

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.**

OCTOBER 2005 NEWSLETTER

Meeting held in the Boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA
On Wednesday October 5th 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: 22

Apologies: Barry, David and Tony.

A special welcome to Frank and Linda.

Frank has an enlarged Prostate Gland and is booked in to have surgery early next month.

The story on pages 4 & 5 will be of interest to Frank and Linda, and from what Frank indicated, he is certainly doing the right thing and listening to his Doctor as it seems to be too late for natural remedies.

Raffle: We were able to raise \$41.00 from the raffle, thanks to Rona for donating the fine painting.

Ken told us about the latest method of getting his Chemotherapy treatment that he is able to take with him wherever he goes. (Even to bed)

Ken showed us the "babies bottle" containing the Chemo that has a long tube and is held in a pouch that can be attached his trouser belt. The other end of the tube is held firmly in place just beneath the skin on his upper chest, so that he can receive a steady dose of Chemo 24/7 until treatment is complete.

This enabled Ken and Helen to attend our Support Group meeting to talk to us about this and to demonstrate this amazing "take away" method of treatment.

Our thanks and best wishes to you Ken.

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

The meetings are held on the fourth Thursday each month at 7.15 pm.

We missed the September meeting, thinking that the meetings were held on the last Thursday of the month. Jeff is making sure that we get the Newsletter with information about the meeting dates, times etc, as we do want to help Support this new Group.

The next meeting is on Thursday October 27th at 7.15pm. Guest Speaker - TBA.

Contact Geoff Roberts on 8277 3424 for more information.

Prostate (Cancer) Support Awareness Adelaide Group.

The next meeting of the PSA Adelaide Group is on Monday October 17th 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 Graham Sinclair.

An illustrated lecture. Watchful waiting versus prostatectomies, radiotherapy and Brachytherapy treatments. When each type of treatment should be used. Questions and answers.

Barossa/Gawler Support Group

The next meeting of the Barossa/Gawler Group is on Tuesday October 18th.

Meetings are held at the Uniting Church Hall Nuriootpa at 7.00pm.

The Guest Speaker will be Dr Graham Lyons who will talk about his research into selenium.

Our Guest Speaker: Lisa Foley. PO Box 353 Burnside SA 5066 Telephone 0410 643 083 [mobile]

Relaxation and Meditation.

Ken introduced Lisa and told us about the benefits that he had received from regularly practising relaxation and meditation.

Regular practise was the key to Ken's success. (Commitment)

Lisa guided us through the session, and taught us how to really relax.

It was interesting that I was actually aware of the various parts of my body as Lisa took us step by step through the lesson using breathing in and breathing out to help us concentrate.

Lisa also used relaxing music that helped us to focus our minds on what we were being taught to do.

What is Meditation?

Meditation is a technique of concentration, which transforms the mind from a restless state to one of balance, calm and inner peace.

Preparing for Meditation

- 1] The first thing is commitment to find a few minutes a day to practise – say, 10 to 20 minutes at first, extending it over time if possible.
- 2] A place where you can be quiet and not disturbed. If possible, take the phone off the hook.
- 3] A comfortable chair – either a straight backed chair or use a pillow in a lounge chair.
The objective is to have the spine straight, upright and relaxed.
- 4] A rug to cover with in the cooler weather.

During meditation the body temperature drops slightly so it is important to be comfortable.

How to do it?

1] First choose the method or technique you are going to use.

You will learn these in the classes. Examples are:-

Breath awareness

Mantra Meditation

Relaxation and Meditation tape (CD)

2] Inwardly give yourself permission to have this time for yourself.

An opportunity to be just here for yourself and practise this art of going within.

3] Adopt your posture. Allow yourself to relax any muscle tension. Then gently flow into your chosen technique.

Don't try hard mentally – just be aware of the technique. When the awareness wanders, gently bring it back to the practise. Be sure to remain relaxed throughout the practise.

Try not to analyse any thoughts and experiences as this brings in the rational mind, which we are trying to rest. Instead enjoy the journey. Be open to experience each moment. If thoughts and feelings come up let them come but let them go again. Know they are passing experiences. Just watch them pass by.

With gentle and calm perseverance, keep going back to your technique.

Gently come out of the practise at the end of your allocated time.

What are the benefits of meditation?

1] Meditation helps to relieve stress and anxiety. It increases clarity of mind and helps us to feel more emotionally balanced.

2] It helps to build confidence and enhance our self-esteem.

3] Meditation has been shown to stimulate the immune system.

4] Concentration and memory is improved.

5] Meditation helps to regulate our sleep patterns and give us more rest.

For more information about Relaxation and Meditation contact Lisa on 0410 643 083

Lisa has left two of her excellent Relaxation and Meditation CD's with us and you can get your CD by phoning Lisa on the above phone number or writing to her.

Thanks Lisa.

Chris Callinans Story

Chris had an unexpected setback. He was trying to pass water when a blood clot became lodged in his Urethra. He was suddenly overcome with excruciating pain and was taken by ambulance to Melbourne's Epworth Hospital, given morphine, re-catheterised and his bladder flushed.

Chris is recovering well and is very pleased that he got onto the fact that he had Prostate Cancer (through his own diligent efforts) and is grateful to Professor Tony Costello and the swiftness of the treatment procedure. Thanks again to Pam Sandoe for the update.

(Please E-mail me if you would like the full page report)

PROSTATE ENLARGEMENT

Following on from Doug Ransons talk about Nutrition and Cancer, plus some natural foods that may help to prevent Cancer, Ray has given me some information about natural remedies for Benign Prostatic Hypertrophy. (BPH)

Thanks Ray.

REMEMBER OUR GOLDEN RULE:
ALWAYS TALK TO YOUR DOCTOR FIRST ABOUT NATURAL REMEDIES.

For a GLAND THE SIZE OF A WALNUT, the prostate manages to cause men a lot of trouble.

Basic anatomy explains the problem: the prostate wraps around the base of the urethra, the tube that transports urine from the bladder to the outside world.

Consequently, when the gland enlarges, it can obstruct the flow of urine.

Early symptoms of prostate enlargement commonly affect men in their mid – to late forties, though symptoms can occur earlier.

A little urinary hesitation is often the first sign that something is amiss, and what once happened effortlessly seems to require a few minutes of straining to get started.

A long- term sensation of pressure or urgency may develop and, over time, it becomes difficult to fully empty the bladder.

This means an increased risk of bladder infection as well as disturbed sleep and restless nights from the need to make frequent trips to the toilet.

In severe cases, urine can back up into the kidneys and damage them.

When the prostate gland enlarges for reasons other than cancer or infection, doctors call the condition benign prostatic hyperplasia (BPH). BPH is one of the most common of all health problems that is experienced by men.

In fact, it has been estimated that 50 to 60 percent of men between the ages of 40 and 60, and up to 90 percent of men over 80, have some degree of BPH.

Treatment can require surgery and a stay in hospital.

The book then talks about **EATING FOR A HEALTHY PROSTATE**, and says that Herbs are only one alternative to Drug treatment for prostate enlargement. A few others are:-

Zap problems with zinc, which has been shown to inhibit an enzyme that fosters prostate enlargement.

Push the protein. High protein diets have been shown to block the same enzyme that zinc affects.

Go for fish or flax. Essential fatty acids derived from salmon, mackerel, haddock, cod and flaxseed can alleviate the symptoms of BPH.

Turn to tomatoes. These red wonders may turn out to be the miracle food for keeping your prostate healthy.

(And to think that I stopped eating too many tomatoes because someone told me that they caused gout!!!)

Tomatoes are very high in lycopene, an antioxidant pigment similar to beta-carotene but much more potent, at least where the prostate is concerned.

Cooking increases it's absorbability, especially when it is combined with (olive) oil.

DON'T SELF DIAGNOSE THIS CONDITION

The symptoms of an enlarged prostate can strike fear into the hearts of grown men.

Yet many cases of benign prostatic hyperplasia (BPH) are mild and respond well to simple preventative treatments early on. Nevertheless, an enlarged prostate gland, because of its location can hide prostate cancer by making it more difficult to diagnose. That's why, if you have BPH symptoms, it's crucial not to suffer in silence – no matter how much you hate going to the doctor. Don't put off that visit: Chances are the news will be good.

Chris's Nutrient list from Ron Gellatley's book, How to fight Prostate Cancer and win is enclosed.

Thanks Chris.

A snippet from Jeff

A NEW BLOOD TEST FOR PROSTATE CANCER

From THE PULSE Compiled by Christine White

A new blood test for Prostate Cancer reported in the *New England Journal of Medicine* this week is more accurate than the current Prostate Specific Antigen (PSA) test, and could prevent unnecessary Prostate biopsies. Researchers at the University of Michigan Comprehensive Cancer Centre have discovered a panel of 22 biomarkers that can accurately identify a patient with Prostate Cancer.

Blood samples were taken from 331 Prostate Cancer patients prior to surgery and 159 healthy men, and tested for the 22 compounds. Samples that were not Cancerous were correctly identified 88 percent of the time, and samples that were Cancerous tested positive 81.6 percent of the time.

This is much more reliable than the single PSA biomarker which produces a wrong diagnosis of Cancer in 80 percent of cases. The authors claim that their test could complement or even replace the PSA test in the future. *New Engl j Med* 2005; 353; 1224-35

Thanks Jeff

HEALTHY CITIES NOARLUNGA AGM.

Artie told the meeting about the upcoming AGM.

This will be held on Wednesday, 19th October 2005 at 5.30pm in the Hackham West Community Hall, which is on the Corner of Warsaw Crescent and Majorca Road, Hackham West.

Ann Young, Chief Social Worker, Community and Allied Health, Noarlunga Health Village, Southern Adelaide Health Service will be giving a presentation to this meeting.

Members are encouraged to attend this important meeting.

OUR SECOND ANNIVERSARY

Tonight was the second anniversary of our Support Group and we celebrated by sharing a nice cake.

John believed that we have all contributed well in supporting each other again this year and that it was good to see Men and Women who are prepared to give up some of their time to attend the Support Group meetings, not only to get something helpful out of the meetings for themselves, but by empathising with, and sharing their experiences so openly with others, in a trusting environment, they have given encouragement and uplifting information to all who have come to the meetings in search of help.

Many thanks also to our members who help keep us financially afloat.

John also thanked everyone who had helped him to get the Support Group started, including Jules van Kekem and Briony Pearce from Woodcroft Community Health Services who have done a great job.

Artie thanked John for starting the Support Group and gave some words of encouragement to keep the Group going and to be there for the Men and Women in the City of Onkaparinga who need our support.

Artie said that it is good to see some of our Wives attending because Prostate Cancer also affects them.

Artie has always been a great supporter of our Group and was the first person to organise some financial assistance to the Group with two donations of \$100.00 from the Original Open Market on Beach Road.

Artie has also organised several Information days at a variety of venues and is in the process of arranging three more. (Getting professionally prepared information out into our community is very important to our Group.) The City of Onkaparinga has a population of over 150,000 and is growing fast, and they all need to know that where Prostate Cancer is concerned, we provide the opportunity for them to learn all that they need to know about Prostate Cancer, and if they or a family member has been diagnosed with it, then we are here to support the whole family. **THEY ARE NOT ALONE.**

Many thanks to our Patron, Artie for the ongoing interest and support that you give to your Group.

Port Noarlunga Christies Beach RSL Sub Branch and my own family have also made sure that our Support Group is financially strong and the Commonwealth Government grant will help to make sure that we stay that way for a long time into the future.

Our thanks again to everyone who is supporting us.

ONKAPARINGA CANCER SUPPORT PROJECT MEETING

John reported that he had told the members present that this meeting would be our second anniversary, and spoke of the effort by himself and Phyllis together with the help of Ann Young, Jules van Kekem and Bill Wood to get our first meeting and venue organised.

He also explained that Ann had offered us the opportunity for NHS, Woodcroft Community Health Services to be our sponsors, and that Jules had given us a lot of help. (Jules advised and helped me with our application for the \$2000.00 grant from the City of Onkaparinga Council to set up our office)

John also said that he had received a lot of help and encouragement from the Prostate Cancer Foundation of Australia, The Cancer Council South Australia and The PSA Adelaide Group.

John said that once the meeting venue at Noarlunga Community Hospital had been confirmed, he then made a pamphlet for the Group that was put on computer and many copies made by Briony Pearce at Woodcroft Community Health Services.

He also gave members present the pamphlet that he had produced for the proposed new Group and explained that he had personally delivered several of these pamphlets to every GP and Chemist in the local area, and had sent pamphlets by post to Surgeries in Seaford, Mc Laren Vale and Willunga to make as many people in the Medical Profession aware that a Support Group for Men who had Prostate Cancer and their wife/partner and family, would be available to them in the City of Onkaparinga.

John then told our meeting that he had produced a "sample" pamphlet that he believed was needed by the Cancer Support Project Officer as part of the process of getting the proposed Support Groups up and running, and that he had sent some copies to Ann for her perusal.

Ann has put this on the agenda for the next meeting on Friday 28th of October.

CHRISTMAS BBQ

Members agreed to have a BBQ on Sunday 27th November, at the Lions Binney Road Sale Yards on the corner of Strout and Binney roads Willunga from 11.00am. See directory map on the back page.

This will be a family outing and we will use money raised from the raffles to buy the meat.

The ladies have agreed to bring a salad and we will bring our own drinks

Artie mentioned a couple of bottles of red. It would be good to have two for the BBQ and two to raffle.

We need to know how many members plus their family will be attending so that we buy enough meat. If your name is not on the list that was prepared at the meeting would you please phone Phyllis on 8382 6671 with your details.

NEXT MEETING
WEDNESDAY NOVEMBER 2nd, from 6.30pm to
9.00pm
GUEST SPEAKER
DOCTOR DAVID ELDER
UROLOGIST

AN ILLUSTRATED TALK ABOUT THE PROSTATE GLAND
FOLLOWED BY QUESTIONS AND ANSWERS.

Our December meeting will be a general discussion evening to catch up with how we are progressing and to discuss any new developments that have been shown on TV.