

We are here
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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.

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, toneraction CHRISTIES BEACH, and to all who support our Group.

OCTOBER 2008 NEWSLETTER (No 54)

Your own local Newsletter

*Meeting held in the Boardroom at
Noarlunga Community Hospital in-The City of Onkaparinga
On Wednesday October 1st 2008, from 6.30pm to 9.00pm.*

Chair: John Shields.

Present: 22

Apologies: Jules Van Kekem, Dawn Hammerl.

Xmas BBQ:

Our Xmas BBQ will be held at the home of our Patron Councillor Artie and Juli Ferguson. (have you got those recipe's for the book ready yet? Please bring them.) This has already been paid for thanks to the \$200.00 from our Patron Artie as promised, and \$40.00 from Ruth Dohnt.

We will make final arrangements for the BBQ at our November meeting.

Our Guest Speaker: Sandra Buttery, Peer Educator, Council on the Ageing.

Sandra emphasised first of all that we must know what medications we are on and what does and does not complement other medication that we may be on. Having a "quality" partner is important. Know what the medication is for and get our partner involved. But do not share medicines with your partner or anyone else. The most important thing to do is check with your Doctor and or your Pharmacist, regularly, and build up a good relationship with them.

Some helpful hints:

Be careful on the web – double check with your Doctor first.

Ring Medicine Line – A Pharmacist will ring you within a few hours.

Mail us at:

**PO Box 627
Noarlunga Centre,
SA 5168**

Telephone:

John:(08) 8382 6671

Mob: 0409715782

Jules: (08) 8325 8100

Brian: (08) 8556 2012

jshields@aandr.com.au

www.pcsog.org

Generic or not:

Tell your Doctor that you do not want generic and it will be stated on the script.

When you come out of hospital, you will have generic - do not double up with your own medicines.

The active ingredient in Generic medicine is exactly the same as the Brand names.

Some medicines will never be generic as generic is all about costs and saving money.

Companies who bring out Medications only do so after a lot of research, and there are tight guidelines for medicines that also must pass safety standards.

Have a home medications review: A Doctor or Pharmacist will do a home visit and check your medicines with you. There is usually no cost involved.

**When was the last time you cleaned out your medicine cupboard/drawer?
Do not dispose of old medicines if you find any, take them to the Chemist and they could go to third world countries.**

**Keep a list of your medicines on the fridge, together with your Ambulance Membership number, in case they need to be called.
For an Ambulance phone zero-zero-zero.**

Sandra told us an interesting poem about someone taking their medicines, and emphasised again - be an active partner in taking medication.

Questions:

**Is it safe to eat Grapefruit when we are on medicine for heart/blood pressure etc?
Yes, it is safe if you do not have the grapefruit and your medicine at the same time.**

Is it safe to drink, say a glass, of wine? Yes, red wine is good (Dr Red), as long as it is not a pint glass!!!

**What is the comparison between Australian and Overseas medicines?
There is no problem with medicines made in Australia as our standards are very strict. The risk with overseas medicines is that the strength may not be the same. Once again, it really does pay to check everything out fully and very clearly, with your Doctor or your Pharmacist. Medically speaking - they are your very best friends.**

Information Day at Normanville:

Some photo's below of the Information Table at the Normanville shopping centre, organised by Bill Griffin who is a local resident there. Bill decided to dress as a person in their operating theatre garments, and really looked the part. My memory very quickly went back to when I woke up at Repat after my "Radical", and I feel sure that there were many others with similar thoughts too. Very eye catching and a great idea Bill, and this would have helped Bill hand out a lot of info during the day.

Our sincere congratulations and thanks to Bill for this great initiative, and many thanks also to our two ladies - Phyllis and Rosie, for their support.

Our thanks also to Noarlunga Community Hospital for the Surgeons clothing.



After the information day, we were invited to Bill and Rosie's spacious home where we were able to relax before the drive back here to "The City of Onkaparinga". Bill took us for a guided tour around his lovingly cared for garden, which was an interesting experience in itself, while mine hostess Rosie prepared a delicious evening meal. All in all this was a very good day.

Election of officers for 2009:

Yes, it's that time of the year again and the election of officers for next year, will be held at our November 5th meeting.

Group Leaders Survey:

A ten page survey of Group Leaders will be completed and returned to the PCFA in good time for the National Conference on November 15th to 17th 2008.

Association meetings:

Your Association Chairman, Malcolm Ellis will give us an update at the November meeting. This will include a report on the teleconference at Foster Hill on Monday, 27th October 2008, regarding the proposed changes to our Constitution to enable McLaren Vale and the Northern Territory to join us, and the future of the Association.

Books for our library: Many thanks to the PCFA for some more books for our library although we have most of them, any addition to our library is most welcome. The PCFA has also provided all Support Groups with a Support Group Hand book.

Newsletters from other Groups: Prostate Melbourne, Prostate Heidelberg

**OUR NEXT MEETING
WEDNESDAY, 5TH NOVEMBER 2008 AT 6.30PM
OUR GUEST SPEAKER
DOCTOR DAVID ELDER - UROLOGIST**

**OUR CHRISTMAS BBQ
IN LIEU OF A DECEMBER MEETING
AT OUR PATRON ARTIE & JULI FERGUSONS HOME
21 TENTERTON ROAD, CHRISTIE DOWNS
ON SUNDAY 23RD NOVEMBER AT 11.00AM.
PLEASE BYO DRINKS, THE SAME AS AT WILLUNGA.**

**OUR FIRST MEETING NEXT YEAR:
WEDNESDAY 4TH FEBRUARY 2009 AT 6.30PM
WILL BE A CATCHING UP WITH EACH OTHER AND ROUND ROBIN EVENING.**

**We proudly support The Cancer Support Network - ONKAPARINGA
And The Fleurieu Cancer Network.**