



Mitcham Prostate Cancer Support Group

Report on the Meeting of the 23rd August 2007

August 2007 — No. 8/07

Special points of interest:

- Prostate Cancer Call-in 13th September 2007
- Prostate Cancer Awareness evening 19th September 2007
- Freemasons Men's Health Seminar 30th October 2007

For more information in respect to the Mitcham prostate Cancer Support Group please contact either Jeff Roberts on 82773424 or Terry Harbour on 82710513 or check our link on web site:

www.psamitcham.org

NEXT MEETING:

THURSDAY 27TH
SEPTEMBER 2007 at
7.00 p.m.

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

Issues discussed/ raised at the meeting

The meeting opened at 7.10 p.m. with Terry welcoming 21 people. Apologies were received from Des and Sydnie Alvey, Leo Pilkington and Bert and Sylvia Basche.

Also welcomed was new visitor, Heinz Konzalla who had travelled all the way from Semaphore after hearing about our group.

There were a number of correspondence received: a letter and flyer from the Cancer

Council regarding the Prostate Cancer Call-in 6—9 pm on the 13th September—a number of flyers were available for members to distribute; Notices re a Prostate Cancer Awareness evening at the Sturt Football

Clubrooms, 7—9.30 pm on the 19th September with key note speaker Professor Willis Marshall AC and other speakers—handed out to members for information. Also a reminder of the “Mozart to Sinatra” musical concert

fundraiser at the Adelaide Townhall on the 9th September, at 2.00 pm, tickets \$23.00 (\$18 concession)

Jeff mentioned to the meeting that although not officially announced, it appears that Taxotere (for the treatment of prostate cancer) is in the process of being placed on the (since then of course—it has now been announced as being included in PBS from November this year).

Vale - Gary Bowes



It is with sadness that we announce the passing of Gary Bowes on the 24th August 2007. Our thoughts at this sad time are with his wife Margaret and children Michael and Belinda.

Guest Speaker **Ray Nicholson** provided an extremely interesting account of his "journey with cancer". In 1996, he was suffering from a number of complaints and sought tests through his doctor. Tests came back that he had contracted Hepatitis C. Ray knew this could not be correct and sought another opinion, which showed the first result to be incorrect. However, further tests in 1997 showed he had cancer of the lymphatic system, that it was incurable and he did not have long to live. He decided that he was going to beat the illness. He read and found out as much as he could on the illness and al-

though he underwent further tests at the QEH, with the same result, he set his own lifestyle goals re diet, exercise, attitude and spirituality.

He heard about the good work undertaken at the Cancer Care



Centre at Unley and attended there. He took up meditation and massage and Tai Chi, even traveling to China to learn more. He developed a positive outlook re his illness—that he was going to get better and that the outcome of his health issues was up to him,

with help from the medicos. In 2000 Drs. wanted him to undergo hi intensity chemotherapy. He kept records of all his treatments and questioned the various processes and kept a positive outlook on his health.

Overall he underwent 11 surgeries, chemotherapy and stem cell/bone marrow transplants. Through the web he found a new drug which had good results and took a course of that—extremely expensive.

In 2001 tests showed that most of the cancer was gone, and in 2005 found that there was no cancer detectable. He is now free of cancer and not on any medications at all.

Ray then spoke on the Cancer Care Centre at Unley and the work it does for cancer sufferers in providing complimentary medicine, with a good environment and providing an holistic approach to cancer treatment. Members asked a variety of questions and Ray was then presented with a bottle of our own "alternative medicine" in appreciation.

TREASURERS REPORT

Jeff provided a written report on finances: There were a small amount more in donations from members than expenditure during the month, leaving us with a about \$3.00 up on July . On this Jeff advised that the balance would increase by abt \$200 following reimbursement of expenses via Federal grant monies received by the Association of S.A. Support Groups

MEN'S HEALTH FORUM



The Prostate Cancer Foundation of Australia is holding a "Men's Health Promotion Forum" on Saturday

the 6th October 2007. The forum is at the University of South Australia, City East Campus, Basil Hetzel Lecture Theatre, Frome Road Adelaide. The Forum is from 10 am to 5 pm and has some excellent key note and other speakers. Topics will include: Rural Men's Health; Prostate Cancer Treatment Options and Prostate Cancer and Marginalized Groups, with about 23 speakers in all.

There is a need to register for the forum by Monday 1st October 2007. Cost is \$20.00 and free for partners. Cost **includes** morning tea, lunch and afternoon tea.

This would be an extremely informative and interesting forum. For more information:

phone 1800 206 700; or
email: manshaw@prostate.org.au

GUEST SPEAKER MEETING OF 27TH SEPTEMBER

Our Guest Speaker at the next meeting will be Ms. Delrene Davis from the Cancer Council S.A.

Ms. Davis will be speaking on "Nutrition and Cancer Prevention"

BE THERE!

Prostate cancer awareness evening

Men and/or their partners are invited to attend this free presentation.

When: Wednesday, 19 September
7:00 – 9:30 pm

Where: Sturt Football Club
Cambridge Room
39 Oxford Tce, Unley

MC: Barry Ion

Speakers and topics

- Urologist – Professor Willis Marshall AC
An overview of prostate cancer
- Prostate cancer survivors
Speak about their own experience
- Nutritional information – Cheryl Antal
Nutrition and cancer prevention
- Prostate cancer support group presentation
The role of support groups
- Question time

RSVP by Friday 14 September to
The Cancer Council Helpline 13 11 20

This awareness evening is presented by ProstateSA in conjunction with the Prostate Cancer Action Group (SA) Inc