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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.

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.

MARCH 2007 NEWSLETTER

Meeting held in the boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA
On Wednesday March 7th at 6.30pm.

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, The Original Open Market, and to all who support our Group.

Chair: John Shields.

Present: 20

Apologies: Artie, Carl and Erika, and Hans.

A special welcome to Colin, and Bryan.

Our Guest Speaker: Dr Carole Pinnock.

This report is with complements of Ian Fisk, acting Secretary, PSA Adelaide Group.

Aided by her excellent Power Point presentation, Dr Carole Pinnock spoke to our group on Wednesday, March 7th.

A long list of prominent men who have been diagnosed with prostate cancer was shown, some of them included Wayne Swan, Gordon Pickard, Jim Lloyd, Rupert Murdoch, Harry Belafonte, Emperor Akihito of Japan, Rudy Giuliani (ex NY Mayor), John Kerry, Nelson Mandela, Arnold Palmer and Colin Powel. Rupert Murdoch, now 71 with new wife, baby daughter and an expanding business empire, proves there IS life after prostate cancer (BBC News)

Ten years ago when Carole first became involved with prostate cancer matters, it was a taboo subject and there was almost no prostate cancer information available in the community.

Today, there is a great deal of information available on the internet. Dr Pinnocks recent Google result found 54 Million entries, and for Australia alone, was 300,000! That means there is a lot of information.

The problem is to be able to determine which are the reliable information sites.

Dr Pinnock recommended a few, including the ones below:-

National Cancer Institute (<http://cis.nci.nih.gov/>)

American Cancer Society (<http://www.cancer.org>

Centre of Disease Control (<http://www.cdc.gov/>) were some listed on the screen.

We were also shown the home page of the New Lions site, which is at present being beta tested. (www.prostatehealth.org.au).Volunteers were asked to do some checking!

Dr Pinnock said there is increasing evidence that active treatment of early prostate cancer results in lower mortality.

This is one of the conditions for proving PSA testing is worthwhile for many.

However PSA is not well understood.

Recent improvements in treatment focus on better targeted treatments – they are less likely to cause side affects, and minimally invasive treatments – they have faster recovery times.

Some of the newer treatments included Cryotherapy and High Intensity Focused Ultrasound (HIFU).

Improvements in robot assisted prostatectomy (using the Da Vinci Robot) have made this a very popular treatment, particularly in the US. Most major US cities have as many as 10 – 15 of them! At a recent conference, mention was made that the incision for a modern prostatectomy has been known to be as short as 60mm.

Mention was made of the role of diet and exercise in reducing the incidence of prostate cancer. The old 2 serves of fruit and 5 serves of vegetables a day is still a good policy, not only for prostate health, but also for cardiovascular health.

Diet can also be important in reducing erectile dysfunction!

Aerobic and resistance exercises are also both beneficial.

Studies in mice have shown that tomatoes and broccoli eaten together are better than when eaten individually. Recent studies have shown that some supplements have proven detrimental. Basically, it is better to get one`s vitamins from one`s food.

Selenium has proven to be of benefit to some, but not all people.

The wish list for most was for better treatment and better prevention!

A number of questions were then fielded, and Dr Pinnock was thanked, and presented with a bottle filled with a well known source of antioxidants.

Thanks for that report Ian. (I must borrow your mirror & take some lessons in I.T!!!)

Many thanks to Dr Pinnock for a very interesting presentation, and for staying on and talking with our members (John).

SUNDAY MAIL: 30 foods to keep you young.

March 11, 2007 pages 80 and 81, news.com.au/adelaidenow

Among the many foods, and their benefits listed, the names that caught my eye were.

Selenium: Mushrooms, Sardines, Chicken, Lamb.

Anti-Carcinogenic: Watercress, Radish, Beetroot, Mushrooms, Asparagus, Chickpeas, Strawberries, Tomato, Sardines, Olive Oil, Lemons.

Bones: Beetroot, Cucumber, Eggs, Parsley.

Zinc: Chickpeas, Chicken, Oysters.

Perhaps the regular inclusion of these foods in our eating habits, may not only help us to stay looking and feeling younger, they may also help fight Prostate Cancer.

GREAT WELFARE NEWS:

In the February Newsletter, I asked for someone to be our Welfare Officer, to phone or visit any Member who is sick, at home, or in Hospital.

I had a phone call from Norman to say that he would be a Welfare Officer, and at our meeting, Peter said that he would also be a Welfare Officer.

This is really great news, as we all get sick from time to time and it is good to know that we only have to pick up the phone and have a chat with someone who we know.

Our Welfare team will be complete when we have a Lady-or two-to be there, for when any of our Ladies get sick. We know how lonely it can get in Hospital sometimes too.

Thanks to Norman and Peter, and their phone details (with permission) are as follows.

Norman Andrew 8325 0195 Peter Kiley 8384 1032

Our Welfare Officers will also notify other members when they hear that one of our members has a serious illness, and would like a phone call, or a visit from us.

Carl and Erika were unable to attend our meeting, as Erika is still unwell.

GET WELL SOON ERIKA.

REG MAYES:

As you know Reg is back home again, after a month in R.G.H following the removal of the Cancer in his Bowel, and the accompanying complications.

Reg has given me permission to include his report in our Newsletter.

Don` t always blame the Prostate for your problems-Reg Mayes.

Be aware that you could have other problems! I thought that having about 14 month`s diarrhoea was caused by burns to the rectum due to radiotherapy treatment

two and a quarter years ago. After a recent colonoscopy and a cat-scan at the Daw Park Repat. Hospital, it was discovered that I had a bowel cancer as big as a golf ball in the colon near the top of the rectum. For really good measure, there was a large abscess near by and due to burst in the very near future.

Well, to cut a long story short, two very clever surgeons at the Repat cut out 12 inches of my colon, including the tumour and the abscess and 19 lymph glands. They then fitted me with a permanent colostomy stoma bag through my belly. The tumour had not spread but was malignant and I may have to have a bit of Chemotherapy later. There were no cancer cells in the 19 lymph nodes they removed.

So that`s good news! I was in hospital for 28 days and came out on the 7th March. I am dripping out a bit of old, smelly blood from my rectum (from the operation) four times a day and night, and this could go on for another 4 weeks. I don`t think much of that idea! There was a 500cc pool of congealed blood that settled in a pool in my pelvic area. It takes a bit of getting rid of!

The three-hour operation was called an “end colostomy”.

I have to have a district nurse come each day to my house for the next few weeks to check things out. My stoma bag has blocked up and I am taking daily doses of laxatives to try and clear it. What happens if it doesn`t clear? The mind boggles! The top part of me is OK but I wouldn`t give you two bob for the bottom half. I have to wear a catheter for about a month.

Many thanks to all those members who sent me get well cards, e-mails, phoned up or visited me whilst in hospital. I cannot praise the doctors and staff and nurses at the Repat Hospital highly enough. They really did a great job. I reckon I am slowly recovering.

Cheers-Reg. Retired Secretary/Treasurer/Newsletter editor, The PSA Adelaide Group.

Gary Bowes, Chairman of the Association of SA P/C Supprt Groups.

Gary is not going along too well at the moment. He has just finished 5 days radiotherapy treatment for painful hips and a painful shoulder. He is at home with Margaret looking after him at the present time and is taking Zometa, Luprin and some pain killers. Gary says that the radiotherapy treatment has eased his pain quite a lot. Get well soon Gary!

The latest from the PBS Scheme:

Taxotere - The Hon. Tony Abbott, M.P. and Minister for health, has advised that he is unable to agree for this drug to be placed on the PBS. The reason given was that “it was not cost effective”. We don`t really know what this means. We believe that women can access the drug for advanced breast cancer.

Flomaxtra - Andrew Giles, CEO of the PCFA has advised that their medical board is looking at asking CSL Ltd to apply for this drug to be placed on the PBS. We will keep you posted.

Zoladex Plus - This drug has now been placed on the PBS scheme.

Thank you for all of that information Reg, and our best wishes to both you and Amy.

I believe that there is a promising reference to Taxotere and the PBS for Prostate Cancer, on the DVD provided by the PCFA recently, and that trials that are a pre-requisite for this, are now under way in the U.S.A. Good news indeed.

? A NEW PROSTATE CANCER SUPPORT GROUP IN OUR VERY LARGE CITY?

We were pleased to have a visit to our meeting from Brian Hearn, who is Chairman of the Board of Directors, at Mc Laren Vale and Districts War Memorial Hospital.

Brian, who has been recently diagnosed with Prostate Cancer, has been asked to start a Support Group at the Hospital, and wanted to see how our Support Group works.

Brian had a chat with Ian Fisk and myself during the break, and took away a lot of information to check out.

We wish Brian well and will be only too pleased to give him any assistance that he may need to start a new Support Group.

It has always been my very strong desire to do everything that it is possible for me to do, to encourage, and support, anyone who is interested in starting a Prostate Cancer Support Group away from the Onkaparinga City Centre, and this is a wonderful opportunity for Brian to do just that.

I am really excited by this new development Brian.

I have passed this information on to Jeff Roberts, Chair of the Prostate Cancer Action Group, and hope that together with Brian, an Awareness Meeting can be arranged in the near future in Mc Laren Vale.

I have also advised Dolph Young, Project Officer, Onkaparinga Cancer Support Network, so Brian, and all who are interested in starting a Group, will have plenty of help, not only to start a Support Group, but also to feel confident in keeping it going.

After Doctor Pinnock`s presentation, we had a *HEALTH ROUNROBIN*, to give Bryan an idea of what else we do, thanks to all of our members for your participation.

PROSTATE CANCER ACTION GROUP (SA) NEWS:

Our PCAG representatives are:- Malcolm and Beverley & John and Phyllis.

AWARENESS MEETING: STRATHALBYN.

We four, will be attending a Prostate Cancer Awareness meeting at Reg Sissons Memorial Day Care Centre, High Street Strathalbyn on Tuesday, 20th March 2007.

The two main Guest Speakers will be, Dr John Bolt-Urologist, and Nancy Sinclair, Senior Dietician, Repatriation General Hospital.

Prostate Cancer Foundation of Australia Ambassadors:

Dean Wall and Ian Fisk (Our Website Manager) attended a PCFA Ambassadors training course in Melbourne last November. The object of the course was to train volunteers in presentation skills using Power-point material formulated by the PCFA. The course was an intensive, but valuable time.

It was estimated that the time duration of the presented material would be about 30 minutes or so, and the material would be suitable for presentation at Support Groups and Service Clubs, etc, but would not be appropriate for such events as our information evenings under our present format, where much of the information would be covered by the Medical people.

I noticed in a PROSTATE HEIDELBERG (Victoria) Newsletter, that they are having a series of Men`s Health Seminars at several RSL`s (5), with more to follow later on. This looks like fertile ground for our two Ambassadors to cultivate.

There are 32 RSL`s listed in the phone book, with a very large male membership.

Probus Clubs, Rotary, and the RSL will keep our two Ambassadors very busy in the months ahead, and with the target of 10 presentations within 6 months, they will be stretched to the limit.

It looks as though they may need some help.

KAROONDA FARM FAIR:

This will be held on Friday 30th, & Saturday 31st March, and a site has been booked for us to display and hand out our Prostate Cancer information.

PCAG representatives will be attending at various times during the two-day period.

MAN ALIVE! 2007.

A reminder that MAN ALIVE! Men`s Health and Wellbeing Festival is on Sunday March 18th at Semaphore Foreshore, between 10.00am and 4.00pm.

WANTED: For the Prostate Cancer Action Group. (We have a good sense of humour)

Can you think of slogans that include Prostate Cancer? Bring them to the meeting.

CANCER SUPPORT NETWORK NEWS:

CANCER SERVICES IN THE SOUTHERN REGION

Cancer Network Meeting.

You are invited to come and talk about your concerns, and make suggestions about improvements, to Cancer Services in our region.

WHERE: Group Room 4, Noarlunga Health Village, Alexander Kelly Drive, Noarlunga.

WHEN: Thursday, 19th April 2007.

TIME: 1.30pm-for 2.00pm start-to 4.00pm.

RSVP: Monday, 16th April 2007.

**CONTACT: Dolph Young, phone 8384 9490
Or e-mail Dolph at cancersupport@saugov.sa.gov.au**

Afternoon tea is provided.

A RIP OFF!!!

LAUKE WAFER GRAINS: These cost only \$3.99 at Foodtown, Seaford Rd Seaford, Compared to \$5.79 at Foodland-Seaford-just up the road. A big saving. (Thanks Ruth)

WHO SAID?

- **An optimist sees opportunity in every calamity. A pessimist sees calamity in every opportunity. (Sir Winston Churchill did)**
- **He ate two large cans of Baked Beans last week, because he wanted to have a bubble bath the next day!!! ?**
- **(Macca did) We were listening to the ABC Radio on Sunday morning and Macca was reminiscing with someone about babies.**

He said, after I was born, I did not talk for 18 months. I was in shock!!!

BBQ:

We will be having our BBQ on the first Sunday in May (6th), at the Lions Willunga Sale yard, corner of Strout and Binney roads Willunga, at 11.00am.

We can finalise arrangements at the April meeting, and if you can bring something along to the meeting for us to raffle it will be a big help toward paying for the meat.

Ben Stevenson: Hospital Pharmacy Services.

A sincere apology from Ben, who was to be Guest Speaker at the February meeting, to talk with us about Taxotere.

(A Chemotherapy treatment for Advanced Prostate Cancer, and not yet on the PBS, as it is for some other Cancers).

Ben has been promoted in his job and is now unable to commit to being a Speaker.

Ben has given me a contact at Noarlunga Hospital and I will be following this up.

OUR NEXT MEETING

WEDNESDAY, 4TH APRIL 2007 AT 6.30 PM.

ANOTHER DVD

ALSO A DISCUSSION GROUP EVENING

LOCALISED/ADVANCED PROSTATE CANCER

HOW HAS TREATMENT AFFECTED YOU?

LADIES: HAVE SOME PRIME-TIME TOGETHER.

(I have ordered a book specifically for the Ladies from the PCFA)