

MITCHAM PROSTATE CANCER SUPPORT GROUP

REPORT ON THE MEETING OF 22ND FEBRUARY 2007

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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 16 persons present.

There were no new visitors to the meeting. Apologies had been received from Keith Williams and Pam Fisk.

Terry advised that today was the second anniversary of his prostatectomy and as reported last meeting, PSA level is unrecordable so everything is going well.

Astounding Story

Reg spoke of his situation, providing detailed information on his treatment. Reg was diagnosed in July of 2006 with a PSA **of 265 and Gleason Score of 8!!!!**

His then medico was extremely negative about his future and offered only hormone

treatment. Reg started on hormone treatment and as a result of researching the WWW—he says there is a plethora of information on the WWW re cancer issues—he has adopted natural treatments. He has seen a naturopath and changed to a total vegetarian diet with vitamin supplements, no dairy intake, but eggs and fish allowed. He takes Essiac, and consumes apricot kernels “by the truck load”.

In November 2006 his PSA had **reduced to 2.0** and his last PSA test in February this year **was 1.6!!!!**

It was obvious that Reg was very excited and is extremely positive about his future, saying he has never felt better.

Reg was congratulated on his achievements.

Financial Report:

Jeff provided the financial report for the Group, with the books having been audited. Jeff provided two reports, one to the 31st December 06 and a second from 1/1/07 to present. The report showed that the Group is still in a reasonably healthy state re finances.

Other Matters Discussed:

Terry mentioned the social dinner held last December 8th, when about 15 members got together at the RSL for dinner.

Everyone enjoyed themselves and socialized well. As such Terry suggested we might look at having a social dinner an on-going event, with one mid year and one towards Christmas. Members agreed and Terry to look at this for late June.

For more information in respect to the Mitcham Prostate Cancer Support Group please contact Jeff Roberts on 8277 3424 or Terry Harbour on 8271 0513 or check our link at website:

www.psamitcham.org

**NEXT MEETING -
THURSDAY 22ND
MARCH 2007**

7.00 P.M.

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

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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.*

NEXT MEETING

The next meeting is on the 22nd March.

There will be a DVD for viewing. It will either be on:

“Surviving Cancer in Rural and Regional Australia” or

“High Intensity Focused Ultrasound”

These should be very informative topics—please ensure you come along.

PROMOTION OF GROUP

Discussion was held on how we could promote the Group further to ensure a greater awareness and attendance at meetings. Jeff had produced a Flyer and most members took a number looking at having them displayed in their local Drs., chemists, community groups meeting rooms etc. Also suggested that because most if not all men who had prostate cancer attended a Urologist, the waiting rooms of urologists would be a good option for the flyer. Terry to send flyers to a few urologists on South Terrace seeking their assistance to display.

Further suggestions were to seek interviews on radio promoting the Support Group (Terry will look at this on his return from holidays). Also to continue with articles in the Community News and Eastern Courier Messenger. This led to discussion on the attendance of guest speakers for the Group. Members agreed with Jeff that it was difficult to get high profile speakers to speak to such a small group.

Could members think of other ways in which our Group could be promoted to those interested and bring ideas to the next meeting

Healthy Eating

Blueberry Wild Rice Salad

"blueberries rated **highest in antioxidants** among over 40 fruits and vegetables." High levels of antioxidant are in the berry's skin – small berries have more than plump ones.

Taken from psa-rising.com

cup wild rice
2 cups vegetable broth
water
½ cup chopped filberts (hazelnuts)
½ cup dried cranberries
¾ cup chopped dried apricots
½ cup chopped red onion
¼ cup lime juice
2 Tbsp honey
1½ tsp grated fresh ginger
1 tsp grated lime peel
4 Tbsp olive oil
salt and pepper to taste
1 cup Blueberries, fresh or frozen
8 oz mixed fresh salad greens or lightly steamed (wilted) dark greens

Wash the wild rice. Combine the rice with vegetable broth and enough water to cover by 1 inch in a medium saucepan. Bring to a boil. Reduce heat; cover and simmer until rice is tender *but not mushy*, under 40 min. Drain and cool. Stir in chopped hazelnuts, cranberries, apricots and red onion.



Prepare dressing: In a small bowl, whisk together the lime juice, honey, grated ginger, lime and lemon peel. Gradually whisk in the olive oil. Season to taste with salt and pepper.

Pour over the rice and mix well. Gently fold in the blueberries. Arrange greens on a platter and mound rice on top.

...and so the saying goes...."Always remember you're unique, just like everyone else."