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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. It is sad news indeed that Southern Primary Health Morphett Vale is closing.

**JUNE 2014 NEWSLETTER (No 116)**

**Your own local Newsletter**

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

**June Luncheon at the Aussie Inn**

**Present: 15**

Having a luncheon in June and December in lieu of the Support Group meeting at the Noarlunga Hospital, is popular with our members, and the Aussie Inn Staff are friendly and there is always an enjoyable meal.

It would be good to get some feedback, and ideas, at our July meeting from the rest of our Group.

They say that variety is the spice of life, so do we have our luncheon at a different Hotel each time ? I believe that Sunday is the best day for us, but would Saturday be better ?

**GUEST SPEAKER:**

Our July Guest Speaker is Tina Gibson who is a highly qualified Health Professional. Tina is happy to work with our members in relation to the format of the meeting, and to use her own words she is happy to be informal, have some practice sessions, answer any questions, or just "go with the flow" on the night. Tina has provided us with some excellent information about her work experience.

She said, practicing mindfulness gave me the space to come up for air, in a time in my life that I felt that I was drowning. Years on, I am now an experienced and passionate Mindfulness teacher, having facilitated programs within the education system, Cancer Support, Women's Health and the general community.

I have a sound knowledge of health and education stemming from years of experience working with diverse populations in the role of Kinesiologist, Health Care Worker, Rehabilitation Counsellor, Clinical Educator and Paramedic.

More recently, the extensive work I have done in the area of Mindful Self-Compassion has allowed my life and passion to truly blossom. I am truly energised about the wonderful possibilities this will now bring to all of the people and communities that Bob Hancock and I work with.

### **Southern Primary Health Morphett Vale:**

Jules Van Kekem has advised me that the Morphett Vale office is closing on the 27th June and will be relocating to other sites at Noarlunga, Aldinga/Seaford and Marion.

We have also received an email from Briony Pearce advising us of the closure and letting us know if any of our members need their service they can contact GP Plus Noarlunga, Phone 8164 9111, or GP Plus Marion on 7425 8300 or GP Plus Aldinga on 8557 9500. Both Jules and Briony have been a great help to me especially when I was starting our Support Group over ten years ago. I had regular meetings with Jules and was able to print off many copies of our Newsletter at the Reynella Office with much help from Briony.

These Newsletters can be read on [www.pcsog.org](http://www.pcsog.org).

Jules has always been a stalwart and made sure that I was 'on the right track', in those early days, he also made sure that I stayed 'on track' over the ensuing years.

My sincere thanks to Both Jules and Briony and I wish them both well for the future.

### **Robotic Surgery:**

Another old friend from those early days, as many of us will remember, is Dolph Young. Dolph is now retired from Noarlunga Health Service and has sent me some interesting information about Robotic Surgery that has been written by Dr Daniel Moon who is Director of Robotic Surgery at Epworth Hospital.

A patient going through surgery would prefer their operation is performed through the smallest possible incisions with the greatest precision, minimal blood loss, the least possible pain afterwards followed by a speedy recovery.

Ten years ago robotic surgery was introduced to Australia, with the aim of achieving these goals, the first case being performed in Melbourne, in late 2003. Over the subsequent decade, this technology has had a profound impact on the surgical landscape across the country, particularly for men with Prostate Cancer; for example in Melbourne now, most surgery for removal of cancerous Prostates, is performed Robotically and across Australia over 4500 Robotic surgical procedures were performed in 2013.

### **FROM KEYHOLE SURGERY TO ROBOTICS:**

Rather than hand - held instruments, robotic arms are inserted, or "docked" into keyhole incisions. Instead of standing next to the operating table, sometimes holding instruments at awkward angles, the Surgeon is seated at a 'console' which receives high definition digital, magnified 3 dimensional vision fed from the binocular robotic telescope. Instruments controlled from the console are 'wristed', with all natural tremors from the surgeon's hands eliminated. With this technology, operations previously thought unsuitable for keyhole surgery can now be performed, with easier access and better vision for the surgeon than the traditional open and laparoscopic approaches.

There is quite a lot more in Dr Moon's report so I will bring it to our July meeting.

This report is in issue 23//MAY 2014 of *Foundation 49 Men's Health*, along with some other interesting reports, including one about managing your pain.

Dolph said that you can access these books free from *Foundation 49*. [www.49.com.au](http://www.49.com.au)

Thanks Dolph.

Newsletter received with thanks from:-

Andrology Australia, Prostate Melbourne and Prostate Heidelberg PCSG's, Sydney Adventist Hospital PCSG and Hobart & Eastern Shores PCSG's

**OUR NEXT MEETING  
AT NOARLUNGA HOSPITAL  
WEDNESDAY 2nd JULY 2014  
AT 6.30 PM.**