

We are here



and Your Family



PROSTATE CANCER SUPPORT

Onkaparinga Group South Australia

An affiliate Member of the Prostate Cancer Foundation of Australia

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A member of the Association of Prostate Cancer Support Groups (SA) Inc.

OUR GOLDEN RULE: We do not give medical advice. Your GP, your Urologist or an Allied Health Professional are the only people legally qualified to give you medical advice. We do however, give you our wholehearted support.

FEBRUARY 2005 NEWSLETTER

Meeting held in the Boardroom at
NOARLUNGA COMMUNITY HOSPITAL
on Wednesday February 2nd 2005 at 6.30pm

Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings.

Thanks also to our sponsors: Woodcroft Community Health Services, Port Noarlunga / Christies Beach RSL Sub Branch and all who support our group.

Chair: John Shields

Present: 21

Apologies: Artie, Jules, Jim and Harold and Ann

Welcome to Graham and Nola

Graham is having Robotic Surgery at RAH in April and it will be very interesting to follow his progress using this procedure which is new to South Australia. We look forward to hearing what Graham and Nola have to tell us about it as this looks like being the best option when surgery is chosen.

Donation: Thanks to Doug and Rona for your kind donation of \$50.00.

Guest Speaker: Pat Whitehead – Council on the Aging (SA) Inc.

Pat gave an excellent talk about quality use of medicines and gave us some very helpful advice, not only about “Best Practice” when using medicine, but also the importance of getting our medicine from the same pharmacy all of the time, reading instructions that come with the medicine. If in doubt about anything at all, check it out with the pharmacist.

Pat also gave us some good tips about how to prepare ourselves for a visit to our doctor. It is best to take a list of questions that we have and give the list to the doctor. Take more than one person to the appointment so that we can sit down afterwards and talk about the information that the doctor has given to us to make sure that we have not missed anything important.

MEETING TIMES

6.30pm to 9.00pm

We need to leave the hospital by 9pm, not 8.30pm like I had thought, so this will give us a bit of extra time to catch up with each other and hopefully hear from David and Anne about their overseas trip. I had hoped to ask David at this last meeting but we ran out of time or so I thought. I think that we were meant to try and finish the meeting around 8.30pm to be out by 9pm (sorry).

Normans Teddy was won by Nola. Thanks again to Norman for a very good job of making it and to our members for helping to raise a total of \$36.00.

OUR DOLPHIN LOGO

Norman has also made a Dolphin to have as our mascot at each meeting, and I believe, has asked Brian to make a stand for it. This is what our group is all about, working together for the group as a whole.

AWARENESS MEETING

Details of the Awareness Meeting on Wednesday 23rd February, 2005 from 7pm to 9.30pm at Mitcham AFA Bowling Clubrooms, 150 Belair Road Hawthorn are enclosed.

This meeting will be of special interest to Graham and Nola as Dr Peter Sutherland will give a presentation about Robotic surgery.

OUR NEXT MEETING

Wednesday March 2nd 2005 from 6.30pm to 9.00pm
Meetings now held in the Boardroom

Jules van Kekem and Lyn Sutton will give a talk about Prostate Cancer and Sexuality. This is a very important subject and I would like to encourage as many of the LADIES as possible to attend. Please, NOT ONLY FOR THIS MEETING BUT ALSO FOR EVERY MEETING.