

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.**

**GENTLEMEN: PLEASE BRING YOUR WIFE/PARTNER TO THE MEETINGS WITH YOU.**

## OCTOBER 2006 NEWSLETTER

Meeting held in the boardroom at  
NOARLUNGA COMMUNITY HOSPITAL  
IN THE CITY OF ONKAPARINGA

On Wednesday October 4<sup>th</sup> 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 Primary Health-Woodcroft, Port Noarlunga-Christies Beach RSL Sub Branch, and to all who support our Group.

Chair: John Shields.

Present: 21

Apologies: Doug and Rona.

A special welcome to Graham.

Tonight we celebrated our third birthday, with kind words from Artie and a cake. Our sincere thanks to everyone, for your attendance, and support.

Correspondence: Newsletters received, with thanks, from PSA Adelaide, Barossa/Gawler, Mitcham, Prostate Melbourne/Prostate Heidelberg, and Prostate Cancer Action Group (SA) Inc.

Our thanks to everyone for these (always) interesting Newsletters. I put together a selection of information from each one, and made these available at the meeting.

\* DVD: Public Lecture on HIFU (High Intensity Focused Ultrasound)

Recent media attention on High Intensity Focused Ultrasound resulted in many inquiries to Prostate Cancer Foundation of Australia. A report on HIFU by Associate

**Mail us at:**  
PO Box 627  
Noarlunga Centre,  
SA 5168  
**Telephone:**  
John:(08) 8382 6671  
Jules: (08) 8325 8100  
Brian: (08) 8556 2012  
[jshields@aandr.com.au](mailto:jshields@aandr.com.au)  
[www.pcsog.org](http://www.pcsog.org)

**Professor Phillip Stricker has been published in Prostate News issue 24 November 2005, and is also on the PCFA website [www.prostate.org.au/HIFU.htm](http://www.prostate.org.au/HIFU.htm)**

**The Prostate Melbourne and Prostate Heidelberg Support Groups in Victoria initiated a Public Lecture on HIFU presented by Dr Peter Royce, Senior Consultant Urologic Surgeon at the Alfred and Cabrini Hospitals in Melbourne and the first HIFU Specialist Urologist in Victoria. Ninety interested members of the public attended the lecture and enquiries from rural and remote Victoria indicated a need to video the lecture and produce the DVD.**

**The PCFA recommends that men discuss all issues of treatment choice with their Doctor and does not recommend any one, treatment choice.**

**Many thanks to Prostate Melbourne and Prostate Heidelberg for the great work that they are doing, and for keeping us in the loop, and to Sue Clifford, from the Melbourne Office of the PCFA for sending the DVD to us, and to Joe Fairbairn at PCFA Head Office in Sydney for her role in producing it.**

**Of the 22 HIFU trained and accredited Australian Urologists, South Australia only has one just now, Dr K Moretti in North Adelaide. Phone 8267 2299**

**I feel sure that it will not be too long before some more of Adelaide's multi skilled Urologic Surgeons add HIFU to their already impressive list of treatment options.**

**We watched this very informative DVD, thanks to Malcolm and Jules, and there was a mixed response to it due to the fact that it was long and we have all had treatment. However it is good information for us to pass on to others prior to their treatment.**

**Malcolm has burned a copy for our Library, thanks again Malcolm.**

**Re-affiliation of existing Support Groups.**

**As discussed at our last meeting, I have now completed and forwarded the required, signed documents to the PCFA, who advised that Group compliance needed to be verified, especially in view of insurance, medical advice and privacy.**

### **DISABLED BY A BLOOD TEST!!!**

**I noticed this story in an old magazine, but it would be just as true today, so I thought that it would be good to bring this to the attention of anyone who does not already know about it. I certainly did not.**

**A busy mum was struck down with a tummy bug, and she could not shake it, so her GP referred her to a pathology clinic for a blood test.**

**This will only take a minute, the nurse said.**

**I knew what to expect-I'd had blood taken during my pregnancies. It didn't hurt before, so I wasn't prepared for the excruciating pain I felt when she jabbed the needle in the crook of my elbow.**

**That hurts, I cried. You'll be right, she shrugged. I just need a few more drops.**

**When she finally withdrew the needle, I tried straightening my arm but pain shot up through my elbow and into my shoulder. Feeling like a wimp, I returned home, where within an hour, my arm became bruised, red and swollen.**

**'If it doesn't heal over the weekend, you'd better see the doctor, my husband Matt, a mechanic, said. I put ice on my arm and took some Panadol.**

**When my blood test came back negative and my tummy bug cleared up, I was relieved. But the pain in my arm persisted. There's a constant burning sensation in my elbow I told the doctor. I can't grip anything and my fingers keep seizing up like a claw.**

**My GP didn't know what was wrong, so he sent me to an Orthopaedic Specialist, who diagnosed nerve damage.**

**It probably happened during the blood test, he said. It should heal within six months. But over the next few months my arm remained sore to touch and was sensitive to extreme temperatures.**

**Eventually my GP referred me to a pain management clinic. There, the doctor examined my arm and within minutes diagnosed the problem.**

**You have a chronic neurological syndrome called reflex sympathetic dystrophy or RSD, he said. If it's not treated properly within the first six months, it's incurable.**

**Unfortunately, you haven't been diagnosed soon enough, so it will gradually get worse. (~ does this sound familiar-John) He explained that RSD was caused by an injury to the sympathetic nervous system. The trauma wreaked havoc on the body's normal recognition of pain, making it misfire and creating an abnormal cycle of intractable pain.**

**Within six months the pain will probably spread to other parts of your body, and will worsen-----(~ sounds familiar too-John)**

**I chat with members of RSD support groups and they always cheer me up.**

**I don't want to frighten people about having blood tests. But I do want to warn readers not to ignore unexplained pain like I did.**

**If my symptoms had been picked up earlier, I'd probably be back at work as a typist, water ski-ing on weekends, and bike riding with my kids.**

**From That's Life Issue 49 December 8, 2004 page 40.**

**~ I included this story mainly about the blood test that went horribly wrong for this lady, but could not help noticing some similarities in the expected outcomes mentioned there, to the ones that we are all so very familiar with.**

**Early detection and treatment is so very important, isn't it?**

**The lady said, if my symptoms had been picked up earlier-if only!!!**

**We know with Prostate Cancer that once symptoms appear, the cancer is already on the move, so we want to encourage all men who have not been tested for Prostate Cancer, to please get tested TODAY.**

**Early detection may save your LIFE, and as an added bonus, early detection may also save your *ERECTION* it saved mine-so please get tested TODAY (John)**

**This is a good lead in to some more snippets from Geoff Nixon.**

**Back up, fellas, it's not that bad. Martin Valentine-My View.**

**'OK, drop your pants and undies and up on the table with your back towards me'**

**Now, this is not the type of direction I am used to being given**

**In another part of the room, the sound of snapping latex does nothing to ease my apprehension either.**

**Still, my wife has been encouraging me not to be a scaredy cat and look beyond my ancient male inhibitions.**

**She even went so far as to suggest that I should be a willing participant in the event that is about to unfold.**

**My mind lingers on this comment, when I am snatched back to reality, by the young man with the calm voice, drawing a curtain behind us. We are temporarily isolated from the rest of the world.**

**'Knees up, close to your chest, deep breaths, in through the mouth'**

**The moment has arrived. My second voluntary deep breath is interrupted by a sharper and less voluntary intake of air-then it's over.**

**After rearranging my clothes and my dignity, I sit talking to the doctor about my just completed prostate examination. In response, he explains how the procedure can easily detect abnormalities in the gland. If found, this is a potentially life saving fact.**

**ONE THAT CONTINUES TO BE IGNORED BY VAST HERDS OF THE MALE POPULATION.**

**I'm not pretending this was the most fun I'd had in a long while, but the simplicity and speed of the procedure leaves me feeling just a mite foolish.**

**Apart from my wife's persistence, (and she was right, I should have listened) it was a newspaper article that really knocked me down to my soon-to-be examined backside. It pronounced that nearly as many men die from prostate cancer as women do from breast cancer.**

**Australia-wide, women are acutely aware of undertaking breast self-examination and to have regular mammograms. Evidence the blanket media coverage of Kylie Minogue's cancer diagnosis and treatment.**

**Awareness, early discovery and prompt attention, has more than likely extended both the life and the career of the entertainer.**

**So, come on blokes-do we really need a David Wenham or a Mel Gibson to be struck down with a prostate problem before we recognise the importance of a medical procedure that is slightly embarrassing at one end, and life-saving at the other, on the scale of male inhibitions?**

**With higher participation, the relevant government authorities may also be drawn to the fact of how woefully underfunded this aspect of medical research is. Far less funding than is available for breast cancer.**

**Martin Valentine, of Happy Valley, is the manager of a computer company, and was a Sunday Mail guest columnist.**

**You can be too, the more information that we can get out to the Community, the better, and Martin is to be congratulated for this great contribution.**

**Email [viewpoint@adv.newsltd.com.au](mailto:viewpoint@adv.newsltd.com.au) Mark the subject "My View"**

**Or write to: The Sunday Mail, GPO Box 339 Adelaide, 5001 (about 450 words)**

**From The Sunday Mail, August 20, 2006.**

\*\*\*\*\*

**OMEGA 3 and OMEGA 6 fatty acids.**

**Eating the right balance of Omega 3 and Omega 6 fatty acids could be the key to stopping prostate cancer, according to a study published in Clinical Cancer Research this week.**

**Western diets contain high levels of Omega 6 fatty acids from corn, safflower oils and red meats, and much less of the Omega 3 fatty acids from salmon, tuna and sardines. Researchers used mice with prostate cancer similar to that in humans. They fed one group of mice a diet containing 20 percent fat with equal amounts of Omega 3 and Omega 6 fatty acids. Another group was fed the same diet but with more Omega 6 fatty acids. They found that prostate tumour growth was reduced by 22 percent in the group eating a healthier balance of fatty acids compared to the group receiving more Omega 6.**

**Clin Cancer Res 2006; 12:4662-4670**

**Thanks again Geoff. (More next month)**

**Prostate Cancer Action Group (SA) Inc.**

**[www.pcagsa.org.au](http://www.pcagsa.org.au)**

**NEWSLETTER-SEPTEMBER 2006.**

**Many thanks to Jeff Roberts and Trevor Hunt.**

**\* MOUNT BARKER - AWARENESS MEETING.**

**This presentation will take place on Wednesday 15<sup>th</sup> November at the Mount Barker bowling club.**

**Dr Switajewski who is the visiting Urologist to the area will be the key speaker.**

**Again the Freemasons are sponsoring the event-flyers handed out at our meeting.**

**~ Phyllis and myself will be attending and we have room for 3 in our car. (John)**

**\* PCFA CEO Update-Are we doing enough for Women whose partners are dealing with a diagnosis of prostate cancer?**

**~ I certainly would love to be able to do more for our Ladies, and I hope that a booklet is not too far away for them.**

**When I was setting up our Support Group three years ago, I also set up everything that would be needed to start a Support Group for the Ladies as well.**

**I am hoping that now there are a few more Ladies attending, they will take up my offer and use what I prepared, to start their own Group. (John)**

**PCFA POLICY STATEMENT  
PSA TESTING FOR EARLY DETECTION OF PROSTATE CANCER  
(Approved 27<sup>th</sup> July 2006)**

**~ Copies of the Policy Statement have been given to our Members and are available from me, (phone John on 8382 6671) or from the PCFA, phone 1800 220 099 (Toll free) or check their website: [www.prostate.org.au](http://www.prostate.org.au)**

- **Hopes for a more precise Prostate Cancer Diagnosis.**

**This new method-using semen- was mentioned last year as a possibility. It is being road tested in Australia later this year at Sydney's Westmead Hospital, and a preliminary study suggests that it has the potential to be 80% reliable.**

**It tests for HCA or human carcinogenic antigen, which is present on the surface of many Cancers in the body. When HCA is found in the blood it could be shed by any of these Cancers, including Lung, Ovarian or Prostate Cancer. But when HCA is found in the semen, it is almost certain to be coming directly from a Cancer in the Prostate. ~ Sounds logical to me (John) (AFR, 24/8, p4)**

**There is also information about Mushroom treatment for Cancer and much more including Merv Hughes, who is lending his face, his body, and his support to a campaign to encourage men to start talking about their health.**

**~ He mentions the jokes about that part of the body.**

**~ But has anyone thought up some jokes about the fact that the internal male sex organ-the Prostate Gland, starts to grow at conception, and continues to grow for the rest of our lives. (without any help from us)**

**Imagine the jokes, if the external male sex organ, the Penis, kept growing like that!!! (without any help from us)**

**That would get every ones attention, wouldn't it? And hold it too.**

**The whole world would have a raised awareness about that part of our bodies. Wouldn't they?**

**Speaking of jokes: A Scottish lass (accidentally) put her hand up Jocks kilt and gasped, oh Jock, it's gruesome. Jock replied, put your hand there again lassie, it's grew some more. (~ John)**

**\* LIVING WELL WITH CANCER: Cancer Support Network-Onkaparinga.**

**Has your life been changed by a Diagnosis of Cancer?**

**Come and join in a six-week course designed for all people experiencing Cancer.**

**Topics include: What is Cancer? Cancer treatments and myths, Personal experiences and emotions, Communicating with family and others, Relationships and self-esteem, Healthy eating, Relaxation and supportive options, Loss and grief, Self care, and Community resources available. Family and friends are welcome.**

**When: THURSDAY OCTOBER 26<sup>th</sup> to November 30: From 6.45pm to 9.00pm.**

**Where: Woodcroft Community Centre, Bains Road, Woodcroft.**

**For more information phone Jules at 8325 8100 or Elizabeth at 8384 9266**

**\* CANCER SERVICES IN SOUTHERN ADELAIDE.**

**COMMUNITY CONSULTATION: COME AND HAVE YOUR SAY!**

**Southern Adelaide Health Service – is currently planning Cancer Services for the South of Adelaide and would like to hear about your experiences to help us improve our services.**

**WHEN: Thursday 9<sup>th</sup> November 2006. TIME: 2.00pm to 4.00pm**

**WHERE: Group Room 4 – Noarlunga Health Village.**

**PARKING: Parking is available. A map will be sent to you on registration of interest.**

**Please join us for afternoon tea at 4.00pm following the meeting**

**Please register by 5pm Monday 30<sup>th</sup> October 2006  
By phoning, faxing or emailing Olivia Sheridan-Thompson on:  
Phone: 8201 7812  
Fax: 8201 7871  
Email: [olivia.Sheridan-thompson@sahs.sa.gov.au](mailto:olivia.Sheridan-thompson@sahs.sa.gov.au)**

**Health Services in the South include: Hospital Services  
.Flinders Medical Centre  
.Noarlunga Health Services  
.Repatriation General Hospital  
Primary health Care Services**

**\* Our Christmas BBQ: Sunday December 3<sup>rd</sup>, at 11.00am,  
at the Lions Willunga Sale Yard-corner of Strout and Binney Rds Wilunga.  
If you would like to attend please phone Phyllis on 8382 6671**

# **OUR NEXT MEETING**

**Wednesday, 1<sup>st</sup> November 2006.  
From 6.30pm to 9.00pm**

**OUR ANNUAL KEYNOTE SPEAKER  
DR DAVID ELDER  
UROLOGIST.**

**[www.cancercentral.com.au](http://www.cancercentral.com.au)**

**This is the new National website for all Cancer Support Groups to advertise upcoming events, and check out a big variety of information such as:- Support Groups, News, Forums, Internet Resources &—to check us out-[Personal Diaries](#) & click on my name.**

**Many thanks to John Macmahon, for the time, money and effort he has put into, and continues to give, in setting up this great site, and keeping it up and running.**

**And special thanks to Ian Fisk, for instating our Support Group on this site.**

**Vale: Doug Standley.**

**Our dear friend Doug Standley passed away peacefully at Southern Districts War Memorial Hospital Mc Laren Vale, on Sunday 8<sup>th</sup> November.**

**Our sincere condolences to Rona and family.**

**Rona has said that the funeral may be next Monday, as one of their daughters is overseas.**

**Please watch the Advertiser for the funeral arrangements.**