

F *We are here* **Y**
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R *And, your Family* **U**



**PROSTATE CANCER SUPPORT
City of Onkaparinga Group
South Australia**

**An affiliate Member of the Prostate Cancer
Foundation of Australia,**

**OUR GOLDEN RULE: We do not give medical
advice, your GP, your Urologist and Allied
Medical Health Professionals are the only people
who are legally qualified to give you medical
advice.**

**WE DO HOWEVER, GIVE YOU OUR
WHOLEHEARTED SUPPORT.**



Malcolm Mark John

Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings, and to all who support us.

**APRIL 2017 NEWSLETTER (No 145)
Your own local Newsletter
Our Editor John Shields accepts responsibility for the content of this newsletter.**

 **APRIL 2017 REPORT.**

Tonight we watched an educational DVD on Advanced Prostate Cancer for patients, their families and Doctors, presented by Professor Charles Myers who was introduced by Associate Professor Phillip Stricker, Prostate Cancer Specialist and Robotic Surgeon.

I have tried to take some notes, however the DVD keeps stopping after a short while and going back to start again so I will record what I have been able to and perhaps get another copy from PCFA.

It was also hard to hear what was being said so I have recorded some of the headings and suggestions.

Tailoring treatment for best survival:

**American Institute for Diseases of the Prostate. AIDP.
Tailor treatment to fit patients needs.**

Metastatic Prostate Cancer:

**STD approach - Start treatment with LHRH Agonist.
Start Taxotere Chemotherapy
Lupron or equivalent.**

What is wrong with this?

**You do not get a second line Hormonal RX.
 Less toxic than Chemotherapy.
 Responses can last years.
 Reduces Cancer enough to help Chemotherapy.
 Wrong to delay treatment.**

Treatment as a two act play:

Act 1. Kill as much Cancer as possible

Act 2. Stop toxic treatment.

Start non-toxic program

Slow Cancer regrowth and if you relapse, start Act 1 again before Cancer becomes too massive.

Doing your part:

You have to protect your heart and spirit.

Have a reason to live.

Treat BP and Cholesterol.

Watch for Diabetes.

Mediterranean Diet and Exercise:

Reasonable optimism.

Eliminate red meat and bacon.

Five servings of fish each week.

Heart healthy fats are the key - Olive Oil, Avocados and Nuts.

Increase fruit and Vegetables.

Red Wine and Dark Chocolate are good for you.

Eating your way to better health:

Science behind the Mediterranean Diet.

Recipes designed for busy people.

Meal plans.

How to design your kitchen.

Exercise:

Lessens the risk obesity, diabetes and hypertension.

Increases good cholesterol. (HDL)

Appears to reduce Cancer.

Cholesterol Goals:

(LDL) Cholesterol below 100mg.

If diet does not reduce LDL, Statins save lives.

High dose Niacin is the best way to go.

Professor Myers appeared to enjoy expanding on all of the above topics and went on to discuss treatment options and that is where the DVD stopped.

From the Breast Cancer Site 29/03/2017

By C Kramer

How to be there for your friend who has cancer - number 8 is brilliant

When someone close to you has cancer it can be difficult to know what to say or do. Do you act as though everything will be OK?

Do you make a bunch of freezer meals and drop off casseroles weekly?

There are many things you can do for someone going through cancer.

The important thing to remember is that this is about what your friend needs and you can use your firsthand knowledge about her likes/dislikes to make small gestures even more meaningful.

We've compiled a list of tips and thoughtful gestures that can make your friend feel cherished and supported.

(1) Send get well wishes, cards, messages, and texts, but don't overwhelm her. Set a reminder on your phone, or set a specific day where you always check in, even a simple "thinking of you". Let her know that she does not need to respond if she is not up for it.

(2) Make or deliver meals, and drop them off in containers you don't need returned. Or have food delivered from her favourite restaurants.

(3) Focus on the person instead of the illness when you ask her how she is. Ask her what she has been up to, or what she is reading. Stroll down memory lane, or talk about future day trips you can take together.

(4) If your very close to your friend, offer to be the sieve for messages, phone calls and gifts. Having someone who is able to field concerns and well wishes can be a welcome relief for your friend, so she doesn't get overwhelmed and tire herself out trying to respond to everyone.

(5) Don't offer medical advice.

(6) Make frequent, shorter visits, rather than lengthy stays that may exhaust her. Call ahead first to make sure she is up for it.

(7) Accept her coping mechanisms. We all have different ways of handling stress and sickness. Understand that if she grows distant, she's just trying to grapple with this huge change. Be there for her when she decides she's ready for company. If she's angry, or lashes out, understand that anger and frustration are part of the process. Love her anyway.

(8) When you visit, bring along your own book, knitting or other quiet task, so that you can sit with your friend without her feeling that she needs to entertain you if she is tired. Sometimes silent companionship is all she needs.

(9) If your the super-organised friend, put your talents to good use by creating a calendar. Mark down treatment appointments, days when friends are delivering meals, and appointments her children or spouse may have. Take it a step farther by making sure that there is a friend or caretaker that can drive her to appointments, or at least stop by and sit with her. (If she wants that).

(10) Offer to do the cooking or cleaning around the house, whether it's once a week or once a month.

(11) Gift a housekeeper, a travelling Masseuse, or travelling hairstylist/manicurist. Getting some pampering at home, (or if she's up for it, taking her to their place of business) can be a lovely treat.

(12) Offer to help with special projects she has started and is unable to keep up with, like gardening or painting a bedroom.

(13) Donate to cancer research in their name. Help researchers find a cure for cancer by donating to One of Our Gifts that Give more. Your entire donation goes to the cause.

(14) Has it been a few months since diagnosis? Check in with your friend. The outpouring of support may have died down as she has adjusted to her illness. Make sure she still knows that she has people to rely on.

(15) Entertain her. Offer to take her to the park or the movies; buy her the next book in the series she's been reading. Listen to her favourite albums together.

(16) Entertain her family. Keep her kids busy or take her spouse out for a bite to eat. Take her kids to practices or babysit them for a night.

(17) Fundraise for her. Cancer treatments are costly. There are several ways to raise money for your friend, from flamingo flocking to a car wash, to specialised bracelets and more.

(18) Listen. You don't need to offer advice or come up with a cliché line about how cancer is a journey and she'll get through it because she's strong. Just listen. Hold her hand. Tell her that you're there for whatever she wants to talk about, whether it's her fears or joys.

(19) If she's going through Chemo and is losing her hair, buy her pretty head scarves, caps or wigs if she wants to cover it up; or buy her gorgeous earrings if she wants to flaunt her baldness. Take her shopping or order with her online.

(20) Tell her that you're there for her and mean it. Ask your friend if she needs anything, and be specific. She probably doesn't want to be a burden or may not even know what she needs unless she's prompted. Ask her if she needs anything from this list.


NOW:

Would you like to help us compile a list of things that we can say or do for someone who has Prostate Cancer?.

This could be an exercise for an evening when we do not have a Guest Speaker

Newsletters received with thanks from:

Andrology Australia, Prostate Melbourne, Prostate Heidelberg, Sydney Adventist Hospital PCSG.

** OUR NEXT MEETING IS ON WEDNESDAY 3rd MAY 2017 AT 6.30PM.
OUR GUEST SPEAKER IS LORRAINE ROSENBERG
MAYOR OF THE CITY OF ONKAPARINGA
WE LOOK FORWARD TO SEEING YOU THERE.**