

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, and thank you to all who support us

JANUARY 2019 NEWSLETTER (No 166)

Your own local Newsletter

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

 **JANUARY HOLIDAY REPORT**

MAY YOU HAVE A VERY HAPPY NEW YEAR

**FROM ALL OF YOUR FRIENDS AT THE
CITY OF ONKAPARINGA
PROSTATE CANCER SUPPORT GROUP**

A NEW TEST FOR PROSTATE CANCER:

<https://www.medicalnewstoday.com/articles/323984.php>

<https://www.youtube.com/watch?v=QwdUIGx0Zbg>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3943368/>

BREATH TEST TO DETECT CANCER:

<https://www.bbc.co.uk/news/health-46746552>

<https://www.ecnmag.com/news/2019/01/breathing-deeply-device-may-help-detect-cancer>

BREAST CANCER.**New Breast Cancer Screening finds Tumors in seconds.**

<https://breastcancer-news.com/2018/07/02/new-breast-cancer-screening-imaging-approach-finds-tumors-in-seconds/>

GIVE TO: BREAST CANCER

Pinktest.com.au

DAILY CARING.**THE SIT TO STAND EXERCISE:**

[Find out how to use the sit to stand exercise to improve your older adult's mobility »](#)

51 Everyday habits that reduce your risk of Dementia

<https://www.msn.com/en-au/health/medical/51-everyday-habits-that-reduce-your-risk-of-dementia/ss-BBQTGHM?ocid=spartandhp>

- [Best of 2018: 10 Ways to Respond to Dementia Hallucinations in Seniors](#)
- [Best of 2018: The Best Way to Improve Senior Mobility: the Sit to Stand Exercise \[Video\]](#)
- [Best of 2018: How Do You Calm Down Someone with Dementia? 4 Expert Tips \[Video\]](#)
- [The Big List of Gift Ideas for Seniors](#)
- [Holiday Gifts for Seniors with Dementia: 31 Perfect Ideas](#)

[Get 10 ways to kindly respond when your older adult with dementia experiences hallucinations »](#)

Happy New Year from DailyCaring

Happy New Year! You've successfully completed another year as a wonderful family caregiver. Thank you for all that you do and for being part of the DailyCaring community.

As we wave farewell to 2018, take a moment to reflect on all that you've learned and celebrate your many accomplishments – big and small.

Before jumping into the new year, take a moment to think about what ***you*** need. Taking care of yourself is ***not*** selfish and is an important part of being an effective and healthy caregiver for the long term.

This year, make yourself a priority too and find ways to get regular breaks and time for yourself. We're here to support you with helpful tips, advice, and resources.

Wishing you peace, health, and happiness,
Connie, Brian, and the DailyCaring team

PROSTATEPEDIA WEEKLY

[Open the PCFA Hyperlink.](#)



Free to join Online: www.onlinecommunity@pcfa.org.au

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

OTHER MEDICAL NEWS:

Motor Neurone Breakthrough

<http://newsroom.melbourne.edu/news/motor-neurone-disease-breakthrough-patient-trial-shows-impressive-clinical-results>

**City of Onkaparinga
Prostate Cancer Support Group**

Venue and Parking Details:

Our meetings are held at Noarlunga Hospital, Alexander Kelly Drive Noarlunga Centre SA.

From 6.30pm to 8.30pm.

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

**WE HOPE THAT YOU HAVE HAD A GREAT FESTIVE SEASON
AND THAT 2019 IS A MUCH BETTER YEAR FOR YOU ALL.**

**OUR NEXT GET TOGETHER AT RITO'S IS ON
THURSDAY FEBRUARY 21st 2019 AT 12 NOON.**

AND

**OUR NEXT SUPPORT GROUP MEETING IS
ON WEDNESDAY FEBRUARY 6TH 2019 AT 6.30PM
AT NOARLUNGA HOSPITAL**

**OUR GUEST SPEAKER IS:-
KARYN FOSTER STATE MANAGER OF SA/NT
PROSTATE CANCER FOUNDATION OF AUSTRALIA**

Our Website www.pcsog.org