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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**

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, Willunga Lions Club, Port Noarlunga-Christies Beach RSL Sub Branch, The Original Open Market, toneraction CHRISTIES BEACH, and to all who support our Group.

MAY 2009 NEWSLETTER (No 60) **Your own local Newsletter**



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

On Wednesday May 6th 2009, from 6.30pm to 9.00pm.

Chair: John Shields

Present: 19

Apologies: John & Dawn Hammerl, Rhonda Foreman, Margaret Cramond, Gladys Curtis and Ruth Martin. Our thoughts are with all who are not well at this time.

Tonight was an interesting round robin, and it was good to hear our members and their wife talk openly about their Prostate Cancer journey. We also watched the DVD provided by the PCFA. So how do you choose, a guide for men and their partners, once the diagnosis has been made. This is an excellent DVD for anyone who has just been diagnosed, and our librarian Peter Kiley now has copies.

OUR VERY OWN AMBASSADOR (See page 3, April/May 2009, PROSTATE SUPPORTER.)

Further to the introduction in last month's newsletter, I would like to take this opportunity to congratulate Malcolm Ellis, our Vice President and Chairman of The Central Australia Chapter, for successfully completing the National Men's Health Ambassador Speaker Program training, held in Canberra recently, and is now a fully qualified "Men's Health Ambassador Speaker". There are seven Ambassador Speakers in South Australia, including Malcolm Ellis, Ian Fisk (Adelaide Group) and Dean Wall (Action Group). If you know of any Group that is looking for a Men's Health Speaker, please contact Malcolm on 8326 5588 or the PCFA 1800 22 00 99 or (02) 9418 7942 for more information and/or to take part in Ambassador training next year.

Your Central Australia Chapter Meeting:

The May 14th meeting of your Central Australia Chapter was at the Retreat, Chapel Hill Winery, McLaren Vale, and I will make sure that you get a copy of the minutes.

Fleurieu Cancer Network's My Diary Project

John Hammerl, Phyllis and myself attended the launch of the FCN's "My Diary", on Thursday 30th April at the Christies Beach Surf Lifesaving Club. Our Patron Councillor Artie Ferguson, who is Chairman of the Fleurieu Cancer Network, explained the purpose of the Diary and congratulated those who had contributed their time and expertise to produce a diary to be proud of. Artie also presented a Certificate of appreciation to several people for their good work, and recognised those in attendance who give support to the Cancer Support Groups, including our own founder-yours truly.

The main speakers were our Mayor Lorraine Rosenberg, the Member for Kingston Amanda Rishworth MP, Chief Social Worker Ann Young, and the man who put his whole heart and soul-so to speak, into the project, Bryan Hearn-Mc Laren Vale Group. For those who have not seen it, the Diary is excellent and if you know someone who has been recently diagnosed, they can get a free copy by phoning Vanessa on 8201 7860, but they will need to call immediately as numbers are limited, for now. Bryan, and to all who assisted with its production-"My Diary" is a Gem.

John and Phyllis Shields at the My Diary launch.



Consumer Guidelines for Advanced Prostate Cancer.

Dr Carole Pinnock of the Australian Prostate Cancer Coalition is the principal author of the consumer guidelines for advanced prostate cancer and is obtaining input from a working party representing a broad range of health care and consumer involvement in different aspects of the prostate cancer journey.

I have received our copies of the 6 chapters as at 21/4/09, and emailed them to our members and interested supporters who have given me their email address.

If you have advanced prostate cancer or an interest in advanced prostate cancer because of experience with a family member or close friend, please contact me ASAP, and I will make sure that you have the opportunity to put "your heads together" and provide consumer feedback-only in terms of content and text readability.

Please either phone, or email John Shields: 8382 6671 or jshields@aandr.com.au or Malcolm Ellis: 8326 5588 or malell@iinet.net.au

July 1st meeting:

Paul Redman, PCFA Support Group Services Manager, will be attending our meeting and will give us a presentation about the PCFA.

HEALTH IN MEN PROGRAM-Toolbox Meetings 2009.

Ian Fisk has drawn my attention to the ad on page 11 of the April/May 2009 PROSTATE SUPPORTER, and I see that Professor Villis Marshall is going to talk about the Nuts & Bolts of the Prostate on August 14th at the RAH, from 12.00-12.45pm.

An award for Trevor Hunt.

We had the pleasure of attending the presentation to Trevor Hunt, of an award from the Premier Mike Rann, for his outstanding service to the community as a volunteer. Trevor is a deserving recipient of this award, and since the presentation will be reported in more detail along with photo's in the newsletters of the Groups that Trevor was involved with, and the PCFA, I will leave that to them and join with you in warmly congratulating Trevor for the way that he has devoted himself to putting the health and wellbeing of others first.

On behalf of the members of the City of Onkaparinga Prostate Cancer Support Group, our sincere best wishes to you Trevor.

Some reports received with thanks, from Geoff Nixon:

*** A Prostate Lifesaver. World-London: Doctors within three years may have a powerful weapon in the battle against Prostate Cancer. Tests suggest that a once a day pill shrinks tumours or stops them from growing. The drug cut signs of the disease in men with tumours so advanced, they otherwise were untreatable. US Researchers said the drug could prove a life-saver if given in the early stages of the illness.**

*** New technology singles out proteins in prostate cancer.**

The Newel Foundation, dedicated to prostate cancer research in memory of the late Brian Newel, has donated \$10,000.00 to purchase a 2D electrophoresis kit for the Flinders Proteomics Facility. This will give researchers the tools to separate the tens of thousands of proteins which are present within cells so that one can be looked at specifically. Proteomics, the study of proteins which are involved in every part of a cells function, is an area of science that has only evolved in the last decade. Current projects underway at the Flinders Proteomics Facility include investigations into the role proteins play in degenerative diseases, cancer, eye disease, asthma, kidney stones, and multiple sclerosis to name but a few. FMC Newsletter.

Newsletters received with thanks from: Melbourne and Heidelberg Support Groups, Us TOO, PCFA PROSTATE NEWS, P.C.S.G. Jacaranda Lodge NSW, Payneham Support Group, and our own SA PROSTATE SUPPORTER.

REMEMBER:

To improve your memory and general health, drink 8 glasses of water each day. (And as for me- stay close to a loo!!!)

**THE MID YEAR BBQ
WILL BE AT THE WILLUNGA LIONS SALE YARD
ON SUNDAY 7TH JUNE 2009 AT 11.00AM.**

Ladies, please bring a salad & sweet. We will provide the meat etc however, Peter needs to know what quantity to buy. If you have not put your name on our list, would you please phone Phyllis on 8382 6671 or Peter Kiley on 8384 1032

The views expressed in this newsletter, are those of the Editor/Chairperson, John Shields.