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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, and a member of:-
The PCFA Central Australia Chapter

<http://pcfacentralaustraliachapter.org>

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 and Port Noarlunga-Christies Beach RSL Sub Branch, Thaxted Park Golf Club Inc. The Original Open Market, and to all who support us.

JULY 2009 NEWSLETTER (No 62) Your own local Newsletter

Meeting held in the Boardroom at NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA, at 6.30 pm on Wednesday July 1st 2009.

Chair: John Shields.

Present: 16

Apologies: Artie Ferguson, Ian & Gladys Curtis, Bill & Rosie Griffin, Carl & Erika Maughan.

f A word-or two, from your Vice President, President of the Association of Prostate Cancer Support Groups, President of the Central Australia Chapter of the PCFA, and Men's Health Ambassador Speaker, Malcolm Ellis. Greetings and best wishes to our members and readers.

The Chapter Council meeting at Alice Springs was very successful and shows that a lot can be achieved in a short while when a group of like minded people meet to harmoniously discuss the agenda items that will help guide us through the future.

The minutes of that meeting will be available at our August 5th meeting, and I look forward to seeing you there. Malcolm.

Please remember, Malcolm and John are your representatives on the Central Australia Chapter Council and we really do have your best interests at heart and value your input to make sure that we address every aspect of Support entirely to your satisfaction. So please put your thinking caps on and help us to help you get the best Support available to our Group. John.

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Teleconferences:

In addition to the monthly Teleconference for the Chapter Council Executive, there will be a Teleconference every three months for all members of the Chapter. We can talk about this in more detail at our August 5th meeting.

The next Chapter Council Executive Teleconference is on Thursday August 6th at 10.30am, and the first Chapter Teleconference is on August 13th at 10.30 am.

If you have anything that you believe needs to be discussed and want to talk about it before the August meeting, please contact either Malcolm or John on the above phone numbers or email addresses.

 **Our Guest Speaker, Paul Redman**

Paul gave an excellent presentation at our July meeting and explained how best to conduct a Prostate Cancer Support Group.

As you would be aware, Paul was also Guest Speaker at the Adelaide Group recently and Ian Fisk recorded the presentation on his PDA and has kindly advised us that if anyone would like a copy, please contact Ian by phoning 8296 5530 or email ian@ianfisk.org Ian's report is also in the MAY - JUNE, PROSTATE SUPPORTER.

* **PROSTATE SUPPORTER:** Congratulations to David Sly, Karyn Foster, and all who work on producing this outstanding newsletter. A good read guaranteed. Karyn, has there been any progress re-Rex Jory, and a Support Group column, or The Advertiser and Sunday Mail re- free advertisements that are periodically available and called "house fillers"? John Shields.

 **A snippet from Geoff: Fighting Cancer with Cold Gas.**

A TREATMENT that freezes away prostate tumours is as effective as surgery but without the terrible side effects.

Focal cryoablation, known as the "male lumpectomy", destroys cancerous tissue with super-cold gas, fired through needle probes.

It targets the tumour without damaging surrounding tissue. As nerves and blood vessels are preserved, it does not cause the side effects of impotence and poor bladder control associated with surgery and radiotherapy.

Doctors said the procedure was as good as more radical treatments in cases where the disease had not spread. From *health news IN BRIEF.*

The cost of treatment or where/when to get it, was not included with the article.

 Newsletters received with thanks from Cancer Support Network Onkaparinga, Sydney Adventist Hospital PCSG, Prostate Melbourne and Prostate Heidelberg, Andrology Australia, US TOO, and Payneham Support Group.

OUR NEXT MEETING.

WEDNESDAY, 5TH AUGUST 2009.

6.30 TO 9.00PM

**OUR GUEST SPEAKER: MALCOLM ELLIS
MEN'S HEALTH AMBASSADOR SPEAKER**

Our September 2nd meeting will be a general discussion.

Our October 7TH Guest Speaker is Dr David Elder Urologist.

WE ARE HERE FOR YOU, YOUR FAMILY, FRIENDS, AND THE COMMUNITY (John)