

MITCHAM PROSTATE CANCER SUPPORT GROUP

REPORT ON THE MEETING OF 23RD NOVEMBER 2006

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ISSUES DISCUSSED/MATTERS RAISED AT THE MEETING AND OTHER MATTERS ARISING SINCE THE MEETING

The Meeting

The meeting opened at 7.10 p.m. with Terry welcoming 15 persons present.

There were no new visitors to the meeting. Apologies had been received from Ken Cooney and Leo Pilkington

Terry advised that he had seen his specialist last week and found out that his latest PSA blood test came back as "unrecordable", which is pleasing.

There were no other updates from members.

Financial Report:

Jeff provided the financial report for the Group. Details of the financial position of the group were presented per a written report. The group is still quite financially viable.

This meeting is the last for 2006 with little on the agenda.

Other Matters Discussed:

Discussion turned to a social get together. Jeff suggested that as this was our last meeting for 2006, it would be a good idea to have a Christmas dinner at the

Colonel Light RSL. A number of members indicated they would be attending.

On the 8th December About 14 people attended for Christmas dinner get together at the RSL club. An enjoyable evening was had by all and a very nice meal at a very reasonable cost, was served by the RSL. It is perhaps something we should look at doing more often during the year

GUEST SPEAKER

Our guest speaker for the evening was **Jan Rowe**, Clinical Nurse, Urology and Continence at the Repatriation Hospital.

Jan gave an extremely informative talk on her roles and functions at the Repat. She works at the incontinence clinic and discusses issues and problems with people who suffer from incontinence. She generally sees people who are suffering from incontinence post surgery. Issues discussed include how the patient is looking to the future, treatment issues, and practical day to day problems associated with incontinence.

Jan advised her major interest was sexuality in the older person. There appeared to be a

general thought that "old people shouldn't be having sex". This is an Anglo-Saxon world though which sees old people don't have sex. There is more to sex than the "traditional" intercourse, with pleasure coming from closeness, intimacy and touching etc. and this is a real issue in some nursing homes.

Jan advised that some General Practitioners are not well versed or trained in this issue. It is a time consuming subject to address and is often seen as an embarrassing subject to talk about.

Jan feels that nurses, such as her have more time than doctors to attend to these issues because it requires lots of listening etc.

Jan advised there were a lot of myths relating to sexuality in older people, particularly men, but added that as one ages, things change and there are differences which need to be recognized, such as:

Morning erections decreasing although there is no change in sexual desire;

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 22ND
FEBRUARY 2007**

7.00 P.M.

**COLONEL LIGHT
GARDENS RSL
CLUBROOMS**

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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.*

From The Advertiser 6 January 2007

Men who have no sons have an increased risk of developing prostate cancer, indicating a link between the Y chromosome and the disease, a new study has found. The research project, spanning almost 40 years and involving more than 38,000 men, discovered a 40% increase in prostate cancer in men with no sons.

U.S. Researchers found men who fathered only daughters had a higher risk. Findings suggested a defect on the father's Y chromosome, researchers.

(I fall into that category—The Editor)

Prostate Cancer doesn't care whether you are rich or poor, famous or not. The following are some of the men with a public profile who have had/are suffering from the same problem as us:

Sam Bronfman—founder of the Seagram Whisky empire;
 Pierre Trudeau—the late Prime Minister of Canada;
 Harry Belafonte—singer; Michael Dell—founder of Dell computers;
 Robert DiNiro—award winning actor;
 Rudolph Giuliani—former Mayor of New York City;
 Robert Goulet—singer and actor; Andy Grove—founder of Intel;
 Charlton Heston—award winning actor and director; Roger Moore—actor, a.k.a. “James Bond”;
 Arnold Palmer—golfer; Sydney Poitier—award winning actor; Colin Powell—former U.S. Secretary of State; Telly Savalas—the late actor;
 Norman Schwartzkopf—retired U.S. General; and last but not least: His Imperial Majesty Akihito—the 125th Emperor of Japan.

Guest Speaker (cont)

Mental arousal mellows in intensity with direct stimulation taking over as the primary arouser;

Inability to maintain an erection over a period of time - a reduction in one's energy;

A slowing down, or longer time before ejaculation;

Resting or recuperation time after sex is extended.

These issues are acceptable changes as men grow older and simply need to be considered.

Jan says that there needs to be more communication between partners on how one feels in respect to sexual requirements.

There were a considerable number of questions from members and Jan provided short answers on issues such as erectile dysfunction and different treatment options available to men.

Overall, Jan gave an excellent talk on a subject of interest to all but one which unfortunately on occasions, due to the personal nature of the topic is not openly discussed.

Healthy Eating

We all know how good tomatoes are for you. Here is a simple and healthy recipe for those summer time lunches on the patio—**Tomato Stacks**

500g loose field grown tomatoes;

1/3 cup pine nuts;

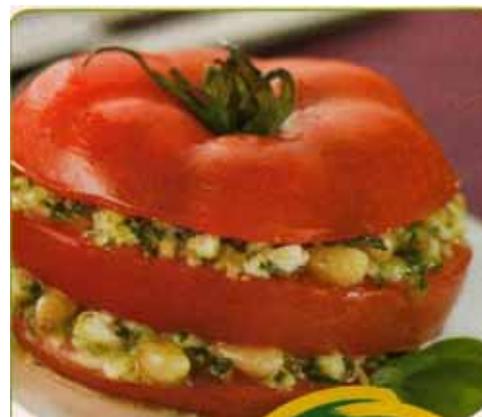
2 tablespoons basil pesto;

100g feta cheese, finely crumbed.

Pre-heat oven to 200 deg C. Leave the calyx and some stem on the tomatoes.

Slice a small amount off the base of each tomato so it will not fall over. Cut each tomato into thirds horizontally.

Combine pine nuts, pesto and feta cheese in a bowl. Arrange a spoonful of mixture between the tomato layers and press together firmly.



Place tomatoes into a medium sized ovenproof dish. Drizzle with olive oil and bake for 15-20 minutes. Serve as an entrée or with grilled or barbecued meats.

*Ricotta or goats cheese can be used as an alternative.

Preparation time 15 minutes

Cooking time 20 minutes

Serves 5.