

**F** *We are here* **Y**  
**O**  **O**  
**R** **U**

*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>**

**Mail us at:**  
PO Box 627  
Noarlunga Centre,  
SA 5168  
**Telephone:**  
John:(08) 8382 6671  
[jshields@inet.net.au](mailto:jshields@inet.net.au)  
[www.pcsog.org](http://www.pcsog.org)  
Malcolm: (08) 8326 5588  
[malell@inet.net.au](mailto:malell@inet.net.au)  
Jules: (08) 8325 8100  
Brian: (08) 8556 2012

**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.

#### **NOVEMBER 2011 NEWSLETTER (No 89)**

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  
On Wednesday 2<sup>nd</sup> November 2011 at 6.30pm.**

**Chair: John Shields.**

**Present: 24**

**Apologies: Colin & Gladys**

 **Tonight we welcomed Gary, Bob & Marjory, & Dale & Jenny for the first time. Ivan & John also joined us and it is always encouraging to see members who may not need to attend every meeting. Colin did attend but had to leave when advised that he had some visitors at home. Colin & Gina hope to attend the BBQ.**

 **Our Guest Speaker: Doctor David Elder.**

**Doctor Elder gave a detailed insight into what events take place in the lead up to and treatment of Prostate Cancer.**

**Doctor Elder outlined the ten leading causes of death in men, plus Prostate Gland diseases. He spoke of how Cancer is often a silent disease and showed us the Anatomy then discussed the prevalence of Prostate Cancer in the Community.**

**Once again this was very interesting and it was good to see by the number of people who attended and the feedback, that Dr Elders talk was very much appreciated.**

**Our Groups Chairman thanked Dr Elder, not only for his excellent presentation, but also for the fact that the majority of people who have attended our Groups meetings were told about the Support Group meetings by Dr Elder.**

**Once again, many thanks Dr Elder.**

**Parking at the Hospital:**

**For those who do not know, the first two hours are free, and there has also been some free parking around the perimeter of the paid parking area, but that may change. There is currently some work being done in that area so we will just have to wait and see.**

**OUR END OF YEAR BBQ:**

This will be at Peter & Christine's home on Sunday 4<sup>th</sup> December 2011 at 11.00am.

Just a reminder, that you will need to bring a fold up chair, plus either a Salad or a Sweet.

It may be a good idea to phone Phyllis on 8382 6671 to check this out, or if you have not let us know that you are attending, as we need to know how much meat to buy.

For those who are attending for the first time, we have a raffle to help raise funds for the Group, so if you have any items that you can bring along for the raffle, that will be very much appreciated.

Many thanks to Peter & Christine for allowing us to have the BBQ at their home.

**The Localised Prostate Cancer Pack:**

I have checked with all 23 Chemists in our area to find out which Chemist has received the Packs. I have been able to locate them and will have a list of these Chemists at each meeting for men who have just been diagnosed. (John)

~A CONVERSATION WITH CANCER PROJECT~  
AN INITIATIVE OF THE FLEURIEU CANCER NETWORK

At Christie Downs Community Centre

On the 8<sup>th</sup> December 2011

From 11.00am to 1.00pm

**BOOKINGS ARE ESSENTIAL:**

I have enclosed and/or emailed the flyer with all of the details.

We all know that being diagnosed with Cancer is a life changing experience and this is indelibly etched in our minds. We know too that sharing our personal experience with other people who are also on the same "journey" can be very helpful indeed, especially to someone who has only just recently been diagnosed. One of the most important things that we can do is to communicate our thoughts and feelings with our loved ones and to others who are near and dear to us, and including the people who we either work with or come in contact with on a regular basis. Good communication = good outcomes.

We all have a story to tell, so I encourage you to take this opportunity to share your Cancer journey with other like minded people.

We are often reminded that having Cancer also affects the person or people who are the prime carers, but we do not very often hear their side of the story, so it will be good if we are able to hear about the Cancer journey from a Carers point of view.

We look forward to catching up with you on the 8<sup>th</sup>. (John)

**Election of Officers:**

The result of the election is that all office bearers for 2011 will continue to serve in 2012. My personal thanks to all who are helping us to maintain a strong Support Group, however we would love to see more people willing to assist with the various duties.

**Newsletters:**

Many thanks to Prostate Melbourne and Prostate Heidelberg for sending us their newsletter, and Monash Institute of Medical Research for the Andrology Australia editions. Newsletters from the PCFA and some interstate Support Groups are available on line.

See [www.prostate.org.au](http://www.prostate.org.au) , [support@sah.org.au](mailto:support@sah.org.au) and [hobartpcsg@gmail.com](mailto:hobartpcsg@gmail.com)



**We continue working toward having a PCFA Click for Prostate Cancer website.**

**IN LIEU OF OUR NEXT MEETING, OUR END OF YEAR BBQ WILL BE HELD  
AT PETER & CHRISTINE'S HOME ON SUNDAY 4<sup>th</sup> DECEMBER 2011  
At 11.00am.**