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And, your Family



# PROSTATE CANCER SUPPORT City of Onkaparinga Group South Australia

An affiliate Member of the Prostate Cancer  
Foundation of Australia

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*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.

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

## JULY 2008 NEWSLETTER (No 51)

Your own local Newsletter

*Meeting held in the Boardroom at  
Noarlunga Community Hospital in The City of Onkaparinga  
On Wednesday July 2<sup>nd</sup> 2008, from 6.30pm to 9.00pm.*

**Chair: John Shields.**

**Present: 23**

**Welcome to new members, Steve Everard, & Graham & Brenda Lawes.**

**Apologies: Jules Van Kekem, Malcolm & Beverley Ellis, Lewis & Ruth Dohnt, Geoff Nixon and June Martin. Lewis Dohnt is now in residential care at Eldercare,-Seaford Road, Seaford, in room 50 Acacia Area, on the second floor.**

** Guest Speakers: Ms Jane Stanley, and Ms Gill Miller, Nurse Counsellors from the Cancer Council SA had an interactive talk with us about Breast Cancer, from prevention to palliative care.**

I had previously said that this would be a meeting for “the ladies” who are the backbone of our group, however it did not take long to realise that Breast Cancer and Prostate Cancer have a lot in common even though they affect a different part of each other’s bodies, the detection and treatment principles are very similar, as is the outcome, with early detection, or lack there-of Be breast aware and if there are any changes see your GP.

Hormone Therapy and Gene research were just two of the topics that were of interest, and familiar to our group.

This developed into a very good discussion evening with Jane & Gil answering the many questions that were generated by their talk, and it was good to see that our men were keen to ask questions and interesting to know that Norman Andrew had breast Cancer when he was thirty, then later on developed Prostate Cancer. I can strongly recommend Jane and Gill to our other Support Groups.

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**Our Patron, Councillor Artie Ferguson reminded the group that he is now Chairman of the Fleurieu Cancer Network and will be working very strongly for all Cancer groups in the Fleurieu Peninsular, which includes Kangaroo Island.**

**Congratulations Artie, we know that you will put your whole heart and soul into this new challenge, but please don't tell everyone that you caught Prostate Cancer after attending our meeting!!! For more FCN information, call today (08) 8384 2463**

** Broccoli helps prevent Prostate Cancer. Article from The Advertiser.**

**A very small British study of 22 men has shown that eating Broccoli once a week can reduce a man's chances of developing Prostate Cancer, and might even slow the tumour growth in sufferers. Australian cancer experts have welcomed the findings, but warn it is still unclear how protective the broccoli is, or who will benefit from eating it. Cancer Council Australia chief executive Professor Ian Olver said the result was interesting but larger studies were needed to prove broccoli caused the reduced cancer risk. Tamara Mc Lean July 02, 2008.**

**Personally, I would prefer to see the results of a world-wide study of foods. (22 men!)**

** Urologists identify seven biomarkers that may help pinpoint prostate cancer recurrence. 17 June 2008.**

**A simple blood test may help doctors better predict whether prostate cancer will recur or spread in patients who have undergone surgery for the disease, UT South-western Medical Centre researchers have found. In a study published in the June 15 issue of Clinical Cancer Research, scientists identified a panel of seven biomarkers that can predict with 86 % accuracy which prostate cancer patients will experience recurrence and progression of the disease. Biomarkers are proteins circulating in a patient's blood that are specific to a disease. For nine years, Dr Shahrokh Shariat, who is now a resident in urology at UT South western and the studies chief lead author, has been collaborating with basic-science researchers and clinicians to find a comprehensive group of biomarkers associated with prostate cancer that could more accurately predict the biological behaviour of the disease. A prediction tool based on biomarkers we tested could improve the accuracy of standard models and help doctors counsel patients better about their risk of prostate cancer recurrence and help to determine the course of treatment, Dr Shariat said. The next step is to explore the role of these biomarkers in patients treated with other therapies, such as radiation, and patients with a different range of disease severity. Currently, the seven-biomarker panel is being externally validated in a clinical trial at two medical institutions, one in the United States, and the other in Europe. Thanks once again to Dolph Young,**

**Project Officer, Cancer Support Network ONKAPARINGA, for this report.**

**An interesting report on Zoladex is enclosed.**

**Ref: <http://www.virtualmedicalcentre.com/default.asp>**


** Reminder: Our library – DVDs.**


**Please check with our Librarian-Peter Kiley for the most recent DVD's from the Prostate Cancer Foundation of Australia. Prostate Cancer-your options and, A guide for men and their partners, living with Prostate Cancer. Plus an interesting array of Prostate Cancer information that you can borrow.**


 **Reminder about the information day at Normanville**

**We need to decide on a date very soon so that we can be prepared in advance and Bill Griffin can check it out with the owners. Perhaps some time in October would be suitable. This would be followed later on, by a day at Woodcroft Shopping Centre, and then we would be back after that to Colonnades again.**

**It is important that we continue to be a presence in our community with the very latest professional information about Prostate Cancer, and thank you again to all of our members who give their support on these days, and special thanks to Artie Ferguson, Bill Griffin and Jules Van Kekem who help to arrange them.**

 **Donation: Karyn Foster donated the Teddy Bear that she won at our June BBQ for us to raffle again, thanks Karyn. The Teddy Bear was originally won by Ian Curtis, who kindly donated it for the raffle and Ian told us about the history of the Teddy Bear and his own experience with childhood cancer. It was won this time by Gill Miller, one of our guest speakers, and hopefully Gill will help perpetuate this story when she talks with other Cancer Support Groups.**

 **Rhonda & Brian Foreman, Chris, Chene' & Peter Kiley, plus a photo from the BBQ, our Patron, Councillor Artie Ferguson and Mayor Lorraine Rosenberg. Keep smiling, as your photo may be next.**

 **Newsletters received with thanks from: Prostate Melbourne, Prostate Heidelberg, Cancer Support Network ONKAPARINGA, Prostate News from the PCFA, US TOO PROSTATE CANCER EDUCATION & SUPPORT HOT SHEET, Jacaranda Group news, and details about the new Fleurieu Cancer Network.**

 **Paul Redman, who is the Support Group Services Manager with the Prostate Cancer Foundation of Australia, has advised us, through Karyn Foster, that he will be attending our September meeting, however, Karyn will be unable to attend due to other commitments.**

**Paul's visit is in response to a request from our Vice President/Association of Prostate Cancer Support Groups SA President, Malcolm Ellis.**

**I have enclosed the recipe from Juli Ferguson for her lovely soup, Cancer News, and FLEURIEU CANCER NETWORK~Working together~**

**OUR NEXT MEETING  
WEDNESDAY, 6<sup>TH</sup> AUGUST 2008 AT 6.30PM  
AT NOARLUNGA COMMUNITY HOSPITAL.  
OUR GUEST SPEAKER – FROM THE HOSPITAL IS,  
LIZ RANDALL-INFECTIION CONTROL**