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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.

JULY 2014 NEWSLETTER (No 117)

Your own local Newsletter

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

Present: 17

Apologies: Phyllis, Ann, Robert & Margaret Hart and Lyn Lupoi.

 **Our Guest Speaker for the July meeting was Tina Gibson.**

As reported in our June newsletter, Tina spoke with us informally and gave an interesting talk about Mindfulness and ways to help us all on our Prostate Cancer journey.

Members found it easy to relate to the topic and spoke about their own experiences, and how they had benefitted from putting into practice the things that they had learned in the past about Mindfulness.

Tina said that Mindfulness means being in the present moment-the here and now, and getting to know yourself a bit better. Take time to "stop and smell the roses."

There are no rules regarding meditation, some people prefer to sit quietly, get comfy in a spot and let their body relax, allowing their body to settle, while others find it easier to meditate while walking.

Tina then guided our Group through the process for three minutes with a strong emphasis on breathing. Be aware of breathing - breath in - breath out.

Be a human being - not a human doing. Expand our awareness.

Tina said that everyone is different and talked about the attitudes that are good. The attitudes of curiosity and kindness, and some things to be aware of. Thoughts, sound, taste, touch, movement and listening and remember, you can only do one thing at a time, so absorb yourself in what you are doing, and enjoy it.

Mindfulness allows the brain to settle.

Tina then spoke about Peace - if you want more peace, practice Peace.

P. Pause - take time

E. Exhale - breathing

A. Allowed to be there

C. Choice - Have compassion and see yourself in others

E. Engage - in what you are doing

Tina then led another practice session.

Let your eyes close. Be aware of the sense of hearing. Feeling the body quite settled.

Be aware of the sounds. Allow your attention to move inwards - feel the breath.

Acknowledge your body with its imperfections. It is a personal thing - get familiar with yourself - familiar & friendly - find out about yourself.

Some information from a report in the July 12th Advertiser, provided by Beverley, regarding a statistical link between having a Vasectomy and Prostate Cancer.

Harvard scientists find vasectomy raises risk of prostate cancer.

Men who have the snip increase their risk of suffering fatal prostate cancer, according to new research.

A study by Harvard Scientists has found that those who have undergone a vasectomy could be 10 per cent more likely to be diagnosed with the disease.

The research - the largest ever examination of the link between vasectomy and prostate cancer - involved data from 50,000 men whose health was tracked for 24 years.

It found men who had the procedure were at an increased risk of getting an advanced or lethal form of the disease.

More than 30,000 men undergo a vasectomy, a common form of contraception, in Australia each year.

Prostate cancer is the most common cancer in Australian men accounting for about 30 per cent of all new cancers in men.

About 20,810 Australian men are expected to be diagnosed with prostate cancer in 2014.

The researchers, whose work has been published in the *Journal of Clinical Oncology*, analysed the health records of 49,405 American men who were followed between 1986 and 2010. During that time, 6023 cases of prostate cancer were diagnosed including 811 fatal cases. One in four of the men in the study reported having a vasectomy.

The researchers found the men who had a vasectomy had a particularly raised risk of developing the most aggressive forms of prostate cancer which are most likely to kill. They had a 20 per cent raised risk of getting an advanced form of the disease, and a 19 per cent raised risk of dying.

The authors emphasised that their study only established a statistical link between the operation and the disease - and they did not suggest that vasectomies were directly causing cancer.

They concluded, however, that urgent investigation was needed to establish if and why the surgical procedure might be increasing the numbers of those with cancer

Prostate Cancer Foundation of Australia director of research programs Dr Miranda Xhilaga described the study as important, but said further studies were needed on the topic.

"This is an important study that points to a relationship between aggressive prostate cancer and vasectomy," she said. "However, more research is needed to strengthen this finding and conclude that is the case."

Dr Xhilaga said vasectomy is known to increase, albeit slightly, the testosterone levels in the blood and prostate cancer feeds on testosterone.

Therefore, there has been a long held view, and controversy, between risk of prostate cancer and vasectomy.

The study's author Kathryn Wilson said: "The decision to opt for a vasectomy as a form of birth control is a highly personal one and a man should discuss the risks and benefits with his physician."

Thanks Beverley.

Many thanks from our Support Group to Ian Fisk for donating another carton of A4 paper for our printing needs.

This is very much appreciated Ian.

BUNNINGS BBQ: Many hands make light work - Saturday August 23rd, Noarlunga Store.



THE GUEST SPEAKER FOR OUR NEXT MEETING

AT NOARLUNGA HOSPITAL ON

WEDNESDAY AUGUST 6th at 6.30pm.

IS SENIOR SERGEANT 1st CLASS IAN CRAMOND,

OFFICER IN CHARGE OF THE SAPOL FORENSIC SERVICES BRANCH.

**IAN WAS OUR GUEST SPEAKER IN JULY 2011 AND HAS SOME EXCELLENT
UPDATES ON HIS EXPERIENCES IN FORENSICS SINCE THEN.**