

We are here  
FOR YOU  
and Your Family



# PROSTATE CANCER SUPPORT

## Onkaparinga Group South Australia

An affiliate Member of the Prostate Cancer Foundation of  
Australia

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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.

## **MAY 2005 NEWSLETTER**

Meeting held in the Boardroom at  
NOARLUNGA COMMUNITY HOSPITAL.  
On Wednesday May 4<sup>th</sup> 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: Ken, Jim, Ian and Harold and Anne.

Welcome to our visitors

Tonight was a general discussion night and this gave us all the opportunity to talk about the experiences that we have had so far in our journey with Prostate Cancer.

It was also good for our visitors to hear other Men and Women talking openly about the way that Prostate Cancer has affected them and what they have done along the way to help them cope.

The various forms of treatment were spoken about, and the outcome for each person after either Surgery or Radiotherapy.

We are all different as we know, and we all respond or react to treatments in a different way, and this is why it is so important, to get as much information as possible, weigh up all of the pros and cons and then after talking again with our Doctor, our Family and Friends, make our own choice about what we believe is the best thing to do in our own, individual situation.

**We were pleased to welcome back Graham and Nola after Grahams visit to the Royal Adelaide Hospital to have Robotic Surgery.**

**Graham gave us a detailed account of the operation and his brief recovery and return home and back into a very good diet and exercise routine.**

**He also showed us the five small areas where the instruments had been inserted and they are quite a contrast to the one long scar after open Surgery.**

**Nola gave an excellent account of the support that they have given to each other along the way, and continue give to each other.**

**This was very encouraging to hear and it will be good when the Ladies are able to find a quiet place to sit down together and have a chat about their own experiences with Prostate Cancer during our tea break.**

**Geoff, Phyllis and myself attended the launch of the new Cancer Support Group Resource Kit at The Cancer Council last Thursday.**

**Congratulations to all who were involved in producing this excellent Kit. A lot of thought and work, has gone into it`s production, and the Kit will be invaluable to all Support Groups. I have seen other Support Group Guides over the years, but this is by far the best, and the easiest to follow Guide that I could wish to have.**

**Thank you to The Cancer Council South Australia, for recognising the need to have a comprehensive Guide that South Australians can relate to.**

**I have photocopied several pages and made a smaller Kit for all of our members, and this will form the basis of our welcome Kit for new members.**

**The City of Onkaparinga has a population of approximately 140,000 and the opportunity is there for someone to start a Group in another area or possibly during the day.**

**The Resource Kit has everything that you need to do this, all that it takes is the desire to get started and I know that The Cancer Council and the Prostate Cancer Foundation of Australia will give you their full support just as they have been doing for me.**

**Our own Group also needs to develop a leadership committee, so I encourage you to study the Kit and we will have the opportunity to discuss this at our next meeting on June 1<sup>st</sup>.**

**Thanks again to The Cancer Council South Australia for producing a Kit for South Australian Support Groups, for the support that they continue to give to me, and our Group will forward a cheque for \$25.00 to help them continue to do this wonderful work**

**Geoff, Peter, Phyllis and myself attended the meeting of Prostate SA on Thursday May 5<sup>th</sup> at the Old Lion Hotel in Melbourne Street, North Adelaide.**

**It was an interesting meeting, and Professor Villis Marshall gave an illustration showing that Prostate SA, would be attached to The Cancer Council South Australia, and our Association of Prostate Cancer Support Groups SA Inc. would be attached to Prostate SA. (Not absorbed by it.)**

**All Groups are of equal importance.**

**It was encouraging to see and hear this reassurance from Professor Marshall, and I look forward to our Association receiving written confirmation from him regarding this and our “equal sharing” of the funding pie.**

There will be a meeting of the Association delegates when Gerry and Cynthia return from their holiday and we will get an update about Research, Fundraising, Education, Trials and a Tissue Bank.

Please let me know if you would like to attend any future functions so that I can contact you as soon as I receive an invitation to them. Hopefully in time to enclose with the newsletter.

Having said that, I have just received an invitation from The Cancer Council South Australia, to attend a Cancer Support Group Leaders workshop at 202 Greenhill Road Eastwood on Monday 30<sup>th</sup> May from 10.00am to 3.45pm.

These workshops are always valuable and I encourage you to attend.

## **States First Cancer Control Plan**

I have also received an invitation for us to participate in finalising the recommendations of South Australia's first ever cancer control plan

Liz Abell, Manager, Cancer Support Programs & Community Involvement, said that an important part of writing a plan of this kind is to talk broadly with community members who have an interest in, or personal experience of cancer. I will enclose a copy of the invitations for you and look forward to a good response from our members to these two important invitations.

For those who receive the newsletter by email.

If you would like to receive the background reading which will be available in mid May, or would like to know more about the plan and it's development, please contact Liz Abell on 8291 4160 or

Freecall 1800 188 070 - You can also register your interest online by going to The Cancer Council South Australia website at [www.cancersa.org.au](http://www.cancersa.org.au) and under the "Want to get involved" tab on the left of the screen you will find reference to the plan.

### **BE A MAN – TALK TO YOUR DOCTOR ABOUT PROSTATE CANCER**

The BE A MAN Campaign has been launched successfully and the March edition of Prostate News has been distributed locally.

Did you get a copy?

If you have not received your copy of Prostate News, please let me know and I will post one to you.

Arty tried to get a BE A MAN T shirt, but found that they were made specially for the launch, so he is going ahead and getting his own T shirt, with the DRE sign on the back.

I will include the front page of the BAROSSA/GAWLER P.S.A GROUP NEWSLETTER for our members to read.

I liked Peter's idea of having a bumper bar sticker: Men – Talk to your doctor about Prostate Cancer.

**This is a good idea. I have our Support Group name and web address on the rear bumper of our car, and I have noticed an increase in the number of people checking us out since having it put there.**

### **DONATIONS**

**Thank you to everyone who made a donation tonight, we do appreciate that.**

## ***OUR NEXT MEETING***

**WEDNESDAY JUNE 1<sup>ST</sup> 2005 AT 6.30PM**

**I am still waiting for confirmation about a Guest speaker, however we can discuss the new Kit, the need for a Leadership Committee, and perhaps have time to watch the Video that was given to us by The Cancer Council South Australia: UNDERSTANDING CLINICAL TRIALS.**

**There will be Kits available at the meeting, however if you already have one, please bring it with you.**