

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

**AUGUST 2017 NEWSLETTER (No 149)
Your own local Newsletter**

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

 **AUGUST 2017 REPORT.**

Present:

Apologies: Mark Milosovic

Once again our meeting started with a Round Robin and members brought us up to date regarding their current situations.

THE POWER OF POSITIVE THINKING.

Our Guest Speaker tonight was Psychologist Ian Richards, who some time ago, was the PCFA Support Group and Outreach Co-Ordinator, for South Australia and The Northern Territory for two and a half years.

Ian told us that since then he had been diagnosed with (MS) Multiple Sclerosis, and he talked with us about the symptoms and the effects that MS had on him.

Ian said that he had to re-define his life and made the decision to use MS to his advantage, and it was very encouraging to both see and hear the benefits of staying positive in all that we say and do.

This brought several members and visitors into the discussion and reminded me that I too must stay positive in my thinking, regarding my own health.

Ian talked with us about all of his experiences with MS and said that MS is the Auto Immune System gone haywire. He said that he gets a sense of achievement – with MS it is a journey now – what am I going to do? rather than what I can't do.

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The most important thing in life for him is relationships – friends, family, networks, and to sit down with someone and have a cup of tea or coffee. Let's not worry about chasing the dollars – what can I do to enjoy life? He then went on to speak about the work that he is doing in Counselling and Mediation and said that he does not do Assessments but with Counselling he helps people achieve common goals, and by Mediation he facilitates conversation between two people. He also found that their biggest challenge was that big bad word “CANCER”, and anticipatory grief – what may or may not happen. This encompasses the A-B-C in what Ian was talking about. A-Activating Event, B-Triggers our Belief System and C-Our Emotional Reaction.

Ian also told us about his love for jumping out of an Aeroplane at 15,000 feet and said that he had done 17 jumps now.

Members were very keen for Ian to come back and talk with us again, so Malcolm invited him back, and we will let you know when Ian is able to visit us again. This will also give us time to prepare some questions to forward on to him.

HAIR

12 FOODS THAT COULD HELP YOUR HAIR BECOME HEALTHY AND SHINY. FROM THE BREAST CANCER SITE 12/07/2017

HAIR IS PART OF YOUR DAILY BEAUTY REGIMEN.
YOU CAN TAKE BETTER CARE OF IT BY ADDING CERTAIN FOODS TO YOUR DIET,
OR EVEN TO YOUR SCALP, AS A WAY TO HELP GROW SHINIER HAIR FASTER.

1. SALMON

SALMON CONTAINS PROTEIN, VITAMIN D AND OMEGA 3 FATTY ACIDS THAT ALL SUPPORT HEALTHY HAIR.

2. YELLOW PEPPERS

YELLOW PEPPERS HAVE TONS OF VITAMIN C, EVEN MORE SO THAN ORANGES.
THIS ANTIOXIDANT STRENGTHENS HAIR FOLLICLES, AND THE HAIR SHAFT.

3. GREEK YOGHURT

GREEK YOGHURT LOADS YOUR HAIR WITH VITAMIN B5, OR PANTOTHENIC ACID,
THAT HELPS BLOOD FLOW TO YOUR SCALP.
IT CAN ALSO FIGHT HAIR LOSS AND THINNING.

4. SUNFLOWER SEEDS

SUNFLOWER SEEDS CONTAIN COPIOUS AMOUNTS OF VITAMIN E.
THIS NUTRIENT ENHANCES BLOOD FLOW TO YOUR SCALP.

5. EGG YOLKS

EGG YOLKS CONTAIN BIOTIN.
THIS SUBSTANCE HELPS HAIR AND NAILS GROW.
YOU CAN GET PLENTY OF BIOTIN IN EGGS WITHOUT TAKING SUPPLEMENTS

6. SWEET POTATOES

SWEET POTATOES CONTAIN BETA CAROTENE, A SIMPLER FORM OF VITAMIN A. BETA CAROTENE PROMOTES HAIR GROWTH AND A HEALTHY SCALP.

7. GREEN VEGETABLES

LEAFY GREEN VEGETABLES ARE THE COMPLETE PACKAGE AS THEY CONTAIN VITAMINS, MINERALS AND AMINO ACIDS THAT PROMOTE A HEALTHY BODY AND SHINY HAIR.

8. CHIA SEEDS

CHIA SEEDS HAVE A LOT OF OMEGA 3 FATTY ACIDS, BUT THEY ALSO HAVE ANTIOXIDANTS TO PROTECT YOUR HAIR FROM ENVIRONMENTAL TOXINS.

9. PUMPKIN SEEDS

PUMPKIN SEEDS PROVIDE A VEGETABLE SOURCE OF BIOTIN IF YOU WANT TO BREAK FROM EG YOLKS - SAVE THOSE JACK O'LANTERN SEEDS.

10. ALMONDS

ALMONDS ALSO HAVE A LOT OF BIOTIN WITHOUT ANIMAL PROTEIN.

11. OYSTERS

OYSTERS HAVE A TON OF ZINC, A MINERAL THAT KEEPS YOUR HAIR FROM FALLING OUT.

CELLS IN YOUR BODY THAT BUILD HAIR, NEED ZINC TO WORK PROPERLY.

12. AVOCADOS

AVOCADOS ARE HIGH IN VITAMINS B AND E WHICH ARE ESSENTIAL FOR HAIR GROWTH, AND SCALP REPAIR, RESPECTIVELY.

YOU CAN MAKE YOUR OWN AVOCADO CONDITIONER BY MASHING THEM UP AND ADDING JUST ENOUGH WATER TO MAKE A MANAGEABLE PASTE.

LEAVE IT ON FOR 5-10 MINUTES BEFORE RINSING WITH WARM WATER.

No Family History:

A 28th July 2017 report on the Breast Cancer Site tells us about a 55 year old lady who was both fit and well and had no family history of Breast Cancer, yet to her surprise and dismay at the time - she was diagnosed with Estrogen positive Ductal Invasive Carcinoma breast cancer, stage 2, grade 2. She had treatment and is proud to say that she is in remission and cancer free, and just wants everyone to know that not having a family history is no guarantee that a person will not get breast cancer.

Rito's:

Support Group members, their family and friends, are invited to attend a luncheon, or have a cup of tea or coffee, and a friendly chat, at Rito's Café 101 Beach Road Christies Beach, on the third Thursday after each Support Group meeting. This is proving to be a good opportunity to just relax and talk about life in general, and gives real meaning to the word "Support."

Newsletters received with thanks from:

Andrology Australia, Prostate Melbourne, Prostate Heidelberg & Sydney Adventist Hospital Prostate Cancer Support Group.



**OUR NEXT MEETING IS ON WEDNESDAY 6th SEPTEMBER 2017 AT 6.30PM.
OUR GUEST SPEAKER IS *** SOPHIE OTTO PROSTATE CANCER NURSE
AT REPATRIATION GENERAL HOSPITAL**

***** If there are some things that you would like Sophie to speak about, would you please let Malcolm know ASAP.**