

# MITCHAM PROSTATE CANCER SUPPORT GROUP

REPORT ON THE MEETING OF 28TH JUNE 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 7.05 p.m. with Terry (returning after holidays) welcoming 26 persons present, and commented on the excellent attendances at meetings whilst he had been away (*should he stay away more often?*).

Apologies were received from Marilyn Harris and Reg and Glenys Schluter.

Updates: Bob Robinson advised he had a radical prostatectomy 2 weeks ago and everything going well at the moment.

Terry advised he will be finding out the results of his latest PSA test, tomorrow (Fri 29/6)

*(postscript — results good – un-recordable, although now diagnosed type 2 diabetic— am I slowly falling apart??).*

Jeff provided an overview of:

a) the Commonwealth Bank Road shows—Victor Harbor, only 18 attended; Murray Bridge, better with 40. Port Pirie on the 3 July and Port Augusta on Aug 17;

b) Prostate SA’s “Loose Change Day” promotion—three utes with urinals collecting loose change donations;

c) the “Tail End Charlie” initiative—August 21st—volunteer assistance required—see Jeff for details.

**Financial Report:**

Jeff provided the written financial report for the Group, detailing income and expenditure for the period up to 28th June. Again, for a small group, we remain in a satisfactory financial position. Jeff’s report was accepted by the meeting.

**Correspondence**

**In**

Letter received from Bob Hunter, thanking mem-

bers for the support at the few meetings he and wife Glenda were able to attend, but Thursday nights are now not convenient and so is unable to attend any more.

A letter from Graeme Johnson, National Chairman PCFA, answering some questions from support groups in respect to the mission, goals and objectives of PCFA. Excerpts read out.

Letter from A. Giles of PCFA re Taxotere, with flyers, booklets and newsletters.

**Out**

Terry also advised he had sent a letter re Taxotere medicine (for treatment of prostate cancer) being included on the PBS, to M.P. Southcott.

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 at web-site:

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

**NEXT MEETING-  
THURSDAY 26TH  
JULY 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.*

## GUEST SPEAKER

### [Dr. Carole Pinnock, Principal Researcher, Urology Unit, Repatriation General Hospital](#)

Dr. Pinnock, assisted by a visual presentation, spoke about how things have changed over the last 10 years in respect to prostate cancer—we talk about it more; it is being diagnosed earlier and it is being treated more successfully. PSA testing has increased markedly and this is resulting in cancer in its early stages being identified and treated, so men are living longer. Technology has also promoted more discussion and knowledge. The internet has 54 million entries on prostate cancer with 296,000 in Australia alone.

Prostate Cancer is also non discriminatory and Dr. Pinnock showed a large list of famous and well known men who had been diagnosed with prostate cancer.

A number of web sites were mentioned, particularly the Australian Prostate Cancer web site and also the Lions “Mr. Phips” pages. Dr. Pinnock spoke for some time on new research into cancer and the advances made over recent years in treatments, explaining that there were now fewer side effects (ie: E.D. and continence issues), less invasive treatments (da-Vinci key hole surgery), better targeting of the disease (ie brachytherapy) and new treatments for men suffering advanced disease.

Dr. Pinnock also touched on complementary and alternative therapies, such as lycopene, milk thistle seeds, green tea, soy, selenium and vitamin E, grape seed extract and also addressed healthy eating habits.

Dr. Pinnock concluded by explaining the long and complex processes which needed to be adopted in respect to clinical research of, and trials of new medicines and the Clinical Practice Guidelines which need to be complied with. It was the need to be absolutely sure of the outcomes to insure the integrity of, and the safety to patients, of new medicines.

On behalf of the group, Terry thanked Dr. Pinnock for her extremely informative presentation and as usual with guest speakers, presented her with a bottle of Mitcham Prostate Cancer Support Group “alternative medicine”.

### [NEXT MEETING](#)

[Thursday 26th July](#)

[Dr Jehan Titus—Urologist](#)

[Virginia Gill—Pelvic Floor Physiotherapist](#)

[Darren Hosne—Counsellor and Trainer](#)

**BE THERE!!!!**