

MITCHAM PROSTATE CANCER SUPPORT GROUP

24TH NOVEMBER 2005 MEETING

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The Meeting

Was opened at 7.30 pm by Chairman Jeff Roberts who welcomed those in attendance

The meeting saw 14 members present, with apologies from Terry Harbour, John and Gabby Francis and Bert Watson.

There were no new members/visitors in attendance.

Be a Man/Health in Men

Jeff mentioned the men's health screening program—Pit Stop—as a component of Health in Men. Jeff advised that although the launch was to have been on the 29th November, it has now been put back to February 2006, with the launch to be in Rundle Mall. Since the last meeting, advice has been received that the launch will be on the 17th February and will coincide with an extensive promotion of the Da Vinci Machine. Hopefully the launch will involve several interstate and local personalities. All members and friends are

very welcome to attend. The purpose of Pit Stop is to encourage men to talk to their doctor about health issues including prostate cancer—addressing prevention rather than cure. An exact date will be advised as soon as possible.

Other Matters Discussed

Jeff advised that he has finally received a response to his request for our group to be affiliated with the Prostate Cancer Foundation. John Ramsay has advised that affiliation has been approved.

This will provide public liability insurance for members at our group functions and the issue of publications (Prostate News).

Jeff provided a treasurers report on the groups current financial position, which at the present time is sound.

Christmas BBQ

Jeff gave a brief report on the Adelaide Group's Christmas BBQ which was held at Chapel Hill on the 13th November. An excellent social day was enjoyed by those attending.

Venue for 2006 meetings

The RSL was agreeable for our Group to continue its meetings at the Club. Discussion was held on a suggestion that we perhaps make donations during the year—to be further discussed at a meeting early 2006.

Possible news Article

Jeff mentioned that there is a possibility of our Group penning an article for inclusion in the Eastern Courier newspaper on the 20th February, although submissions had to be in by 13 January 2006

Group Office Bearers

A question was asked as to whether there was any likelihood of a Chairperson for the Group in 2006. Jeff could only say at this time, there was a possibility that a member would take on that role.

For more information in respect to the Mitcham Prostate Cancer Support Group please contact Jeff Roberts on 82773424 or check our link at website:
www.psaadelaide.org

**FIRST MEETING
FOR 2006**

**PLEASE NOTE
NEW DATE**

Thursday
16th February
2006
7.0 pm

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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

Gordon FRITH was the guest speaker for the evening. Gordon is a urology nurse at the R.A.H. holding a Bachelor of Science and Bachelor of Nursing Degrees. In addition to his current posting in the urology area, he has also experience in the areas of renal, plastics and craniofacial reconstruction. He is a member of the Prostate Cancer Action Group.

Gordon gave an informative presentation relating to prostate cancer issues. Generally, there are no symptoms that a man has prostate cancer, until the cancer has spread too far and it is important that regular check-ups are undertaken so that cancer can be detected in its early stages.

Reactions, upon one becoming aware that you have prostate cancer, vary widely but generally there is a grief cycle. There are then major challenges ahead with respect to “what now?” with concerning treatment options, there are some major decisions to be made and expert advice needs to be sought as to the type of treatment one opts for. There is a need to facilitate coping with distress, both in respect to diagnosis and the treat-

ment decided upon. For instance with radical prostatectomy, there needs to be support for pre/post operation anxiety.

Gordon touched on side effects of treatment for prostate cancer which affect most men — incontinence from slight to severe, which is not only inconvenient but can cause distress and embarrassment. Gordon advised that distress (caused by incontinence) exacerbates incontinence—a catch 22 situation, so there is a need to adopt an anxiety avoidance cycle.

Erectile Dysfunction was the other major side effect with anxiety and distress feelings of “incompleteness” as a man. Two basic options were a modification of expectations or seeking medical treatment.

A number of questions came from the floor and then Jeff made a small presentation to Gordon in appreciation.

Jeff brought some selenium bread to the meeting for tasting.

Ken and Roland gave an overview of their undergoing Robotic Surgery for prostate cancer.

HEALTHY EATING

Broccoli

Broccoli is rated as a must. Eat it raw, in a salad, as a hot vegetable, an addition to stews and casseroles. The recipe below can be served hot or cold.



BROCCOLI & MUSHROOM SALAD

Recipe courtesy of the psa-rising.com web site

- Broccoli flowerets
- Cup fresh mushrooms
- 2 medium sized carrots cut into short sticks
- Cup sun dried tomatoes finely cut up
- 1 medium sized onion thinly sliced
- Olive oil
- Balsamic Vinegar
- Crushed Garlic

Boil or steam the broccoli in salted water for 5 minutes. Salt is not necessary if you prefer to cook without salt. Sweat the onions, sun dried tomatoes and garlic with a teaspoon of olive oil in a hot Teflon (non-stick) pan. One minute is enough. This to release the taste of the lycopene packed sun dried tomatoes. Assemble the salad; add the contents of the pan. The dressing I use is one-third balsamic vinegar and two-thirds olive oil. Salt and pepper to your taste. Pour the dressing over the salad shortly before eating. To serve this dish hot one can either heat it with the dressing in a microwave or briefly stir-fry in the dressing. This dish can be kept for a couple of days