

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.**

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Telephone:
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jshields@iinet.net.au

Our Website
www.pcsog.org



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.

OCTOBER 2018 NEWSLETTER (No 163)

Your own local Newsletter

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

 OCTOBER 2018 MEETING REPORT.

Present: 5

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

It was good to hear our members speaking so openly about the experiences that they have been, or are, going through on this “Prostate Cancer Journey” and it was very encouraging to hear how thankful Oscar is for the information, support and confidence that he had been given by attending the Support Group Meetings, and he is now dealing with his own diagnosis of Prostate Cancer and the treatment that he will be having. This meant that he was well prepared when given the diagnosis, even though it is something that we would all prefer to not have had to deal with.

Tonight is our 15th “birthday” as a Support Group. www.pcsog.org

Our Guest Speaker tonight was Tim King, an MRI specialist from Dr Jones & Partners.

Tim is based at St Andrews and he told us about his families experience with prostate cancer and their involvement in the Medical Profession.

Tim told us that there is now a rebate on the MRI and this is now bulk billed if the person is on a pension card.

Malcolm asked Tim, what is the difference between (1) a Cat Scan, (2) a Pet Scan and (3) an MRI? (I also checked some information on the Internet) John.

Tim explained the three Modalities and said that it depended upon what the doctor was looking for.

1-A computerised tomography (CT) or computerised axial tomography (CAT) scan combines data from several X-rays to produce a detailed image of structures inside the body.

CT scans produce 2-dimensional images of a section of the body, but the data can be used to construct 3-dimensional images.

Tim also mentioned PSMA and said that it is something that they inject into you.

2-A positron emission tomography (PET) scan is an imaging test that allows your doctor to check for diseases in your body.

Tim said that it is quite restricted, and is an area that he does not work in.

He also said that a PET scan is quite expensive

The scan uses a special dye containing radioactive tracers. These tracers are either swallowed, inhaled, or injected into a vein in your arm depending on what part of the body is being examined. Certain organs or tissues then absorb the tracer. This helps your doctor to see how well your organs and tissues are working.

3-The basis of an MRI is-we are basically made up of water.

It also gives much better contrast and has far more detail.

An MRI or Magnetic Resonance Imaging is a radiology technique scan that uses magnetism, radio waves, and a computer to produce images of body structures. The MRI scanner is a tube surrounded by a giant circular magnet and it's strong magnetic field aligns the protons of hydrogen atoms, which are then exposed to a beam of radio waves. The MRI does not use radiation, it is just very noisy.

PSMA: This stands for Prostate Specific Membrane Antigen, which is a complex protein found in cell walls of many types of cell, but greatly increased in Prostate Cancer.

Radio tracers have been developed to attach to the antigen and thus show up abnormal cells, usually related to Prostate Cancer.

If you are thinking about a PSMA scan, ask your specialist if it would be beneficial to you. Also the cost is \$780.00.

Tim said that a few years ago people had to go interstate for the PSMA, but they can now have that treatment here in Adelaide.

Tim then expanded on all aspects of the above three scans, and continued by giving some lengthy answers to several questions from our members.

The subject then changed to Brachytherapy and Tim said that there were specific scans for Brachytherapy. This is a type of radiation treatment for cancer where a small radioactive source is introduced into the tumour.

There are two main types of Brachytherapy for Prostate Cancer. HDR-High Dose Rate where a single radioactive seed is temporarily implanted into the Prostate,

and LDR-Low Dose Rate where radioactive seeds are permanently implanted. Your Radiation Oncologist will recommend the appropriate treatment for you. Tim was also asked about the medical equipment that he uses, and he said that most of the equipment was Siemens.

As Tim was talking with us, our members had plenty of opportunities to engage in conversation with him, and this continued for the rest of the meeting.

When Malcolm thanked Tim for a very friendly, warm and informative evening, Tim said that if we have any more questions, or if there are any studies etc that we would like some information about, he will be only too happy to talk with us about them, and he has given his contact details to Beverley.

Annual Southern Suburbs Volunteer Service Award Ceremony 2018

We received a nomination form from Amanda Rishworth MP, Federal Member for Kingston for the Annual Southern Suburbs Volunteer Service Award Saluting Volunteers in the South

Our members voted for Beverley Ellis to receive this years award

Beverley has put many “hard yards” as a volunteer, into making sure that our community is aware of the Support that is available here in the City of Onkaparinga for Men with Prostate Cancer, together with their families and friends

And as we know, Beverley has always been a tower of strength for our Chairman, Malcolm, helping to keep him, “on the ball” through his seemingly endless run of medical up’s and downs.

We will let you know the date, time and place of this event when we are notified.

Thank you Steve.

Continance Aids Payment Scheme

At our monthly get together at Rito’s, we had been listening to Steve talking about his many years of work experience

Then Steve asked me how I was feeling, and after saying that I was OK, I mentioned that since my operation 15 years ago, my annual blood tests have shown that Prostate Cancer is undetectable, and I also said that for the past six years I have been incontinent, and Steve asked me if I was on the Continance Aids Payment Scheme. I had to admit that I wasn’t because I did not know about the Scheme, I had heard of CAPS a long time ago-probably before I became incontinent- and had forgotten all about it, so Steve emailed me a copy of the forms which I have sent to the Department of Human Services CAPS etc.

I have recorded this information to thank Steve, and also to alert anyone who has not sent in the CAPS application forms, so that they do not miss out on the payments like I have for the past six years.

PN: Both Steve or myself can email to you a copy of the forms if you need them. There are several questions, but they are all straight forward and easy to answer.



PCFA Support Network



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Fundraising Event Co



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Fundraising Event Co

“Monumental” prostate cancer breakthrough could save thousands of lives.



'Monumental'
prostate cancer breal

movember.com

STOP MEN DYING TOO YOUNG

Check out this website.

Daily Caring.



SNAP Benefits for
Seniors 7 Key Food A



How Caregivers Can
Benefit from the Posit



8 Practical Ways to
Manage Diabetes in S



3 Traps to Avoid
When Talking to Som



Increase Safety with
a Simple At Home Mot



4 Common Eye
Diseases that Cause I



3 Ways to Reduce
Caregiver Stress with



Don't Miss the 3 Most
Popular Senior Care T



What Is It Like to
Live with Dementia 3



6 Festive Fall
Activities for Seniors.



8 Ways to Relieve
Caregiver Anxiety an



5 Reasons Why a Flu
Shot for Seniors Is Es



Happy Columbus Day
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Answer 3 Tough
Questions from Senio



5 Ways to Make
Funeral Planning Easi



13 Ways to Create a
Dementia-Friendly En



Get Help with
Medicare Decisions fr



3 Exercises for
Relieving Arthritis Pai



What to Look for
When Touring a Nursi



What to Do When
Someone With Demer



What Does Medicare
Cover Find Out Befo



What is a DNR and
Why Would Seniors V



Latest news from
Carer Support - Shari



How to Cope with
Compassion Fatigue

Prostatepedia Weekly.



Prostatepedia
Weekly 9 21 18.msg



Prostatepedia
Weekly 9 28 18.msg



Prostatepedia
October 2018.msg



Prostatepedia
Weekly 10 4 18.msg



Prostatepedia
Weekly 10 12 18.msg



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Weekly 10 19 18.msg

PCFA Online Community Digest.



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Community Digest - S



PCFA Online
Community Digest - C

John Blackman, Hey Hey It's Saturday star, and his battle with Cancer.

<https://www.smh.com.au/entertainment/celebrity/the-end-of-my-career-hey-hey-it-s-saturday-star-reveals-cancer-battle-20180905-p501vg.html>

<https://www.heraldsun.com.au/entertainment/broadcaster-john-blackman-urges-skin-cancer-checks-after-surgery-may-see-him-lose-his-voice/news-story/c4ec24bb582a608dc1b773dceeb8a729>

The real reason most people get cancer.

<https://www.msn.com/en-au/health/medical/the-real-reasons-most-people-get-cancer/ss-BBNqGSO?ocid=spartandhp>

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

15 Men Got Breast Cancer From Ground Zero.

https://blog.thebreastcancersite.com/ground-zero-cancer/?gg_source=BCS&gg_medium=house&gg_campaign=Ad-720x360_Blog_15%20Men%20At%20Ground%20Zero%20On%209%2F11%20Developed%20Breast%20Cancer%20From%20The%20Toxins_BCS&gg_content=2018-09%2F720x360blog15me_180920071309.jpg

Her husband felt a lump in his chest

https://blog.thebreastcancersite.com/stories/ror-dalene/?gg_source=BCS&gg_medium=house&gg_campaign=Ad-720x360_Blog_Rays%20of%20Resilience_Dalene_October%2021%202018_BCS&gg_content=2018-10%2F720x360blograys_181019080555.jpg

Brilliant New Hearing Aid Sweeping Australia

<https://hearingaidcomparison.com.au/breaking-brilliant-new-hearing-aid-sweeping-australia>

Walk or run for their lives Sunday 28 October 2018

Conquer the Adelaide coastline trail to help defeat prostate cancer. With proceeds from the event going toward research and support, your contribution can make a real difference to the lives of many.



Website – <https://www.trailblazerbythesea.com.au>

Facebook page (please share) – <https://www.facebook.com/trailblazersbythesea>

Donation Link –

<http://www.trailblazerbythesea.com.au/index.php/donate/partners-2>

Janie Green - Office & Events Coordinator.



The **Rotary Club of Adelaide** and the **Prostate Cancer Foundation of Australia** have united to promote this unique Adelaide charity event – **Trailblazer by the Sea!**

Sunday October 28th October go to Semaphore to join the crowd raising valuable funds for Prostate Cancer research, awareness and support of prostate cancer sufferers, survivors and their families.

Register now for **Trailblazer by the Sea** along the amazing Adelaide coastline between Semaphore and Seacliff. Four options – 8, 14, 28 or 36 kms.

Walk or Run for Their Lives. Individuals, family groups, running clubs and teams are invited to register by [CLICKING HERE!](#)

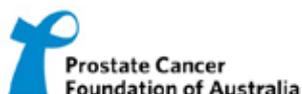
Facebook page (please share) - <https://www.facebook.com/trailblazerbythesea>

Can't join us? Donation Link -

<https://www.trailblazerbythesea.com.au/index.php/donate/partners-2>

Channel 9 TV Ad Link - https://www.youtube.com/watch?v=MBG9uvj_9Ms

Karyn Foster | State Manager - SA / NT



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P.O. Box 7168, Hutt Street, Adelaide SA 5000

MORE BREAST CANCER

How Much Do You Know About Dense Breasts?

https://blog.thebreastcancersite.com/kaufeld-dense-breast/?gg_source=BCS&gg_medium=house&gg_campaign=Ad-720x360_Blog_Diagnosed%20with%20Cancer%20After%20Clear%20Mammogram%2C%20She%20Wants%20Doctors%20to%20Tell%20Women%20About%20Dense%20Breasts_BCS&gg_content=2018-10%2F720x360blogdiag_181002132441.jpg

HOW DID YOU FIND OUT THAT YOU HAD BREAST CANCER?

“Emerging trend” is not good for women.

https://blog.thebreastcancersite.com/phone-diagnosis/?gg_source=BCS&gg_medium=house&gg_campaign=Ad-720x360_Blog_A%20Startling%20Number%20Of%20Women%20Now%20Get%20Their%20Breast%20Cancer%20Diagnosis%20Over%20The%20Phone_BCS&gg_content=2018-10%2F720x360blogasta_181002132324.jpg

Chemo's side effects.

https://blog.thebreastcancersite.greatergood.com/embarassing-chemo-effects/?gg_source=BCS&gg_medium=house&gg_campaign=Ad-730x360_Blog_Embarrassing%20Chemo%20Side%20Effects_BCS&gg_content=2018-10%2F730x360embarras_181010123554.jpg

From the Australian Prostate Cancer Research Society (au) site

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

BUNNINGS:

Our Support Group members will once again be at Bunnings with our collection tins at the Awareness Table, from Thursday the 8th November to Sunday the 11th. If you have some free time on these four afternoons, please contact Malcolm Ellis to work out the best time for you to attend.

Our members have decided that the best times for us to be at Bunnings is from 12.00 noon to 4.00pm on each of the four days.

Our end of the year outing for lunch.

Do you want to go back to the Aussie Inn, or somewhere else?

Please let Malcolm know what your choice is, so that a decision can be made at our November meeting.

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 7th NOVEMBER 2017 AT 6.30PM.
OUR GUEST SPEAKER IS DR DAVID ELDER, OUR LOCAL UROLOGIST
WE LOOK FORWARD TO SEEING YOU THERE.**

Our Website www.pcsog.org