

# MITCHAM PROSTATE CANCER SUPPORT GROUP

REPORT ON THE MEETING OF 22<sup>ND</sup> MARCH 2007

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

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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 website: [www.psamitcham.org](http://www.psamitcham.org)

**NEXT MEETING-  
THURSDAY 26<sup>TH</sup>  
APRIL 2007**

**7.00 P.M.**

**COLONEL LIGHT  
GARDENS RSL  
CLUBROOMS**

**4 PRINCE  
GEORGE PDE  
COLONEL LIGHT  
GARDENS**

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### The Meeting

Acting Chairman Ian Fisk opened the meeting and welcomed 12 persons present.

There were no visitors to the meeting. Apologies were recorded from Terry Harbour (Overseas trip), Jeff & Theban Roberts.

Ken Cooney announced his good news — now cancer free

Roland Harris spoke on the PSA Bike Ride that commenced from the St Agnes Shopping Centre on Sunday 18th March. I believe he & Graham Bradley took a deviation and failed to finish the ride.

Ian advised our newsletters are all on our website at:-

[www.psamitcham.org](http://www.psamitcham.org)

He also gave a health report on Reg Mayes & Gary Bowes.

### DVD Presentation

Ian showed a DVD "Surviving Cancer in Rural and Regional Australia"

Physical exercises can help you survive cancer.

There can be a substantial increase in survivability through vigorous aerobic and resistive exercise.

Period 30 - 60 minutes, 4 - 5 times per week.

"Don't exercise to traumatize but to help your body."

More information on:-

[www.aaess.com.au](http://www.aaess.com.au)

The second segment shown related to traditional and complimentary therapies.

Further comments dealt with fresh foods, anti-oxidants, stress, support and peace of mind through meditation. Complimentary therapies — some circumstantial evidence but more research is needed.

### Financial Report:

The report showed the Group's financial position remains in a satisfactory position.

### Other Matters Discussed:

Ian advised that Cancer Voices SA is closer to be up and running. Ian Fisk & Jeff Roberts are attending the National Conference of the PCFA Support & Advocacy Committee in Sydney on 2<sup>nd</sup>-3<sup>rd</sup> April.

Following Dr Brian Landers presentation on 26<sup>th</sup> April further speakers will be:

24<sup>th</sup> May—Ian Fisk PCFA Ambassador Program presentation.

28<sup>th</sup> June—Dr Carole Pinnock, Principle Research Scientist, Urology Unit, Repatriation General Hospital Division of Surgery.

### 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 26<sup>th</sup> April.

The guest speaker will be Dr Brian Landers.

Dr Landers consults at Glenelg & South Terrace Adelaide. He is the senior consultant urologist at the Queen Elizabeth Hospital.

*This should be a very informative presentation. It would be great to see a large attendance*

**DRUG SHOWS PROMISE**

An experimental drug designed to fight the spread of aggressive prostate cancer is showing great promise, Australian developers say. A team from the University of New South Wales is working on a therapy for patients who stop responding to standard hormone treatments.

The medication is still in the developmental stage but, if new tests prove successful, it could bring relief for men for whom there currently is no treatment, study leader Dr Kieran Scott said.

Advertiser 22/3/07

**PCFA National Men's Health Promotion Forum-Adelaide**

**Saturday 6th October 2007**

**Please keep this date free— further details shortly**

**REFERRALS TO CANCER SUPPORT GROUPS**

The Cancer Council NSW has published a Research Bulletin on the subject of Support Groups which highlights the fact that only one quarter of referrals to cancer support groups come from health professionals. Participants in the study were asked how they learnt about their cancer support group. Most commonly, people find out about groups through a friend or newsletter.

A two-year Cancer Council NSW funded study into the nature and effectiveness of support groups for people with cancer in NSW was completed last year. The study was conducted by researchers from the University of Western Sydney, the University of Sydney and Westmead Hospital. A State-wide audit showed that support groups are an integral part of the cancer experience for many people with cancer, and their carers, throughout all areas of NSW. 167 groups participated in the study.

**What happens in a typical support group**

Formats vary, but typically, support groups provide an opportunity to share feelings with others who are "in the same boat" in a supportive atmosphere. Groups also offer a place where members can exchange information, learn coping strategies from others and develop a sense of cohesion with peers.

Whether the group leader has training, or not, or has had cancer or not, are not associated at all with satisfaction with the group leader. The study showed that people who attend support groups for heterogeneous cancers have greater improvements in anxiety and satisfaction with the group, than those attending groups for site-specific cancers.

The top 5 reasons participants give for joining a support group are:

Knowing they are not alone

Hearing about current medical research

Becoming more informed about the drugs used in cancer treatment and their side-effects

Learning about and comparing how other people deal with cancer

Relaxing with others who understand their experience because they are going through the same thing.

(This is portion of a Bulletin published by the Cancer Council NSW and will be continued in the next newsletter. Also printed in the Prostate Cancer Action Group Newsletter—May 2006).

**and so the saying goes.... "When all is said and nothing done, the committee meeting is over"**