

**F** *We are here* **Y**  
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**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@iinet.net.au](mailto:malell@iinet.net.au)

**John: (08) 8382 6671**

[jshields@iinet.net.au](mailto:jshields@iinet.net.au)

**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.**

**SEPTEMBER 2014 NEWSLETTER (No 119)**

**Your own local Newsletter**

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

 **Present 18:**

**Our August BBQ.**

**May thanks to our local Bunnings Store for enabling us to have a BBQ there again this year, and to Milena for making sure that we did.**

**The details are as follows:-**

<p><b>Income: \$2,295.95</b>  <b>Expenses: 159.05 from income</b></p> <p><b>Banked \$2,136.90</b></p> <p><b>Expenses</b></p> <p><b>\$ c</b></p> <p><b>280.00 Sausages</b>  <b>40.00 Bread</b>  <b>151.15 Drinks, Serviettes, Paper Towels</b>  <b>140.00 More bread, Sausages and Drinks</b>  <b>24.00 Onions</b>  <b>20.00 Ice</b>  <b>3.90 Aluminium trays</b></p> <p><b>\$659.05 Total</b></p>	<p><b>Withdrawn \$500.00 from Support Group A/c</b>  <b>159.05 from income</b></p> <p><b>Total = \$659.05</b></p> <p><b>Banking \$2,136.90</b>  <b>Expenses 659.05</b></p> <p><b>Balance = \$1,477.85 for the Support Group</b></p> <p><b>* Banking includes unsold items purchased</b></p> <p><b>\$58.00 Drinks</b>  <b>7.00 Sausages</b></p> <p><b>Total = \$65.00</b></p>
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**And many thanks to all who helped make the day the huge success that it was. It was good to see the enthusiasm shown by everyone who gave of themselves to help keep our local Prostate Cancer Support Group financially sound.**

## **Our September Guest Speakers**

Allison Bowden and Stacey Dutton from the City of Onkaparinga Council gave a very interesting and informative talk about the services that are available to us should we need them.

They talked about events that are run by the Council to have an active community, and provided Pamphlets and Booklets with valuable information about each Service, and this information is readily available from the Council Offices, Ramsay Place Noarlunga Centre, Hub Drive Aberfoyle Park and St Peters Terrace Willunga.

The following is a brief outline of each Service and there will be more information on the table at our next meeting if you need to get more information from them.

If you would like to talk personally with Allison or Stacey their contact details are:-

Allison Bowden: Team Leader Community Programs (08) 8384 0090 Mobile 0414 508 856

Stacey Dutton: Recreation Services Officer (08) 8384 0090 Mobile 0405 162 509

**ONKAPARINGA Community Bus.**

The Community Bus enables residents who have no access to other means of transport to attend their nearest shopping centre, community centre, library and seniors clubs.

The Service is provided by a team of trained volunteers who operate buses.

Some wheelchair hoist accessible vehicles are available on request. The Service operates in most areas on week days between 8.30am and 11.00am. Return times vary. Gold coin.

**ONKAPARINGA Community transport information service 1300 365 729**

**Social - Shopping - Community - Medical**

This is a central point of contact for information, referral and advocacy, regarding local transport options, for transport disadvantaged residents.

**ONKAPARINGA disability program.**

**The Woodwork Shed - Recreational and Social Groups - Dinner Clubs.**

**ONKAPARINGA friendship program**

**A helping hand**

Activities include - Guest Speakers - Board and Table games - Regular outings - Hot lunches - and gentle exercise.

**ONKAPARINGA kookaburra club**

**A helping hand**

Program includes - Provision of a nutritious meal - Opportunity for people to stay connected to their community - Social contact and the opportunity to make friends -

Activities which encourage participation, learning new skills and maintaining old ones -

Provision of information, recognition of changing need and referral to other support, counselling and advocacy.

**ONKAPARINGA respite program**

Who is eligible - Our respite program is available to Carers in the City of Onkaparinga.

The aim of the respite program is to help Carers of people who are aged, frail and people with a disability.

There are also pamphlets from the Australian Government - Department of Social Services - My Aged Care - with information about help at home and Aged Care Homes and "As I get older I want to have choice and control".

There is also information about Parks and Reserves, a cycling and walking map - Health information - Sugar - How to lose your belly without losing out - SA Health Coaching Service - Eat Smart - Swap the big for the small - Walk yourself Happy - Be active - Getting started, plus the booklets and Savvy Seniors.

Allison and Stacey left us a good supply of pamphlets and I will get some more for our next meeting, in case you want some information from them.

Onkaparinga Council Office has a wealth of information in pamphlet form, Brochures and Booklets covering a multitude of Programs etc not listed here, and we are encouraged to make enquiries either by phone (08) 8384 0666, or in person, if we need to find out more about what is available to us in the City of Onkaparinga.

Our thanks to Prostate Melbourne and Prostate Heidelberg, Prostate Cancer Support Groups, for kindly sending us a copy of "Bridge".

### **THE NUTS AND BOLTS OF PROSTATECTOMY**

**When a man needs mates.**

Perth based Physiotherapist Jo Milios gives a nuts and bolts account of what men and their partners can expect after a diagnosis of Prostate Cancer.

As a Physiotherapist working in men's health, each day tosses up many brave and inspiring stories from blokes recently diagnosed with prostate cancer. No two cases are ever the same and each man brings his own briefcase of fears and anxieties.

I call it the triple C. An otherwise healthy man (in my experience, anywhere between the ages of 34 to 84 years) has suddenly received the news that he has Cancer, will suffer Continence issues, and will most certainly lose his Copulating abilities, for at least a little while.

#### **Diagnosis:**

I can always tell when a new patient has arrived, he will be upright and nervous in the waiting room. At the first opportunity I always shake a blokes hand. I can discern much from the strength of it. I always look for a partner and call him or her in too, because if there was ever a time a man was going to need a mate, this is it. I want to convey trust and hope from the outset, as I know only too well the rollercoaster ride this gent has just embarked on.

As his Physiotherapist I also know there are two major physical side effects that will dominate his every waking moment for the next three to six months at least. Incontinence and Erectile dysfunction hit hard and I've yet to meet a bloke keen to accept those two as rewards for his cancer cure. Rather than present a story of gloom, I prefer to make this an opportunity to bloom. Australian men on average die 4.3 years earlier than women, yet men's health receives four times less expenditure - at 35th place - just before parasites. There are 22,000 new prostate cancer cases a year, compared with 15,000 new breast cancer cases. This, in addition to 78% of men being overweight or obese, 58% not exercising regularly, and 79% consuming alcohol most days of the week.

#### **Treatment:**

Surgery is the gold standard for localised prostate cancer, and caught early, the options for improved outcomes are excellent.

There is a lot more to this report so I will Photocopy the two pages and bring some to the October meeting.

I believe, this can also be read on [www.continence.org.au](http://www.continence.org.au)

Newsletters 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 1st OCTOBER 2014  
AT 6.30PM.**

**OUR GUEST SPEAKER IS  
SIMON CANNY  
CLINICAL PSYCHOLOGIST**

**[CLICK FOR PROSTATE CANCER  
THIS CAN BE A REALITY](#)**