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F O R Y O U
And, Your Family



PROSTATE CANCER SUPPORT

City of 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.

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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.

JUNE 2006 NEWSLETTER

Meeting held in the boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA
On Wednesday June 7th 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: 21

Apologies: Malcolm, Barbara and Hans.

A special welcome to our visitors, Jeff and Theban Roberts. (See report on page three)

Living with Prostate Cancer: -DVD provided by the Prostate Cancer Foundation of Australia.

We were unable to show the DVD this time due to a glitch in the volume, even on high it could hardly be heard, so we watched the audience asking questions after the debate between Dr's Stricker and Hurst, both Urologists, on one of our videos.

These Doctors have opposing views on testing for Prostate Cancer, and it was good to hear a Prostate Cancer survivor talking about the Urologist, who told him not to do anything about his Prostate Cancer. Just watch and wait he was told.

Fortunately he went to another Urologist, and learned soon after, that the first Urologist had died a very painful death—from Prostate Cancer.

We can watch the DVD at our August meeting. We will also be able to hear it !!!

Hans has finished his Radiotherapy and seems to be doing well. Hans is unable to get to the meetings, as his mode of transport is a Gopher.

Hans lives near Galloway Road O`Sullivan Beach, so if you are able to give him a lift to the meetings please give me a call and I will give you his address, and phone number.

Dave has almost finished his Radiotherapy too, and he will be very pleased when everything settles down. We hope that everything gets back to normal as quickly as possible Dave.

Malcolm has had a very successful Prostatectomy at Repatriation General Hospital and was “up and running” in record time.

I will leave the details for these Members to tell us about at the July 5th meeting.

Wayne Swan

I have received an email from Reg Mayes to let us know that Wayne Swan will be giving a talk about Prostate Cancer on Friday 30th June, between 10.30am and 11.30am, at the Plympton-Glenelg RSL Clubrooms, 464 Marion Road Plympton Park.

I watched Wayne Swan talking about his Prostate Cancer experience, on TV recently, and I was impressed with what he had to say.

I look forward to hearing him again, and hope that you too, are able to attend.

Thanks Reg.

Ken Gursansky

We have been saddened by Ken`s recent death.

Ken was a Prostate Cancer survivor, who also had Bowel Cancer.

A large number of people attended the service for Ken at Heysen Chapel, Centennial Park, and we learned about a lot of things that Ken had achieved during his lifetime that would make any Family proud to have had Ken as a Husband, a Father, and a friend.

I remember when we had an information day at the Moana Surf Life Saving Club Championships. We were listening to the person on the microphone, calling the events, and Ken said to us that he used to do that, and then told us about the time that he said –“that`s my girl”, so I had a little smile when I heard his Daughter telling us about it. I can still picture and hear Ken doing and saying just that.

Ken had a certain presence about him, and I always sensed that he was a very special person.

On behalf of the Members of the Prostate Cancer Support-City of Onkaparinga Group, we wish to extend our sincere condolences, to Helen and her Daughters, Cheryl, Kerry and Debbie, and their Families, for their sad loss.

Vale Ken.

Mitcham Prostate Cancer Support Group Meeting: - Thursday, 25th May 2006.

An excerpt from their Newsletter.

T.V. and Radio personality, Graham Goodings was our Guest Speaker.

Graham provided the meeting with an overview of his working years in TV and Radio and went on to relate how he sought medical advice that led to the discovery that he had Bowel Cancer.

Graham talked about the great support that he got from his family, his work colleagues, and friends. He also emphasised the benefits of thinking positive all of the time. I will not add more as I am inviting Graham to be our Guest Speaker later on. Lecture by Dr. Alan Stapleton, Urologist, given at the May 2006, PSA Adelaide Group Meeting. Notes made by Reg Mayes, Secretary/Treasurer.

These notes will be on the PSA Adelaide website www.psaadelaide.org and I will have some copies for Members who do not have a Computer.

If you are unable to attend the meeting and would like a copy, just give me a call.

Cancer Support Network – Onkaparinga Management Meeting, May 26th 2006.

Project Officer Position.

Interviews took place on Friday March 7th.

Our congratulations to Elizabeth Moncrieff-Philp, who has been appointed Project Officer.

Project Officers Report.

Discussion re linkages with Repat and FMC – suggested production of a leaflet listing all regional cancer support services which could be given to all cancer patients, to streamline process and make it easier for staff to adopt as an ongoing procedure.

Suggested preparation of a presentation for Chris McGowan, re the place of cancer in chronic disease, including compression of morbidity, as a result of cancer support in the community.

Suggested that Joan Turza is able to do a literature search – include mediation as well as support groups.

Discussion re challenge of establishing sustainability in groups – John Shields highlighted the issue of leadership, with many people not wanting to be involved in this way, and the ongoing challenge of finding speakers.

Discussed division of roles such that leader/host role is shared, behind the scenes work supported in an ongoing way.

Jeff and Theban Roberts.

Jeff is Chairman of the Prostate Cancer Action Group (SA) Inc. and he organises Prostate Cancer Awareness meetings throughout the State, the most recent Awareness evening was at Blackwood, and you would have read my report in the May Newsletter.

This was a very successful follow up meeting, after the “Be a Man” Talk to your Doctor about Prostate Cancer Campaign, which was such a great success.

Some of us will have attended the Awareness meeting in November 2004, and would have met Jeff and Theban there, or at the newly formed Mitcham Group, or at the PSA Adelaide Group where Jeff is Vice President.

Jeff is also a member of the Association of Prostate Cancer Support Groups Management Committee, so Jeff is certainly giving a lot back to Prostate Cancer Support, since the night that he attended a Prostate Cancer Support Group Meeting himself, for the very first time.

Jeff also answered several questions from a very attentive audience. Thanks Jeff.

And, as we are all very well aware, behind every successful Man, is his number one source of support, his lovely wife Theban .

Jeff and Theban are certainly doing a great job of making South Australians aware of Prostate Cancer and Prostate Cancer Support, as well as the very latest Treatment options that are available here in SA.

And speaking about our number one source of Support, our Wife/Partner, it is always good to see several ladies at the meetings.

I was interested to note in Andrews letter, that he had only just come to the conclusion, that Women are also affected by Prostate Cancer.

With all due respects, I would have thought that a comprehensive knowledge about this subject would have been a pre-requisite for the job.

I was just looking back through our Newsletters, to see when I first mentioned this subject.

I will re-print what I had to say in my second Newsletter, Nov` 2003, (The month before my Surgery).

“I mentioned at our meeting that I place great value on the Ladies, and emphasised how important our Wives or Partners are to us, so from what I have just told you, it will come as no surprise that I hold our Ladies in very high esteem.

Our Wives or Partners are our number one source of Support, and they need our Support too. (I am sure that I am not an orphan in believing that).

Prostate Cancer is a chronic disease, regardless of some peoples desire to push it into the background. This fact is always recognised by our Wives or Partners, who very often do not know who to turn to when they try to rationalise the situation that they are faced with, when they first learn that impotency has become a definite reality.

Most Women seem to find ways to cope with this and the other problems associated with the after affects of “treatment”, however, meeting together as a Group is 100% better.

I then prepared everything that would be needed for the Ladies to start a Support Group of their own. I have spoken and written about this fact often since then, and I look forward to the day (or night) that this too, becomes a reality.

Yes, our loved ones are touched and hurt, and it is good to see that the PCFA has decided that more work urgently needs to be done in this area.

I congratulate Andrew on this initiative, and I look forward to the production of a booklet to help Women understand what to expect when their Partner has Prostate Cancer.

I am also thankful for Nerve sparing Surgery –although healing has been very slow-but sure.

OUR NEXT MEETING

WEDNESDAY 5TH JULY 2006 AT 6.30PM.

OUR GUEST SPEAKER

ROSEY SULICICH (CCSA SPEAKERS BUREAU)

NUTRITION AND CANCER PREVENTION AND PHYSICAL ACTIVITY