

We are here
F O R Y O U
and Your Family



PROSTATE CANCER SUPPORT Onkaparinga Group South Australia

*An affiliate Member of the Prostate Cancer Foundation of
Australia*

www.pcsog.org

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Patron: Artie Ferguson

A member of
The Association of Prostate Cancer Support Groups (S.A.) Inc.

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

JUNE 2005 NEWSLETTER

Meeting held in the Boardroom at
NOARLUNGA COMMUNITY HOSPITAL.
On Wednesday June 1st 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: 14

Apologies: Artie, David, Barry B, Barry R, Phyllis, Doug and Rona, Walter, Rodger, Harold and Anne, and Jack and Christine.

Thank you to Nola for helping us to raise \$18.00 by making up the delicious looking tray of healthy goodies for us to raffle.

Congratulations to our winners, Rhonda and Brian.

OUR NEW MASCOT

Thank you also to Norman for making the Dolphin and mounting it on the base that Brian made.
We certainly do have some very talented people amongst us don't we?

Tonight we had our around the table chat followed by the Video, Understanding Clinical Trials.
This Video was given to us by The Cancer Council South Australia together with the DVD.
The Speakers were, Dr Linda Foreman, Dr Dorothy Keefe, Dr Michael James, Clinical Trials Nurse Alison Richards and a personal story from Martin Timmins.

The Speakers left no doubt about how thorough the Researchers are, and how strictly they must adhere to the many rules that apply to Clinical Trials.

Anyone who is interested in taking part in Clinical Trials can inquire at any Major Hospital.

Winter is upon us, and no doubt the rain is welcome, however this is the time of the year when most of us prefer to stay indoors, including me.

Phyllis, who is slowly recovering from her double bypass, has mentioned again that it would be good to have a BBQ in December, perhaps at Old Noarlunga, so it is worth keeping this in mind.

It will give us something to look forward to for when the weather brightens up again.

Perhaps you may have some other suggestions for a suitable activity, also the best date and time.

Many thanks to all who have asked personally, phoned, or sent Get Well cards and flowers, to Phyllis after her bypass. Your kind thoughts are very much appreciated.

Original Open Market.

I have sent a letter to Artie requesting a donation from The Original Open Market again this year.

Council Grants

We are also eligible to apply for a Grant from The City of Onkaparinga Council so I will apply for a Grant to buy a new Computer.

Business and Community Phone Book.

Did you notice that our Group is listed in the City of Onkaparinga Business and Community Phone Book under Health and Care 11-51.

Support Group Information

The Information Service is moving into Noarlunga Library on Level 3 and will be available from July 4 We need a Volunteer to visit each of the Libraries and the Health Service Offices to make sure that a good supply of information about our Support Group and Prostate Cancer is maintained at each of the following locations.

Aldinga Library - Aldinga Central Shopping Centre, Corner Aldinga Beach Road and Pridham Blvd.

Hub Library – Hub Drive, Aberfoyle Park.

Noarlunga Health Village – Alexander Kelly Drive, Noarlunga Centre.

Noarlunga Library – Hannah Road, Noarlunga Centre.

Southern Vales Community Health Service – Seaford Ecumenical Mission, Corner Grand Boulevard and Main Street, Seaford.

Seaford Library – Grand Boulevard North, Seaford.

Willunga Library – St Peters Terrace, Willunga.

Woodcroft Community Health Services and Library – 175 Bains Road Woodcroft.

Members could also take some information with them to put in their Doctors waiting room.
Ask your Doctor about having a Prostate Cancer Information Display alongside the other Pamphlets.

Our own Doctor, Dr Searcy has a large display of Prostate Cancer information in his waiting room and it would be good if a similar, excellent display was in every Doctors waiting room. Thank you Dr Searcy.

Artie has also mentioned that the Surf Lifesaving Group have asked us to have an Information Table some time in the future. More about that later.

The more Professionally prepared information that we can get out into our Community, the better.

OUR NEXT MEETING

WEDNESDAY JULY 6th 2005 AT 6.30PM

A Guest Speaker was not able to attend this meeting, however they are happy for us to listen to an Audiotape that they have sent to me.

**CANCER – THE WINNABLE WAR.
BY HEALTH RESEARCHER PHILLIP DAY.**

**This talk is, in part, about Food, and – or – Medical Treatment
It's purpose is to generate discussion only, not to give Medical advice.**

**PERHAPS SOME OF OUR MEMBERS MAY BE INTERESTED IN LOOKING DEEPER
INTO THIS ASPECT OF TREATMENT.**

**Guest Speaker for August 3rd meeting.
Senior Constable Andy Hall – Christies Beach Police Community Programs Unit.
Neighbourhood Watch.
Safety issues that would affect our age group.**

**Guest Speaker for September 7th meeting.
Dr Ram Seshadri – Oncologist.
Oncology, and Prostate Cancer.
Proposed new, after Hormone Treatment from Aventis.**