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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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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 and to all who support us.

JULY 2010 NEWSLETTER (No 72)

Your own local Newsletter

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

OUR JUNE 6th BBQ

Chair: John Shields.

Present: 25


Apologies: Norman Andrew.

 **Update on Malcolm Ellis your Support Group Vice President and Chairman of the Central Australia Chapter.**

Malcolm has recently had treatment for Angina. He now has a Stent in place and hopefully this will give him relief from the accompanying pain from Angina.

Malcolm phoned recently to say that he was back in Flinders Medical Centre after having more chest pains and had hoped to go home soon, however he is still in hospital but sounds cheerful. Malcolm has been in Ward 6d at FMC for 4 days now and a blockage on the other side of his heart has been found so he will need an Angiogram and Angioplasty (to clear blocked heart arteries) tomorrow.

DONATION: Many thanks to Tony Moore for donating \$50.00 to our Support Group. Tony is recovering from his PC treatment and appreciated some information passed on to him from one of our members.

 **Our BBQ on June 6th was once again well attended and as always, an enjoyable opportunity to meet with families, friends and supporters in an informal way.**

Our special thanks to Brian and Rhonda Foreman for the big effort they put in to make sure that our BBQ's are a success and Peter Kiley for collecting the meat and assisting with the cooking. Our thanks to all who attended and to those who helped out on the day. It was good to see our Mayor Councillor Lorraine Rosenberg and members of the Willunga Lions again and our sincere thanks to Willunga Lions for allowing us to use this great "all weather" facility with the big Barbie and the "central heating" and also to the Womens Auxillary, and our members for providing some nice prizes for the raffle. We were pleased that Rhona Stanley was able to attend and thanks again Rhona for donating the beautiful painting for the raffle (won by Phyllis), and our thoughts have been with Ruth Dohnt who

was unable to attend. It was also good to catch up with our Patron Councillor Artie Ferguson who is now heading up the Fleurieu Cancer Network and his hard working wife Juli, our thanks again to their daughter Victoria for once again providing the entertainment. Juli also tested our mental powers with some puzzles which kept us thinking very deeply for quite some time. Thanks Juli, you always seem to have a bag of tricks "up your sleeve".



New Support Group to start at Whyalla.

The first meeting of the Whyalla Prostate Cancer Support Group will be held on Tuesday July 6th at 7.00pm, at the Whyalla Foreshore Motor Inn.

Central Australia Chapter Council members who will attend the inaugural meeting are Jeff Roberts, Bryan Hearn, John Baulderstone and John Shields.

The meeting will be well advertised locally on TV, Radio and in the newspaper and we are hopeful that there will be a good attendance and a successful Support Group started. We will certainly do all that we can to help where needed.

The next Chapter Council meeting is at Kathryn on July 15th 2010.



Paul Redman: Support Group Services Manager.

A reminder from Paul that the second International Conference of the Prostate Cancer Foundation of Australia will be held from Friday 6th – Sunday 8th August 2010 at the Gold Coast Convention Centre. Paul has provided Support Groups with an Invitation and Conference Registration Brochure that says, this is an ideal opportunity to meet and exchange ideas, information and experience with colleagues. Learn from leading Cancer experts from around the world. Hear about the latest Prostate Cancer research and meet the leading researchers from Australia and around the world. Enhance your training and skills development and assist those touched by Prostate Cancer. Contribute to formulating an agenda for future government funding.

The brochure has Registration Information, fees including EARLY BIRD prices, which closes on Wednesday June 30th, plus Hotel accommodation with special rates and a Delegates registration form.

I will include a brochure with the newsletter however there is not much time left to register as an EARLY BIRD.

To anyone who is not on our mailing list, if you would like a copy sent to you, please phone me on 8382 6671 (John)

The PCFA June edition of Prostate News also arrived as well as some information about the PCFA & Bunnings BBQ's and I will have copies of these for you at our July 7th meeting. I have been able to book Sunday the 1st August for a BBQ at Bunnings Noarlunga store and we will need plenty of helpers over that day. Also from the PCFA, all Support Groups have been offered a free one year subscription to Medical Oncologist and Prostate Cancer survivor, Dr Charles "Snuffy" Myers' Blog.

Other Newsletters received with thanks from Sydney Adventist Hospital PCFG, Prostate Melbourne & Prostate Heidelberg and Anthology Australia.

Did you know? Male Breast Cancer happens between the ages of 65 & 70.

Source: National Cancer Institute (USA)

From the American Click for Breast Cancer site 21/06/10, in honour of the upcoming Fathers Day on Sunday September 5th.

We are working toward having our own Click for Prostate Cancer site.

**OUR NEXT MEETING
6.30PM WEDNESDAY 7TH JULY 2010
IN THE BOARDROOM, NOARLUNGA COMMUNITY HOSPITAL
WE LOOK FORWARD TO SEEING YOU THERE**