

F *We are here* **Y**
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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>

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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.


AUGUST 2012 NEWSLETTER (No 97)

Your own local Newsletter

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

Present: 14

Apologies: Matt & Gladys.

 **As reported last month our Guest Speakers were local Registered Nurse Janette Allen who is studying Life Coaching, and John Allan who is an Author, Counsellor and Life Coach. John lives in the Willunga area. Both speakers were well received and responded to the many questions they were asked.**

If you would like to speak with either Janette or John their contact details are.

Janette.r.allen@mail.com Phone: 0421 996 865

or John A Allan mylivingsolutions.com.au Phone: 0429 625 211

WWW.mylivingsolutions.com.au

Meeting of the Southern Cancer Club.

Free community program: Staying Healthy After Cancer

Have you recently completed treatment for cancer?

Is your cancer considered stable or in remission?

Do you have a chronic form of cancer?

Our free seven week program will assist you with:

- . Nutrition and exercise**
- . Relaxation techniques**
- . Managing fatigue and difficult emotions**
- . Problem solving and goal setting.**

Program held at:

Where: Noarlunga GP + Super Clinic

Alexander Kelly Drive, Noarlunga Centre

When: Tuesdays – 16 July to 28 August 2012

Time: 10.00am to 12.30pm

To register please call Cancer Council Helpline 13 11 20 www.cancersa.org.au

FCN: Nominations for Management Committee.

Meetings are monthly on the third Thursday for one hour at Christie Downs Community Centre.

You may self nominate for the following positions:-

- .Chairperson
- .Secretary
- .Minute taker
- .Treasurer
- .Promotions
- .Committee member.

Please let Jules know of your nomination ASAP, or if you would like more info please phone 8186 0048 or email info@fcn.org.au

As mentioned before, this monthly meeting coincides with the Chapter Council meeting so Phyllis and I are unable to attend regularly or nominate for the Management Committee.

Prostate Cancer: Post treatment issues.

An excerpt from the general information page of Us TOO International.

Erectile Dysfunction (ED)/Impotence. Couples facing prostate cancer often feel the need to be more connected than ever. Instead, confusion, embarrassment and fear caused by ED can cause both parties to feel alone and disconnected.

In the midst of this difficult news, it is important to know there is hope. More importantly there are options that make mutually satisfactory sexual relationships possible in the presence of ED and impotence. In this instance information truly is power. Paired with open and frank discussion and a willingness to explore options, couples facing ED can find satisfactory solutions.

So what exactly is ED and why is it so closely linked with prostate cancer? Normal male sexual function is a constellation of processes, including desire, emotional and psychological considerations, and physical function. Erectile dysfunction – commonly known as impotence – is defined as the inability to achieve or maintain an erection that is sufficient for satisfactory sexual activity.

However, almost all men who have ED/impotence can overcome it.

The link to Prostate Cancer:- The prostate is a small gland located at the bottom of the bladder. Common treatments for prostate cancer include pelvic surgery to remove the prostate (called a radical prostatectomy) radiation and or hormone therapy.

ED following major pelvic surgery is not uncommon. The nerves which allow for an erection lie within millimeters of the prostate. These nerves may be injured by being cut or separated from the prostate during surgery. This may cause temporary or permanent impotence, although sexual desire and the ability to achieve orgasm should remain.

For more information about this subject please check www.UsTOO.org or I will post you a copy of the full report if you would like me to do so. John.

Newsletters received with thanks from:-

Prostate Melbourne, Prostate Heidelberg, Sydney Adventist Hospital PCSG, Andrology Australia and Hobart & Eastern Shores Prostate Cancer Support Groups.

**OUR NEXT MEETING
AT NOARLUNGA HOSPITAL
WEDNESDAY 1st AUGUST 2012 at 6.30pm.
DVD: YOUR PROSTATE --- FROM THE INSIDE**



We are still working toward having a PCFA Click for Prostate Cancer website.