

**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 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.**

**Mail us at:**  
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Noarlunga Centre,  
SA 5168  
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Mark: 0433 510 212  
[milomar@adam.com.au](mailto:milomar@adam.com.au)  
John: (08) 8382 6671  
[jshields@iinet.net.au](mailto:jshields@iinet.net.au)



**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 2018 NEWSLETTER (No 161)**

**Your own local Newsletter**

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

 **AUGUST 2018 MEETING REPORT.**

**Present:**

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

**Our Guest Speaker tonight was Tom Trottman who spoke with us about Parkinson's Disease.**

**This report is interspersed with comments from Tom's wife Jo, and members of our Support Group. I have also added some information from the Internet. (John)**

**One of the first things that Tom said about Parkinson's was, I don't worry about it. I've got it and I'll die with it, not of it.**

**He then read what Parkinson's Disease is:-**

**Parkinson's Disease is caused by a loss of nerve cells in part of the brain, called Substantia Nigra. This leads to a reduction of a chemical called Dopamine in the brain. Dopamine plays a vital role in regulating the movement of the body.**

**Tom said, the more excited I get, the worse I get. It really gets you going. There are a lot of theories about it.**

**If your concussed, will you get Parkinson's later on in life?**

**/2.**

**Environmental, or not? Such as significant exposure to pesticides, or certain heavy metals and repeated head injuries. Most people do not have a clear environmental cause for their Parkinson's diagnosis, because many years can pass between exposure and the appearance of Parkinson's Disease symptoms. There is Government support for people who have Parkinson's Disease. They have lots of Seminars and lots of sessions.**

**6,500 South Australians have Parkinson's.**

**18% are working age, and 20% are between 18 and 65 years of age.**

**I joined the Parkinson's Group because:-**

**I go along for friendship.**

**Jo's family are very good.**

**When I have coffee, I have half a cup.**

**You probably know people who have early Parkinson's.**

**Side effects – I don't notice them.**

**Does not shake when he is asleep-this was confirmed by Jo.**

**Keeps himself busy & this takes his mind off Parkinson's & he does not shake.**

**Michael J Fox has it very bad, he is a reasonably young man and is helping to shape the future of Parkinson's research.**

**West Adelaide Premiership Coach & Inaugural Adelaide Crows club champion, Mark Mickan has been diagnosed with Parkinson's Disease.**

**The people who I really feel for are the Carers.**

**Does not have to give anything up because of Parkinson's**

**If you wake up "shirty", this is normal.**

**I can still drive, maybe for a couple more years & am very aware of safety.**

**Mine is a tremor, not a shake.**

**Members then asked some questions**

**Parkinson's starts many years before it shows**

**It affects different parts of the brain and also, the voice box.**

**A person can have Parkinson's but never shake.**

**Something may work for you but not for someone else.**

**We then talked about trials in Japan.**

**If you have an X-ray and there are dark shadows, it may well be Parkinson's.**

**It is not drink related.**

**Do not know why.**

**We don't know enough about the brain.**

**We have a lack of understanding of what the brain is capable of**

**Some people are unable to do crosswords.**

**Blood pressure?.**

**Diet?.**

**Saying no, when you should be saying yes.**

**Exercise every day – walk in a straight line. (Not everyone can exercise)**

**Try walking heel and toe, heel and toe**

**It doesn't make you strange, weird, these things happen.**

**Writing becomes smaller – mine has now become smaller.**

**Connected with talking – we can hardly hear what they are saying, but they think they are talking normally.**

**Sense of smell? The person may have it and not realise that they have it.**

**Some people don't want to hear about where Parkinson's is going.**

**They do not want to hear about the long term effects of Parkinson's Disease.**

**Tom believed that it was old age.**

**PROSTATE CANCER SUPPORT  
CITY OF ONKAPARINGA GROUP  
BUNNINGS BBQ AUGUST 18<sup>th</sup> 2018**

**Total Income: \$1,890.50**  
**Less Expenses     790.00 Repaid**  
**Total Banked     \$1,100.50**

**Expenses:**

**\$200.00 Mark-Food & Drinks**  
**\$390.00 Malcolm-Food etc.**  
**\$200.00 John-Float**  
**\$790.00 Total Expenses**

The total actually banked was \$1,300.50 & this included the \$200.00 for Mark

The full details, provided by Mark, are on the following Link, many thanks Mark.

1	Item	Cost	Comments
2	Sausages	\$390.00	
3	Coke	43.00	
4	Diet Coke	-----	Do not buy next year
5	Coke Sugar Free	19.53	
6	Coke Zero	-----	Discontinued
7	Pepsi	16.40	
8	Pepsi Max	11.70	
9	Fanta	-----	Not on Special
10	Sunkist	16.40	
11	Lemonade (Sprite)	-----	Not on Special
12	Lemonade (Schweppes)	16.40	
13	Water	7.40	
14	Spray on Oil	3.00	
15	Tomato Sauce 500 mls	-----	
16	Tomato Sauce 2lt	4.00	
17	BBQ Sauce 500mls	4.00	
18	Mustard 250gms	-----	
19	Mustard 550gms	8.30	
20	Bread	20.00	
21	Onions	15.98	
22	Paper Towels	-----	
23	Aluminium Trays	2.00	
24	Wipes	-----	
25	Serviettes	-----	
26	Ice	-----	Donated
27	Gloves	-----	
28	Garbage Bags	-----	
	<b>Total</b>	<b>\$578.11</b>	

Spot check: \$590.00 withdrawn for food & Drinks --- \$578.11 spent - (Ice \$10.00)

## BUNNINGS BBQ LINK



Bunnings BBQ  
190817.xlsx

## World-First Clinical Trial for Parkinson's Disease.

<https://www.inquisitr.com/5009960/world-first-clinical-trial-for-parkinsons-disease-to-inject-special-stem-cells-directly-into-patients-brains/>

## THE REAL FULL MONTY:

<https://www.bing.com/videos/search?q=the+real+full+monty+channel+7+ieak+utube&view=detail&mid=2AEC3AE80374AB375C2B2AEC3AE80374AB375C2B&FORM=VIRE>

<https://tvtonight.com.au/2018/07/the-real-full-monty.html>

## THE LADIES REAL FULL MONTY

<https://www.bing.com/videos/search?q=the+real+full+monty+channel+7+ieak+utube&view=detail&mid=9A4F39917475364AFC819A4F39917475364AFC81&FORM=VIRE>

## Prostatepedia:



Prostatepedia July  
2018 Radiation Thera



Prostatepedia  
Weekly 7 20 18.msg



Prostatepedia  
Weekly 7 27 18.msg



Prostatepedia  
Weekly 6 29 18.msg



Prostatepedia  
August 2018.msg



Prostatepedia  
Weekly.msg



Prostatepedia  
Weekly 8 10 18.msg

## Daily Caring



Caregiving Legal  
Basics Essential Docu



How to Help Seniors  
Get Up Without Injuri



7 Things You Should  
Never Say to Your Ag



10 Non-drug Ways  
to Manage Lewy Body



11 Ways to Cope  
with Feeling Unappre



Protect Against 3  
Common Scams Targe



8 Useful Bathroom  
Aids for Seniors Make



4 Easy Ways to Add  
Healthy Calories to a



Adult Day Programs  
Help Seniors Live at H



Emotion Lasts Longer  
Than Cognition for Pe



10 Ways to Improve  
Health in Seniors Livir



Don't Believe These  
3 Common Myths abo



3 Reasons Why  
Seniors Aren't Taking



How to Communicate  
Better With Someone



8 Things to Have the  
Doctor Check After a



14 Practical Ways to  
Relieve Caregiver Str



How to Get the Best  
Hearing Aids from the



Don't Miss the 3 Most  
Popular Care Tips in J



6 Essential  
Alzheimer's Caregiver



Don't Miss the 3 Most  
Popular Care Tips in J



Avoid Conflict When  
Helping Seniors at Do



5 Tips to Help  
Seniors with Estate Pl



Signs You (The  
Caregiver) Are Strugg



Mild Cognitive  
Impairment Not Dem



Give Yourself a Break  
Try Self-Compassion



Caregiving and  
Sibling Relationships



Seated Tai Chi for  
Seniors 3 Simple Rou



3 Ways to Support  
Seniors During a Shor



3 Effective Ways to  
Respond to Caregive



9 Top Caregiver  
Support Books for Str

## **From The Cancer Council NSW**

### **Treatment for people who are experiencing Financial Hardship**



Survivorship News  
August 2018.msg

## **Cancer Support Centre**

### **Jacaranda Lodge**

### **Winter 2018 Prostate Newsletter.**



Winter 2018  
Prostate Newsletter.r

### **From the Breast Cancer site:**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=154823&placementId=496933&page=home&media=2014-10/468x250storybcs\\_141021114514.png](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=154823&placementId=496933&page=home&media=2014-10/468x250storybcs_141021114514.png)

### **From the Australian Prostate Cancer Research Society (au) site**

<https://www.ausprostatecancer.com.au/family-history-and-prostate-cancer-vital-research-underway/>

### **(9) Don't use hot water**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=198614&placementId=517572&page=home&media=2018-01/468x250news10th\\_180123084022.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=198614&placementId=517572&page=home&media=2018-01/468x250news10th_180123084022.jpg)

### **Ten common Chemo Drugs**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=201486&placementId=517680&page=home&media=2018-04/468x250news10co\\_180424124255.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=201486&placementId=517680&page=home&media=2018-04/468x250news10co_180424124255.jpg)

### **Prevent UTI's during Chemo**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=204361&placementId=517677&page=home&media=2018-07/468x250news8way\\_180718125011.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=204361&placementId=517677&page=home&media=2018-07/468x250news8way_180718125011.jpg)

### **Having Chemo & Missing Beer?**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=204362&placementId=517678&page=home&media=2018-07/468x250newsneed\\_180718125248.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=204362&placementId=517678&page=home&media=2018-07/468x250newsneed_180718125248.jpg)

### **Why They “Went Flat”**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=192840&placementId=518868&page=home&media=2017-08/468x250news6wom\\_170822125136.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=192840&placementId=518868&page=home&media=2017-08/468x250news6wom_170822125136.jpg)

### **Magnesium Deficiency**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=184803&placementId=518865&page=home&media=2017-01/468x250news12si\\_170118122053.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=184803&placementId=518865&page=home&media=2017-01/468x250news12si_170118122053.jpg)

### **Can this kill Cancer? (Breast & Prostate Cancer)**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=186519&placementId=517573&page=home&media=2017-03/468x250newsnewr\\_170301121629.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=186519&placementId=517573&page=home&media=2017-03/468x250newsnewr_170301121629.jpg)

#### **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 Cafe 101 Beach Road Christies Beach, on the **third Thursday** after each Support Group meeting. Beverley will advise us by email of the time and date. 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 CAROLYN ROBERTS  
WHO IS THE NURSE FROM THE ONCOLOGY UNIT  
AT FLINDERS MEDICAL CENTRE.  
WE LOOK FORWARD TO SEEING YOU THERE.**