

MITCHAM PROSTATE CANCER SUPPORT GROUP

REPORT ON THE MEETING OF 28TH SEPTEMBER 2006

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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 26TH
OCTOBER 2006**

7.00 P.M.

**COLONEL LIGHT
GARDENS RSL
CLUBROOMS**

VIEWING OF

DVD

(SEE PAGE 2)

ISSUES DISCUSSED/MATTERS RAISED AT THE MEETING

The Meeting

Terry opened the meeting at 7.05 p.m. and welcomed the 19 people in attendance. Visitors to the meeting were Mary and Doug.

Doug was invited to speak on his situation. He has had PSA tests showing 12 – it has risen from 9 and is now waiting (it appears) for some time to see a urologist for a biopsy to further assess his condition.

In respect to issues raised at the last meeting, Terry mentioned the forthcoming Freemasons Men's Health initiative with a meeting on 11th October.

Financial Report:

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

Jeff added to the written report due to financial matters which had taken place since the statement was prepared. All in all, the group still has a healthy balance.

Promotion of our Group:

Terry mentioned the issue of promoting our Group in the local area, such as doctors surgeries etc through the placement of flyers. It was recognized that there is a generic flyer with details of support groups but Terry thought that it might be worthwhile specifically promoting our Group via local doctors surgeries/chemists etc. It was generally agreed that this might be worthwhile and Terry to look at developing a flyer.

Correspondence

At a number of past meetings, mention had been made of seeking affiliation with the Prostate Cancer Foundation of Australia (PCFA). It had been explained that there were a number of advantages of being affiliated, such as regular information, support and newsletters, with also some funding assistance.

Correspondence has been received in relation to the affiliation process.

There is a need for any support group seeking affiliation to comply with the Rules of Affiliation and although the contents of the "Rules" extends to two

pages, the principle rules are contained in #1 (six statements). Terry read these out a couple of times and then the Group agreed to pursue affiliation with PCFA by a show of hands. Terry to complete the application form.

Other Matters Discussed:

Jeff spoke to the Group in respect to the PCAG seeking volunteers to assist with the 5 day rally 15th-19th November. Full details not yet available and Jeff to advise when further information comes to hand.

Jeff also mentioned the awareness evening at Stirling RSL Club on the 11th October, 2006, 7.30 pm— Jeff has further details.

Jeff had arranged another article promoting our Group to appear in the Messenger Press and Community News paper to be distributed in October.

Apricot Kernels:

A member advised of seeing a report on the internet regarding the eating of apricot kernels as a treatment for prostate cancer. Brief discussion

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 September meeting - group member Ken Cooney

Ken started his presentation by summarizing his situation. He has undergone surgery for prostate cancer and also cancer of his liver. Although he underwent “traditional” treatment for his cancers, he also sought out alternative treatment at the Ian Gawler Workshop in Victoria. It was a two week live in on 42 acre grounds with abundant wild life. About 40 people participated in the mind and body medicine course designed to strengthen one’s immune system.

Five cooks in the kitchen ensured healthy meals adorned the tables. Exercising including proper breathing techniques was part of the course and participants were encouraged to express their emotions and feelings. Ken continues his exercises each day which can improve survival by 50%. Meditation played a big part of the course and Ken continues to meditate 3 times a day. Ken had group members relax and meditate for a short while (and of course Terry was the last to “wake up”).

Ken has just recently returned after doing a “top up” course 6 months after he attended the full course. He says undertaking the course is the best thing he has ever done in life and is really paying dividends to his quality of life.

Terry thanked Ken and presented him with our usual gift of appreciation.

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centred around the fact that the kernels by themselves was apparently poisonous and the flesh of the apricot should also be eaten at the same time.

Stress Switch on Prostate

The partners of men newly diagnosed with prostate cancer are hit harder with depression and anxiety than the victims themselves, new research shows. But six months after diagnosis, it is the men who feel the most stress.

A University of Melbourne study, published in the latest *Medical Journal of Australia* is one of the first to investigate the effects of the disease on spouse and patient.

Researchers enlisted 103 Victorian men with the disease and their partners over a six month period. Satisfaction in the marriage remained constant in patients but their partners showed increasing dissatisfaction at the end of the study

(From the Advertiser 16th October 2006)

Freemasons “Men’s Health Information Night”

Wednesday night the 11th October, saw 80 to 90 people turn up at the Mitcham Village Institute for the Freemasons Men’s Health Information Night.. The night was designed to cause men to think about their own health and take positive steps to ensure they regularly checked their health. There

were four speakers—a general practitioner who spoke generally on health issues including aging in general, heart attacks, cancers, healthy eating, urinary problems, erectile dysfunction and weight issues. Another speaker from the Cancer Council gave a presentation on bowel cancer issues. A third speaker, a para-legal provided a talk on the various types of Power of Attorney and why all people should consider issuing Power of Attorney.

Lastly Terry gave a presentation on his experiences after being diagnosed with prostate cancer.

The night was a resounding success, with many questions put to each speaker and with people commenting on the need for men to take a more proactive approach to their own health.

Next Meeting—26th October

We will not be having a guest speaker at the next meeting. Jeff is organizing for us to view a D.V.D. of the Men’s Health Promotion Conference by the P.C.F.A. and held in Melbourne on the 12th August this year.

We will look at selections of presentations given at the conference.