

# MITCHAM PROSTATE CANCER SUPPORT GROUP

## REPORT ON THE MEETING OF 26TH APRIL 2007

### INSIDE THIS ISSUE:

SUMMARY OF LAST MEETING	1
GUEST SPEAKER	1
OVERWEIGHT TEST BIAS	2
A TYPICAL SUP- PORT GROUP	2
"AND SO THE SAYING GOES"	2

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

#### The Meeting

Acting Chairman Jeff Roberts opened the meeting and welcomed 42 persons present.

The attendance, boosted by a good number of visitors (18), was the highest number to attend a meeting of the group.

Apologies were received from Terry Harbour, Ken Hancock, John Francis, Leo Pilkington, Bert & Sylvia Bache.

Bob Robinson, a visitor, spoke on his prostate cancer experience

Jeff advised of a promotion by Prostate SA at the Crows v Collingwood match on 5<sup>th</sup> May. Volunteers were being sought to sell wrist bands as a fund raiser for prostate cancer.

#### Guest Speaker

Urologist Dr Brian Landers gave an excellent overview of prostate cancer.

Some of the points he raised were:

Prostate cancer is the 2<sup>nd</sup> highest cause of male cancer deaths

Approximately 12,000 new cases are diagnosed annually.

Risk factors include race, family history and diet.

Dr Landers stressed the importance of regular testing from age 50 (earlier if a family history). The PSA blood test gives a base to monitor the patient's situation. Early treatment can save lives.

Dr Landers pointed out the necessity to have both the PSA Test and the Digital Rectal Examination. Prostate cancer can be slow growing-all treat-

ments have side effects.

A lot of information is now available from a variety of sources.

Dr Landers presentation was very well received and he answered a significant number of questions.

#### Financial Report:

The Group's financial position remains in a satisfactory position.

#### Other Matters that

#### Have arisen:

Support Group representatives had a meeting with Andrew Giles, CEO of the PCFA. Matters discussed included affiliation, PCFA/ Commonwealth Bank Road Show (5 Rural Awareness Evenings in June in SA) and the necessity for additional support from the PCFA to boost Support Groups in SA.

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 24TH  
MAY 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 24<sup>th</sup> May.

The speaker will be Ian Fisk who will present the PCFA Ambassador Program.

The purpose of the program is to spread the word on awareness of prostate cancer in the community through the use of trained PCFA speakers.

Please endeavour to attend

**OVERWEIGHT TEST BIAS**

Overweight men are far more likely to get misleading results to prostate cancer tests that compromise their treatment, US researchers have found.

A study has found that prostate biopsies regularly underestimate the severity in men carrying extra weight. The results suggest that many men receive inadequate or inappropriate treatment that is not aggressive enough to combat the true nature of their disease.

Advertiser 28/3/07

PCFA National Men's Health Promotion Forum-Adelaide

Saturday 6th October 2007

To be held at the Hetzel Theatre, University of South Australia

Please keep this date free— further details shortly

**REFERRALS TO CANCER SUPPORT GROUPS (Continued from last month)**

The Support Group acts like a surrogate family. People describe the group as a supportive and caring environment where individuals feel accepted for themselves, where they feel safe to express their true feelings without protecting others, and where there is empathy and understanding in response.

**A sense of community**

The group anchors people. A sense of community develops through sharing feelings and experiences in the group and serves to unite people as they get to know intimate details of each other's lives. Connections between people are established and continue to function as social support between meetings.

**Why do people stay**

**Empathy**-everyone at a cancer support group has some experience of cancer. This creates powerful empathy within the group.

**Being cared for**-group participants are unequivocal in their experience of feeling cared for in the group.

**Safety**- one of the frequent comments is that the support group is a safe environment where individuals can express feelings.

**Humour**-one the most striking features of groups is the level of warmth and humour between participants-it provides a positive context in which participants can relax and feel at ease.

**How do support groups facilitate this positive experience**

1. Leadership
2. Modelling
3. Information sharing

The study also identified 4 main factors which explain why some people do not attend cancer support groups-(1) they do not want to revisit cancer experiences (2) their personality or coping style means they have difficulty in "opening up" and are fearful of exposure (3) they are avoiding contact with cancer (4) wanting "people like me" and lack of awareness about groups.

(This is portion of a Bulletin published by the Cancer Council NSW)

...and so the saying goes...."Most people who have the gift of the gab, don't know how to wrap it up".