

MITCHAM PROSTATE CANCER SUPPORT GROUP

27TH OCTOBER 2005 MEETING

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ISSUES DISCUSSED/MATTERS RAISED AT THE MEETING

The Meeting

Was opened by Chairman Jeff Roberts who welcomed those in attendance

The meeting saw 18 members/visitors present, with apologies from Ian and Pam Fisk and June McLellon.

Bob and Linda Hunter were first time attendees and were welcomed to meeting by Chairman Jeff. Two other visitors from Onkaparinga PCSG were John and Phyllis Shields.

As a first time attendee and hopefully a regular member, Jeff asked Bob Hunter if he wished to give an overview to the meeting of his situation, which Bob did. Members wished Bob and Phyllis well for the future.

Newsletter

It appears that members are happy with the new format of the newsletter and reporting of matters discussed at meetings. Editor (Terry) reinforced those with email addresses

to let Jeff know re electronic delivery of newsletters.

Office Bearers

Jeff again mentioned the issue of office bearers, with the positions of Chair and Treasurer to be filled. Jeff is currently discussing the Treasurer position with a member, the Chair position needs to be filled for the new year—Jeff will continue on until the end of this year.

Be a Man/Health in Men

Jeff mentioned a men's health screening program—Pit Stop—as a component of Health in Men. This year it will be conducted in conjunction with the "Be a Man" campaign. It will be launched in the main foyer of the RAH on the **29th November**. The purpose is to encourage men to talk to their doctor about health issues including prostate cancer—addressing prevention rather than cure.

Other Matters Discussed

Jeff advised that his request for affiliation with the Prostate Cancer Foundation has not yet received a response.

The Venue for meetings was discussed and it was agreed that this RSL was an ideal location. Jeff to speak with RSL management re future use of the venue.

Jeff provided a treasurers report on the groups current financial position.

Roland Harris gave an amusing but very informative presentation, including a practical demonstration on how one could save money, but still achieve the same outcomes in respect to economical incontinence pads. In the long term, pad use is reasonably expensive and if one can save money, all the better. As the old saying goes: "A penny saved is a penny earned."

Theban Roberts addressed the meeting on availability of selenium enriched biscuits. It was also noted that Bio-Max bread is now available at Pasadena Foodland.

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

**WELCOME TO
VISITORS TO
THE GROUP:**

Welcome to:

- **Bob & Linda Hunter**
- **John & Phyllis Shields**

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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. LLOYD EVANS was the guest speaker at the October meeting. Lloyd retired after bring a GP at Aldgate for 39 years. He has been heavily involved in the Royal Flying Doctor Service (RFDS) and his address to members outlined the history of the RFDS, coupled with some humorous anecdotes on incidents he had been involved in. The RFDS started in Cloncurry/Mt Isa area through the rental of an aircraft which prevented QANTAS going broke.

As part of his talk, Lloyd summarized some of the various “medical emergency calls” which the RFDS received over a 24 hour period. Lloyd outlined his experiences as a “flying doctor” attending the outback locations to provide a much needed medical service. He explained the purpose and contents of Medical Chests which were pro-



Another funny anecdote from Lloyd, well received by members

vided to key people in the outback and the procedures used by medicos to advise people on the dispensing of medicine.

Lloyd completed his talk, which was very informative but also quite humorous in places, after a number of questions from the floor.

Thank you Lloyd.

NEXT MEETING

Thursday 24th November at the Colonel Light Gardens RSL at 7.15pm

Our Guest Speaker at that meeting will be Gordon Frith. Gordon is a Nurse in the Urology Department, Royal Adelaide Hospital.

Gordon is also a member of the Prostate Cancer Action Group.

HEALTHY EATING

The web site www.psa-rising.com contains news, information and support for prostate cancer survivors. It has a number of healthy eating recipes and with summer just around the corner, the following recipe sounds nice and very easy for that lazy Sunday lunch on the patio with good friends and a glass of white wine to wash it down. It is an accepted fact that eating oily fish, such as salmon, mackerel, sardines and herring help protect against prostate cancer, so here is a very quick, **healthy** and easy lunch:

Salmon with mushrooms and greens

Marinate the required number of salmon steaks or other oily fish in a dressing of 2 parts olive oil, one part vinegar, fresh tarragon or other herbs, salt, pepper, ginger root if liked. Add a few sliced mushrooms.

Grill or sauté the fish and mushrooms and serve over a salad of mixed greens torn into bite sized pieces, sliced shallots, sliced red onion, couple of cherry tomatoes and slice of lemon on the side.

Saute: Lightly coat pan with olive oil, heat to medium/high heat before placing fish in pan. For medium-rare cook 3 minutes each side, medium to well cook for 4 1/2 minutes each side.

Check out the above web site for lots of interesting articles and reports.

AND SO THE SAYING GOES:

(One for the ladies)

Why do men like smart women?

Opposites attract

(sorry guys)

In addition to having a summary of each meeting, it is hoped to provide articles of interest. If you wish to see something on a particular topic, please advise the Editor—details page 1—who will try to accommodate your request.