

**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.**



**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.**

**JULY 2018 NEWSLETTER (No 159)**

**Your own local Newsletter**

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

 **JULY 2018 MEETING REPORT.**

**Present: 8**

**MAX GARDNER AWARD:**

**Our members had the opportunity to personally congratulate Malcolm at our Support Group Meeting for receiving this prestigious award.**

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

**Our Guest Speaker:**

**Phil Evans from the Christie Downs Metropolitan Fire Service (MFS).  
Dial 000 for emergency service.**

**Phil arrived early and listened to our "Round Robin" reports, and said that he appreciated hearing our views etc.**

**He also has annual blood tests and all is OK. There is no family history of Prostate Cancer, his father had Prostate enlargement, but died from a heart problem. Phil said that he has a lot of respect for Support Groups like ours. He then encouraged us to think about Fire Safety and said that sadly, Fire Safety drops down the list of priorities.**

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**SMOKE ALARMS:** They are law now and are very effective.

In lots of places at the lowest level you are protected. Sometimes cooking sets them off or there are false alarms because they are so very sensitive.

Some are battery powered and have an older style battery that is replaced annually. Newer ones have a back up battery that lasts for ten years and so every ten years smoke alarms need to be replaced.

These can be disposed of with the domestic rubbish.

There is a small strip on the side of the alarm that tells you when to replace it.

Give them a test every two months – just press the test button.

Also vacuum clean the alarm regularly just reach up and vacuum for a few seconds, and always make sure that it has a good battery.

Sometimes homes are damaged by fire when there is no battery or a low battery.

Remember, every house must have a smoke alarm, and it must also be working.

Phil would like to see them in every bedroom, connected together, as connected smoke alarms are the best, because when one activates, they all activate.

If you get replaceable, back up batteries, make sure that you get reputable brands.

Also make sure every family member has working smoke alarms, this includes your children, your nephews, nieces, aunts and uncles etc.

There was some good interaction between Phil and our members and Phil's presentation really held our interest.

#### **TENANTS ETC:**

Tenants can do the testing, but the smoke alarms are the Landlords responsibility.

In a rental property do not have smoke alarms that someone can reach up and remove the batteries, for any reason, always have batteries that are not removable.

When you are asleep you will not smell smoke as the brain does not register that there is smoke in the room and this is a very good reason to have a smoke alarm in every bedroom. Fire Services throughout Australia are trying to encourage this. It is being talked about and it would be good if these were installed in every new home.

Check to see if you need an electrician to instal a photoelectric alarm with a replaceable battery to make sure that it has been installed correctly and is working.

Phil reminded us again, about a news item detailing a fire that destroyed a house that had an alarm, but it did not have a battery. He continued to emphasise the importance of fire safety and the need to keep it uppermost in our minds.

#### **WHAT IS YOUR PLAN:**

If you are in bed and have a fire in your home, how are you going to get out?

Have shoes, slippers and an emergency light near the bed, plus a phone as often there is a power outage. Get out quickly. Clear passageways to the exit and make very sure there are no obstacles, like a walking frame etc.

You can buy a torch that you shake, it has batteries in it so just shake it briefly.

**A DEADLOCKED DOOR:** Always keep the key handy because you do not want this to be the point that stops you from getting out.

As you can see, it is very bad news if you cannot find the key.

**Reminder:** If you need the emergency fire service dial 000

It is a free phone call and we provide a free service.

In the first instance, make sure you are safe, so before the Fire Service gets there, you need to get out.

If you have had a fire we will investigate and make sure it is all ok so please do not hesitate to call the Fire Brigade and we will come and have a look.

**A FIRE BLANKET:**

Phil said that he would like to see a fire blanket in every kitchen. If you haven't got one please do, and hang it on the kitchen wall away from the stove.

He then gave a demonstration on the correct method for using the Fire Blanket and said do not re-use it because if there is any damage it may not work.

Also, a blanket can sit on a wall for 20 years, and will not deteriorate and he strongly encouraged us all to buy one.

If you are not strong enough at the time (you may be sick, on medication or have an injured arm etc) don't try to use an electric blanket.

Turn the oven off, leave the kitchen, warn everyone and dial 000

Your emergency plan may also have to change if you have an injury.

**A DRY POWDER EXTINGUISHER:**

These are the Fire Extinguishers found around hospitals and are easily distinguishable by the white band that is around the fire extinguisher cylinder near the top, they will also have a description sign, which describes what fires the fire extinguisher can and cannot be used for.

There are two types of dry chemical powder fire extinguishers, they are both ABE & BE type extinguishers, so if you are buying one you will need to check this out.

Very importantly, you will need to understand what to do with the extinguisher.

Pull the pin, aim at the fire and squeeze the trigger and "sweep".

Remember, use the fire extinguisher only once as it needs pressure to operate and you will already have used it. Then, get it refilled as this is cheaper than buying a new one. When the time comes to dispose of it, the local Council may assist with disposal, once a year, or you can take it to the Wingfield Recycling Depot.

**GOOD INTERACTION:**

Right throughout the presentation there continued to be good interaction and Phil gave us plenty of opportunities to ask questions.

**CANDLES:**

Small candles cannot be used safely.

Put all candles in good strong holders that will not turn over.

Fires have been caused by cigarettes, lighters and matches, always in bedrooms.

Also look at other options to reduce fire risk.

Do not use damaged equipment and do not piggy back a powerboard as this will use too much power.

Also some circuit breakers have been found to have fencing wire in them and this is also very dangerous.

#### **THE ELECTRIC BLANKET:**

Regularly check out the electric blanket. Switch it off before you get into bed to make sure there is no overheating and you can now get a washable electric blanket. Always unplug electrical connections. Put a timer on the wall from 6.00pm to 6.00am as a failsafe.

#### **WHEAT BAGS:**

These get heated again and again and the grain dries out. If you are using it all winter, have a mug of water, let the wheat bag go cold before putting it back in the microwave to avoid the risk of the wheat bag smouldering in the bed causing a fire.

Check cables plugs etc once a year and the 3 pin plugs 2 to 3 times a year. If you have a cable running under a carpet or rugs, check these twice a year.

#### **PORTABLE HEATERS:**

As they get moved around always keep them at a safe distance from flammable material – sometimes common sense is not so common.

There is also a lot of information about each heading on the MFS website.

<http://www.mfs.sa.gov.au/site/home.jsp>

Or [mfs.smokealarms](http://mfs.smokealarms) etc.

#### **RESTHAVEN:**

Corinne, who is the Co-ordinator at Onkaparinga Community Services would like to know if any of our members are interested in helping to form a Pool Group in our local area. This would not involve travelling to other Suburbs for competition. If you are interested, please phone Corinne on 8307 3707 and she will enlarge on this and organise a referral to enable you to join with members of Resthaven to enjoy some friendly games of Pool each week.

Regards  
John.

#### **FOUR CORNERS PROGRAM:**

Four Corners – Mind the gap – Your medical bills: Out of pocket costs etc.

<http://www.abc.net.au/news/2018-05-28/your-out-of-pocket-costs/9775664>

<https://tuh.com.au/news-publications/latest-news/four-corners-lifts-the-lid-on-gap-costs>

**PS: There are several similar reports on the website.**

#### **Change The Way We Fight Cancer**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=132742&placementId=514036&page=home&media=2014-05/468x250gtgmslid\\_140512093114.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=132742&placementId=514036&page=home&media=2014-05/468x250gtgmslid_140512093114.jpg)

## From the Breast Cancer Site

### Speak out for men with Breast Cancer

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=129539&placementId=513524&page=home&media=2014-03/468x250petition\\_140321070705.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=129539&placementId=513524&page=home&media=2014-03/468x250petition_140321070705.jpg)

### Prosthetic Nipples

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=202352&placementId=513574&page=home&media=2018-05/468x250newsmanm\\_180522131606.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=202352&placementId=513574&page=home&media=2018-05/468x250newsmanm_180522131606.jpg)

### Lobular Cancer

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=172007&placementId=513574&page=home&media=2016-04/468x250storylob\\_160426110142.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=172007&placementId=513574&page=home&media=2016-04/468x250storylob_160426110142.jpg)

### Protecting Older Aussies

<http://www.health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-yr2018-hunt060.htm>

<https://healthtimes.com.au/hub/aged-care/2/news/aap/one-in-four-aged-older-aussies-missing-vaccines/1615/>

<https://www.theweeklysourc.com.au/aged-care-guild-launches-protect-aussie-aged-care-online-petition/>

### To Cancer and Back

[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

### Family History and Prostate Cancer – Vital Research Underway

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

### Daily Caring



How to Build Up an Extra Medicine Supply



Head to Toe Gentle Seated Chair Exercise



Boomers Helping Aging Parents Live In



Estate Planning Basics Give Seniors P



3 Ways to Improve Senior Dental Care to



14 Questions to Ask Doctors When Startin



How to Approach Someone with Demen



The 7 Deadly Emotions of Caregivr



This Alzheimer's End of Life Conversation I



15 Affordable Stress Relief Products That I



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



Celebrate Father's Day with 18 Gifts and



Watch Out for These 5 Top Diabetes Comp



5 Quick and Simple Ways to Reduce Care



18 Hospital Tips from Insiders Improve Sen



7 Tips to Reduce the Caregiver Financial B



Traveling with Dementia 6 Ways to



Prevent Heart Attack and Stroke with 6 Tip:



3 Sources of Affordable Counseling



Estate Planning Basics Give Seniors P



16 Fantastic Ways to Adapt Traditional 4th



12 Ideas for Exercise and Physical Activities



Happy Independence Day!..r



6 Things You Can Do to Prevent Heat Strol



5 Ways to Afford Prescriptions in the M



12 Easy and Gentle Seated Stretching Ex



How Do You Calm Down Someone with I



7 Ways of Dealing with Caregiver Guilt T



Protecting Elderly Parents.msg



6 Affordable Products That Help S

## Cancer Talk



10 Things to Know About Radiation-----



12 Foods For Healthier Hair-----



The Negative Side of Being Positive-----



Wig Do's and Don'ts-----Hair lo:



Benefits of Lemon Water-----Drinkin

## Benefits of Lemon Water

## Prostatepedia



Prostatepedia Weekly 5 18 18.msg



Prostatepedia Weekly 5 25 18.msg



Prostatepedia Weekly 6 1 18.msg



Prostatepedia June 2018.msg



Prostatepedia Weekly 7 6 18.msg



Prostatepedia Weekly 7 13 18.msg

## MY AGED CARE

<http://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Clinical+resources/My+Aged+Care/>

## New Gene Treatment Effective for Some Leukemia Patients

<https://www.nytimes.com/2017/11/20/health/cancer-immunotherapy-t-cells.html>

## And exceeds 'wildest expectations'

<http://www.nbcnews.com/id/44090512/ns/health-cancer/t/new-leukemia-treatment-exceeds-wildest-expectations/>

## 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. 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 1<sup>st</sup> AUGUST 2018 AT 6.30PM.**

**OUR GUEST SPEAKER, TOM TROTTMAN,**

**WILL TALK ABOUT PARKINSONS DISEASE**

**WE LOOK FORWARD TO SEEING YOU THERE.**