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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*

Our Patron

~Councillor Artie Ferguson ~

We are also 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.

NOVEMBER 2005 NEWSLETTER

Meeting held in the Boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA
On Wednesday November 2nd from 6.30pm to 9.00pm.

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: Barry and David.

A special welcome to Tony and Juli.

Frank, who attended our October meeting, has had two heart attacks, and this will delay his operation for at least six months. I have sent Frank a get well card on behalf of our Group.

**Our Guest Speaker: Dr David Elder, Urologist.
Southern Specialist Centre.
Morphett Vale.**

Doctor Elder gave an excellent presentation on the Prostate Gland, the problems that we can have with it, the treatment options and the affects that they can have on us.

Doctor Elder used the overhead projector to clearly illustrate his talk, and then devoted a lot of time to questions from our members.

**We appreciate the fact that Doctor Elder is always generous with his time and open to all of our questions, and tonight was no exception.
Many thanks, Doctor Elder, from all of our members.**

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MORE ABOUT HIFU. (High Intensity Focused Ultrasound)

Report on Channel Nine six o'clock news Monday, 17 October 2005.

Members will remember the report in our March 2005 Newsletter, about David Parkin, an Adelaide businessman who had gone to the Caribbean to have this treatment.

David had told the PSA Adelaide Support Group meeting that the treatment was expensive and that very little was known (or accepted) about this treatment in Australia at that time.

We have moved along since then and even though the long term benefit of this treatment is not known, it appeared from the positive outlook of the gentleman in the TV story that in the short term it is very good. A snippet from the Australian Financial Review 8/9, p60 (courtesy of Trevor Hunt) reported that HIFU, to be performed for the first time in Australia this week, is delivered via a rectal probe, requiring a spinal anaesthetic and up to three days in hospital. There is no incision, no radiation and if it doesn't work the first time it can be repeated. The six-year results from using HIFU for early Prostate Cancer are promising, but as an emerging treatment it still needs to stand the test of time.

This new Treatment certainly increases the availability of a variety of Treatment options in Australia. The bonus with HIFU is that Australian men do not have the added expense of going overseas to have it.

A PROMISING PHARMACEUTICAL REPORT

GENE FOUND THAT UNMASKS KILLERS

(From The Sunday Mail October 16th 2005. - By Kelvin Healy)

Scientists have discovered a gene that could allow doctors to predict the onset of killer diseases years before they strike.

Cancer, diabetes, heart disease, arthritis, obesity and Alzheimers are among ailments that could be identified as latent in patients after the discovery of the SEPSI gene.

The gene, which sits on chromosome 15, regulates inflammation.

Geelong based biomedical firm ChemGenex Pharmaceuticals said it's discovery meant scientists could now determine who was a higher risk of chronic diseases.

The research has discovered one in five people have a variation of the gene, which causes increased inflammation, increasing the chances of developing one of the deadly problems.

People diagnosed as at risk would be put on notice to make lifestyle changes to help stave off the diseases, while the company now planned to develop medication to fight the problem, ChemGenex

Pharmaceuticals chief executive officer Dr Greg Collier said.

The breakthrough was an enormous medical leap forward.

"We've got a general diagnostic that's applicable throughout the world," he said.

I look forward to a response from our Adelaide Medical Fraternity.

***PROSTATE SA**

An e-mail from Reg Mayes, secretary PSA Adelaide Group with the latest news from Prostate SA.

Prostate SA is hosting their first multi-disciplinary meeting for Urologists on the 10th Nov.

Dr Mark Rosenthal, who is an Oncologist, will be the key guest speaker.

This is planned to be a series of meetings over the next 12 months.

Prostate SA is planning to be involved with the PCFA for the launch of the "Be-a-Man" campaign on 29th November. (See separate report, this date may be moved to Feb `06)

Progress is being made with the Cancer Council and we now have a number of options proposed by the consultant Mr Ray Blight and we hope that a final decision will be made by the end of November.

THE TWO NEW PCFA LEADER'S / SPEAKER'S KITS. - IN A WORD - "MAGNIFICENT"

***Mitcham Support Group Meeting:** (Colonel Light Gardens RSL, 4 Prince George Parade)

Meeting held on Thursday October 27th at 7.15pm.

Phyllis and myself attended along with 17 others and it was good to see a mixture of Husbands and Wives attending the meetings.

The Group is still looking for a permanent leader and Jeff said that he would continue in this role for the remainder of this year.

The Guest Speaker was Dr Lloyd Evans from the Royal Flying Doctor Service.

Dr Evans is now a retired GP/Locum, who is devoting a large part of his life to the RFDS, and from his report he leads a very busy life travelling to all parts of outback South Australia to attend to patients with a wide variety of ailments.

Many of his patients are Aboriginal and Dr Evans said that the vast majority of call outs to the Aboriginal communities are to treat people with infections and upper respiratory problems.

My comment: Petrol sniffing could be a major contributor to respiratory problems and lung cancer.

Dr Evans works out of the Flying Doctor Base at Port Augusta and I will re-print some of the information that he handed out at the meeting.

THE TRADITION CONTINUES

THE PORT AUGUSTA BASE IS A TYPICAL “FLYING DOCTOR BASE” COMBINING ALL THE ELEMENTS THAT ARE SO READILY IDENTIFIED WITH THE ORGANISATION SUCH AS EMERGENCY AND PREVENTATIVE MEDICINE, AVIATION AND COMMUNICATION.

The medical, aviation and communications staff that work from this Base provide a variety of services to remote areas of South Australia’s outback.

While medical emergency retrievals are what many people associate with the RFDS, a variety of other services are provided which include:

Regular clinic flights provided at determined locations throughout rural and remote areas so that residents and tourists alike can have a face to face consultation with a doctor, community health nurse or mental health nurse,

24 hours a day “remote” telephone consultation service with our medical officers, 24 hours a day primary evacuation, stabilisation, management and transport service, Medical chests located at approximately 300 locations throughout our traditional work area,

The provision of the Rural Womens GP Service and transport, for a range of Allied Health professionals to provide services to remote areas.

The Port Augusta staff also provide the radio and telephone communications centre for all of the RFDS, South Australian based activity and provides some out of hours support for the RFDS Broken Hill Base.

The RFDS continues to strive to provide the best possible health care to all who live, work and travel throughout rural and remote Australia.

Through our traditional work we constantly aim to achieve John Flynn’s “Mantle of Safety”

Keith Martin has been actively involved with the RFDS since 1957 and in the August 2003 edition of AIRDOCTOR he said, “I guess I’ve been lucky in that I have seen the two sides of the Doctor, from the early days when the equipment was very basic yet effective, to nowadays where the medical staff are blessed with some wonderful technologies that enables the RFDS to be more effective and relevant than ever.” Keith continues to be the public voice of the RFDS.

The RFDS is recognised as a world leader in aero-medical health care.

“BE A MAN” – ADELAIDE LAUNCH.

Andrew Giles, CEO Prostate Cancer Foundation of Australia, said that APIA are keen to move the launch date to early 2006 and said, perhaps we could do a separate Regional launch in Onkaparinga.

A snippet from Geoff. (Thanks Geoff)

HORMONE treatment improves the chances of surviving prostate cancer by more than one third, the Early Prostate Cancer study shows. The drug Casodex delays progression of the cancer for up to three years and reduces the risk of it spreading to the bones by one-third the study shows. When combined with radiotherapy, patients have a 35 percent better chance of survival.

***Prostate (Cancer) Support Awareness Adelaide Group.**

The next meeting of the PSA Adelaide Group is on Monday November 21st at 7.00pm. Meetings are held in the meeting room at Burnside War Memorial Hospital. 120 Kensington Rd, Toorak Gardens.

The Guest Speaker will be Dr Alan Stapleton, Urologist.

Dr Stapleton will give his annual talk on all the various aspects of Prostate Cancer with questions and answers and a full up-date regarding the latest treatments. Everyone is welcome to attend

From the PSA Adelaide October 2005 Newsletter. (Thanks Reg)

Health In Men (HIM) and Prostate Cancer Foundation of Australia join forces.

A men's health screening and referral program, known as Pit stop, has become an annual component of Health In Men (HIM), Royal Adelaide Hospital men's health initiative.

This year Pit Stop will be conducted in conjunction with the SA launch of PCFA's "Be A Man" campaign. The launch will be held in the main foyer of the RAH on 29th November 2005 – with the exact launch time to be advised. The main purpose of the campaign is to encourage men to talk to their Doctor about their health, including Prostate issues, with a focus on prevention rather than cure.

The health screening program conducted by RAH, will complement the preventative health messages conveyed through the "Be A Man" campaign. It is anticipated that a range of men's health experts and well known personalities will be involved throughout the media launch.

For more information please ring the RAH Health Promotion Unit on 8222 5193

***Barossa/Gawler Support Group**

The next meeting of the Barossa/Gawler Group is on Sunday November 27th their Christmas BBQ 12 noon at Coulthard Reserve, off Penrice Rd, Nuriootpa.

Healthy Cities Noarlunga AGM.

The AGM was held on Wednesday, 19th October at Hackham West Community Hall.

Ann Young, Chief Social Worker, Community and Allied Health, Noarlunga Health Village, Southern Adelaide Health Service gave a presentation to this meeting and spoke about the Onkaparinga Cancer Support Group Project.

Ann's presentation was well received and it is hoped that the first Support Group for people living with Bowel Cancer will commence early in 2006.

A Cancer information area for Noarlunga Hospital is also currently being investigated.

(See Project Officers report)

A key aspect of the project will be working with volunteers to establish Support services that can be sustainable in the long term.

If you would like to be involved or would like more information please contact Elizabeth Moncrieff-Philp Project Officer, Onkaparinga Cancer Support Group Project

Email: elizabeth.moncrieff-philp@health.sa.gov.au or phone 8384 9207

ONKAPARINGA CANCER SUPPORT GROUP PROJECT MEETING

Friday, 28 October 2005.

Project Officer's report.

Elizabeth Moncrieff-Philp, who is doing an excellent job as temporary Project Officer, gave a comprehensive report detailing the highlights of the month since commencing her duties on Wednesday, 5 October 2005.

Elizabeth visited the Cancer Council SA and spoke with Liz Abell and Kathriye Strasnick. One of the things that Elizabeth discussed with Liz Abell was about establishing the information area mentioned previously, in conjunction with the Cancer Council, at Noarlunga Hospital with a volunteer restocking program.

This will be a great boost to our own efforts to have professionally prepared information readily available, and in an easily accessible position, to all members of our community.

When we get the Volunteer job and person specifications I will give them to Peter, as this could be something that Chris may be interested in doing.

The Cancer Council has funded research at FMC and RAH with patients and their carers re their perspective on treatment. 230 patients and 169 carers participated at FMC and I feel sure that our Group will be interested to see the results when they have been collated, and I am also sure that this will be the basis for an excellent discussion evening.

The most frequently asked questions are about treatment, the benefits, the side affects etc, and it will be good to have some locally produced information, in writing, from FMC, that we will be able to pass on to new members in response to their questions relating to treatment.

Liz also mentioned the Cancer Council Forum for indigenous cancer held in the NT in late 2004.

Statistics from David Roder, show the incidence in the Aboriginal population is roughly similar overall, but mortality associated with cancer is higher than the non-indigenous population by around 40%.

Particularly high incidence relative to population of lung cancer. Lower incidence of bowel cancer.

This is in line with the talk that was given by Dr Lloyd Evans from the Flying Doctor Service, at the Mitcham Support Group meeting. See separate report.

Elizabeth also spoke with Kathriye about Staying Healthy after Cancer, an extra module in the chronic disease self management program.

Kathriye has also asked for a short article about the Cancer Support Group Project for the next edition of The Cancer Council SA Mosaic newsletter due out in approximately March 2006.

CHRISTMAS BBQ

OUR CHRISTMAS BBQ ON SUNDAY, 27TH NOVEMBER WILL TAKE THE PLACE OF THE DECEMBER MEETING. ANY MEMBERS WANTING TO ATTEND, WHO'S NAMES ARE NOT ON THE LIST, PLEASE PHONE PHYLLIS ON 8382 6671. PLEASE BRING A SALAD, UTENSILS AND ANY DRINKS.

RAFFLE: Will Jurgens (ARPA) -Seaford/Moana, has donated two excellent bottles of wine for us to raffle. Many thanks to both Will and Artie for this kind donation. (I have sent Will Jurgens a letter of thanks)

Danish delight: (A half baked story)

If Princess Mary's baby had been a girl, they could have named her Princess "Sarah Lee"

NEXT MEETING

WEDNESDAY FEBRUARY 1ST 2006 from 6.30 pm to 9.00 pm

THERE WILL BE A DECEMBER NEWSLETTER

The best way to plan for the future is to create it.