

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**

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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, toneraction CHRISTIES BEACH, The Original Open Market, and to all who support our Group, especially the City of Onkaparinga Council..

**JUNE 2008 NEWSLETTER (No 50)**  
**Your own local Newsletter**

**Our June BBQ.**

**Present: 27**

**Our invited Guests included Mayor Lorraine Rosenberg, Wolf & Merle Hirsch, Gwen Anthony and Bob & Jac Bishop from the Willunga Lions Club, Karyn Foster from Foster Hill Public Relations, and one of our previous Guest Speakers, on two occasions, Mel Smith J.P, and his wife Shirley.**

**It is encouraging to receive so much support from our community leaders, and people who have the best interests of others at heart. (It warms my heart).**

**Apologies: Norman Andrew, Gladys Curtis, Ian Fisk, Bill & Rosie Griffin, and Peter & June Martin.**

**Our BBQ was held on the Queen's Birthday long weekend and not everyone was able to attend - we must remember this next year. Our thoughts are with June Martin who is recovering from a fall that resulted in one sprained, and one broken ankle. June was having the plaster removed and we wish her well.**

**Our thanks to Willunga Lions Club for allowing us to use this great facility, and we must especially thank Brian and Rhonda Foreman for the big behind the scenes effort that they always put into making sure that our BBQ is the success that we have come to know and enjoy. Brian was going back on Monday to finish packing away the tables and chairs. That really is dedication personified - thanks Brian.**

**Brian was also head Chef, ably assisted by Peter Kiley, with plenty of us looking on especially when Juli Ferguson produced a large container of very tasty home-made soup. Thanks Juli, I will have to get your recipe. Or is it a secret ?**

**Brian also safely kept "the home fires burning", what a man.**

**We were all kept warm by the big, fenced in, wood heater, many thanks for this too.**

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**Raffle:** The table was packed with a variety of great prizes again, donated by members and friends, and a feature of this raffle was all of the cuddly animals donated by the Lions Women's Auxiliary, and a painting donated by Rona Standley,

Thanks ladies, it was good to see the smiles on the faces of the winners. A great joint-effort, and a highlight of the day. Speaking of ladies: It was good to see more women than men at our BBQ. You beat us by one, ladies, and this is good to see because we are so very much aware that our Prostate Cancer affects you too. You are an integral part of our Support Group, and the rapport that was evident was heart warming too.



~More photo's later on ~

Some excerpts from Cancer Voices SA news, thanks to Dolph Young, Project Officer, Cancer Support Network – ONKAPARINGA.

**Prevention:** Finasteride backed for prostate cancer prevention.

Men at elevated risk of Prostate Cancer should be offered finasteride as a potential way of preventing the disease, experts say. The drug reduced the risk of prostate cancer by 30%, researchers wrote in Cancer Prevention Research, after re-analysing data from a large prostate cancer prevention trial. "Men undergoing regular prostate cancer screening or who express an interest in cancer prevention should be informed of the opportunity to take finasteride for preventing prostate cancer, they wrote. Associate Professor Phyllip Stricker, director of the Prostate Cancer Centre at Sydney's St Vincent's Hospital, called for PBS listing of the drug for prevention, saying this study will definitely change practice. You would have to argue that men at risk would benefit from taking finasteride to prevent prostate cancer," Professor Stricker said.

**Research** – gene link in prostate and breast cancer.

New research shows that men have four times the average risk of developing prostate cancer if they carry a genetic mutation linked to breast and ovarian cancer in women. The aggressive forms of cancer are linked to a mutation in the gene BRCA2, a fault carried by one in 500 people. Testing for the gene is free if men meet the high risk criteria, otherwise private testing costs about \$4,000.00.

The full stories, and many others, including the benefits of a Soy compound and Sunflower seeds are on the Cancer Voices SA website: [www.cancervoicessa.org.au](http://www.cancervoicessa.org.au)

**Donation:** Many thanks to Barry Ritchie for his \$20.00 donation. Barry has been doing very good & sends his regards. PSA has been slowly rising to 22. Let's hope those juices and vitamins do help in some way. Thanks Barry.

OUR NEXT MEETING  
WEDNESDAY, 2<sup>ND</sup> JULY 2008.  
AT NOARLUNGA COMMUNITY HOSPITAL AT 6.30PM  
Ms JANE STANLEY, ACCOMPANIED BY Ms GILL MILLER  
FROM THE CANCER COUNCIL SOUTH AUSTRALIA  
WILL DO A PRESENTATION ON BREAST CANCER.