



# Mitcham Prostate Cancer Support Group

Report on the Meeting of the 27th September 2007

September 2007 — No. 9/07

## Special points of interest:

- Awareness evening on the 17th October 2007 at Blackwood Over 50's Club
- Freemasons Men's Health Seminar, Adelaide Masonic Centre 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](http://www.psamitcham.org)

## NEXT MEETING:

**THURSDAY 25th**

**October 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 7.05 p.m. with Jeff as acting chair welcoming 13 people. Apologies were received from Terry Harbour, Graeme Bradley, Pam Fisk and Marilyn Harris

Also welcomed was visitor, Karen Foster of Foster Hill PR and Marketing which has been appointed by the PCFA to provide assistance in a variety of ways to S.A. Support Groups and to help raise the profile of the PCFA in South Australia.

Jeff commented on several events:

- The success of the concert held in the Adelaide Town Hall on the 9th September with 400-450 people attending, and all proceeds going to the PCFA;
- The PCFA Men's Health Promotion Forum to be held on the 6th October;
- The Awareness Evening to be held on 17th October at the Blackwood Over 50's Club, sponsored by the Freemasons and conducted by the Prostate Cancer Action Group;
- The Freemasons Men's Health Seminar on the 30th October at the Adelaide Masonic Centre 254 North Tce Adelaide.

## Treasurer's Report:

Jeff tabled a financial report which showed a marginally higher balance than last month. As such, group funds remain at a satisfactory level.

## Other Business:

Ian Fisk spoke about the pending meeting of the Association of SA Support Groups to be held on Thursday 4th October.

Jeff advised of the launch on the 9th September of a new support group—the McLaren Districts Prostate Cancer Support Group.

A National conference of the Support and Advocacy Committee (SAC) of the PCFA will be held in Adelaide on 5th October. Ian, Dean Wall and Jeff are to attend.

## Social Dinner

Like we did last year, it was suggested we finish off the year by having an early Christmas dinner at the RSL Club in lieu of our regular November meeting to be held on the 23rd November.

The suggestion received favourable response and if enough members want to, we will confirm it with the RSL at the October meeting.

**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** at the meeting was Delrene Davis from the Cancer Council SA who provided a power point presentation on "Nutrition and Cancer Prevention".

There were a number of key points which Delrene emphasized during her presentation:

- The need for accommodation facilities whilst patients are undergoing tests and treatment;
- A healthy diet is vital for prevention and also for survivors of cancer;

- Cancer happens in the cells of the body — the triggers are not known. Metastatic cells break away and setup colonies elsewhere in the body;
- 1 in 3 men and 1 in 4 women will develop cancer;
- Risk factors include— poor lifestyle in 30% of cancer patients, poor diet, obesity, low physical activity, smoking and alcohol.

**One** Cancer Council brochure, titled : "Read Between the Lines" is helpful in light of a 27th August 2007 released discovery suggesting that fruit and vegetables provide no protection against

cancer. This "shock finding" is on the Lions APC website.

Delrene indicated that she would query this latest Australian research with the Cancer Council, and she concluded her well received talk by reminding those present of the 131120 Cancer helpline.

Delrene was thanked by Jeff and accepted a small donation for the Cancer Council. She and her husband stayed for refreshments at the conclusion of the meeting.

## Association of Prostate Cancer Support Groups Inc

On the 4th October, 8 Support Group members met as the Association of Prostate Cancer Support Groups and conducted the AGM and afterwards a general meeting. **Malcolm Ellis** was elected the new chairperson of the Association, with **Phil Davis** as Vice Chairperson. **Ian Fisk** accepted the positions of Secretary, Treasurer and Public Officer. Hopefully in the near future, someone will be able to take over at least one of the positions and give Ian a bit of respite from the workload.

The Committee is made up of representatives from the five Support Groups, with ideally two members from each Group.

I have agreed to be one of the representatives from the Mitcham Group. As such we need one other member willing to represent Mitcham Group on the Association Committee. It is NOT an onerous task. The Committee needs full representation to ensure that it can carry out its functions in representing, promoting and supporting all Support groups in their activities. Anyone interested, see Terry or Ian at our October meeting.

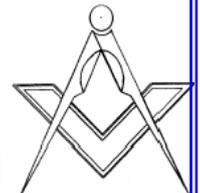
### MEETING OF 25TH OCTOBER

**There will not be a guest speaker at the October meeting.**

**Instead Ian Fisk has received a number of prostate cancer related DVD's and will bring one along for viewing**

**DON'T BE A.W.O.L.!!**

## Prostate cancer awareness evening



**All men and / or their partners are invited to attend this important free presentation**

**When:** Wednesday, 17 October 2007 from 7:00 pm to 9:30 pm

**Where:** Blackwood Over 50's Club, 4 Young Street, Blackwood

**Presenter:** The Prostate Cancer Action Group  [www.pcanss.org.au](http://www.pcanss.org.au)

### Speakers and Topics

- **Dr Peter Sutherland, Head of Urology - Royal Adelaide Hospital**  
*An overview of prostate cancer*
- **Nutritional information**  
*Nutrition and cancer prevention*
- **Prostate cancer survivors**  
*Speak about their own experiences*
- **Prostate cancer support group**  
*The role of support groups*
- **Question time**

**Bookings:** Blackwood Hospital on **(08) 82780400**  
Between 9 and 5, Monday to Friday



**Did you know that any man can be affected in some way by Prostate Cancer?**

**But....**

**Prostate Cancer can be cured or controlled with early detection.**



Proudly organised and hosted by The Freemason of South Australia  
In association with the Blackwood Lodge and Sir Samuel Way Lodge  
For more information visit our web site: [www.freemasonrysaust.org.au](http://www.freemasonrysaust.org.au)