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And, your Family



# PROSTATE CANCER SUPPORT

City of Onkaparinga Group  
South Australia

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

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**Our Patron**

**~ Councillor Artie Ferguson ~**

We are also a member of  
The Association of Prostate Cancer Support Groups (S.A.) Inc.

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**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.

## **AUGUST 2006 NEWSLETTER**

Meeting held in the boardroom at  
NOARLUNGA COMMUNITY HOSPITAL  
IN THE CITY OF ONKAPARINGA  
On Wednesday August 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 to all who support our Group.

Chair: John Shields.

Present: 17

Apologies: Artie, Malcolm, Barbara.

**Doug and Rona:** Best wishes to Doug, who has been in hospital for several days, and thank you to Rona for donating another great painting for us to raffle. This raised \$24.00, and is very much appreciated.

### **DVD from the PCFA:**

We watched the DVD that accompanied the Speakers Kit I received from the Prostate Cancer Foundation of Australia, some time ago.

It was good to view and listen to several Speakers who covered a wide variety of topics that many of us are so familiar with, and were able to relate to, and it was also good to hear what David and Pam Sandoe had to say about their own experience, and involvement with decision making and Support

(David and Pam received the Order of Australia this year-in part- for their work in Prostate Cancer Awareness and Support.)

They certainly have given a lot of themselves, for the benefit of others, and are worthy recipients.

Pam always keeps me up to date, and I really do appreciate her e-mails. Thanks Pam.

## ED (Erectile Dysfunction)

I have some booklets on Erectile Dysfunction, and having read a bit about it, I think that this is something that we should be talking about more, because the more Men who are getting checked out for ED, the more Men it will be, who are likely to be tested for Prostate Cancer.

And that can only be a good thing.

ED, can be caused by Heart disease and Diabetes, to name just two of the very serious health conditions, that can have a profound affect on quality of life for so many people.

Like sexuality, this is a subject that needs to be talked about by someone who is fully qualified to do so.

I am on the lookout for a Professional Speaker on the subject of ED.

Any suggestions?

### Aldinga Men`s South-talk:

Artie and myself attended the August meeting of Aldinga Men`s South-talk, and told the 15 men present, about our Support Group, plus our own diagnosis and treatment, then we watched part of the DVD from the PCF of A, followed by some more of my own personal experience and the reason why I started a Support Group here in the City of Onkaparinga.

A few of the Men either had Prostate Cancer or were being checked on a regular basis, so they already knew quite a bit about it, and appreciated our presentation, they also asked a few questions before breaking for a cuppa.

After the meeting I was invited to give a talk to another Group in October, and I was pleased to get this very positive response to our efforts to just tell it like it is.

This will be an opportunity for our members to make their own contribution to the presentation, and it also gives you plenty of time to prepare if you are happy to do this.

I will have more information later on, but we can start preparing for this at our September meeting.

### Association trip to the Barossa.

Gary Bowes (Chairman), Reg Mayes, Ian Fisk, Paul Ferrett and yours truly travelled to the Barossa/Gawler Group meeting on Tuesday, 15<sup>th</sup> August.

We met first of all at Tony Wooley`s home for an Association meeting and I will wait until I get the minutes from that meeting before giving my report.

The members of the Barossa/Gawler Group, along with Chairman Tony Wooley, gave us a warm welcome, and made me feel really “at home”, and the Guest Speaker, Dr Godfrey Kunze gave us a talk about Hypnotherapy and a variety of treatments, including relaxation.

Dr Kunze explained the difference between a Hypnotherapist, and a Hypnotist and brought back some memories from my early twenties, when I toured the Albury and surrounding Districts, then Tasmania assisting a Stage Hypnotist. (Unbeknown to an unsuspecting audience-well, most of them)

Catalepsy, and memory transfer under hypnosis, were the two main things that I was the selected subject for. I naturally joined in the fun and games on stage as well. And got paid for it!!!

I had a marvellous memory back then, but sadly, I am unable to retain anywhere near as much information as I did fifty years ago. I am now on a long waiting list for a 'good memory' transplant!!

I will bring some copies of the Barossa/Gawler newsletter to the next meeting after it is received.

**Volunteers: Meet the Prime Minister.**

I have received an invitation from Kym Richardson MP, for myself and four volunteers, to attend a morning tea with the Prime Minister, on Tuesday 29<sup>th</sup> August.

Kym said that this is his way of recognising the contribution that our Group makes to our Community, and saying thank you.

This will be held at Wirreanda High School, Morphett Vale, so there should not be a crowd of 1000 or so people there, like there was the last time, at the Southern Christian Centre, Old Reynella.

**DAFFODIL DAY**  
**FRIDAY, 25<sup>th</sup> August.**

**The Cancer Council South Australia.**

**Visit the floral HOPE tribute.**

**This Daffodil Day, we invite you to honour or remember those touched by cancer, by placing a fresh daffodil in our floral HOPE tribute and a personal message to help fill our 'Wall of Hope'.**

**Date: Friday 25<sup>th</sup> August**

**Venue: Gawler Place Canopy, Rundle Mall Adelaide**

**Time: Anytime between 7.30am and 2.00pm**

**A variety of musical entertainment will be featured**

**Bring a daffodil from your garden or collect one from us for a small donation.**

**With you we have researchers, we have support, we have survivors, we have hope.**

**Thank you for supporting daffodil day.**

**The Cancer Council South Australia.**

**The following information has been provided by Reg Mayes, Secretary/Treasurer, Prostate (Cancer) Support Awareness Adelaide Group.**

**“Zometa” Trials being conducted by Royal Adelaide Hospital**

**Professor Villis Marshall is conducting a trial at the Royal Adelaide Hospital, which is aimed at investigating the value of a drug called Zometa.**

**Zometa has been shown to be effective in improving quality of life and bone events such as fractures in men with metastatic prostate cancer, which is no longer fully controlled by androgen deprivation therapy. This study is designed to determine if similar benefits can be achieved in men who have metastatic disease, but where the disease is still controlled by androgen deprivation therapy.**

In essence, it is repeating the earlier studies, but at a time when the disease is still amenable to androgen deprivation.

Men will be randomised to either a treatment arm where they will receive Zometa intravenously, or no treatment until the disease becomes hormone-resistant. All participants will be followed for 3 years to monitor the progress of the disease to determine whether Zometa is having further beneficial effects.

Before entering the men into the trial, we would need to inform their treating doctors to ensure that there would be no disruption to their normal care if they entered the trial.

For further information please contact the Research Co-ordinators, Catherine Easterbrook and Olivia Corso on (08) 8222 4438 or alternatively, Professor V R Marshall on (08) 8222 5680.

## **Prostate Cancer Call-in Thursday 7<sup>th</sup> September**

People with questions about Prostate Cancer are encouraged to phone The Cancer Council Helpline on 13 11 20 during a special after hours call in being held on Thursday 7<sup>th</sup> September between 6pm and 9pm.

### **The Freemason's Art Exhibition:**

This exhibition will be held in the Freemason's Great Hall on North Terrace from 6.00pm on Friday 15<sup>th</sup> September to Monday the 18<sup>th</sup>, and from Thursday 21<sup>st</sup> to Sunday 24<sup>th</sup>. i.e over 7 days.

Opening times will be from 10.00am to 4.00pm.

The Freemason's have given us permission to run a stall during the exhibition in order to talk to people and hand out our brochures and "Be A Man Pamphlets" (Many thanks Freemason's), this will give us a great opportunity to get more of our brochures and pamphlets out into the community.

We are looking for about 20 or more volunteers to do a two hour shift on the stall. If you would like to be a volunteer on the stall, please let me know on 8382 6671 It would help if you could state which day would suit you, and whether morning or afternoon shift would be preferable. For more information phone Reg on 8298 8040

## **CITY BAY FUN RUN 2006**

**SUNDAY 17<sup>TH</sup> SEPTEMBER**

### **Prostate SA will have a Team in the Fun Run**

Enter the event using the appropriate City-Bay entry form ensuring that you fill out the Team name as 'Prostate SA' (Prostate South Australia)

Each team member must fill out an entry form. Look for entry forms in the Sunday Mail and Wednesday editions of the Advertiser. Entry forms can be collected from the City-Bay Fun Run Office (73 Wakefield St, Adelaide), Joggers World, Mutual Community Outlets, Life Be in it, major sports stores, Westfield shopping centres, fitness centres and the Advertiser Newspaper stand at the Royal Adelaide Show.

Thanks to Reg, and the Adelaide Group for this information, which can be found on their website. [www.psaadelaide.org](http://www.psaadelaide.org)

There are plenty of click here places where you will get a lot more info/help.

Thanks also to our Website Manager, Ian Fisk, who has put them there.

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Our Librarian Peter Kiley, has a new book for our Library.

**Prostate Cancer, The Disease, Treatment Options & outcomes.**

**By Dr Prem Rashid consultant Urologist**

**Forward by Professor Villis Marshall**

**Endorsed by The Urological Society of Australasia**

I felt that the **FORWARD TO THE SECOND EDITION** is worth re-printing here.

Since the publication of the first edition, prostate cancer has become even more firmly established, and recognised, as a key health problem for men.

Once again, Dr Prem Rashid has produced a text that will continue to have considerable appeal, and benefit to men either diagnosed with, or concerned about, prostate cancer.

Our ability to diagnose prostate cancers at an earlier stage offers considerable promise. However, with that promise also comes uncertainty. The uncertainty is whether a cancer will, in the lifespan of a man, present a significant threat to his life and wellbeing. We all wish that there was a greater clarity but this is not the case at the present time. Men continue to grapple with the uncertainties associated with our current inability to predict the behaviour of a particular cancer.

This book sets out the issues very clearly; it again takes into account the human side of the problem and how men manage these uncertainties. It's strength is it's practical and focused approach to the problem. I believe that the new edition will continue to be an extremely valuable resource for men confronted either, with the possibility of prostate cancer, or coping with the diagnosis, and then, the treatment decisions. Villis Marshall MD FRACS, Clinical Professor of Surgery, Adelaide University.

This is a great book to update our knowledge about Prostate Cancer, and enable us to pass on the very latest information to our family and friends. (John)

Reg has forwarded some information about BOB WILSON'S story, so far. Bob is a 9 year survivor of PCa, and he tells an interesting story about what he has done to help him survive.

I will copy this and other items, and bring some to the next meeting with me.

\* MANY THANKS TO ALL OF OUR FRIENDS, WHO HAVE SENT US THEIR NEWSLETTERS.

**OUR NEXT MEETING**  
**WEDNESDAY, 6<sup>TH</sup> SEPTEMBER 2006.**

**THIS WILL BE A GENERAL DISCUSSION, QUESTION/ANSWER MEETING.**