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## **CITY OF ONKAPARINGA Prostate Cancer Support Group South Australia**

**An affiliate Member of the Prostate Cancer  
Foundation of Australia, and a member of:-  
The PCFA Central Australia Chapter**

[www.pcfacentralsouthaustraliachapter.org](http://www.pcfacentralsouthaustraliachapter.org)

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**We are also a member of  
The Association of Prostate Cancer Support Groups (S.A.) Inc.**

**Mission Statement:** Our Mission is to provide Support based on our own personal experiences, to Men who have had a diagnosis of or treatment for Prostate Cancer, plus their Wife/Partner and Family in a safe environment that guarantees privacy for each person's personal information relating to Prostate Cancer. **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, as we have your best interests at heart.

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 us.

### **MAY 2010 NEWSLETTER (No 70)**

**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 6.30pm on Wednesday 7<sup>th</sup> April 2010.

**Chair: John Shields.**

**Present: 17**

**Visitors:**

**A big welcome to Uwe Janssen and Eric Spehr who both gave a good account of their Prostate Cancer journey so far, and made an excellent contribution to the meeting.**

**Apologies:** Jules Van Kekem, Gladys Curtis, and Rosie Griffin . Pat Green phoned to say that Philip is in Flinders Medical Centre and he has an Aneurism. Philip will have an operation on Tuesday 13<sup>th</sup> April.

**PROCTITIS:** Support Group member Tony Moore would like to talk with anyone who has had personal experience with Proctitis. Tony's phone number is (08) 8296 0162. For more information about Proctitis check <http://www.cssa.org.au/content/4/35>

**Kathriye Strassnick and Stephen White.**

**Cancer Council South Australia: See their photo on page 2.**

**Members welcomed CCSA Project Officer Kathriye Strassnick and Stephen White to our meeting and it was good to hear about the Cancer Support activities that Kathriye is involved in**

**There is a report from the Adelaide Group on page 3 of the March - April edition of Prostate Supporter so I will not repeat what has already been written there.**

**Kathriye said that the CCSA was the first to be established in Australia and had also bought equipment for the RAH. They do not receive Government funding and, like the PCFA rely on donations to fund the excellent work that they do in relation to all forms of Cancer.**



**Kathriye also spoke in detail about Behavioural Research, Education, Healthy eating, Exercise, The extensive Support Services, CCSA Accommodation, The Counselling Service, Cancer Connect and the very important Carers. Stephen then gave a comprehensive account of his own experience with the Staying Healthy after Cancer Program. This was also very well received. Kathriye then discussed the forthcoming Staying Healthy after Cancer Education group program. This is a free six week program that will help to:-**

**Manage changes to your body, Reduce feelings of anxiety, depression and fear, Work more effectively with Health Care Professionals and Reconnect with life and get more out of living. It covers:- Nutrition, Exercise, Relaxation techniques, Fatigue, Medications, Difficult emotions, Communication, Problem Solving and Goal setting. The Program is delivered by trained peer leaders. If you would like to know more about the program and, or becoming a leader for the program, or get information about future courses being held at Angle Park, Fullarton, Salisbury, Aldgate, Modbury and Eastwood, or take part in the 6 week online course on Healthier Living with ongoing Health Problems – including Cancer, please phone Kathriye on 8291 4158 There was very good interest from our group in attending the upcoming course at Noarlunga Health Village Alexander Kelly Drive on Thursday 13<sup>th</sup> May to Thursday 24<sup>th</sup> June 2010. If you would like to attend please give Kathriye a call.**

**From Repat's News April 2010: With permission-Mr Ross Verschoor Publications Mgr**



**Dr Carole Pinnock and Dr Sam Chopra.**

**Dr Pinnock has received an award for 20 years service at Repatriation General Hospital (RGH) and, as we know from personal experience, has been a great support to our groups as a guest speaker. Dr Pinnock's contribution to the production of the Localised prostate cancer and Advanced prostate cancer books as Chair of the Education Steering Committee of the Australian Prostate Cancer Collaboration Repatriation General Hospital Daw Park is widely known and very much appreciated by Prostate Cancer Support Groups. Dr Sam Chopra (RGH)**

**was awarded a \$30,000 grant to further his understanding of prostate cancer tissue growth and how it is controlled, by studying the male hormone receptor in benign and cancerous tissue. The grant was a bequest by the late William (Cyril) Wallis for research into the causes and treatment of prostate cancer.**

**A gem of a service opens to support older people at RGH.**

**A specialised unit for older people has been opened in Ward One of the RGH. Called GEM – Geriatric Evaluation Management – the unit is an integral part of a comprehensive plan to anticipate and accommodate the health care needs of the**

ageing population in Southern Metropolitan Adelaide. Research also supports that older patients treated in GEM units improve in function, have shorter lengths of stay in the hospital, leave taking less medication and generally have better outcomes following their hospital stay. The full report is in the April edition and I will bring some copies to our next meeting. Also check [www.rgh.sa.gov.au](http://www.rgh.sa.gov.au) Southern Adelaide Health Service.

Did you notice anything different about our Newsletter this month? Please let me know. [jshields@inet.net.au](mailto:jshields@inet.net.au) If you have any interesting Prostate Cancer stories, or jokes to tell please either email them or snail mail them to me and I will make sure that they are included. Remember, laughter is the best medicine. (John)

#### **JUNE 2010 BBQ.**

Brian Foreman has confirmed the date for our mid-year BBQ at the Willunga Lions Sale Yard at 11.00am on Sunday 6<sup>th</sup> June and we need to know, for catering purposes, if you are going to attend. Would you please phone Phyllis Shields on 8382 6671 by Thursday 3<sup>rd</sup> June if you are attending, as we need to order the meat in time to collect it on the Saturday. Thanks Brian.

Newsletters on the table from other Groups, received with thanks. Andrology Australia, Prostate Melbourne & Prostate Heidelberg, Cancer Support Centre Jacaranda Lodge, Payneham SG, and Prostate Supporter.

#### **Leadership Training Manual.**

This will finally be presented at the next Chapter meeting which is planned for Whyalla on Thursday 20<sup>th</sup> May. The venue for this meeting is yet to be confirmed.

Just a reminder that the next Chapter Executive Teleconferences are on Thursday 6<sup>th</sup> May at 10.30am and Thursday 3<sup>rd</sup> June, and the next Chapter Teleconference is on Thursday 10<sup>th</sup> June 2010 at 10.30am. Please liaise with your representative Peter Kiley on 8382 1032 if you would like to have anything discussed.

**OUR NEXT MEETING  
6.30PM ON WEDNESDAY MAY 5<sup>TH</sup> 2010  
AT NOARLUNGA COMMUNITY HOSPITAL**