

We are here
F O R

Y O U
And, your Family



**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.

NOVEMBER 2018 NEWSLETTER (No 164)

Your own local Newsletter

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

 NOVEMBER 2018 MEETING REPORT.

Present: 9

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

It is really good to be an active member of our local Prostate Cancer Support Group and to have the confidence to speak freely and openly at our meetings, about the effect that Prostate Cancer has had, not only on us as an individual, but also on our Wife/Partner and the members of our family, together with our closest friends, those people, who may seem to be in the background, but deep down, they really care about us.

Our members decided that our December 2018 get together will be at the Christies Beach Hotel on Sunday December 2nd and it was previously decided that in future, the people who will receive reimbursement from our Support Group, toward the cost of the luncheon, are the one's who help us raise money at Bunnings from the BBQ, and the Information days, and the regular attenders at our meetings.

Beverley has said that we should be advertising the Support Group again and she will follow this up and report back to our next meeting.

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We are also going to have a look at the original Pamphlet that I produced back in 2003, to let as many people as possible know about the formation of our Support Group, and we will update it.

I am happy to follow this one up and make the necessary changes and visit Amanda Rishworth to have them printed, and I will report back to our members at our February 2019 meeting. After Printing, we will ask our members to take several copies with them, to be distributed in their areas.

REMINDER:

The Annual Southern Suburbs Volunteer Service Award Ceremony Presentation for Beverley, will be held at The Cove Civic Centre

**1 Ragamuffin Drive,
Hallett Cove**

On Wednesday, November 21st 2018

From 10.30am to 12.30pm.

BUNNINGS COLLECTION DAYS:

The collection days for December are:-

Thursday 6th, Friday 7th, Saturday 8th, and Sunday 9th December 2018.

Cancer Focus Group.

Jules and Artie Ferguson have invited us all to a Cancer Focus Group on Tuesday the 20th November at Christie Downs Community House, on the corner of Morton and Flaxmill roads, Christie Downs.

It is good to hear that Artie is doing good now and it will be good for us to catch up with both Artie and Julie on the 20th November.

For those who do not know, Artie was the guest at our second meeting on Wednesday the 5th November 2003 and he gave his all to Prostate Cancer Support for a very long time, both as a member of our Support Group, and a person with a special knack of knowing how to show by example, what a person can do if they have the best interests of the community at heart. Artie exemplified that aspect of life, and I have yet to meet anyone else, who was so devoted to doing the very best that they could for the local community. Artie enabled our Support Group to raise awareness about Prostate Cancer and the treatment options available way back then, and he was the prime mover, and gave us great encouragement, to bring awareness about Prostate Cancer and the new Support Group, at all of the Lifesaving events that we were able to attend, and talk with the local community about, all along every one of our local beaches over a long period of time.

Our Guest Speaker:

Our Guest Speaker tonight was our local Urologist, Dr David Elder who was giving his 16th talk to our Group, since its inception in October 2003.

Thank you Dr Elder, we really do appreciate your interest in our local Prostate Cancer Support Group, and to hear you talk with us, about the latest developments in the very wide field of Prostate Cancer, and the available treatment options. Dr Elder began by speaking about the pecking order of Prostate Cancer, and he showed us that Prostate Cancer is in the top ten, with heart attack and stroke really the number one killer. We do not know the cause of Prostate Cancer.

Male Pelvic Anatomy.

Dr Elder used photo's of the male Pelvic Floor to explain all of this to us.

He then showed us where the Prostate Gland is, and where Cancer occurs.

Young people in their 40's can get it, and old people in their 90's can be diagnosed with it.

The age for maximum diagnosis is 68.

He then expanded on Anatomy, and showed us photo's of where the Prostate Gland is, and everything leading up to and surrounding it.

The seminal vesicle has two functions:

One, is a conduit for urine and the other is a production organ.

The person can still ejaculate and they don't notice any difference in sensation, after a vasectomy.

The main purpose of the Prostate is to produce fluid for semen, which transports sperm during the male orgasm.

The Prostate is a deep seated organ.

Pain from Prostate infection is when the prostate, and the surrounding area, become inflamed.

It is hard to tell what is causing Prostatitis

Perhaps in the immune system, because of a poor diet, especially in young men.

He then talked about Benign enlargement.

It enlarges in most men as they get older.

The Periforal Zone contains the majority of prostatic glandular tissue and is located at the back of the Prostate Gland, closest to the rectum. See also MRI's.

The Transitional Zone, surrounds the urethra, see also MRI's.

Central Zone, is the area that surrounds the ejaculatory ducts, see also MRI's.

Rebore for benign enlargement. This only takes a small percentage of the prostate.

Cancer only occurs in the blue Zone.

The Prostate sometimes regrows after 10 years

I always encourage people to have 2 PSA tests before making a decision.

Men with a Family history are more prone to getting Prostate Cancer.

Dr Elder then showed us a list all age groups and the % of men at risk.

Father 20%, Father and Brother 30%, Father, Brother and Uncle 40%.

Dr Elder explained everything as the talk progressed and took time to answer the questions from our members.

He then went on to say that Genetics testing is something that we are just getting into and it will become the norm sometime in the future.

If your grandparents had Prostate Cancer – your mothers father, or your fathers father. Either side can transfer the gene.

A Urine test is done looking for infection.

A Blood test-the PSA rate of change is important.

We were then shown a Risk Chart for Prostate Cancer and saw the high risk areas. Dr Elder then referred to the chart and explained all of the risks to us, especially those that were high risk.

As you get older, you can have a higher PSA and not get worried.

He then showed us all of the age groups.

Everyone should have a PSA at the age of 50, to assess their risk of Prostate Cancer

Finger test – looking for a lump – a Cancer within the Prostate- or tenderness.

He then talked with us about a Tender Prostate – Prostatitis.

Looking for a lump and early concerns you can't feel one, because picking it up early is the secret.

Dr Elder spoke again about the Transitional Zone and said that MRI Imaging has changed the landscape completely.

In the diagnosis of Prostate Cancer we can now see inside the Prostate Gland, and see shadows in the Prostate that cannot be felt.

MRI has changed the need for Biopsies.

MRI has saved many men from having a Biopsy.

The diagnosis has not really changed in that time.

DRE will show there is a need for a biopsy if there is a lump.

An ultrasound placed in the rectum, then a needle goes into the Prostate Gland, and samples taken.

Transperineal Biopsy under local anaesthetic, but they still have to have an Ultrasound probe in the rectum.

Must avoid Prostate infection – Septosemia.

With a Transperineal Biopsy there is no risk of infection.

We need to know how far it has spread.

If PSA is above 20 the chances of Prostate Cancer increases dramatically.

Above 20 is a risk factor for bone problems.

Showed Metastases in the spine.

A CT scan where cancer is everywhere.

A Bone scan will tell you the bad news-but not always.

Cancer goes first to the lymph glands, then to the bone.

PSMA scan where prostate cancer cells will show up in the Lymph Glands.

We are leading the world in research into this.

A Pet Scan.

Outlined the hotspots, can see Prostate Cancer and Bone Cancer.

He spoke about stages of the cancer and said that in the last 5 years things have dramatically changed.

Management

How far it has spread and how aggressive it is.

Can feel a lump.

Locally advanced or spread locally

Is it locally? Or Is it Metastatic?

Treatment is different for each different stage.

3+ 3 = 6 etc Dr Elder pointed out the high risk, of more aggressive cancer.

Needs aggressive treatment for aggressive cancer.

Lower Gleason score, lower risk, and quite often is just watched.

External Beam Radiation over 7 weeks

Brachytherapy - seeds give twice the dose.

Causes burning to the urethra that can last for a few months.

Brachytherapy, the cure rate, the same as Surgery.

Shotgun pellets in the Prostate can measure how much radiation they have injected into you.

Androgen Blockade to shrink the Cancer down, locally advanced.

Testosterone feeds the cancer.

Remove Testosterone and the cancer will die.

Stops message going down to the Testicle.

The Final treatment.

Oncology-the study and treatment of tumours.

Palliative care is a specialty in it's own right.

We need to know what is available as there are lots of new drugs.

Early detection is controversial in Prostate Cancer.

15% diagnosed during life and 3% or 4% die from Prostate Cancer.

35% have cancer but with no problems & treating them is unnecessary.

Can do a lot of harm – more harm than good.

Family history.

Individual awareness – the family doctor's role.

Not every doctor agrees with testing at 50.

We have got a good test, but we need a better test as far as screening is concerned.

Watching the pictures/diagrams throughout the talk was most helpful.

Thank you Dr Elder.

PS: I had to include many “dot points” throughout this report but I feel sure that we will get a lot out of what has been a very good presentation by Dr Elder.

PROSTATE CANCER INFORMATION:

New Treatment Approved for Prostate Cancer That Resists Hormone Therapy.

All about Prostate Cancer.

<https://www.medicinenet.com/script/main/art.asp?articlekey=210227>

Open this PCFA Hyperlink.



**A message from Jane Endacott,
Chief Executive Officer
PCFA**

I am aware that PCFA grew out of Rotary.

Rotary Clubs in South Australia

<http://www.clubsofaustralia.com.au/Rotary/Clubs-in-South-Australia.html>

PCFA Online Community Digest:



PCFA Online
Community Digest - A



PCFA Online
Community Digest - N



Feedback Requested
RANZCR response to

PCFA All Groups.

<https://onlinecommunity.pcfa.org.au/groups>

Cutting the cost of Cancer treatment.

<http://theconversation.com/why-competition-is-key-to-cutting-the-cost-of-cancer-drugs-in-south-africa-79768>

NOVEMBER - LUNG CANCER AWARENESS MONTH

<https://canceraustralia.gov.au/about-us/news/november-lung-cancer-awareness-month>

LUNG CANCER – SMASHING THE STIGMA

Anyone with lungs can get Lung Cancer

<https://www.verywellhealth.com/the-stigma-of-lung-cancer-2249236>

Some great advice.

<https://www.curetoday.com/articles/stomping-the-stigma-of-lung-cancer>

Lung Cancer Drug has been added to the PBS.

<https://www.sbs.com.au/news/lung-cancer-drug-added-to-pbs-scheme>

BREAST CANCER:

Yes, Men get Breast Cancer too.

Do you know about free screening for Breast Cancer?

**Christies Beach
Unit 2, 107 – 109 Dyson Road
Christies Beach**

**For more information
BreastScreen SA
SA Health
Telephone: 13 20 50
www.sahealth.sa.gov.au/breastscreen
BSSAenquiries@health.sa.gov.au**

**BreastScreen SA
Caring for women from ocean to outback**

https://www.sahealth.sa.gov.au/wps/wcm/connect/ee89668040acfc0e99ab9b9d26b921e1/BSSA_Brochure_After+your+breast+screen_2012.pdf?MOD=AJPERES

Cutting the cost of Breast Cancer Treatment

<https://www.itnonline.com/article/cutting-cost-breast-cancer-treatment>

Another Reminder:

Movember.com

GENERAL HEALTH INFORMATION:

PRP Therapy –

<https://www.bouncehealth.com.au/PRP-injection-therapy.html>

How to “Spring Clean” your medicine cabinet

<https://www.msn.com/en-au/health/medical/how-to-spring-clean-your-medicine-cabinet/ar-BBP4YnO>

DAILY CARING:



Senior Medication
Safety 9 Important C



Fun Activities for
Seniors with Dementi



Minutes of the AGM
and Quarterly Membe



4 Ways to Find a
Caregiver Support Gr



Don't Miss the 3 Most
Popular Senior Care T



Recognize 10
Common Signs of Hea

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.

FREE TO JOIN ONLINE: www.onlinecommunity@pcfa.org.au

PCFA Online Community gives the latest updates on Treatments and Research into Prostate Cancer.

**FOR OTHER PROSTATE CANCER
SUPPORT GROUPS IN SOUTH AUSTRALIA**

www.pcfa.org.au/support/list-of-support-groups/

**PROSTATE CANCER
"Living well after Treatment"**



SA-PCCOC
November Event.msg

My Health Records.

<https://www.oaic.gov.au/privacy-law/other-legislation/my-health-records>

<https://www.msn.com/en-au/news/australia/17-million-australians-to-be-automatically-enrolled-in-my-health-record/ar-BBPIK4i?ocid=spartandhp>

Dear Network members

We are excited to let you know about the upcoming PCFA **Ask the Experts webcast Prostate Cancer: Advanced Stages** which we will be hosting on **Wednesday 28 November 2018**.

Our Ask the Experts webcast will be a live moderated panel discussion that you can watch online and participate in from your own computer, smart phone or tablet. Participating in our Ask the Experts webcast is easy, free and open to all.

Our aim is to provide all those impacted by prostate cancer,

especially those living in regional and remote communities, with an opportunity to learn more and to feel comfortable asking questions related to the topic. We hope that you can join us.

As a valued member of the PCFA community it would be great if you could also help us promote the webcast amongst your local networks and contacts.

HOW TO HELP PROMOTE THE WEBCAST IN YOUR COMMUNITY

- Forward the invitation below to support group members, or local community contacts
- Organise a group to meet and participate in the webcast together on the night
- Screen the video recording of the webcast (which will be available on the [Online Community Video Gallery](#)) at a meeting or event.

[Prostate Cancer Foundation of Australia \(PCFA\)](#) invites you to attend our Ask The Experts Webcast. Join us for an engaging panel discussion with leading health professionals.

DATE

Wednesday 28 November 2018

TIME

7:00pm – 8:00pm (AEDT)

WHERE

Online – join via computer, smart phone and tablet.

Registration is essential.

[REGISTER HERE](#)

Hosted by **SBS Presenter Ricardo Goncalves**, this interactive forum will be guided by the audience and cover key topics such as:

- What happens when prostate cancer gets out of the prostate
- What is the difference between localised and locally advanced
- What is metastatic prostate cancer

- Treatment options, and management of side effects
- Staying well while on treatment
- Support available to men and their partners

To register and for more information go to
www.pcfa.org.au/asktheexperts

Share with others who may wish to attend
Forward this email to a friend

Not available to join us live?

Register and stay connected to view webcast post recording via
onlinecommunity.pcfa.org.au

This event is proudly sponsored by



**Prostate Cancer
Foundation of Australia**

Free call: 1800 220 099
pcfa.org.au

Hi all!

Well it's that time of year again...see below! PCFA would LOVE to see you along. And as I always say for our country cousins...I never know when you (or yours) will be in Adelaide...

We had a huge team from the Riverland last year.

If you can't attend (see we've added a walk) can you please distribute the following far and wide.

Hoping to see you on the day!

K!

Paddle 4 Prostate!

Sunday 2nd December, 9am.

A great paddle or 4 km walk at West Lakes!

Come one! Come all!

If you have a **paddle** and a **canoe**,

or a **kayak, paddle board** or **surf ski**.

If you row or belong to a **surf life saving club**

or a **dragon boat team** – we want you!

Participants can also walk the West Lakes waterfront.

Oarsman Reserve, Military Road.

Register to paddle or walk.

***Make a splash, have fun, in the sun, on the water
and raise valuable funds for prostate cancer!***

REGISTER HERE -

<https://www.paddle4prostate.com.au>



**Paddle
SA**



PADDLE 4 PROSTATE

#paddle4prostate

www.paddle4prostate.com.au

A celebration of life on the water to raise funds for Prostate Cancer research and awareness.

Delfin Island

Adelaide

Sunday 2nd December

2018

**REGISTER
NOW!**
at the
website



Would you like to know more?

Members of our community are most welcome to attend our Support group meetings.

And if you or a family member has had Prostate Cancer, please accept our invitation to attend our meetings and have the opportunity to talk personally with other people who have had, or are having, a similar experience to you.

Our meetings are confidential, what is said in the meeting room, stays in the meeting room, and this has been found to be most beneficial to many people.

When and where do we meet?

Prostate Cancer Support

City of Onkaparinga Group

Venue and Parking Details:

**The Support Group Meetings are held at Noarlunga Hospital.
Alexander Kelly Drive, Noarlunga Centre SA.**

Our Meetings are from 6.30pm to 8.30pm.

**Parking is available at the Hospital,
or on Alexander Kelly Drive.**

**📌 OUR CHRISTMAS GET TOGETHER WILL BE HELD AT
CHRISTIES BEACH HOTEL
GULFVIEW ROAD CHRISTIES BEACH
AT 12.00 NOON ON SUNDAY DECEMBER 2ND 2018**

📌 www.pcsog.org

WOULD YOU LIKE A GUEST SPEAKER AT ONE OF YOUR MEETINGS?

TWO OF OUR MEMBERS ARE PCFA ACCREDITED AMBASSADOR SPEAKERS WHO WILL BE HAPPY TO TALK WITH YOUR GROUP ABOUT THE ASPECTS OF PROSTATE CANCER, TOGETHER WITH SUPPORT AND AWARENESS.

**PLEASE CONTACT: MALCOLM ELLIS: Mobile 0416 268 601
OR IAN FISK: Home 8296 3350**