

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,**

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Malcolm Ellis

Mark Milosevic

John Shields

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 2018 NEWSLETTER (No 155)

Your own local Newsletter

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

f Our Chairman Malcolm Ellis, was given a very warm welcome after the long and painful process of recovering from having his Hip rebuilt. This was needed when Cancer destroyed both sides of his right Hip. The operation was done at FMC and Malcolm was later transferred to Noarlunga Hospital before going home.

He commenced the meeting with the election of Officers for 2018.

The following Members were elected unanimously.

Malcolm Ellis: Chairman

Mark Milosevic: Deputy Chairman

Beverley Ellis: Secretary

John Shields: Treasurer/Newsletter/Supper:

Malcolm then gave us the opportunity to have a Round Robin and give an update on where we are all at on our Prostate Cancer journey.

It is always interesting to hear what everyone has to tell us, and is a great opportunity for members to get to know others who have had a similar diagnosis and treatment, as it is good for them to talk with someone who is having a similar experience to their own.

Our Guest Speaker:

**Adaire Prosser
Pharmacist
SA Health.**

Malcome welcomed Adaire, and asked us if we had any questions about medication etc then Adaire was the right person to ask and she was going to speak with us about Depression and Medication and related topics.

Adaire said that she works for SA Health and that she did ED and Geriatrics which normally don't mix.

People go through to Flinders and end up in The Geriatric Dept for Rehabilitation. Geriatrics used to be 75 or 80 years old, but now there is no age limit.

It is more about state than anything else.

The Geriatric Evaluation and Management Unit is all about getting back home, mobile, and in a state they can work with.

There are Doctors, Physio's, Social Workers, Speech Pathologists, Dieticians and Pharmacists involved, who all take a team approach.

It is a good Unit.

Much of the report has been abbreviated as it is quite long.

Adaire said that she was going to come and talk about Depression and Anti-Depressants as it is common for a lot of people these days and she will do this as an open discussion.

She said, anything that I say does not represent SA Health or SA Government.

Depression is quite prevalent and 40% of people are diagnosed with it. It is normally diagnosed by a GP.

Adaire then said that it is important to draw a line between what is Grief and what is Bereavement and where depression comes in – and where do we draw the line.

Deciding to treat someone or not, as grieving is a natural response to something that has happened. Everyone should be able to go through grieving in their own time

When we look at someone with depression, we look at behaviour that a person might display, or might have displayed some time ago.

Deciding whether someone has depression or not. Talk about changes in appetite.

Do they stop eating or are they eating quite a lot

Sleeping-Insomnia, can't sleep at all – worn out.

Feel quite lethargic, continually napping – Hypersomnia - sleeping a lot.

Someone going through a divorce and feeling as though it is all my fault. There are always two sides to every story and two people contributing to a relationship breakdown.

Anhedonia is a symptom of depression defined as the inability to experience pleasure.

Another key one is a person who has a hobby, or had pride in all that they did, and has lost interest in their day to day activities.

Once it has been diagnosed-always in consultation with patients, their carers and family.

Types of depression are:- Mild, Moderate or Severe

Most people who have Depression, have Mild to Moderate Depression.

It is best to have happy thoughts and in changing the way you think.

There are a lot of Antidepressants in Australia, all have a similar effect.

We don't know how effective they are until we try them

Adaire then talked about matching up side effects, then what doesn't cause sedation, and what doesn't cause weight gain

There are a variety of things that cause depression. It may be side effects of medication.

A question was asked about Anorexia, which is a loss or deficiency of appetite for food. The reason for it differs from person to person and there are several different reasons why. There is a need to stimulate appetite and it is not usually seen in anyone older than 20. Sustagen or Up and Go may be worth trying or other nourishing snacks, organised through a Dietician at the Hospital or through a Pharmacy, then look after it ongoing. It takes four to six weeks before medications work. Reasons are complicated and there are a lot of theories and there is expense involved. Some information on the Internet is free.

Adaire answered several questions from our members and there was good interaction between them. She continued talking about medication/antidepressants, and showed to us that she is not only a good speaker, she is also a good listener.

A member suggested exercise and Adaire said yes, exercise is good for depression. Especially walking. It is also good if the person suffers from mild symptoms of Anxiety.

Adaire then gave an interesting talk about our body producing more Receptors. It is quite a big subject and also can be really complicated.

What causes depression?

It is usually something external - no-one is born with depression

Adaire then talked about the path that the medication takes through the body

Do we need to increase the dose?

Won't know until they try.

What works for one may not work for another.

Which drugs can be given together?

It depends on what that patient is taking.

The questions from our members continued to flow right throughout Adaire's talk and as previously mentioned, she answered them all quite clearly.

She said that she works with other Pharmacists and that nobody knows everything, they are all continuously learning more

Psychology is effective but Medication is better - take a pill a day.

If you experience side effects in the first couple of weeks you might get thoughts about suicide because you might have more Adrenalin in your body.

Talk about it with your partner, GP and Pharmacist.

Also talk to your Pharmacist about all of your medications and any side effects that are likely to happen. Make an appointment and take a list of your medications and why you are on them. This should take about 20 minutes.

The Pharmacist can also come to your home to do a review, but you will need a GP's Referral.

Cognitive behaviour therapy is mind over matter - and for some this can be quite draining. We may need to change the way we think.

Adaire continued to give us a good talk about the variety and effectiveness of Medication and this helped to answer several of our members questions and was good general information. She agreed with comments that our members made and expanded on and gave appropriate advice about Antidepressants and Painkillers.

Low dose for Nerve Pain and High dose for Depression. These are not started first up because of side effects.

Some people are happier online than they are in real life.

Unlike Depression, (PTSD) is an Anxiety Disorder that can develop after witnessing, or experiencing a traumatic event and may take a long time to go away.

Our members really enjoyed Adaire's talk tonight and her openness and ability to interact in such an excellent way.

Malcolm thanked Adaire and said that we would like her to come and talk with us again.

Adaire Prosser

Clinical Pharmacist at SA Health

SA Health

University of South Australia

Adelaide, Australia

56 connections

More actions

Experience



Clinical Pharmacist

Company Name SA Health

Dates Employed Jan 2017 – Present

Employment Duration 1 yr 2 mos



Pharmacy Intern

Company Name SA Health

Dates Employed Jan 2016 – Dec 2016

Employment Duration 12 mos

Location Bedford Park, South Australia, Australia

Education

University of South Australia

Degree Name Bachelor of Pharmaceutical Science, Bachelor of Pharmacy (Hons)

Field Of Study Pharmacy

Grade First Class Honours

Dates attended or expected graduation 2011 – 2015

Featured Skills & Endorsements

• Research Design

-
- No endorsements yet

• Hospital Pharmacy

-
- No endorsements yet

• Clinical Research

- No endorsements yet

Show more

Contact and Personal Info

Adaire's Profile

Show more See more contact and personal info

BUNNINGS:

Beverley has advised us of the money raised at Bunnings during the two days that we were able to collect, this month.

Saturday 10th February \$126.65

Sunday 11th February 63.90

Total = \$190.55

Thank you to all who helped, and Carl and Erika reminded me that many hands do make light work.

Milena will soon advise us of the date for this years BBQ.

Right click on the website, then left click on open Hyperlink.

1. The Breast Cancer Site.

http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=139705&placementId=497707&page=home&media=2014-09/468x250storyboo_140912132123.png

2.

A GOLDEN OPPORTUNITY

<http://www.msn.com/en-au/news/techandscience/geologists-find-bacteria-that-takes-traces-of-gold-and-turns-them-into-nuggets/ar-AAuYRDe?li=AAavLaF&ocid=spartandhp>

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 second 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 that word "Support".

Newsletters received with thanks from:

Andrology Australia, Sydney Adventist Hospital PCSG.



OUR NEXT MEETING IS ON WEDNESDAY 7th MARCH 2017 AT 6.30 PM.

OUR GUEST SPEAKER IS MEG GREEN

AUDIOLOGIST