

We are here
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.

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 2006 NEWSLETTER

Meeting held in the boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA
On Wednesday November 1st 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: Southern Health-Woodcroft , Port Noarlunga-Christies Beach RSL Sub Branch, and to all who support our efforts.

Chair: John Shields.

Present: 23

John welcomed our Members, and new Members and Visitors.

Apologies: Rona, Artie, Phyllis, Ian, Ray, and Dawn.

Our Guest Speaker tonight was **Dr David Elder-Urologist**, Southern Specialist Centre, Morphett Vale.

Dr Elder gave a Powerpoint Presentation about the Prostate Gland and the problems that it can cause when things go wrong, including Prostate Cancer.

The presentation was interesting and easy to follow and Dr Elder once again, gave a lot of time to answering the many questions that were asked, and I feel sure that our visitors went home knowing a lot more about the subject than when they arrived.

Dr Elder also talked to us about the crossover between Prostate and Breast Cancers, and the risks to male and female offspring, but said that there is no genetic evidence available at the present time to support this.

Many thanks to Dr Elder for being our annual Keynote Speaker, and for the interest that he has shown in our Group, and to our Members.

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Thanks to Malcolm Ellis for his humorous “Fying Doctor” introduction to Dr Elder.

Gary Bowes: Chairman, Association of Prostate Cancer Support Groups (SA) Inc.

Gary has been back in Hospital to have Radiotherapy on some “hot spots” in his back, after having treatment for the tumour at the top of his spine.

Gary is doing OK now, and is in a lot less pain than he was when he needed Morphine. He is anxious to get home and we hope that this will be soon, and that Gary can very quickly get back to his usual smiling, happy self.

TAXOTERE Petition:

Thanks to the 78 people who signed the petition asking the Government to put TAXOTERE on the PBS for Advanced Prostate Cancer. Let us hope that it works.

Vale Doug Standley:

A large number of people attended the service to celebrate the life of our dear friend Doug Standley, at the Heysen Chapel, Centennial Park, on Monday 16th October 2006, and to give support to Doug`s wife Rona and their family, relatives and friends.

The fact that there was not an empty seat upstairs or downstairs, where there was “standing room only”, was testament to the wide range of solid friendships that Doug had made during his very full, and active lifetime.

Doug was one of those men who had a great outlook on life, a positive attitude, and a Man who we could not help but like, and we are left with a strong feeling that we missed out on so much by not meeting and getting to know Doug a lot sooner.

Here are some comments from the many tributes to Doug from his family and friends.

His life was so full, he did so much, a life worthy of celebration, he lived life with gusto, respect, dignity, great bloke, admiration, he inspired us, an amazing character, he shaped my life, had an ability to relate to people, humour-very rare, a fantastic, colourful man, always made you feel welcome with a big smile, a big handshake and a word of advice, great mentor. Liked a Scotch “on the rocks”.

Doug is in Heaven now, still smiling, urging us to celebrate and enjoy his life.

AWARENESS MEETING:

Phyllis and myself attended a very interesting meeting on Wednesday 11th October, at Stirling RSL.

The visiting Urologist, Dr James Aspinall said that if we only took one thing away from the meeting, it should be that if a Mother has had Breast Cancer, then her sons are at as much risk of getting Prostate Cancer as her daughters are at risk of getting Breast Cancer. And conversely, if a Father has had Prostate Cancer, then his daughters are at as much risk of getting Breast Cancer as his sons are at risk of getting Prostate Cancer. A good one for the memory bank-and/or a second opinion. If a Mother has Breast Cancer, is her son also at risk of getting Breast Cancer? We also need to remember what Dr Elder said, that there is no genetic evidence available yet, to support this.

We were watching a true story on Foxtel-Home & Health, (D640) on 14/10/06, told by a young lady who had been diagnosed with Breast Cancer. When only told (by a switched off person) that she was “clear”, and absolutely nothing else, she insisted on getting a second opinion, and just as well she did.

The second, “switched on” Surgeon told her everything & that the Cancer may have been there for years before it became “aggressive”. (sounds familiar, doesn't it?). She also drew some diagrams and printed the information upside down to her, so that the lady could follow the information as it was being given to her. Amazing!!!

To me that validates another part of Dr Aspinall's message, and reminds us to pass this information on to our own family members, if in doubt get a second opinion.

This is a subject that should be taught at school in Biology. What do you think? We could petition the Ministers for Education, and Health.

Speaking of second opinions: Ah yes Jeff:

We have heard about the two rubber gloves and the two fingers, but Jeff gave us another one to chuckle about.

The man was having a ding-dong argument with his wife just as he was about to leave for work. As he rushed out the door he blurted, and your not much good in bed either. However, later in the morning after he had “cooled down”, he thought oh dear, what have I said, I didn't really mean to say that-what a dill, I'll phone the wife and apologise, that`s the least that I can do.

He phoned several times but there was no answer. What if she`s left me he thought? He kept on phoning and eventually his wife answered the phone.

I'm sorry darling he whimpered, I really regret saying that you are no good in bed, and I have been trying get in touch with you to apologise. I really thought that you might have left me when you were not answering the phone.

Oh no said his wife, I have not left you dear.

I WAS JUST GETTING “A *SECOND OPINION*” !!!

The next awareness meeting is at MOUNT BARKER on Wednesday, 15th November at the Mount Barker bowling club at 7.00pm, details on the flyer handed out at the meeting. We will be leaving here at 5.00pm, and have room for one in our car.

Some more snippets from Geoff Nixon.

Clue to spread of prostate cancer

TAMARA McLEAN SYDNEY

A Gene which gives men with prostate cancer a life-saving clue on, if their disease will spread has been uncovered by scientists.

One in five men who have their prostate removed because of cancer, will develop the disease in another part of their body in the following decade.

Doctors, however, have no clues at the time of surgery, if the disease is aggressive and likely to spread.

Researchers at Sydney`s Garvan Institute, now have discovered a gene, AZGPI, gives strong clues about the future dangers.

Men with insufficient levels of the gene at the time of surgery, have a greatly increased risk of developing cancer elsewhere. At present, the best judge of disease development, is through monitoring of prostate-specific antigen levels for ten years after surgery.

Leader of the study, Professor Sue Henshall, said the discovery could lead to tailored treatment for individual sufferers.

Breaking taboo of prostate cancer.

Craig Bildstien

LIFTING THE PROFILE OF KILLER DISEASE

The “taboo” surrounding prostate cancer is the target of a group of prominent South Australians who want to lift the profile of the deadly disease.

Called ProstateSA, it is the brainchild of some of the states pre-eminent Urologists and the Cancer Council of SA etc.

The story sounds very good, and much of it is, however, at the recent meeting of Prostate SA, attended by members of our Association of Prostate Cancer Support Groups, to introduce the groups chairman Mr Ray Bright, we were told that the target (focus) of the new group was to raise money for Prostate Cancer Research, and that Support Groups were the furthest thing from their minds right now. (John)

Members of the group are:-

Ray Bright, Professor Villis Marshall, Dr Peter Sutherland, Graeme Goodings, Steven Trigg, Nicky Downer, Michael Brock, Karen Thomas and Rod Buchecker.

TCCSA – ProstateSA

Point 4 of the 6 point Strategy listed on their website www.prostatesa.org.au states:-

An agreement with TCCSA on how the effectiveness, geographical coverage and exposure of **prostate cancer support groups** will be expanded, through the **cancer control activities** of TCCSA. (Sounds ominous doesn't it?)

Many thanks to TCCSA for the info & support section on the website, and to be able to find the nearest Support Group (using the postcode) to where you live anywhere in S.A, simply by clicking on info & support and following the prompts, is the best thing since sliced bread. (John)

ProstateSA's first fundraiser-Classic Adelaide Car Rally-November 15th to 19th 2006.

Would you like to help in ProstateSA's first effort to raise funds to appoint Prostate Cancer Researchers, and really “get the show on the road”.

For more information please phone Brent Frewen at the Cancer Council on 8291 411

Reg Mayes-Secretary/Treasurer of the PSA Adelaide Group thought that this may be of interest to some of our members. (I wonder if he had anyone in particular in mind)

No Alcohol, prostate cancer risk: study

Drinking does not appear to be associated with the overall incidence of prostate cancer, according to findings published in the International Journal of Cancer.

However, men who drink alcohol may have a lower risk of having an aggressive prostate cancer and dying from this cancer.

“Although there is little evidence to support an association between alcohol consumption and prostate cancer risk, questions remain concerning the effect on aggressive and non aggressive tumours and the pattern and type of alcohol consumed.” Dr Graham Giles and colleagues from the University of Melbourne, Australia write.

To investigate, the researchers analysed data on 16,872 men followed from 1994 to 2003.

The participants ranged in age from 27 to 70 years at the beginning of the study, when questionnaires were used to obtain detailed information on alcohol consumption.

A total of 732 cases of prostate cancer occurred, including 132 aggressive cases and 53 prostate cancer-related deaths.

Overall, no association was observed between alcohol intake and the development of prostate cancer.

Also, the pattern of drinking and the type of alcohol were not significantly associated with prostate cancer risk.

Compared with abstainers, men who consumed one to 19 grams per day of alcohol, (no more than about one and a half drinks per day), had a slightly reduced risk of aggressive prostate cancers (34 percent).

Prostate Cancer mortality was also reduced in this group (44 per cent).

If it can be confirmed that moderate alcohol consumption protects against aggressive and fatal prostate cancer, it would have a “major impact” Dr Giles and colleagues point out, because “there are no established modifiable risk factors for this common type of cancer”. *Article from Reuters. Oct 3. Thanks Reg.*

Man Alive 2007, at Semaphore Foreshore on Sunday March 18th from 10.00am to 4.00pm. “This festival is a great opportunity to showcase your organization as relevant, accessible and appropriate to men`s needs. Join us in celebrating the diversity and positive contributions of men within our families and communities”.

I have photo copied the flyer to hand out at our meetings. Thanks to Trevor Hunt.

DEATH FROM CANCER TO DISAPPEAR WITHIN 20 YEARS.

AAP

DEATH from cancer - and possibly heart disease - will be a thing of the past within 20 years because of advances in genetic technology, an expert said today.

John Shine, director of the Garvan Institute for Medical Research in Sydney, said he believed while people will still get cancer in 20 years time they would not die from it.

Scientists now knew it was possible to develop “smart” drugs which targeted particular disease-causing, or susceptible genes and it was only a matter of time before there were drugs which could target cancer, he said.

“I think there`s no doubt death from cancer will be confined to the annals of history” Professor Shine said after addressing a genetics conference in Perth today.

“And I think a very similar thing will apply to heart disease,” he said.

Such targeted drugs would not damage healthy cells and would therefore have fewer side effects than current treatments, he said.

Professor Shine said he believed there was strong support for such advances, despite reservations in some sections of the community to genetic technology.

“I think when you are dealing with human health, especially devastating diseases like cancer, I think the community really does drive political opinion,” he said.

The only hurdles to developing such drugs are therefore technical, he said.

“And people will figure a way around that stuff,” he said.

Professor Shine pioneered gene research in the 1970s when he identified the genes for insulin and the human growth hormone and has been called the “father of cloning”.

From Cancer Central (Australia) - News October 25 2006. www.cancercentre.com.au

Prostate cancer Research

A MILLION DOLLAR PLUS, ANNOUNCEMENT.

At the recent Support & Advocacy Committee`s Annual Conference in Sydney, the CEO of the PCFA, Mr Andrew Giles, announced that the Director of Visey Board Ltd, Mr Richard Pratt, pledged one million dollars to the PCFA over the next three years. This money will be used for prostate cancer research via the PCFA. Also, the BHP-Billiton Chairman, Mr Don Argus, announced through it`s Community Fund, that they have donated \$100,000 to the PCFA, to fund The first National Audit of Prostate Cancer Research in Australia. Mr Argus is also Chairman of the PCFA Corporate Funding Committee. Well, that is very good news indeed. Many thanks to those firms for their kind generosity. The money will be well spent!

Thanks to Reg Mayes, Secretary of the Adelaide Prostate (Cancer) Support Awareness Group for that “NEWS FLASH”. www.psaadelaide.org

XMAS BBQ

Please bring your family and friends and enjoy a social time together at this “all weather” venue, at 11.00am, on Sunday the 3rd of December, at the Lions Willunga Sale Yard, Corner Strout & Binney Roads Willunga. See enclosed directions.

The ladies have agreed to bring a salad, and we will provide the meat, bread, margarine, milk, tea and coffee etc for those who have booked. However, if you have not booked, please phone Phyllis on 8382 6671 so that I know how much meat to buy, otherwise you will need to bring your own-or we may run out!!!

Are you an entertainer? Please bring your musical instrument, and/or sing us a song.

The BBQ will take the place of the December 6th meeting at the Hospital and our next meeting there will be on Wednesday, 7th February 2007.

**Thought for today: A lone amateur built the Ark.
A large team of experts built the Titanic.**