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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**

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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.

OCTOBER 2011 NEWSLETTER (No 88)

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**

On Wednesday 5th OCTOBER 2011, from 6.30pm to 9.00pm.

Yes parking at the Hospital is still free.

Chair: John Shields

Present: 16

Apologies: Gladys and Mary.

Tonight we watched the DVD, Cancer what now? The DVD is the result of a collaboration between Graeme Goodings and Cancer Council SA. It contains information and experiences from health professionals and survivors to assist people to make informed choices about their Cancer experience.

There are ten chapters and you can check out the chapter of your choice. All of the following information in more detail is available on www.cancerwhatnow.com.au

Some dot points from this very informative DVD are:-

When first told that you have Cancer you may feel helpless and so alone. Being told that you have Cancer is a life changing event and really just the start of the journey. After the initial shock, there are things that you can do and things that you must do. Your Doctor will give you information that you need to know, about treatment options, Surgery, Radiotherapy and Chemotherapy, however the final decision about what course of action to take is up to you.

Regarding treatment, a lot of people see Surgery, Radiotherapy and Chemotherapy as alternatives, however all three may be needed to successfully treat some Cancers.

Some people think of Cancer as one word but it is a whole range of different illnesses and people's reactions are varied, they may experience shock, sadness, disbelief, frustration,

anger, worry, and anxiety. They may also have some positive thoughts and relief, because they knew that something was not quite right and now they know the reason why. Hearing from other sufferers is also very helpful

The role of exercise: It has been known for a long time that exercise prevents Cancer. Studies of people who have Cancer show that exercise makes a difference.

Who can help me? The Cancer Council provides support, advocacy and advice on practical issues like prevention, education and information. When told they have Cancer some people feel guilty and ask themselves, what have I done? It is the role of the counsellor to dispel myths and help the person decipher some of the medical jargon.

The good news is, every year that goes by, Cancer is more treatable, more curable.

At the end of treatment, what now? What will I do with my life? People around you are celebrating because the treatment has finished and think that everything will be back to the way it was, but that will not happen because of the huge experience that you have had and there is going to be a new you, and a new life.

Cancer what now? Is well worth viewing. The purchase price from Graeme Goodings is \$29.95 with the proceeds of sales going to The Cancer Council SA.

Purchase details are on the website.

Peter now has this DVD in our library.

Patient Vouchers:

I have checked with Carrig Chemist's at Colonnades and they are ordering the Localised Prostate Cancer Pack for men who have only just been diagnosed.

Carrig Chemist's is located downstairs near the escalators and opposite the Newsagent.

I mentioned in the last newsletter that our local CBA was having a BBQ to raise funds for Prostate Cancer. The total amount raised after expenses and sent to PCFA was \$1500.00. Many thanks to CBA and the staff members who did all of the hard work.

ANNUAL CONFERENCE:

Details are almost finalised regarding Guest Speakers and accommodation.

**OUR NEXT MEETING
WEDNESDAY 2nd NOVEMBER 2011 AT 6.30PM
IN THE BOARDROOM
AT NOARLUNGA COMMUNITY HOSPITAL.**

OUR GUEST SPEAKER IS Dr DAVID ELDER-UROLOGIST.