

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.

**SEPTEMBER 2018 NEWSLETTER (No 162)
Your own local Newsletter**

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

 SEPTEMBER 2018 MEETING REPORT.

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

PS: The link to Hank Middleton's Eulogy is on page 6.

And the link to the Resthaven Men's Group is on page 9.

Our Guest Speaker tonight, was Caroline Roberts who is a Nurse from the Oncology Unit at Flinders Medical Centre.

Caroline gave an interesting, interactive talk about the work involved and the many and varied aspects of Oncology.

Our members were so interested in this type of discussion that the talk could have gone on for quite a lot longer than time permitted.

Caroline talked with us about what she does and how long she has been doing it, as well as her training and the people she works with.

She said that Oncology nursing was not really a specialty back in 1980 and that it is a different ball game now. Things started changing in the early 90's and great progress has been made since then.

**Mail us at:
PO Box 627
Noarlunga Centre,
SA 5168
Telephone:
Malcolm: (08) 8326 5588
malell@iinet.net.au
Mark: 0433 510 212
milomar@adam.com.au
John: 0456 912 298
jshields@iinet.net.au**

Caroline also talked about changes in treatment plus Breast Cancer and said that there is a lot more awareness now.

Breast Cancer and Prostate Cancer are on a level playing field now.

Our members continued to ask questions and also contributed to the discussion

Caroline and our members discussed Immunotherapy and Clinical Trials:

Immunotherapy could stop prostate cancer spreading, trial shows.

Open the hyperlink then go to the top left of the page and click on the left arrow or, Immunotherapy could.

<https://www.theguardian.com/society/2018/jun/02/immunotherapy-could-stop-prostate-cancer-spreading-trial-shows - img-1>

Caroline then spoke about good results with Melanoma and explained what they do for different cancers eg: Renal Cancer

https://www.bing.com/aclick?ld=d3gpTeQrEWi4ijBL6gi0tuKTVUCUyiNvgtAA1Kc7qbHe4Jmy2eJwdmOviT1lJ4Pe4XhjAPTtNa5aJwHbiNkJK1tu6pwAuVripBYGHxzMAJeauKDrVj398TDN95SUXsMid3XPPObmS8aL4AmFsQK17HlsUgZ-yWUx7vYeILPZ_Y672oQOOp&u=https%3a%2f%2fdownloadsearch.cnet.com%2fs%3fq%3dmelanoma%2bin%2baustralia%26qsrc%3d0%26src%3djo%26gch%3dAdNetB_CNET_191%26au%3d11652601%26tt%3dT0000191%26clickid%3d%7bmsclkid%7d%26utm_campaign%3dAUS_EN_00_P_Health_TP5G00_oo_oo_S_A%2523192%26ct%3d%26mkt%3dAUS%26ts%3db%26utm_source%3db%26utm_medium%3dbcp%26msclkid%3d%7bmsclkid%7d

What does an Oncology Nurse do?

(From the internet)

<https://www.wisegeek.com/what-does-an-oncology-nurse-do.htm>

**An invitation to meet His Excellency the Governor
The Honourable Hieu Van Le AC and Mrs Lan Le**

AN ARRAY OF PHOTO'S

<https://www.bing.com/images/search?q=hieu+van+le&FORM=IARRTH&ufn=Hieu+Van+Le&stid=d43f1489-a626-e431-e86f-520560378b83&cbn=EntityAnswer&cbi=0&FORM=IARRTH>

Malcolm, Beverley & John received an invitation to a Reception on Wednesday the 5th September 2018, to acknowledge supporters and volunteers of the Prostate Cancer Foundation.

We arrived early at Government House, and had the pleasure of meeting His Excellency, the Governor, before the other visitors arrived. As we know, the Governor meets several people every day, and his manner was warm and friendly toward us.

Later on, we joined with many other people, who are involved in Prostate Cancer Support, Awareness & Treatment here in South Australia, and enjoyed meeting some of the people who we got to know through the Central Australia Chapter Council.

His Excellency, The Governor, welcomed us all together with members of the Board, to Government House and said that it was the oldest Government House in Australia, and also said that he would like to acknowledge and thank the Volunteers and spoke highly about the work that is being done by so many people to bring about a better outcome for those who are diagnosed with Prostate Cancer.

He said that Prostate Cancer affects many people the same way that Breast Cancer does and he talked about the sobering statistics that are available and said that he was so pleased to know that the Prostate Cancer Foundation of Australia, is committed to tackling Prostate Cancer head on.

He was very impressed by the diversity of the report that he had received that reflected Corporate relations of finance, goods and services

He also acknowledged the efforts of all who raised a few hundred dollars at an event, for the work being done for Prostate Cancer Research, Awareness and Support, as well as money collected at Subway Restaurants in South Australia, Western Australia and Victoria that raised hundreds and hundreds of dollars for the same cause.

Both are very important in the fight against Prostate Cancer.

He also gave a special thank you to all of the volunteers who are involved with the raising of money as donations, in the collection boxes at the Subway Restaurants.

He re-emphasised how pleased he was with the work being done by the Prostate Cancer Foundation of Australia, on Research and Support as well as Public Speaking and Campaigns to raise Awareness, and drew our attention to the importance of early detection, with a special thank you for the extra efforts of the people here in the room this evening.

He acknowledged the Community Spirit and how Australians rally together to support men and their families who are going through this experience, the diagnosis and treatment of Prostate Cancer, and he thanked everyone for the time and energy that they put into doing the very best that they can for the men and their families who are affected by Prostate Cancer.

He also thanked all of the volunteers who are involved with the raising of money as donations, in the collection boxes, in conjunction with the Subway restaurants.

The Governor then thanked us all again, for the work that we are doing, that is reducing considerably, the impact of this disease.

We were then welcomed by Michael Brock, Chairman of the SA/NT State Board of the PCFA.



The other members of the State Board are:-

David Baker (Deputy Chair), David Colovic, Mathew Cowdrey OAM, Helen Dundon, Ian Fisk, Peter Hurley, Will Taylor and Dr Dick Wilson.

Michael said that this is the first time that we have been invited to Government House and he thanked the Governor for the invitation.

We are indeed privileged to meet with you both, here at Government House today, and to have your support as Patron.

On behalf of The Prostate Cancer Foundation and our Supporters, I would like to thank you all, for joining with us today

It's a pleasure to see everyone who has attended and thank you to Sponsors, Staff, Survivors, Supporters, Volunteers and Board Members

Each year, Prostate Cancer accounts for 63% of all male Cancers diagnosed in men over 65 years of age.

PCFA has achieved tremendous outcomes through Research, Awareness and Support, but still, there is a lot to be done, including increased investment in survivor research which we hope will lead to significant progress in the treatment and survival of Men who have Prostate Cancer.

The Prostate Cancer Specialist Nursing Service, is a Service which has grown from 12 to 45 Nurses today, however another 65 Prostate Cancer Nurses are needed and we will leave no stone unturned until we achieve that outcome for the men who are on the Prostate Cancer journey.

Our aim is to improve the quality of life for all men living with Prostate Cancer and we would be unable to continue without your ongoing support toward better outcomes for future generations.

As part of the Prostate Cancer Team, from the bottom of our hearts

Thank you all.

MANY THANKS TO IAN FISK FOR THESE EXCELLENT PHOTO'S FROM THE EVENT:**Beverley, Malcolm, His Excellency the Governor The Honourable Hieu Van Le AC and Mrs Lan Le, and John.**

(1)

https://photos.google.com/share/AF1QipNo-9i7ISoHQRa30UHQrTcY0Qgi41ca-cuphG70hsgoXRBzL5IaMaQrMFM4dieovQ/photo/AF1QipMt4zYq2qdbkShCUAE4b65ScZfqiSC_XuR999hS?key=UIU0Q2dLWUVkQldhWUd6MS1IbTB2Q1dtNFdiNm9B

(2)



-type=3.url

Beverley, Malcolm and John

<https://photos.google.com/share/AF1QipNo-9i7ISoHQRa30UHQrTcY0Qgi41ca-cuphG70hsgoXRBzL5IaMaQrMFM4dieovQ/photo/AF1QipMJj9T2YDEAqdnIT1OZ0raNoEdIMsQQVA1CzJEN?key=UIU0Q2dLWUVkQldhWUd6MS1IbTB2Q1dtNFdiNm9B>

Beverley, Malcolm and others.

<https://photos.google.com/share/AF1QipNo-9i7ISoHQRa30UHQrTcY0Qgi41ca-cuphG70hsgoXRBzL5IaMaQrMFM4dieovQ/photo/AF1QipPGknl-UekZqe5A3IV9737MRe9iNefNcRDyG4Ls?key=UIU0Q2dLWUVkQldhWUd6MS1IbTB2Q1dtNFdiNm9B>

Bunnings BBQ-Temporary Food Event.

For many years now, Bunnings Noarlunga Store has enabled our local Prostate Cancer Support Group to be financially viable, and we want to sincerely thank Bunnings and Milena, for giving us the opportunity to have an annual BBQ there. We also want to thank the Bunnings employees who are so very courteous and helpful whenever we may need some advice throughout the day.

The report for the BBQ is in the August Newsletter, and we want to thank everyone who helped to make this day the success that it was.

We could not have done this without your help, and it was good to see the number of willing helpers, young and older, helping right throughout the day, and it demonstrated to us just how essential it is for our Support Group to have such great Support, from people who are not members of our Support Group.

Yes, our Support Group appreciates your Support.

And a special thank you to that group of hardy people, the earlybirds, who were there bright and early, before 8.00am, to set up the Gazebo and the Stainless Steel BBQ unit, and have it all up and running by 9.00am, and then at the end of the day, were there again, pitching in and cleaning the BBQ unit, and dismantling the Gazebo etc, and leaving everything clean and tidy and receiving the final inspection pass, from the Bunnings Staff Members who checked the site out, before we went home.

Bunnings Information Table.

We have thanked Milena for inviting our Support Group to have an Awareness table at Bunnings Noarlunga Store, on Saturday August 25th and Saturday September 1st, as part of the Fathers Day weekend.

Malcolm, Beverley & John attended on these days.

Our Support Group will resume our monthly, four afternoons (Thursday, Friday, Saturday & Sunday) at Bunnings on Thursday the 11th October and we look forward to our members helping your Support Group to make these Awareness days a success.

Spring has sprung, so they say, and brings with it an uncertain weather pattern, however, in the past, for most Awareness days the weather has been good to us and we encourage you to join in and make local Awareness of Prostate Cancer, and the Support that is available to local men and their families right here in the City of Onkaparinga, both a priority and an important focus for our Support Group.

Andrew John "Hank" Middleton:

Malcolm, Beverley and John attended the funeral of our late member "Hank" at The Church of the Good Shepherd in Plympton on Tuesday 11th September 2018. A large gathering attended the service and there was standing room only as Hank was a very popular person

Leanne's Eulogy to Hank.



Hank.docx

Happy Valley Football Club trainer Hank Middleton

(A Member-only story)

<https://www.adelaidenow.com.au/messenger/south/sport/happy-valley-football-club-trainer-hank-middleton-to-have-changerooms-named-after-him/news-story/f356d97049fe2ca387d27e8172d30a4f>

From Daniel Moore PCFA



September
International Prostate

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

There is **BLUE** in this sea of **PINK**.

Men Get Breast Cancer, Too!

https://thebreastcancersite.greatergood.com/clicktogive/bcs/story/men-get-breast-cancer-too957?gg_source=BCS&gg_medium=house&gg_campaign=Ad-720x360_Story_MEN%20get%20breast%20cancer%20too%21_BCS&gg_content=2018-09%2F720x360storymen_180906105242.jpg

What should you say to a Cancer Patient?

https://blog.thebreastcancersite.com/this-not-that/?gg_source=BCS&gg_medium=house&gg_campaign=Ad-720x360_Blog_Say%20This%2C%20NOT%20That%3A%208%20Things%20Your%20Friend%20With%20Cancer%20Doesn%27t%20Want%20To%20Hear%2C%20and%20What%20To%20Say%20Instead_BCS&gg_content=2018-09%2F720x360blogsayt_180906123124.jpg

Dustin chose love

https://blog.thebreastcancersite.com/dustin-and-sierra/?gg_source=BCS&gg_medium=house&gg_campaign=Ad-720x360_Blog_Teen%20With%20Cancer%20Spends%20His%20Last%20Days%20Married%20to%20His%20Best%20Friend_BCS&gg_content=2018-08%2F720x360blogteen_180809093650.jpg

Stretching.

https://blog.thebreastcancersite.com/stretching-and-cancer/?gg_source=BCS&gg_medium=house&gg_campaign=Ad-720x360_Blog_Stretching%20For%2010%20Minutes%20A%20Day%20Puts%20The%20Squeeze%20on%20Cancer%20Tumors%20In%20New%20Study_BCS&gg_content=2018-08%2F720x360blogstre_180809092703.jpg

Very similar to Prostate Cancer reports

https://blog.thebreastcancersite.com/rays-of-resilience/?gg_source=BCS&gg_medium=house&gg_campaign=Ad-720x360_Blog_Rays%20of%20Resilience%3A%20Submit%20Your%20Story%20Today_August%202018_BCS&gg_content=2018-08%2F720x360blograys_180823102040.jpg

Insomnia is common.

https://blog.thebreastcancersite.com/cancer-and-insomnia/?gg_source=BCS&gg_medium=house&gg_campaign=Ad-720x360_Blog_Breast%20Cancer%20And%20Insomnia%3A%20Why%20It%20Happens%20And%2010%20Things%20You%20Can%20Do%20To%20Improve%20Your%20Sleep_BCS&gg_content=2018-08%2F720x360blogbrea_180809082238.jpg

This Cancer Trauma is Often Overlooked

https://blog.thebreastcancersite.com/cs-survivor-guilt-cancer/?gg_source=BCS&gg_medium=house&gg_campaign=Ad-720x360_Blog_Patients%20Who%20Beat%20Cancer%20May%20Struggle%20With%20This%20Emotional%20Side%20Effect_BCS&gg_content=2018-08%2F720x360blogpati_180809094317.jpg

The iKnife Can Tell The Difference Between Cancer And Healthy Tissue – Even When Doctors Can't

https://blog.thebreastcancersite.com/iknife-surgery/?gg_source=BCS&gg_medium=house&gg_campaign=Ad-720x360_Blog_The%20iKnife%20Can%20Tell%20The%20Difference%20Between%20Cancer%20And%20Healthy%20Tissue-Even%20When%20Doctors%20Can%27t_BCS&gg_content=2018-09%2F720x360blogthei_180904133448.jpg

A Smarter Knife for Surgeons

https://blog.thebreastcancersite.com/iknife-surgery/?gg_source=BCS&gg_medium=house&gg_campaign=Ad-720x360_Blog_The%20iKnife%20Can%20Tell%20The%20Difference%20Between%20Cancer%20And%20Healthy%20Tissue-Even%20When%20Doctors%20Can%27t_BCS&gg_content=2018-09%2F720x360blogthei_180904133448.jpg

From the Australian Prostate Cancer Research Society (au) site

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

Cancer Council NSW Webinars



Webinar Last chance to register Sleep - Hc



FW Webinar promotion - Sleep Hc

Daily Caring



6 Ways to Fight Caregiver Sleep Depr



Understanding and Managing Dementia B



5 Coping Tips for the Overwhelmed Caregiver



5 Options for Medications Not Cove



8 Ridesharing Services for Seniors.r



4 Ways to Know If Seniors Need to Retu



7 More Ways to Manage Dementia Su



Make Important Conversations Easier



Moving to Assisted Living 5 Ways to Kno



15 Self-Compassion Tools for Taking Care



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



Happy Labor Day! .msg



4 Steps to Calm Stress and Distress in



A fresh new look for Carer Support.msg



How Many Residents Per Nurse in a Nursin



Real-life Caregiver Stories Acceptance



Trapped Medical Records.msg



7 Ways to Reduce and Prepare for Aggr



8 Arthritis Dressing Tips Make Life Easier



Caregivers How to Know If You're Stress



7 Sources of Free Legal Services for Sei



Seniors Forced to Pay More for Prescrip



14 Ways of Dealing with Aggressive Beha

Prostatepedia

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Prostatepedia
September 2018.msg



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Rito's:

Support Group members, their family and friends, are invited to attend a monthly luncheon, or have a cup of tea or coffee, and a friendly chat, at Rito's Cafe 101 Beach Road Christies Beach, on Thursday, September 20, 2018 at 12.00 noon. 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."

The Link to:-

**Resthaven Onkaparinga Community Services MEN'S SOCIAL GROUP
Starting on Tuesday 6 November from 11.30am-2.30pm at the Southern Workingman's Club at 24 Epstein Drive, Morphett Vale.**



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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.

**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 Meetinga are from 6.30am to 8.30pm.

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



**OUR NEXT MEETING IS ON WEDNESDAY 6th SEPTEMBER 2017 AT 6.30PM.
OUR GUEST SPEAKER IS FROM Dr JONES & PARTNERS
WE LOOK FORWARD TO SEEING YOU THERE.**