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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 ~

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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.

OCTOBER 2009 NEWSLETTER (No 65)

Your own local Newsletter

Our President/Editor John Shields accepts responsibility for the content of this newsletter.

Meeting held in the Boardroom at NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA, at 6.30 pm on Wednesday October 7th 2009.

Chair: John Shields.

Present: 23

Apologies:

Our Patron Councillor Artie Ferguson, Norman Andrew and Jules Van Kekem.

Emails: As you may know, A & R Computers decided to close their ISP operations and I have been waiting all of this time to get connected to IINET. I am sorry if your emails to me have not been getting through. I have been promised that I will be "connected" on Tuesday 27th October. Fingers crossed!!!



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 Darwin 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 have now been distributed. 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.

Our Guest Speaker: Dr David Elder.

I must first of all apologise to Dr Elder for forgetting to thank him personally for donating the DVD-CD Player to our Group. Thank you Dr Elder.

Dr Elder was given a big welcome once again and gave us an excellent and easy to understand presentation. Members were reminded that it was six years ago when Dr Elder was Guest Speaker at our first meeting here in Conference room three on Wednesday 1st October 2003.

Dr Elder spoke about some of the health aspects in relation to the prevention of disease, then talked about the most serious illnesses including Prostate Cancer. He also spoke about Prostatitis, Pain in the Pelvic area, Benign Enlargement, slow urine flow and how Prostate Cancer has no symptoms-it is a silent disease. Dr Elder then talked about Reproductive Hormones, Cholesterol, Oestrogen and Progesterone then showed/explained the anatomy of Testosterone in the Prostate. Also new treatments for Hormone resistant disease. The excellent overheads gave us a clear illustration of what Dr Elder was explaining and he then mentioned longer term solutions, early detection, voluntary testing, case finding and population screening. This led to the final segment on prevention-what can we do? The several things covered included a healthy heart diet, Statins, Finasteride-Dutasteride (Blocks Testosterone), Saw Palmetto (explained why maybe not), Selenium, Soy Protein and Lycopene-tomatoes (maybe good), Vitamin E (also maybe good, but not more than 500mg-clotting)

Dr Elder then gave us a lot of time to answer the many questions.

Thank you once again Dr Elder for your excellent presentation and for being so generous with your time, and your thoughtfulness toward our Group.

Annual Conference.

A very successful Annual Conference was held at Mount Lofty House on Friday the 16th and Saturday the 17th October 2009 and I will forward the minutes to you. If you are not on our mailing list please contact me, and I will make sure that you get a copy. John.

Teleconferences:

The next Chapter Council Executive Teleconference is on Thursday 5th November at 10.30am. As previously mentioned, 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. Peter Kiley will represent our members, so if you have anything that you would like discussed, please let Peter know by November 10th for the November 12th Teleconference at 10.30am.

Leadership Training

Leadership Training should be on the Agenda for the Council meeting in Port Pirie on the 19th November, This will form part of a Prostate Cancer Support Group Information and Leadership Training Manual that I have been working on over the past few months and I have included our Officer's Duties lists for all of our members to evaluate and give me their feedback. John.

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, 4th NOVEMBER 2009 FROM 6.30 TO 9.00PM

OUR GUEST SPEAKER: ARNE BREUER WHO IS A LIFESTYLE CO-ORDINATOR.