

**F** *We are here* **Y**  
**O**  **O**  
**R** **U**

*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>

**Mail us at:**  
PO Box 627  
Noarlunga Centre,  
SA 5168  
**Telephone:**  
Malcolm: (08) 8326 5588  
[malell@inet.net.au](mailto:malell@inet.net.au)  
John: (08) 8382 6671  
[jshields@inet.net.au](mailto:jshields@inet.net.au)  
Jules: (08) 8325 8100  
Brian: (08) 8556 2012

**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 2014 NEWSLETTER (No 115)**

**Your own local Newsletter**

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

 **Our Guest Speaker for the April meeting was Dr Joshua Sappiatzer, a radiation oncologist working out of Adelaide Radiotherapy Centre at Flinders Private Hospital and the Tennyson Centre at Kurralta Park.**

**Dr Sappiatzer talked about the various stages of Prostate Cancer, the treatment options and their side effects. He went into detail about the different treatments and the suitability of each, taking into account the age of the patient, stage of the disease and preference of the patient.**

**Dr Sappiatzer obviously, as he said, leans more to radiation as that is his field, but also pointed out that no one treatment is clearly better than another.**

**Our members found Dr Sappiatzer's presentation extremely interesting and well presented. He was very willing to take questions and answered them clearly and in language that was easily understood by all present.**

**We would recommend him as a speaker to any support group and he has indicated his willingness to do so.**

#### **TRAINING CONFERENCE:**

**The minutes of the Central Chapter Council meeting will be available soon**

**The Training Conference was officially opened by the Governor of South Australia, His Excellency Rear Admiral Kevin Scarce AC CSC RANR, who is also our Chapter Patron.**

**The Central Australia Chapter Training Conference was held at the Arkaba Hotel on the 21st & 22nd May, and our Support Groups were well represented at this event.**

**Our National Office was also well represented by David Sandoe OAM, National Chairman and his wife, Pam and Anthony Lowe CEO of PCFA and from the Support Network, Marie-Claire Cheron-Sauer – Director, Matt Jones - Operations Administrative Officer and Katie**

**Rowe - Conference Co-Ordinator. The Central Australia Chapter Support Group and Outreach Coordinator, Ian Richards was also in attendance.**

**This was an enjoyable and informative Conference with several very good Guest Speakers who spoke on a variety of subjects.**

**Dr Nadine Pelling, PHD. Topic: Depression first aid: how to identify and treat depression. Tips for support group leaders and carers.**

**Nadine gave a very helpful talk about Depression and explained the effect that depression can have not only on a persons life, but upon their loved ones and friends.**

**She talked about the different types of depression, depressive disorders, symptoms, needs and feelings, and how some people are not even aware that they have depression. They can have depression and not feel depressed, they can also either gain weight because they are starving for love and they keep on eating, or they lose weight because they experience a loss of appetite. Some people find that their sleep is affected, they just want to keep on sleeping and can't get out of bed, others become restless and can't get to sleep. Some people become exhausted and do everything in slow motion, while others are agitated and can't keep still.**

**Nadine said that depression can be mild, moderate or severe and repeated that depression not only affects the person, it also affects those who are close to them.**

**Depression can be episodic and may be temporary, it may stay away for a few months then reappears.**

**Nadine then went on to say that we know what to do to treat depression and that we have known for some twenty years the treatment that is tried and true.**

**Don't focus on problems-be positive.**

**If there is some work that needs to be done, don't wait until you feel like it, do it now.**

**Excercise for 20 minutes a day and preferrably do it outside and get the benefit of the sun and the birds. There are also social benefits if you go for a walk around the block with someone else-it gets the blood pumping and your energy levels are renewed.**

**Nadine said that if you are having trouble sleeping do not have alcohol to help you go to sleep because as soon as it wears off you are awake again and the best thing to do is turn the TV off so that you can stop watching those lights, the movement, colour, sound and the picture changing so quickly, and have a good supply of books or other things to read for 15 to 20 minutes, preferrably when you are in bed and want to go to sleep. It is good down time for the brain.**

**Nadine went on to talk about the benefits of joining a Support Group and how the members of the Support Group can be helpful too.**

**Nadine has authored over 70 articles and book chapters so we will get some of these books to have in our library.**

**I will give a report on the following Speakers/Topics, and the Support Group Leaders training modules, in future Newsletters.**

**Dr Peter Sutherland, Urologist.**

**Dr Eleanor Need. The Androgen Receptor in early prostate cancer: good or evil twin?**

**Lauren Woods, Prostate Cancer Specialist Nursing Service.**

**Gillian Miller. Health Professional Engagement and Partnership Development Officer, Cancer Council SA. Topic: Cancer? We can help.  
Gillian gave an overview of Services available.**

**Judith Lowe. Physiotherapist Topic: The value of exercise in the journey with cancer.**

**Associate Professor Nick Brooks, Clinical Academic at the RAH with a special interest in Urological cancer management. Topic: Radical Prostatectomy or Surveillance in older men.....which is better?**

**After the opening of the Conference, the members of the Executive, Ian Wagner - Chairman, Richard Harry - Vice Chairman, David Merry - Secretary and John Shields - Treasurer were each introduced to the Governor of South Australia, His Excellency Rear Admiral Kevin Scarce.**

### **LUNCHEON:**

**In lieu of our regular meeting at the hospital we will be having a luncheon at the Aussie Inn, 108 Main South Road, Hackham on Sunday 8th June at 12.00 noon.**

**The entrance to the Aussie Inn is off Gates Road which is just a little further along Main South Road from the Penneys Hill Road traffic lights.**

**To make sure that our booking for one table can be made ASAP, would you please phone Beverley Ellis on 8326 5588 or email her on [beanne@iinet.net.au](mailto:beanne@iinet.net.au) and let her know how many are attending.**

**Newsletters received with thanks from:**

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

** We are still working toward having a PCFA Click for Prostate Cancer website. Lisa Cheng from our National Office, said that she would keep this in mind for a new website being developed by PCFA, that will be launched later this year.**