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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.

MARCH 2015 NEWSLETTER (No 124)

Your own local Newsletter

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

Present:22

Apologies: Gladys, Jeanette and Maria.

Welcome: Allan & Judy, Roger & Karen and Richard & Kit.

 **Our Guest Speaker for the March meeting was Dr Jimmy Lam, a Urologist who specialises in Robotic Surgery.**

Dr Lam gave an excellent overview of Prostate Cancer, it's affects and treatments and said that although Prostate Cancer is the most common Cancer in Men, and the average age of diagnosis is 71, not everyone will die from it, as it is the third cause of male deaths.

Using the overhead projector he described the Prostate Gland and explained the difference between Prostate Cancer and Prostate Enlargement, and why not everyone will have problems.

Dr Lam talked about the different stages and risk factors such as Family History and Age and said that there were generally no symptoms in the early stages.

He also talked about the common examinations, the PSA Test, the Digital Rectal Examination and the Biopsy, and said that the PSA Test alone cannot be relied upon and went into more detail about Biopsies.

A question was asked about infection from the Biopsy Needles, and Dr Lam said that the Biopsy Needles are very small and there were no problems that he knew about, but there is a small risk of bleeding and a small risk of infection.

Screening for Prostate Cancer is always a topical question and Dr Lam said that it is a controversial subject because some people believe that it is not worth the cost of screening because not enough Men would benefit from it, however this is not the view of many in the medical profession who say that there is evidence to show that screening is now much more beneficial than it has been in the past, especially if there is a family history of Prostate Cancer.

Dr Lam also said that the Urological Society of Australia & New Zealand do recommend Prostate Cancer screening after the pros and cons have been discussed with the patient.

Dr Lam also explained the difference between watchful waiting and active surveillance, then went on to talk about Hormonal Treatment, Radiotherapy and Brachytherapy, then went into some detail about Robotic Surgery, and told us how Robotic Surgery could be done by a Surgeon who is a long distance away from the Robot.

Other advantages of Robotic Surgery are:-

Quicker return to normal activity

Shorter hospitalisation

Reduced risk of complications such as Incontinence and Impotence

Less blood loss and fewer transfusions

Reduced pain.

This is part of the reason why Robotic Surgery is preferable to Laproscopic Surgery

What's new in Prostate Cancer treatment.

It does not seem like all that long ago that Robotic Surgery was new, however with all the research that is being done constantly, new treatments are always on the horizon.

Gamma Knife/Cyber Knife Radiosurgery.

Despite it's name, it is not a knife.

I did a Google search to find out more, and found that it delivers a single, very finely focused, high dose of radiation precisely to it's target, while causing little or no damage to surrounding tissue, and treatment consists of six basic steps.

Preparation -Applying the frame-Imaging-Treatment planning-Treatment and Recovery.

This is a day procedure, with virtually all patients, returning home the same day as their treatment. (John)

Newsletters received with thanks from:

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

 **We are still hopeful about having a PCFA Click for Prostate Cancer website, to help pay for Research, Support & Awareness.**

 **OUR NEXT MEETING IS AT 6.30PM
ON WEDNESDAY APRIL 1st 2015
AT NOARLUNGA COMMUNITY HOSPITAL**

**OUR GUEST SPEAKER IS:-
ANDREW WONG
FROM CARRIG CHEMISTS
AT COLONNADES**