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# PROSTATE CANCER SUPPORT City of Onkaparinga Group South Australia

An affiliate member of the Prostate Cancer  
Foundation of Australia

We proudly support

The Cancer Support Network-ONKAPARINGA

And the Fleurieu Cancer Network.

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.

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.

## APRIL 2008 NEWSLETTER (No 48) Your own local Newsletter

*Meeting held in the Cafeteria Dining Room at  
NOARLUNGA COMMUNITY HOSPITAL  
IN THE CITY OF ONKAPARINGA  
On Wednesday April 2<sup>nd</sup>, 2008, from 7.00pm to 9.00pm.*

**Chair: John Shields.**

**Present: 37**

**Apologies: Geoff Nixon, Jules Van Kekem, Lewis and Ruth Dohnt, Ann and Dolph Young.**

**Welcome to Mayor Lorraine Rosenberg and several visitors.**

**It certainly was a wild and woolly night outside and it was good to see so many people who were willing to brave the wintry weather to attend our meeting tonight.**

**Before Graeme spoke we were given an update on Cancer Support by Councillor Artie Ferguson, Juli Ferguson, Ian Fisk and President of the Association of Prostate Cancer Support Groups (SA), Malcolm Ellis. Mayor Rosenberg thanked all who are involved in cancer support, and praised their work in our community.**



**Tonight we had the pleasure of the company of a very special Cancer survivor, Graeme Goodings.**

**Graeme was our Guest Speaker and was quite open in sharing his Bowel Cancer journey with a very appreciative audience. I did not take notes, but because this was generally the same presentation, these notes are courtesy of Ian Fisk from the**

**Adelaide Group and were recorded, with Graeme's permission when he was Guest Speaker at the PSA Adelaide Groups meeting on 20<sup>th</sup> August 2007. Copies are available from Ian on request. Thanks Ian.**

**Graeme mentioned that he is on the board of ProstateSA, and spoke of some of its aims.**

**He applauded the attendance of so many women at the meeting supporting their partners.**

**Graeme said, to much laughter, that he was here to talk about Bowel Cancer, not Prostate Cancer, they are not the same but they are in the same "neighbourhood, almost on the same street".**

**He spoke of his experiences, from how by chance he was first diagnosed after some serious indigestion that caused him some agony. As with most males, he resisted seeking early medical attention! As no cause for his upset could be found and he was in hospital, it was decided that he might as well have some more tests. As a result of initial tests and a later colonoscopy his colon cancer was found. His reaction to the diagnosis was similar to many of ours to being told that we had prostate cancer, disbelief then later realisation, what to tell the kids etc.**

**Being a journalist and inquisitive he wanted to find out as much as possible about bowel cancer. As is always recommended with prostate cancer, he sought multiple options from many branches of cancer treatment (two surgeons, two radiotherapists and three oncologists). He and his wife are also involved with complementary medicine, so had to find experts who were comfortable with him also using complementary in conjunction with conventional treatment.**

**Graeme underwent a six hour operation, but the hospital staff had him up and having a shower within eight hours of the operation. The recovery time of three weeks was no picnic, tube insertion in the stomach etc. He did not recommend this method of losing 17kg. Looking in the mirror, he thought he looked like his 83 year old father, looking gaunt and drawn. Many people came up to speak to him telling him falsely that he looked well. Many also spoke to him saying that they also had gone through the same experience of bowel cancer.**

**He also emphasised the necessity to believe that the treatment one decides on is the right one, and commit oneself to the decided treatment. He emphasised the importance of the power of the mind in believing in the treatment. He also emphasised the need to find out as much as you can about the treatments available. His diet and exercise regime greatly assisted his tolerance of his radiation treatment. He spoke of the talk by Professor Robert Newton from Western Australia on the benefits of exercise for physical recovery, during, post-treatment and ongoing. (both Prof Newton's presentation and Graeme's presentation are on the "Surviving Cancer in Rural & Regional Australia" DVD, which are available from our library) His studies showed the weight bearing exercise proved of great benefit to cancer patients recovery rate and also the chances of re-occurrence, seemed to be reduced.**

**Graeme had to use a colostomy bag for six months. After having it removed he had many instances of rushing to the toilet.**

**The message to all, especially blokes, SEE YOUR DOCTOR, have regular check ups – have a colonoscopy etc.**

**Become an expert in your own disease, your doctor has many other patients, he cannot know everything about your disease, but you can. You can say what has happened, ask questions, you should become an expert in your disease! Do research on the internet. Do something positive, read and learn as much as you can, be proactive. Don't be afraid to ask questions, it is your life! Write your questions down. If your doctor won't answer them, find one who will!**

**Keep a diary of your disease history, noting everything, questions and answers.**

**A support network can be very helpful. Graeme had a very helpful network.**

**Graeme still has a problem with some foods, like red wine. Hopefully, with time he will get over that. At least the sun is coming up every morning! (in question time he explained that his body soon told him what he could not eat, rushes to the little room etc)**

**Things have to be put in perspective, one is alive! Other challenges are relatively unimportant in comparison to having cancer.**

**He spoke of having a conversation while his doctor had been doing a rectal examination with his finger. He said “this must be one of the least pleasant parts of your job”, the doctor's reply was “it might be sh\_t to you, but it is bread and butter to me! (much laughter resulted).**

**There were a number of questions, all ably answered. He also spoke more about complementary medicine, how he used it in conjunction with western medicine in his treatment. The role of carers was also recognised by Graeme.**

**Graeme closed with “cancer is a journey, if you are diagnosed with it you are certainly not the first and are not going to be the last, we can all find strength in each other”**

**At our meeting there were also many questions that Graeme was happy to answer.**

**Our president thanked Graeme for his excellent presentation, and giving of his time to us in such a gracious manner, and presented him with a bottle of red that we hope he will now be able to enjoy.**

**Recognising that Graeme is a loyal Adelaide Crows supporter, Phyllis presented him with an Adelaide Crows Club “Coffee Mug”. Some applause—some groans!**

**Our thanks once again to Ian Fisk for the notes.**

**INFORMATION DAY AT SEAFORD SHOPPING CENTRE  
WEDNESDAY 30<sup>TH</sup> APRIL 2008, FROM 9.00AM TO 5.00PM  
IF YOU CAN FIND SOME TIME, PLEASE COME ALONG AND BE A PRESENCE.**

**OUR NEXT MEETING  
WEDNESDAY 7<sup>TH</sup> MAY 2008.  
CYNTHIA EDWARDS THE CANCER COUNCIL SA.**