

MITCHAM PROSTATE CANCER SUPPORT GROUP

OCTOBER 2005 MEETING

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WELCOME TO OUR NEW FORMAT OF MINUTES/NEWSLETTER

FIRST ISSUE

At our last meeting of the 22nd September, it was mentioned that it would be worthwhile looking at producing a Mitcham Support Group newsletter which would incorporate the previously distributed minutes of meetings (in a summary format) and a "newsletter" type format, with hopefully interesting articles from various areas on the topic of prostate cancer and issues associated with prostate cancer.

So here it is. It will hopefully continually improve with further additions both in layout and information for members/friends through input from members.

If you have any suggestions for the newsletter, particularly the types of information/articles you would want to see, **please** contact the Editor.

LAST MEETING

AT THE MEETING on the 22nd

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.*

September, Jeff Roberts welcomed 15 people to the meeting, including three who were at their first meeting: Bill Toop, who gave a brief summary of his encounter with prostate cancer over 5 years ago, Lindsay Hart—visiting, and Ken Cooney, who advised members that he had undergone robotic surgery for prostate cancer only recently and was doing well. Welcome to you all and we hope to see you at future meetings.

Les Carlaw, President of the Colonel Light Gardens RSL thanked the group for its donation of \$50, and welcomed us as potential social members, and congratulated the group on its work in the area of prostate cancer support.

Jeff referred to the RSL newsletter, where there was an article promoting the work of the group to RSL and other members of the local community.

The 8th September saw the National Prostate Cancer Call-in for people

seeking information on prostate cancer related issues. The initiative was seen as a success with 262 calls received.

On 20th September, a health seminar was held at the Fullarton Community Centre, with urologist Dr Denby Steele being the principle presenter. About 25 people attended the evening which discussed prostate cancer, incontinence and impotence issues and treatments.

There were a considerable number of questions put by members of the audience. A very worthwhile and informative evening for all in attendance.

Jeff provided information on the current financial position of the Support Group.

The Prostate Cancer Awareness Evening at The Cancer Council SA drew a large attendance of 134.

Prof. Villis Marshall gave an excellent presentation.

For more information in respect to the Mitcham Prostate Cancer Support Group please contact Jeff Roberts on 82773424 or check the website:

FIRST TIME VISITORS TO THE GROUP:

Welcome to:

- Bill Toop
- Lindsay Hart
- Ken Cooney

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OFFICE BEARERS

CAN YOU HELP?

At the last meeting, Jeff Roberts raised the issue of the need to elect office bearers. Jeff was essentially just an “acting” chairperson. There was a need to elect office bearers to positions such as Chair Person, Secretary, and Treasurer.

Graham Bradley agreed to take minutes of meetings which would be incorporated into the newsletter. Jeff indicated his willingness to act

as Chairperson until the end of the year, but other commitments precluded him continuing after that time.

Member John Francis has indicated his willingness to be Treasurer and Jeff will discuss his offer with him.

In the meantime, the positions of Chairperson and Secretary need to be filled. Being an informal support group, the incumbent of either position would not find the role to be onerous

or time consuming.

Terry Harbour is quite willing to take up the newsletter editor position, producing the newsletter in that type of format if that is the preferred option of members.

However, as mentioned above, Chairperson and Secretary positions need to be filled.

If you find you can assist re either position, phone Jeff Roberts on 82773424.

NEXT MEETING

Thursday 27th October at the Colonel Light Gardens RSL at 7.15pm

GUEST SPEAKER will be Lloyd Evans. Lloyd was a GP for approx. 50 years and since retirement has continued locum duties throughout the State. He also has a considerable involvement with the Royal Flying Doctor Service and has been a Board Member with that Organisation.

GUEST SPEAKER

Barry Ferris, as well as being a member of our Group is a member of the Prostate Cancer Action Group. Barry gave an interesting account of the issues he and his family had to deal with upon his being diagnosed with prostate cancer.

Barry is a Commissioned Officer in the Australian Army which involves being a helicopter pilot, including flying

the Rescue One helicopters around the State.

Barry was diagnosed with prostate cancer at the very young age of 49 years—6 years ago. As his cancer had spread outside the prostate, he was limited to radiotherapy and hormone treatment, with considerable unwanted side affects. Ongoing treatment has seen his condition stabilize with his PSA as low as 0.05, which has now seen him being able to

lead a normal lifestyle. An important issue which Barry emphasized with that prostate cancer is a whole of family issue and he received excellent care from the staff at the Repatriation Hospital Daw Park.

Barry’s presentation included humorous anecdotes which emphasized a need to maintain a positive outlook towards prostate cancer and it’s treatment.

“Prostate Cancer is a whole of family issue and (Barry) received excellent care from the staff at the Repat. Hospital”

SELENIUM ENRICHED BREAD NOW ON SALE

Selenium is sprayed onto grain crops during spring and the plant converts it into an organic form, making it better for people to eat. It is thought that selenium taken in conjunction with Natural Vitamin E can bring benefits including protection against heart disease and cancer. Eating two slices (of bread) for females and six for males of the specially enriched bread each day may be-

come a new health guide for consumers. Research shows the health benefits of a high selenium diet can help reduce the risk of some cancers, while improving immune system response. Dr. Graham Lyons from the University of Adelaide has been involved in research which has helped convince **Laucke Flour Mills** to develop high selenium products. This has resulted

in the release of **selenium enriched baker products** by Laucke Flour. The bread is **“Country Life” Biomax wholemeal bread** so look for it in your supermarkets, deli’s and bakeries.

**Extract from an article appearing in the PSA Adelaide September Newsletter.*

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, who will try to accommodate your request.

And so the saying goes.....Dear Lord, help me be the kind of person my dog thinks I am.