



Mitcham Prostate Cancer Support Group

Report on the Meeting of the 25th October 2007

September 2007 — No. 10/07

Special points of interest:

⇒ Christmas dinner on 23/11/07 in lieu of meeting on 22/11/07

For more information in respect to the Mitcham prostate Cancer Support Group please contact either Jeff Roberts on 82773424 or Terry Harbour on 82710513 or check our web site:

www.psamitcham.org

NEXT MEETING:

XMAS DINNER

23 NOVEMBER 2007

7.00 P.M.

**COLONEL LIGHT
GARDENS RSL**

**CLUBROOMS, 4
PRINCE GEORGE PDE
COLONEL LIGHT
GARDENS**

Issues discussed/ raised at the meeting

The meeting opened at 7.05 p.m. by Terry.

Apologies were received from Jeff and Theban Roberts.

New visitor to the group was Bruce Porter. Bruce advised that he was 48 years old and had been diagnosed with prostate cancer. He is heading off to Melbourne shortly for discussions with his surgeon re robotic surgery.

As a post script, Bruce advised on the 5th November:

Hi Terry

The operation was very successful. Operation Thursday flew home to Adelaide Sunday with minimal discomfort. The doc (Laurence Harewood) was very pleased. Of course, we won't be sure until follow up tests, but so far so good. The robotic surgery is the way to go. Still very sore internally but minimal external.

All the best.

Bruce Porter

From all at the Support Group, we wish you well Bruce. May all your tests be ZERO!!

Treasurer's Report:

Jeff provided a financial report which showed a marginally lower balance

from last month, due mainly to a donation to the Cancer Council and to the RSL for use of their venue. Notwithstanding, the Groups funds remain at a satisfactory level.

Other Business:

Terry made mention of the Awareness evening at the Blackwood Senior Citizens Club on the 17th October. About 75 attended and the speakers were extremely interesting, particularly Dr Sutherland, who, after the conclusion of the meeting, put on a DVD demonstrating the Robotic surgery techniques for those interested, with Dr Sutherland providing the running explanations. In fact I think most of the 75 attending remained behind to watch the video, which was extremely well received.

Social Dinner

Like we did last year, it was suggested we finish off the year by having an early Christmas dinner at the RSL Club in lieu of our regular November meeting to be held on the 23rd November.

The suggestion received favourable response and if enough members want to, we will confirm it with the RSL at the October meeting.

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.*

DVD in lieu of Guest Speaker

In lieu of a guest speaker, Ian brought along one of a number of DVD's he had recently received from America, which we viewed after the business of the meeting. Entitled "A new Perspective: Look Before you Leap.", the video looked at treatment options for prostate cancer. The speaker, Dr Mark Scholz spoke about the rapidly changing treatment options for prostate cancer sufferers. More and more the disease is being separated into two categories: chronic form which is non life threatening and an aggressive type that requires combination treatment.

The DVD presentation focused on the chronic form of the disease, describing how men can safely forego radical treatment.

The presenter suggested that this can be achieved by "Active Surveillance" rather than immediate radical treat-

ment.

A third type of prostate cancer fell between the other two and was referred to as immediate risk, which could be managed with Testosterone Inactivating Pharmaceuticals (TIP) instead of radical therapy.

The presentation discussed the Confusion and controversy surrounding prostate cancer—how many types; how well each type would respond to treatment and the different treatments available.

During his presentation, Dr. Scholz provided a number of statistics in respect to the prevalence of prostate cancer and discussed the statistics:

Those with a PSA of 4 have a 26.9% prevalence of cancer. He also mentioned that in respect to other types of cancer (ie breast cancer), where there is

a relapse, in respect to prostate cancer, there is a life expectancy of 160 months, far longer than, for instance, breast cancer relapse.

He also discussed some of the side affects of radical (surgical) treatment: impotence 72%; incontinence 13%; scarring/blocking of urethra 5% and penile shortening.

Radiology also had major side effects: impotence 50%; rectal damage 5-20% and rectal cancer 1%.

There were a number of comments from members after the DVD indicating that there were a considerable number of personal issues which men needed to consider when coming to a decision on "what is right for me" when looking at treatment options.



The October meeting was the last for 2007 (see opposite re November). Our next meeting will be after the Christmas break, on Thursday February 28th.

In the meantime we wish all members and visitors to our meetings

over the past year a VERY MERRY Christmas and an even better 2008. Please take care of your health, have a great Christmas break and we will see you in 2008, expecting to hear some very positive accounts of your healthy progress

Like Santa above who is having a small sample of red wine, the University of Alabama research (*) shows that having one or two glasses of red wine per day is medically acceptable for one's health.

Cheers and thanks for your support

Terry Harbour

Chairperson

(*) *Us Too Prostate Cancer HotSheet newsletter, October 2007.*

Christmas Dinner

In lieu of our regular last meeting of the year, scheduled for Thursday 22nd November, we have decided to have a very relaxed social Christmas dinner at the RSL Club on **Friday 23rd November**.

As such, we will be having a dinner at the Colonel Light Gardens RSL Club on Friday 23rd November 2007 starting at 7.00 p.m.

From the last meeting, 13 have indicated they will attend, considering we had a reasonable number of apologies that meeting.

Those who weren't at the October meeting, who would like to join in, please contact Terry Harbour ASAP on harbour@adam.com.au or on 82710513 as I need to confirm numbers by the 21st November.