

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.**

SEPTEMBER 2007 NEWSLETTER (No.42)

**Meeting held in the boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA
On Wednesday September 5th, 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 us.**

Chair: John Shields.

Present: 27

Welcome: Peter & June Martin, and, David & Chris Burford

**Apologies: Peter Kiley, Rhonda Foreman, Dawn Hammerl, Malcolm & Beverley Ellis,
and Les & Brenda Munn**

**Our thoughts are with those members who were unable to attend because of ill
health, or circumstances beyond their control, and look forward to catching up with
them at our October meeting**

**Our guest speaker will be Dr David Elder, Urologist, Southern Specialist Centre,
Morphett Vale, and we always look forward to Dr Elder's excellent presentation about
Prostate Cancer, as our Keynote Speaker each year.**

*** Donation: Many thanks to Tony Moore for your kind donation of \$50.00**

**This could not have come at a better time Tony, as we need to build up the kitty for
our December BBQ**

**Many thanks to those who have donated items for our next meetings raffle, the latest
being two lovely Candle Holders donated by Dawn & John Hammerl.**

Please see what you can find for us to raffle.

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

<http://www.pcsog.org>

*** Tonight's Guest Speakers, Lyn Sutton and Jules Van Kekem.**

Sexuality and Prostate Cancer:

Once again, this was a very interesting topic for discussion, and both Lyn and Jules were not backward in coming forward with possible solutions.

This really does give members confidence to talk about our own experiences, and in my case it took about 18 months for my erection nerves to "recover", and like some other members, Dr Stapleton gave me a script for Viagra at our first visit after Surgery, and this gave me confidence to know that all was not lost-so to speak.

Lyn talked with us about "exploration", and the fact that there can be much more to sex than -the act-and we do not need to concern ourselves with the age factor.

I discovered very quickly after recovering from surgery, that everything "else" is still there, and there is nothing to stop a loving relationship from continuing.

Thanks to Lyn and Jules, we will have to book another session for next year.

*** Dr Red: *Three glasses a day may keep cancers at bay.***

Biochemist, Greg Jardine attended tonight's meeting to talk to us about evidence based Punch. Greg brought along samples of both Blueberry and Rosella Punch for us to have a taste, and also take home a bottle to "put to the test".

Everyone enjoyed the "tasting" and were glad to take some home. I will include a copy of a report from the Queensland Courier Mail, August 4-5 2007.

Greg also gave me the TV Media DVD that we watched, and I will bring some copies - with sound-to our next meeting, for Peter's library.

*** A word-or two-from our Vice President, Malcolm Ellis.**

My apologies for not being at the last meeting but it was not one of my better days, and I am sure I will be at the next. It would be greatly appreciated if some items could be donated for a raffle for next meeting.

Look forward to seeing you all next month. Malcolm.

Information day at Colonnades:

We have booked Friday, 5th October from 9.00am to 5.00pm, and will be in the same spot as last time, opposite Price Right.

This date is also suitable for The Cancer Support Network Onkaparinga so we will have a combined information day.

There is a small administration fee of \$10.00 for Community Groups these days, and that seems reasonable compared with \$125.00 if we were selling something.

If you are able to give us a helping hand on that day it will be very much appreciated-please.

*** PCFA National Health Promotion Forum – Adelaide**
Saturday 6th October 2007, at the Hetzel Theatre, University of South Australia

There will be approximately 20 speakers, many of them well known to Prostate Cancer Support Groups, and all Men's health issues should be well covered.

Please register by Monday 1st October 2007-ph 1800 206 700, or on line from a link on <http://www.pcagsa.org.au> or www.prostate.org.au
Or mail to Adelaide Men's Health Promotion Forum
Prostate Cancer Foundation
Level 3, 480 Collins Street
Melbourne 3000. (Thanks Ian)

Vale, Gary Bowes:

Gary was President of The Association of Prostate Cancer Support Groups (SA) Inc.

Eleven years after being diagnosed with Prostate Cancer, Gary passed away after a long battle, at 61 years of age.

Gary has been a tireless worker for Prostate Cancer Support here in South Australia, and it would be good to take a leaf out of Gary's book.

Many South Australian's have lost a very good friend.

*** The Association:**

Instead of each Group being Incorporated individually, we have formed, and had Incorporated, an Association of South Australian Support Groups.
This enables us to apply for Government Grants, as we successfully have done.
If the Association is to continue, we need to elect a new President, preferably someone with some get up and go, as there is a lot of work to do, and we need to elect a man who is willing to work hard-for our South Australian Support Groups.

My memory and stamina are not what they used to be, and I have more than enough on my plate right now to be wearing two hats, (and the President should only wear one hat) but if another member of our Group is interested they will have my support

Reg Mayes:

Ian Fisk has been keeping us up to date with Reg's progress, and said that Reg has improved, along with his appetite, and was having his lunch.

Ian said that Reg has been on intravenous antibiotics to reduce an infection and that taking them orally seemed to upset his digestive system.

Reg has been able to walk around a bit, and may even be able to go to Flinders Hospital for some Chemotherapy in a couple of weeks time if all goes well.

We have been in contact with Reg's wife Amy, and she seems to be coping well, and visits Reg as often as possible. We decided to leave all reporting to Ian.

We wish both Reg and Amy well, and thank Ian for his reports.

Reg is also Public Officer for the Association and that is another office that needs to be filled if the Association is to continue. Any volunteers?

*** New Support Group for our area:**

Phyllis and I, and approximately 30 others, attended the launch of the Mc Laren Vale and Districts War Memorial Hospital, Prostate Cancer Support Group, meeting.

Guest Speakers were: Dr Carole Pinnock Ph.D. RGH who gave a very interesting, meaningful, illustrated talk about Prostate Cancer.

Brent Frewin spoke about Prostate SA, Dr Graham Lovell talked about wellbeing.

After a short break Kathrye Strassnick told us about The Cancer Council SA, and her role with Support Groups, (Mosaic, is a popular newsletter for cancer support groups Kathrye), and Jeff Roberts-talked about how to start a Support Group.

We wish Brian Hearn all the best with the new Group.

*** TAXOTERE:**

There have been reports from all Groups about TAXOTERE now being listed on the PBS, and I will bring some copies of the other Groups Newsletters to the next meeting if you would like to read more about it, together with the letters and other information about this from Kym Richardson MP, and The Hon. Dr Bob Such, as well as the MEDIA RELEASE from Tony Abbott MHR.

I have thanked the Members of Parliament who have worked hard to achieve a successful outcome for us, and have also thanked Support Group members and members of the public, especially the Port Noarlunga Christies Beach RSL Sub Branch members, for signing our petition. Well done.

Seaford Garden: (See enclosed flyer)

FREE: A six week course in Care of the garden and Self care for people with a recent diagnosis of cancer, and their families, will commence on Monday 8th October 2007 from 10.30 am to 12.30pm. This is a joint venture between Southern Primary Health and (SEM) Seaford Ecumenical Mission, Centre at Seaford.

Phone Dolph on 8384 9490 or 0414 599 160 or Cynthia on 8392 4500.

PCFA in South Australia:

In line with the wishes of some Groups-not ours-The PCFA has appointed Karyn Foster, from Foster-Hill PR & Marketing to do some work on its behalf in Adelaide.

I have also read that the PCFA wants to take over every Groups bank account!!!

There has been a resounding NO WAY from every member who I have spoken with.

Ah well, it would look good on someone's CV when they apply for their next job.

I have just had a phone call from Karyn to say that she will be at our next meeting.

OUR NEXT MEETING

DR DAVID ELDER-UROLOGIST

SOUTHERN SPECIALIST CENTRE MORPHETT VALE

AN ILLUSTRATED TALK ABOUT THE PROSTATE GLAND FOLLOWED BY QUESTIONS AND ANSWERS

GENTLEMEN: PLEASE BRING YOUR WIFE/PARTNER FAMILY AND FRIENDS.