

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.

Mail us at:

PO Box 627
Noarlunga Centre,
SA 5168

Telephone:

John:(08) 8382 6671
Jules: (08) 8325 8100
Brian: (08) 8556 2012

info@pcsog.org

www.pcsog.org

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.

JULY 2007 NEWSLETTER

Meeting held in the boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA
On Wednesday July 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: 17

Apologies: Lewis and Ruth Dohnt, Rhonda Foreman, Jules Van Kekem, Geoff Nixon, and Wayne and Bobette Henkel

On such a wild and wooly night, it was very pleasing to see members braving the elements to attend the meeting.

*** Our Guest Speaker: Doug Ranson, Nutritionist.**

It was also good to see Doug walk through the door after having to make a detour because of the flooded roadway at Port Noarlunga South.

Doug is a popular local Speaker, and brought us up to date with current thinking about Diet and Prostate Cancer.

Doug has provided us with eight pages of notes relating to his talk, and there will be some extra copies available at our next meeting, or contact me if you want a copy.

*** AWARENESS SUCCESS ?**

The story in the Advertiser on 28th June about Prostate Cancer surpassing Colorectal Cancer as the most common Cancer diagnosed in Australia, is possibly a direct reflection on the work being done throughout Australia, especially here in South Australia by the Prostate Cancer Action Group, and more importantly for us locally,

to raise awareness about Prostate Cancer, in our communities, and more men talking to their doctor about it. I'm glad I did (John)

* Our next Information Day at Colonnades shopping complex, is on Friday, August 17th from 9.00am to 5.00pm and if you have an hour or two to spare, you will be most welcome to help us spread the word about Prostate Cancer by providing members of the public with Professionally prepared information about Prostate Cancer and the variety of Treatment options that are available these days.

* SA first in cancer treatment-Brachytherapy.

A report in the June 24th Sunday Mail, talks about an advance in Brachytherapy Treatment for Prostate Cancer.

I have just read the report on this in the PSA Adelaide newsletter, and suggest that anyone who would like to find out more about it, would get the most up to date information from Ian Fisk ian@ianfisk.org (Ian has had Brachytherapy Treatment) or phone Reg Mayes (08) 8298 8040 for a copy of their June newsletter, which is also on their website www.psaadelaide.org

* Reg has asked me to mention that **Graeme Goodings** will be their Guest Speaker on Monday 20th August. Roll up, roll up.

Graeme will talk about his own personal experience with Bowel Cancer, and other Support Groups are also invited to this meeting, to be held in the lounge room at Fullarton Park Centre, 411 Fullarton Road Fullarton, at 7.30pm.

* Ian Fisk: Guest Speaker, Probus Club Meeting.

A reminder that Ian will be the Keynote Speaker at a meeting of Noarlunga Probus Club, being held at Port Noarlunga Christies Beach RSL Clubrooms, Esplanade Port Noarlunga, on Tuesday, August 7th at 10.00am.

* Information Evening.

Adult Brain Cancer Support Association (ABC SA)

Where: The Cancer Council South Australia
202 Greenhill Road, Eastwood

When: Thursday 9th August 2007 from 7.00pm to 8.30pm.

“Cognitive Difficulties Following Brain Injury”

Dr Con Polychronis

“Malignant Glioma”

Dr Kevin Patterson

Please RSVP to Cancer Council Helpline 13 11 20 by Monday 6th August

* Who said that?

Have you ever been guilty of looking at others your own age and thinking “surely I can't look that old?” You'll love this tale from a woman!

I was sitting in the waiting room for my first appointment with a new Dentist. I noticed his DDS Diploma, which bore his full name. Suddenly I remembered a tall dark haired boy with the same name had been in my High School class some 40 odd years ago. Could he be the same guy that I had a secret crush on way back then?

Upon seeing him, however, I quickly discarded any such thought. This balding, gray-haired man with the deeply lined face was way too old to have been my classmate. After he examined my teeth I asked him if he had attended Morgan Park High School. "Yes, yes, I did, I'm a Mustang," he gleamed with pride. "When did you graduate?" I asked. He answered, "In 1957. Why do you ask?" "You were in my class!" I exclaimed.

He looked at me closely. Then that ugly, wrinkled, bald, fat, gray, decrepit old man asked. What did you teach?

*** Correspondence: Newsletters for us to share, Cancer Support Network Onkaparinga, and from other Support Groups. PSA Adelaide Group, Barossa/Gawler Group, Mitcham Group, Prostate Melbourne and Prostate Heidelberg Groups, and the Prostate Cancer Action Group.**

If you missed out on getting a copy, they are always available from me. (John)

*** My journey:**

I have my annual PSA test this week (on my 71st) and hopefully, Cancer will once again be undetectable, as it has been since I had surgery three and a half years ago.

I am getting tired more easily these days and have decided to "retire" from the Prostate Cancer Action Group, and the Cancer Support Network Management team to devote my time and energy to our Prostate Cancer Support Group. (John)

Both Groups are doing a wonderful job and I wish them well for the future. If you would like to find out more about them, and assist with their essential work.

*** Phone the Action Group, Jeff Roberts 8277 3424, meetings are held monthly, at the Cancer Council South Australia Office 202 Greenhill Road Eastwood.**

*** Phone the Cancer Support Network Onkaparinga, Ann Young 8384 9266, meetings are held monthly, at Southern Primary Health Noarlunga, Alexander Kelly Drive, Noarlunga Centre.**

*** Our Meetings Agenda:**

September 5th, Jules Van Kekem and Lyn Sutton-Sexuality and Prostate Cancer.

October 3rd, Dr David Elder, Urologist.

November 7th, General discussion.

December 2nd or 9th, BBQ.

January 2008, no meeting.

OUR NEXT MEETING

WEDNESDAY, AUGUST 2nd 2007.

**GUEST SPEAKER: JUSTICE MEL SMITH
FIRST AID**

WOULD YOU KNOW WHAT TO DO?

Ladies/Gentlemen: Please encourage your Wife/Partner to attend.