

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 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.

MAY 2008 NEWSLETTER (No 49)

Your own local Newsletter

*Meeting held in the Boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA*

On Wednesday May 7th 2008, from 6.30pm to 9.00pm.

 **Chair: John Shields.**

Present: 20

Apologies: Mayor Lorraine Rosenberg, Councillor Artie Ferguson, Carl & Erika Maughan, Lewis & Ruth Dohnt.

 **Our Guest Speaker:- Cynthia Edwards, Cancer Council South Australia.**

Cynthia gave an excellent presentation about Bowel Cancer which was a good follow on from Graeme Goodings talk about his own personal experience with Bowel Cancer at our April meeting.



Cynthia told us that Bowel Cancer, also known as cancer of the large bowel (colon or rectum) or colorectal cancer, is the most common cancer in Australia.

It is the third most common cause of death from cancer in women (after breast & lung cancer) and the second most common cause of death from cancer in men (after lung cancer). Which is a very

good reason for us all to be made aware and kept updated with the latest information about bowel cancer from The Cancer Council South Australia.

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Colorectal:-The Colon absorbs liquid from digested food, and the Rectum stores the remaining solid waste (faeces) until it passes out of the body through the anus.

Cynthia explained that cancer develops when our bodies cells multiply excessively and form a lump or mass called a tumour, and if this is malignant and left untreated the cancer may spread to surrounding tissues. Sometimes they can spread to other organs and form a secondary cancer or metastasis.

Bowel Cancer is a malignant tumour that begins in the mucosa or inner lining of the colon or rectum. It often develops from a small growth called an adenoma (polyp) which is usually benign, but some can become cancerous.

AUSTRALIA HAS ONE OF THE HIGHEST RATES OF BOWEL CANCER IN THE WORLD. It becomes more common as people get older and mainly affects people over 50. IF IT IS DIAGNOSED AND TREATED EARLY, THERE IS A GOOD CHANCE OF CURE.

Some of the early symptoms which may, or may not be bowel cancer could include
1.Changes in normal bowel pattern. 2. Bleeding from the bowel. 3. Anaemia (lack of iron in the blood) due to bleeding in the bowel. 4. Abdominal cramps or pain 5. Bloating, weight loss, general feeling of being unwell.
IF YOU NOTICE ANY OF THESE CHANGES, SEE YOUR DOCTOR STRAIGHT AWAY

The causes of bowel cancer are not fully understood and it is likely that there are a number of factors involved:-

Age, diet, behavioural and lifestyle factors, and background, (people in western countries such as Australia, New Zealand and America have a higher incidence of bowel cancer than people in Asian or African countries. This may partly be due to differences in diet.



Need more information?

Thanks to The Cancer Council South Australia, for providing the booklet:- Bowel (colorectal) cancer which has all of the up to date information in it and is available from the Cancer Council. Phone the helpline on 13 11 20, The Cancer Support Network Onkaparinga – Dolph Young-phone 08 8384 9266 or from your Support Group Librarian, Peter Kiley.



Information day:

The information day at Seaford shopping centre was more successful than first thought. Several people stopped to talk with our volunteers, and take some information away with them. When packing up at the end of the day there was a much lighter load to take home than I expected, even allowing for the information that Bill Griffin took home to Normanville with him.

A big thank you to all who helped out on the day, a job well done.

Bill has kindly arranged with the owner of the Chemist shop/Shopping Centre at Normanville, for us to have an information day there sometime in the not too distant future – thanks Bill, and Jules is checking with the Woodcroft Shopping Centre for an information day there also, later in the year, thanks Jules.

Getting professionally prepared information about Prostate Cancer out into our Community at our information days really is a high priority for our Support Group, and our volunteer members are a credit to the Group. Thanks again.

Some photo's taken at Seaford Shopping Centre



Thanks to our Patron, Artie Ferguson for arranging this day for us, and thanks also to Bill & Rosie Griffin & Ian Curtis for providing the tables.

I must apologise for not getting a photo of all our volunteers, but a sign on the entrance door read – no cameras, however I checked with Centre Management later on, and they said that it would be OK. I will catch up with those who missed out and make sure that I get your photo either at the BBQ or at our next meeting.

 Familial link between Breast Cancer & Prostate Cancer.

Further to previous reports that the sons and brothers of mothers/sisters who have Breast Cancer are likely to carry the Prostate Cancer Gene, Dr Graeme Sutter said on the ABC talk-back radio this morning that the Gene has now been found.

It will take up to five years however before any benefit can arise from this discovery. Dr Sutter also said that the best precaution is still, regular check-ups.


PN. A mammoth study related in a book by T Colin Campbell, PHD, concluded that inherited genes are not the most important factors leading to disease.

A part Precis of THE CHINA STORY is enclosed.

Ian Gawler: (Health News photocopy on page 4.)

Hear Ian's talk on Prostate Cancer, at The Cancer Care Centre on July 19th 2008, From 2.00pm to 4.30pm. Cost: \$40.00 For details/bookings phone 8272 2411

NEWSLETTERS: Received with thanks from Melbourne & Heidelberg Support Groups Some very interesting information including the above.

 Reg Mayes update: A message from Ian Fisk to say that Reg passed away early this morning. Reg's funeral may be on Monday, please check Thursdays Advertiser.

IN LIEU OF OUR JUNE SUPPORT GROUP MEETING, WE WILL MEET SOCIALLY FOR

**A MID YEAR BBQ
AT WILLUNGA LIONS SALEYARD
CORNER STROUT & BINNEY ROADS WILLUNGA
AT 11.00AM ON SUNDAY, 8TH JUNE 2008.**