

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

Mail us at:

PO Box 627
Noarlunga Centre,
SA 5168

Telephone:

John:(08) 8382 6671
Jules: (08) 8325 8100
Malcolm: (08) 8326 5588

Email: info@pcsog.org

Or: jshields@inet.net.au

Web: www.pcsog.org

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, Thaxted Park Golf Club Inc, The Original Open Market, and to all who support our Group.

DECEMBER 2010 NEWSLETTER (No 78)

Your own local Newsletter

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

On Wednesday 3RD November 2010, from 6.30pm to 9.00pm.

Chair: John Shields.

Present: 26.

Apologies: Cr Artie Ferguson.

Welcome: New members/Visitors. Christopher & Alice Conway and Anton & Raylee Crane.

Many thanks to Rosie Griffin, for putting the advert for our meeting in the local Messenger Press.

Our Guest Speaker:

Dr David Elder.

**Southern Specialist Centre
Morphett Vale.**

Dr Elder gave another excellent presentation on the Prostate Gland, the problems we can have with it, the treatment options now available and the affects that they can have on us. Dr Elder used the overhead projector to clearly illustrate his talk and then devoted a lot of time to questions from our members and visitors. We always look forward to Dr Elder attending our meeting and appreciate the fact that he is generous with his time and open to all questions. The feedback from the meeting was very good. Many thanks Dr Elder from all of our members.

SUNDAY DECEMBER 5TH 2010.

We do not have a Support Group meeting in December or January and have our end of year BBQ at Willunga Lions Sale Yard, corner Strout & Binney roads Willunga at 11.00am on Sunday December 5th.

Many thanks once again to the Willunga Lions Club for allowing us to use this great facility and we look forward to catching up with some of their members on the day. As usual, for lunch the ladies will bring a plate of their choice-a salad and/or sweet-and this has worked out well in the past with a good mixture of BBQ food plus some delicious cake and sweets.

We would also like you to bring along something to include in the raffle please

If you are attending and have not already done so, would you please let Phyllis Shields know on 8382 6671.

We look forward to seeing you there.

ACTIVE surveillance.

Us blokes are all good mechanics, aren't we? Of course we are!!!

Dr Charles (Snuffy) Myers gives the good oil to the not so good mechanics among us.

In this week's Prostate Forum Dr Myers explains the pitfalls relating to the term "watchful waiting", and uses a good illustration to emphasise the fact that watchful waiting means just that, being vigilant and working very closely with our medical professionals, and keeping our finger on the pulse so to speak. Dr Myers was talking about a Gleason 6 Prostate Cancer and after explaining how some men do not take watchful waiting seriously and discover the bad news a few years later, Dr Myers said that it was like driving a car and not ever replacing the oil. He also said that watchful waiting is not a licence to forget and sometimes becomes benign neglect. Just as we need to maintain our machine-or motor vehicle, we also need to attend to the "active" part of active surveillance.

A little later on Dr Myers also spoke about the need to be constantly active in doing our pelvic floor exercises to maintain urinary continence.

Associate Professor Pauline Chiarelli's Pelvic Floor exercises DVD is in our library.

For more information about Dr Myers please go to <http://snuffymyers.blogspot.com/>.

**OUR NEXT MEETING
IS THE BBQ
AT WILLUNGA LIONS SALEYARD
CORNER STROUT & BINNEY ROADS WILLUNGA
ON SUNDAY 12th DECEMBER 2010**

This will be our last Newsletter for this year and Karyn Foster has advised that the deadline for inclusion of your articles in the next edition of PROSTATE SUPPORTER is 31/01/11, however she will be happy to receive anything that you have to forward to her earlier than that.

**OUR FIRST SUPPORT GROUP MEETING NEXT YEAR
IS ON WEDNESDAY 2ND FEBRUARY
IN THE BOARDROOM
AT NOARLUNGA COMMUNITY HOSPITAL**

**WE WISH ALL OF OUR MEMBERS AND READERS
A VERY SAFE AND JOYOUS
CHRISTMAS AND NEW YEAR.**