

F *We are here* **Y**
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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.

MAY 2015 NEWSLETTER (No 126)

Your own local Newsletter

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

Present: 15

Apologies: Steve, Jeanette, Richard & Kit.

PN: The Support Group & Outreach Co-ordinator Ian Richards, has resigned for family reasons, and we await the appointment of his replacement.

 **Our Guest Speakers for the May meeting were Steve Dunn and Verity Mc Avaney from Blackwell Funerals.**

Robert Hart commenced the meeting by telling us about his own experience, when he was an employee of Tobin Bro's Funerals in Melbourne for around 20 years. Tobins had an association with Blackwell Funerals. Robert then introduced us to Steve & Verity.

Steve said that he wanted to dispel some myths about funerals.

Dot points are used throughout this report.

All you need to know about funerals.

Steve said that he would shortly discuss the pros and cons of funeral insurance and a pre paid funeral, then gave us a brief account of his past work experience, and went on to talk about what happens when someone dies.

There was also some very good input from our members right throughout the evening.

People just don't know what to do when someone dies.

First call, on the phone letting us know someone has died and giving us the information is either from the Family, Nursing Home, Hospital, Hospice or the Police if there are suspicious circumstances.

The funeral Director will ask the caller for their name, phone number, and their relationship to the deceased person.

Do you have a pre-paid funeral?

Are you ready for your loved one to be collected?

Make sure that you give very clear and precise information.

Transfer information: People can die anywhere, not just at home, sometimes they die in the strangest places and we need to know where they died.

The Funeral Director always works to an authority person for the funeral, usually someone who is Next of Kin, (an Executor) who always come into the picture.

The Funeral Director talks to everyone, but reports only to an authority person.

In some situations there may be a solicitor who is seen a few days later, it depends on the circumstances and also getting information in a time frame.

When someone dies, the doctor signs the Medical Certificate - *not*, a Death Certificate.

The Death Certificate is sent to the family 10 to 14 days *after* the funeral.

This certificate comes from Births, Deaths and Marriages which is a Government Organisation and has nothing to do with the funeral service.

Families get a copy of the Death Certificate that has been certified by a JP, after it has been checked for accuracy, for the Organisations who want a copy.

If you are arranging a funeral, these are some questions that you will be asked.

Do you want a Burial or Cremation?

Do you want a Church Service or a Chapel?

Do you want the Service to be somewhere else?

Do you want a simple or elaborate Funeral?

Do you want a Public or a Private Funeral?

Is the Funeral paid for?

Do you have a Pre-Paid Funeral Plan?

Are Coffins cheaper than Caskets?, yes Coffins are much cheaper, they start at around \$500.00 and a Casket may start at \$2,500.00, and then there is the cost of the Funeral on top of that.

When someone passes away and we take the first call information, we can only proceed further when we have received the Medical Certificate from the Doctor, and a second set of Medical Certificates is also required.

When a case has been referred to the Coroner, we can't do anything until the Coroner contacts everyone, so we must wait until we get that piece of paper from the Coroner.

Pitfalls between Insurance and Pre-Paid Plans

Steve showed a DVD with all of the information on it and we heard about the high cost of Insurance. Too high for someone living in a Nursing Home.

Verity said that there should be full disclosure, as these costs continue to increase.

Beware of some Funeral Plans, don't discover the high costs too late, and if you stop paying, you lose everything you put in. (This happened to me many years ago).

Verity then spoke about the benefit of a Pre-Paid Funeral Plan. Lock in today's prices, and your money is safe, because it is put into a separate account from Blackwells own accounts, and if anything happens with Blackwells, your money is safe.

Plan financially to have your Funeral paid, you get to have a say in what you want, and it takes the burden off your family after you die.

A Pre-Paid funeral is a fixed cost and can be paid off.

1, 2 or 3 years, it requires a 30% deposit

Burials & Cremations.

Land is leased for 25, but mostly, 30 years

Burial is 3 times the cost of Cremation

Burial sites are commonly used then re sold.

New prostate cancer test may become gold standard

By Jill Margo

A new candidate has just entered the race to produce an accurate test to screen for prostate cancer. Where other candidates are mostly analysing blood, semen or urine, the new one is using gold nanoparticles.

The test, which is still experimental, requires a man to prick his finger, then have a drop of blood mixed with the particles.

If he's got the disease, prostate cancer biomarkers will cling to the surface of the tiny particles, increasing their size and causing them to clump.

Writing in the American Chemical Society's journal, *Applied Materials & Interfaces*, the researchers say this test has the potential to tell if he has cancer, and possibly indicate how advanced it is.

Each gold nanoparticle is 10,000 times smaller than a freckle, and a single test is estimated to cost just more than \$1.00.

It was developed at the University of Central Florida's Nanoscience Technology Centre.

Gold nanoparticles are known for their extraordinary efficiency in absorbing and scattering light. The researchers developed a technique to measure the size of the particles, by analysing the light they throw off.

In this case, the size reveals whether a man has prostate cancer, and how advanced it may be.

Pilot studies have found this test is more accurate than the current "gold standard", which is the PSA test. It measures the level of prostate specific antigen in the blood, but has a very high level of false-positives.

The experimental particle test determines with 90 to 95 per cent confidence that the result is not a false-positive.

But this test is not so good on false negatives, providing only 50 per cent confidence. Although it is still higher than PSA's 20 per cent, the researchers are working on improving it.

The researchers suggest one day the test could be used in the doctors rooms. That day is a way off as they are now working on clinical validation trials.

If those go well, major clinical trials will be held in two to three years.

Thanks Beverley.

Newsletters received with thanks from:

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

**OUR JUNE LUNCHEON
IS AT THE AUSSIE INN
SOUTH ROAD HACKHAM
ON SUNDAY 14th JUNE 2015.
THIS IS IN LIEU OF THE JUNE S.G MEETING
PLEASE LET BEVERLEY ELLIS KNOW ON 8326 5588 A.S.A.P
IF YOU ARE ATTENDING, AS WE NEED TO KNOW NUMBERS
WHEN WE MAKE THE BOOKING.**

WE LOOK FORWARD TO SEEING YOU THERE - JOHN



We are still working toward having a PCFA Click for Prostate Cancer website.