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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.

#### **OCTOBER 2012 NEWSLETTER (No 99)**

Your own local Newsletter

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

#### **MINUTES:**

**Meeting held on Wednesday 5<sup>th</sup> September at 6.30pm**  
**In the Boardroom at Noarlunga Community Hospital**  
**Alexander Kelly Drive**  
**Noarlunga Centre.**

**Present: Norman, Ian, Malcolm & Beverley, Brian, Ivan, John & Phyllis**

**We welcomed Alan, Jane & Matthew to our meeting tonight and Alan gave us a report on his current situation after having been diagnosed with Prostate Cancer.**

**It was good for us all to get together for a more personal chat at supper time.**

#### **Our banking at People's Choice Credit Union.**

**I had to make a special trip there today to get the bank statement for tonights meeting, so I asked if I could get the Statement from my computer at home, and they said yes.**

**What you need to do is:-**

**Get approval at tonights meeting, to allow you to read the statement on the computer at home and print a copy of the statement.**

#### **Proposal:**

**To allow our President, John Shields, to have visual access on his computer at home, to the Statement for, Prostate Cancer Support Onkaparinga Group, and print off a copy of the Staement to accompany the Treasurers reports at each Support Group meeting**

**This precludes any activity with the account, such as transferring funds to another account.**

**This information must be recorded in the minutes of tonights meeting and delivered personally to the local Branch of People's Choice Credit Union at Colonnades Centre.**

**Moved: Malcolm Ellis - Deputy Chairman**

**Seconded: Phyllis Shields - Treasurer**

**Carried.**

**DVD: Healthy eating and Prostate Cancer – Cathy Chapman plus, Improving Quality of Life through Exercise – Michael Russo. This DVD is now in our library if you would like to borrow it.**

**Cathy, who is a Dietician with The Cancer Council NSW, gave an interesting talk about healthy eating and she followed this by answering questions from the audience and this was very much appreciated by those in attendance.**

**It was not easy to take notes as the information that came up on the screen disappeared almost as soon as it appeared and Cathy continued to refer to information that was not visible on the DVD. I would have preferred to see a lot more of the information and a lot less of the Dietician.**

**However, our two books, Localised Prostate Cancer and Advanced Prostate Cancer, confirm what Cathy and Michael are talking about, so I will just give a precis of what is recorded there.**

**Localised Prostate Cancer (page 64), tells us about dietary approaches and weight and begins by saying that we suspect that diet is important for prostate cancer because of studies showing much lower rates of the disease in Asian and Mediterranean countries, and goes on to say that while there is some evidence of association, no single nutrient has yet been shown to prevent prostate cancer or improve survival from it. Some dietary approaches promoted as therapeutic can actually do harm (an example is large doses of vitamin D which can be toxic).**

**Recently, we have also learned that once men have prostate cancer, being overweight can affect how well they do. Very overweight men are more likely to have more advanced cancer and the disease is more likely to progress after treatment.**

**Advanced Prostate Cancer (Chapter 6), Complementary Care and Lifestyle goes into much more detail and includes exercise. We can read about:- 6.1 Key Messages, 6.2 Physical Activity, 6.2.1 Resistance exercise for muscle mass & strength, 6.2.2 Aerobic exercise for cardio-vascular fitness, 6.3 A diet high in vegetables & fruits and low in animal fats, 6.4 Maintaining a healthy body weight, 6.5 Dietary supplements, 6.5.1 Vitamin D, 6.5.2 Tomatoes & lycopene, 6.5.3 Phyto-oestrogens, 6.5.4 Selenium, 6.5.5 Multivitamin supplements.**

**If you would like a copy of these two valuable books, they are available from Ian, our Librarian. PS: These books are not lent out, they become your property.**

**Pamphlets:**

**PCFA Prostate Cancer Support WHAT EVERY MAN SHOULD KNOW.**

**PCFA BE A MAN TALK TO YOUR DOCTOR ABOUT PROSTATE CANCER Essential facts for you and your family.**

**Would you like to help distribute some of these pamphlets to the community?**

**I would like some help to get these pamphlets delivered to Doctors, Health Care waiting rooms, Libraries and anywhere else such as local Clubs etc.**

**There will be a good supply of these pamphlets at our October meeting.**

**Newsletters received with thanks from:**

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

**OUR NEXT MEETING  
AT NOARLUNGA HOSPITAL  
WEDNESDAY 3<sup>rd</sup> OCTOBER 2012 at 6.30pm.  
OUR GUEST SPEAKER: Dr DAVID ELDER, UROLOGIST**



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