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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>

Mail us at:

PO Box 627

**Noarlunga Centre,
SA 5168**

Telephone:

Malcolm: (08) 8326 5588

malell@inet.net.au

John: (08) 8382 6671

jshields@inet.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.

FEBRUARY 2016 NEWSLETTER (No 134)

Your own local Newsletter

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

Present:

Apologies:

Our Chairman Malcolm Ellis welcomed everyone to our first meeting for 2016 and we had a good Round Robin to get the meeting underway.

 **Our Guest Speaker for tonight was Nina Magaletta from the Cancer Council S.A. Nina,**

TRUE LOVE IS:

Recorded on the Click for Breast Cancer site 20/01/2016 by Dolly Nagra San Leandro, CA. Those of us with a Partner, can relate to this in many ways on our own Prostate Cancer journey and we are encouraged to make a list of what love is for us in our own situation.

Loving a Wife with Cancer.

My husband has always been a "keep feelings to himself kind of guy".

In May 2013, I noticed a hard lump in my left breast. I did not have any family history of Breast Cancer, and also since I was 29 I did not take much notice of it.

I finally went for a check up in September and was horrified to learn that I had an aggressive tumor which has already advanced to second stage.

I had to endure 8 cycles of Chemotherapy, followed by Surgery and Radiation.

Coming back to the husband part.

I had always wondered what love exactly is and in the last six months he has defined it for me.

Love is not just chocolates, teddies and cards.

Love is waiting in front of MRI, Ultrasound and Mammogram departments for hours.

Love is leaving your new job for the inconvenience it may cause to your wife's regular visits to Clinics.

Love is giving your wife her first haircut after Chemo as she is too emotional about the hair fall.

Love is telling your bald wife she looks beautiful and the wig suits her better than her real hair.

Love is putting alarm on your own Cell Phone so as to give your wife her 4.00am medication.

Love is keeping the house sparkling clean to avoid any complicating infections.

Love is making her realise her Hair and Breasts are not her identity - she is.

Love is encouraging your wife to look beyond the Cancer and plan for the future after it.

Love is keeping her medical records in order and going through them in detail to have a better understanding for what they were up against.

Love is enduring Cancer every minute and every second and never letting go of the strength.

So now I know what love is.

I pray that every one facing this huge challenge gets the same love, support and encouragement that I had.

Dolly.

Newsletters received with thanks from:

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



**OUR NEXT MEETING IS ON WEDNESDAY 2ND MARCH 2016
OUR GUEST SPEAKER IS ANDREW WONG
FROM CARRIG CHEMISTS COLONNADES**