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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.

MAY 2013 NEWSLETTER (No 105)

Your own local Newsletter

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

MINUTES:

Meeting held on Wednesday 1st May at 6.30pm
In the Boardroom at Noarlunga Community Hospital
Alexander Kelly Drive
Noarlunga Centre.

Present: 11

Apologies: Norman, Peter, Fred and Lynne, and Gladys

We also have been notified by Lauren Wood, Prostate Cancer Specialist Nurse Surgical & Specialties Royal Adelaide Hospital, that she has re started University for the year, and with working full time has little time to spare, and will not be taking on any more speaking engagements this year. Loretta said, perhaps next year.

After an interesting Round Robin, Malcolm showed us some very informative DVD's that are part of the Ambassador Program.

1. They talked about Prevention and Early Detection
2. Treatment Options, Challenges
3. Carers

Popular Myths: Symptoms, No symptoms no cancer. If you have symptoms you have big problems, it has already gone too far. **Young men don't get it.** A lot of young men of 30 and 40 are getting it They are starting groups for young professionals.

Malcolm also explained what the Prostate Gland is, where it is, what it does and what can go wrong with it. Prostate Cancer is normal cells that have gone rogue.

We were also given comparisons, 7 out of 10 men are diagnosed with Prostate Cancer by the age of 75, and 4 out of 10 will be diagnosed by the age of 85. It is the second most common cause of cancer deaths in men, 9 men die every day, on average, statistically. 93% of patients diagnosed with Localised Prostate disease will live 5 years after the operation.

Why some men don't talk to their doctors, men are supposed to be tough, women will go to their doctor more often than a man, and some men choose not to be tested at all.

PSA testing can be affected after riding a bicycle and some cancers can be missed and with testing not being 100% accurate some men ask, should I get my Prostate checked? The Australia, New Zealand Urological Society says every man from the age of 40 on regardless of history, should be tested.

Have a PSA test every 12 months, some health people recommend that men should start having a PSA test ASAP, while they are young.

Malcolm emphasised that it is very important to talk about it.

Another DVD talked about family history and watchful waiting, and the choice between Surgery and Radiotherapy and possible treatment side effects, all treatments have them what options will I have ? Ask questions, the decision is yours.

What Carers and partners need to know. You need to accept support and lead a healthy lifestyle. To find Support Groups Check out the website www.prostate.org.au

DVD, THINGS NOT TO IGNORE by Dr Simon Wilcock.

Dr Wilcock began by talking about the benefit of living and working in the local community and told a personal story that had left a positive effect upon him.

He spoke on the health aspects of senior men, strategies for taking care of basics, and he also apologised to the ladies because this talk was primarily for men. He also talked about how men and women think differently - what works for men does not always work for women. He also spoke about the life expectancy gap and said that it was getting better. He talked about the 7 year gap between men and women and how lots of things affect the gap. He said that Australians have the longest life expectancy in the world and how to close the gap further. High blood pressure, Cholesterol, Smoking and Diabetes are all risk factors. Chronic diseases are declining. People rarely die these days from infectious diseases. Younger people die from road accidents - drugs and alcohol.

Men don't look after their bodies like they look after their car, why don't we look after our body? There is much more on this very good talk and if you would like to borrow the DVD to check it out for yourself, please ask our Librarian, Ian Curtis.

THE NEW OFFICE: The official opening of the PCFA Central Australia Chapter's new office was held at 4.30 pm on Thursday 9th May 2013, and conducted by the South Australian Governor Kevin Scarce. PCFA CEO Dr Anthony Lowe, Board Chairman David Sandoe, our new Support and Outreach Co Ordinator Ian Richards and some Adelaide dignitaries were an important part of this special occasion. There will be other more detailed reports with photographs so I will not add more except to say that it was very well supported and Karyn did a great job, and kept everyone happy.


BUNNINGS BBQ: When I checked with Milena Welchman about a booking to have our BBQ again this year, she told me that she had already made the booking for us, thanks Milena. Our BBQ will be held at the Bunnings premises on the corner of Beach Road and Goldsmith Drive on Sunday August 25th.

Please pencil this date in to come along and assist us to raise some money to keep our Support Group up and running.

The PCFA have advised Support Groups that they will not be involved with Bunnings BBQ's now, so we will go back to doing it by ourselves like we were before PCFA showed an interest in this event.

Newsletters received with thanks from: Prostate Melbourne, Prostate Heidelberg, Andrology Australia, Sydney Adventist Hospital Prostate Cancer Support Group, & Hobart Prostate Cancer Support Group

Dr Snuffy Myers: Active Surveillance versus Radiation Therapy, also Disappearing bone metastasis. These latest talks are on www.prostateforum.com

 We will have our Mid - year get together again in the dining area next to the Hospital shop at 11.30 am on Sunday June 2nd 2013, and our next Support Group meeting will be held in the Boardroom on Wednesday July 3rd 2013 at 6.30 pm.