

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.

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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.

APRIL 2007 NEWSLETTER

Meeting held in the boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA
On Wednesday April 4th, 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, Thaxted Park Golf Club Inc, The Original Open Market, and to all who support our Group.

Chair: John Shields.

Present: 21

Apologies: Carl and Erika, Jules, and Geoff.

Welcome: A big welcome to Don and Margaret.

Donations: Many thanks to our Patron Artie Ferguson for donating \$20.00 toward the BBQ, and a special thank you to the Committee of the Original Open Market for their kind donation of \$200.00.

I will forward a receipt and a letter of thanks to the Committee.

The meeting tonight, was very different, as the Men went to the Cafeteria to sit at separate tables and talk with each other about their own particular Treatment.

This left the Ladies in the Boardroom to talk about-us.

None of us reported having red ears, not at the meeting anyway.

The Ladies told us when we got together again for supper-what do you mean, talk about you-we had more interesting things to talk about. Only kidding (John)

One meeting did not give the Ladies or us, enough time to digest everything, however there is plenty of time before our next meeting to think more deeply about the things that we all discussed, and we can continue to talk about them later on.

It was good, for a change, for everyone to feel more personally involved, and I look forward to your feedback, and will report on that in the following newsletter.

For those who were not at the meeting, we all looked at a variety of questions that related specifically to each one of us, and not being a naturally questioning person, I was amazed at the number of questions that just flowed, when I started thinking about my own and Phyllis's Prostate Cancer journey, and related them also to the people who had undergone one of the other-now many-Prostate Cancer Treatments.

I wrote those questions down and brought them to the meeting, together with the questions that I had prepared for the Ladies before I started the Group soon after I was diagnosed four years ago.

There are so many questions, and I feel sure that there are so many more, that it would seem to me, to be impossible for any of us to have known them all, let alone have had the answers to them, before we personally experienced them.

Each one of us is different, as we know, and our experiences, responses and reactions etc, are all different, so it is very difficult to meet the needs of everyone at a meeting, if we do not find out what each persons needs really are.

When we do this, we will then be able to give much greater strength, and real meaning, to that very important word SUPPORT.

And, to add extra value to this, we need to give our Support to those who Support us.

So a Support Group for the Ladies seemed logical to me.

Before I started our Support Group back in October 2003, I was very much aware that the Ladies-for those of us who have a Lady in our lives-are our number one source of Support, and we need to Support them too.

So the theme that was uppermost in my mind for the Ladies Support Group back then, and has been shown to be more and more important, as time goes by, is.

LOOKING AFTER NUMBER ONE: YOU

I feel very confident that all of us will give our 100% Support to the Ladies, and wish them well in everything that they do.

The Carers Association of SA Inc. is happy to provide a Guest Speaker-or Speakers- to talk with the Ladies, (or with all of us) and give them appropriate information.

***PROBUS SPEAKING ENGAGEMENT: Reminder.**

We have been invited to talk to Port Noarlunga Probus Club on Tuesday, 7th August.

We will have an hour for the presentation: 40 minutes/talk, 20 minutes/questions.

This will be at the Port Noarlunga Christies Beach RSL Sub Branch-more later.

INFORMATION DAYS:

It is time for our annual Information Day at Colonnades and Artie is checking this out for us, as well as some other venues, and I look forward to having the first one in the near future, while the weather is still fine.

Artie just phoned to say that we will have three dates to consider. More later.

CANCER SUPPORT NETWORK-ONKAPARINGA.

Special meeting on Thursday, 19th April 2007, between 1.30pm and 4.00pm.

Cancer Services in the Southern Region.

Invitations have gone out to people who are interested in discussing ways to:

- Promote Cancer Services
- Network
- Develop Services

For people with Cancer, their families and friends.

RSVP Monday, 16th April 2007.

For more details, contact Dolph Young.

Phone 8384 9490 or cancersupport@saugov.sa.gov.au

The Network is also looking for *Volunteers*, so if you would like to be part of this very important team, please let me know.

Other events that you could help with are, an "Open Day", later on, and a smaller event, in the near future, to bring Cancer Groups and the Community together.

KAROONDA FARM FAIR:

It certainly was a fair day when our four Prostate Cancer Action Group members, Malcolm and Beverley, and Phyllis and John, went to Karoonda to meet the locals!!! Some farmers travelled almost as far as us-and give them some of the huge array of Prostate Cancer information from the long trestle which was part of an excellent display set up by Trevor, Coralie, and Bill, the previous day.

There was a very large crowd out and about on Saturday the 31st of March, and it was both amusing, and sad, to see so many apparently strong looking men heading our way, only to look the other way, and walk right on by, when they saw the big Prostate Cancer sign. (A national, or perhaps an international phenomenon???)

However it was good to get some genuine inquiries from people who took some information away with them, (they were often accompanied by their partner) and to chat briefly with quite a few who said that they had either been diagnosed and treated, or knew all that they needed to know.

Then there were those who just wanted to pass the time of day.

NEW CANCER FIGHTING PROSTATE DRUG:

Adelaide Now March 22, 2007 02:30am Article from AAP

Also reported on TV.

An experimental drug to fight the spread of aggressive prostate cancer is showing great promise to future sufferers.

A team from the University of New South Wales is working on a new therapy for prostate cancer patients who stop responding to standard hormone treatments.

The medication is still in the development stage but if new tests prove successful, it could bring relief for a group of men for whom there is currently no treatment, said study leader Dr Kieran Scott.

“We’ve seen enough positive data to know it’s worth testing in people,” Dr Scott said.

Prostate cancer is the most common cancer in Australian men, with patients usually treated with some combination of surgery, radiation and hormone medications.

These drugs effectively limit the spread of prostate cancer in the early stages by suppressing the male hormones that tumours need to grow.

But over time cancers often stop responding to this treatment, putting men at risk of tumour growth and cancer spread to the bones.

Dr Scott said his team at St Vincents Hospital in Sydney believed it had a new oral medicine that could slow the growth of hormone-resistant cancer and stop its spread.

The medication works by blocking an enzyme which releases omega6-fatty acids – fats which, when consumed in the diet, have been associated with increased rates of disease.

“We think we can slow the growth of tumours that are resistant and we believe the drug may also help slow the growth of tumours in bones,” Dr Scott said.

“If we can help in those two areas then we will have a therapy for prostate cancer patients who currently have no good treatment.”

The team has been granted Cancer Council NSW funding for a new round of tests, with plans to manufacture and trial the experimental compound in the most severely-affected patients if they have success.

“I’ve been working in this area for 10 or 15 years and to be honest I didn’t think this would work,” Dr Scott said.

“But the data keeps me going because it keeps suggesting this approach really will work.”

Other cancer grants awarded include an investigation of genes that predispose people to melanoma and a study of new techniques to minimise breast cancer surgery side-effects.

<http://www.news.com.au/adelaidenow/story/0,22606,21426079-911,00.html>

Thank you to the two people who gave me this story, sorry but I have forgotten your names.

Who said that?

The reason why Men have so many sperm, compared to a Woman's egg is:-

They are male, and won't ask for directions!!!

A chicken and an egg were in bed, the chicken lit up a smoke and started to yawn.

The egg rolled over, pulled up the blanket and mumbled---

Well, that answers that question!!!

Thanks Dave.

MEMBERS BBQ

(IN LIEU OF OUR NEXT MEETING)

THANK YOU TO WILLUNGA LIONS CLUB FOR ALLOWING US TO USE THIS GREAT FACILITY.

MANY THANKS ALSO ,TO OUR MEMBERS, WHO BOUGHT RAFFLE TICKETS TO MAKE THIS POSSIBLE.

Our local Federal Government MP, Kym Richardson, will be attending, to present our Support Group with a big "Whiteboard" copy of the Government Grant Cheque, for a new Computer and Software.

WHEN: SUNDAY 6TH MAY 2007.

WHAT TIME: 11.00AM.

**WHERE: WILLUNGA LIONS SALE YARD
CORNER STROUT AND BINNEY ROAD
WILLUNGA**

**WHAT TO BRING: PLEASE BRING YOUR FAMILY AND FRIENDS.
LADIES PLEASE BRING A SALAD AND SMALL SWEET.
WE WILL BRING MEAT, BREAD, MARGARINE, MILK, TEA AND COFFEE,
AND CONDIMENTS.**

WE DID NOT FIND OUT AT THE MEETING EXACTLY HOW MANY ARE ATTENDING THE BBQ, SO THAT I KNOW HOW MUCH MEAT TO BUY, SO WOULD YOU PLEASE PHONE PHYLLIS ON 8382 6671 TO CONFIRM YOUR ATTENDANCE, PLUS HOW MANY FAMILY/FRIENDS.

LET'S MAKE THIS A BIG DAY OUT-PLEASE BRING YOUR CAMERA.