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*We are here*



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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>

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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.


#### **MAY 2012 NEWSLETTER (No 94)**

Your own local Newsletter

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

**Present: 15**

**Apologies: Matt, Phyllis & Gladys.**

 **Although we were few in number, once again, we had a very enjoyable meeting, with everyone happy to share their Prostate Cancer journey and talk about their general health.**

**DVD: New advances in the treatment of Advanced Prostate Cancer: A/Prof Manish Patel**

**This is an excellent 65 minute DVD, please see our Librarian Peter, to borrow a copy.**

**After explaining very clearly about what Advanced Prostate Cancer is, Dr Patel gave a very interesting talk in a manner that was easily understood.**

**Some of the subjects covered were:- Robotic Surgery, A 3D Conformal Radiotherapy machine, Not all Prostates are the same, Radiation dose is very important-too much can damage nearby structures such as the bladder & rectum, Add Hormones to Radiotherapy for patients with localised advanced Prostate Cancer, Patients with a rising PSA, The natural history of progression following PSA recurrence after radical prostatectomy, and so much more. I will not add any more except to say that you are most welcome to borrow this DVD, or any of the others in our library.**

**Dr Patel then answered the many questions that were asked and was warmly applauded.**

#### **PATHWAYS FOR NEW PROSTATE CANCER PATIENTS:**

**An excerpt from information on the US TOO Prostate Cancer Education and Support website that gives a brief description of the duties of the various Physicians and Allied Health Professionals.**

**Primarily of interest to men who have been newly diagnosed, together with their wife/partner, to help them choose the right Specialist and Allied Health Professionals, but also of interest to others who are on the Prostate Cancer "journey".**

**A UROLOGIST:** A Physician Specialist and Surgeon, who treats the Urinary System and the male reproductive system, and may administer Hormone Therapy as part of cancer treatment.

**A RADIATION ONCOLOGIST:** A Physician Specialist who uses internal and external Radiation Therapy to treat cancer.

**A MEDICAL ONCOLOGIST:** Is a Physician Specialist who treats cancer with medications such as Hormone Therapy or Chemotherapy.

**A PATHOLOGIST:** A Physician Specialist who identifies diseases by studying cells and tissues from a biopsy that the Urologist may have taken.

**An ANESTHESIOLOGIST:** A Physician Specialist who gives pain medications, as needed, to increase your comfort level especially during surgery.

**A PHYSICIAN ASSISTANT: (PA)** A Health Care Professional licenced to practice medicine with Physician supervision. A (PA) conducts physical exams, diagnoses and treats illnesses, orders and interprets tests, assists in surgery, and can write prescriptions.

**NURSES:** Provide high level medical education and assistance to you and your family. They are a knowledgeable resource for information about many areas, including treatment options and symptom management.

**A THERAPIST:** Can provide you and your family with assistance in balancing emotional and physical needs as diagnosis, treatment, side affects and the road to recovery are faced.

**A SOCIAL WORKER:** Provides patients and families with the psychosocial support needed to cope with Prostate Cancer. A Social Worker is able to advise caregivers, Counsel patients and help plan for patients needs after discharge by arranging at home services such as Meals on Wheels and Oxygen equipment.

**A NUTRITIONIST:** Helps you plan a diet that will promote healthy eating habits to improve your comfort level and aid in recovery.

It is important to understand who the Specialists and Health Care Providers are, and what they do. It is a good idea to get a second or third opinion from the same type of Specialist you plan to see.

Take your time to choose the right Specialist and Allied Health Professional for you.

#### Meeting of the Southern Cancer Club.

Unfortunately, this monthly meeting coincides with the Chapter Council meeting so Phyllis and I are unable to attend as we had hoped to do.

#### **REMINDER-MID YEAR BBQ.**

Jules has kindly arranged for us to have our mid-year "BBQ" in the dining area next to the shop at the Hospital on Sunday June 3<sup>rd</sup> at 11.00am. To enable us to do this, instead of the actual BBQ, we would all bring along our own food ready to eat.

Our Group will provide the sweets.

The BBQ will be held in lieu of the Support Group meeting at the hospital, that would have been held on Wednesday 6<sup>th</sup> June 2012 at 6.30pm.

We plan to hold our end of year BBQ at Peter & Christine's on the first Sunday in December-weather permitting, otherwise we will come to the hospital again.

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 4<sup>th</sup> JULY 2012 at 6.30pm.  
DVD:**