehicle whereby support and friendship could be obtained, both for the male and his partner, as needed.

There were a few comments as a result of the video with a

comment on the fact that groups such as ours were "Support Groups" and support and discussion could best be obtained through people facing each other and being able to discuss issues, rather than sitting in rows.

There was general agreement on this point and it was indicated that the next meeting on 27th July, would look at using the tables to form a "round table" forum.

[INAUGURAL PCFA MEN'S HEALTH PROMOTION CONFERENCE](#) Advice has been received of the Conference in **Melbourne**, Saturday 12th August 9am to 5pm. Some excellent keynote speakers on a range of men's health issues.

For further information see Terry at the meeting on the 27th July

INFORMATION SESSION ON PROSTATE CANCER on 30th JUNE 2006

Terry attended the Prostate Cancer Awareness Session (see "Correspondence" page 1) at the Glenelg/Plympton RSL on the 30th June 2006. There were a number of guest speakers—Wayne Swan M.P. (a prostate cancer survivor); Dr Peter Sutherland, Urologist; Carol Pinnock PhD from the Repatriation Hospital and Gary Bowes. About 80-90 were in attendance

Dr Sutherland provided an overview of prostate cancer (PC) occurrence—with 50-60,000 men having PC at any given time and 2500 dying annually. He indicated the critical issue was that men should see their family doctor re testing and discuss any issues with him/her. S.A. was the only State with the DaVinci operating method and Brachy-therapy treatment in **public hospitals**.

Wayne Swan M.P. was diagnosed at 47 years, but took no action for a number of years. His father died of PC about 10 years earlier and Wayne was unaware of the increased risk he faced due to the first relation issue. Wayne stated that generally men were pig headed about seeing a doctor, as were his 3 brothers and it took 10 pots of beer in the local pub for one of his brothers to agree to see his doctor for a test. Wayne commented on the statement that most men died **with** prostate cancer and not **from** it. This, he said, was not always the case, and men should make an issue of being tested.

Dr Carol Pinnock of the Repat Hospital indicated that in the past PC was considered an "old mans" disease—this was not the case and there was a need for all men to be aware of the issues surrounding PC. Today, there is no excuse for any man not being informed of the issues surrounding PC. She also mentioned the Lions web site ' Mr. Phips, which provided a huge amount of information on PC and relevant issues.

Gary Bowes is a PC survivor of 11 years ago. He re-enforced that partner support is critical. Gary also stressed and supported the excellent work that all 70 P.C. Support Groups do for PC sufferers and partners.



GUEST SPEAKER at the next meeting on the 27th July is Dr Lloyd Evans. Lloyd addressed the Group back on the 27th October last year on the Royal Flying Doctor Service in which he is heavily involved. On this occasion he will speak on "Medical care over the last 50 years—its changes from both the clients (patients) point of view and also the expectations of today's providers".

Please ensure you turn up on the 27th. Lloyd is both an informative and very entertaining speaker.

...and so the saying goes.... "Do you remember when safe sex was making sure the door was locked and the handbrake was on?"