

We are here
F O R
and Your Family



PROSTATE CANCER SUPPORT
Onkaparinga Group
South Australia

An affiliate Member of the Prostate Cancer Foundation of Australia

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A Member of
The Association of Prostate Cancer Support Groups (S.A) Inc.

JUNE 2004 NEWSLETTER

Meeting held at Noarlunga Community Hospital
On Wednesday June 2nd 2004 from 6.30 PM to 8.30 PM.

Thank you to our Sponsors, Woodcroft Community Health Services, and Port Noarlunga Christies Beach RSL Sub Branch, and to everyone who is supporting us, especially the City of Onkaparinga Council for the \$2000.00 Grant.

Thank you to Noarlunga Community Hospital for allowing us to use the Conference Room for our meetings.

Chair: John Shields.

Present: 18

Apologies: Ann, Jack and Christine, and Barry.

And a big welcome to Ron.

We did not have a Guest Speaker for this meeting, however, we did have eighteen Great Speakers who gave a very good report about our current health and what has been happening in our own situation since we last met.

I always find that having a general chat like this is very helpful and interesting, however, it does highlight the need for us to have our own Book of experiences.

In our Support Group Pamphlet, that I produced twelve months ago, I said.

“We are compiling a booklet of case studies that will be valuable to our meetings.

Tell us the story of your experience with Prostate Cancer. We will use only first names and any information marked confidential will be treated strictly confidential.”

Knowing what someone else did, and what was successful for them, when they experienced difficult times, is valuable to every Support Group, especially when someone needs helpful information right now.

Having other members to talk to is excellent, and is the reason why we have a Support Group, but if anyone has a memory like mine, and finds it hard to remember everything that is said, having a booklet to take home and study is a big help to them.

We have a lot of information about all phases of Prostate Cancer, and what can, and sometimes does happen where Prostate Cancer is concerned, if we choose a particular option, but I want us to have a booklet of our own, that will help us in the here and now, a booklet about what has happened personally, and your input is needed.

A Prostate Cancer Support Group guide, written by our Support Group Members, for our Support Group Members, is what I have had in mind.

Banking

The meeting was advised that we have now closed the account with the Adelaide Bank and opened a new one at Australian Central Credit Union Colonnades as agreed to at our May meeting.

Now in the May Newsletter I also mentioned having a third signature and the members agreed to proceed with this tonight, and our Patron Artie Ferguson was nominated to be the third signature to be registered on our account.

A Motion was then put to the meeting that the three signatures to our account at Australian Credit Union Colonnades, are:-

Phyllis Shields: Treasurer, John Shields: Chairman, and Artie Ferguson: Third signature.

Moved: Peter Kiley Seconded: Brian Foreman Carried Unanimously.

Also, we will be getting a Statement every three months so the meeting was asked if we can include the Treasurers report in the Newsletter every three months.

Moved: Ken Gursansky Seconded: Harold Jones Carried Unanimously.

Also in the May Newsletter I said that I was pleased to report that my PSA reading was now 0.003, the actual reading was 0.03, which is still undetectable, and I am told that they cannot measure 0.003, anyway, it was excellent news.

Medicare is in the news again, as we are well aware, and I have noticed that for PSA tests—
MEDICARE RESTRICTIONS APPLY OVER TWELVE MONTH PERIOD. PROSTATE DIAGNOSIS (1 TEST)

When is the Federal Government going to promote PSA testing, like it promotes Pap smears, and Mammograms?

The Guest Speaker at our May meeting, Mr John Browning, concluded his presentation with this message.

SURVIVAL: Once again early detection is very important.

John had been talking about Skin Cancer, but I take particular notice these days when a real life story from someone who has had a brush with Cancer of any type, is shown on TV, and every time the person says that it was early detection that saved their life.

At the information day at The Cancer Council recently, it was also emphasised that early detection of all Cancers is very important, and I mentioned in the Newsletter how thankful I am that my Cancer was detected early, and it would have been detected earlier than it was if there had been a Support Group in this area like ours, making the Community aware of the need to have a PSA test and the added value of also having a DRE.

That is why I am so determined to get information out into our Community.

People need to know about Prostate Cancer, and the more people who know about it the better. I said in our Pamphlet, don't be shy etc.

The barriers need to be broken down, our Community needs to be educated.

We do not give Medical advice , and we do not need to, because we have all of the Professionally prepared information that is needed. The Professionals can do the educating, we can make their information available to our Community.

How much earlier than it was, and with an added bonus to my quality of life, would my Prostate Cancer have been detected if the Federal Government had been doing its job and making every Australian aware of the need for all Men to be checked by their G.P for any signs of Prostate Cancer

I had no symptoms whatsoever, therefore I had no idea that I had been living with Prostate Cancer for several years while uncaring Governments kept the secret about Prostate Cancer to themselves.

Are our Members of Parliament listening?

EARLY DETECTION OF CANCER-- SAVES LIVES-----SAVES LIVES.

PSA TESTING—AND DRE EXAMINATION SAVES LIVES---SAVES LIVES.

FEDERAL GOVERNMENT'S ATTITUDE TO PROSTATE CANCER

SAVES MONEY-----SAVES MONEY-----SAVES MONEY-----SAVES MONEY.

What is MARK LATHAM'S POLICY regarding PROSTATE CANCER ???

Like the Government, this Gent was HARD- OF HEARING.

He walked into a room and heard part of a conversation that his friend was having with a visitor. It is wonderful, the visitor said, but you really do have to experience it for yourself don't you?

What was that? asked the Gent, with great interest.

Niagara Falls said the visitor.

Oh, the Gent replied. I thought you said Viagra calls.

Awareness Meeting

Our Patron Artie Ferguson and myself met with Trevor Hunt and Jeff Roberts from the Prostate Cancer Action Group to discuss the pros and cons of having an awareness or a public meeting in the City of Onkaparinga.

We all agreed that it would be best to have the Action Group conduct an awareness meeting a little later on when the weather has warmed up a bit, possibly some time in early Spring.

The Action Group has the experience, and from what I have read, the success, in conducting Awareness meetings both in Adelaide and in Country areas.

Because of the numbers expected to attend we will need a large room for the Venue and Artie asked me to write to the President of the Christies Beach Surf Lifesaving Club (Ron Harwood) to seek permission to use the new Clubrooms if they are ready and available for a Wednesday night meeting.

I have done this and am awaiting a reply.

Trevor and Jeff have advised us that the annual Prostate Cancer call-in will be conducted on September 23rd, and we agree that it would be good to have the Awareness meeting soon afterwards to take advantage of this.

They will also make arrangements to have a local Keynote Speaker and a Health Professional who is working with men who have Prostate Cancer.

Artie has assured us that everything that is needed to conduct a Power Point Presentation, and any other equipment, will be available for this meeting.

Some of our Support Group Members will have the opportunity to give a brief account of their experience with Prostate Cancer and I will talk about our Support Group. September is not too far away, so we need to start planning now.

The meeting will be promoted heavily using Radio, Newspaper and Flyers.

If the Clubrooms are not ready, though we feel sure that they will be, Artie has suggested other Venues that we could use.

We will liaise with Trevor and Jeff and I will advise you when definite arrangements have been made.

OUR NEXT MEETING

WEDNESDAY JULY 7TH 2004

We will have a General Business discussion followed by two short Videos

**An Overview of Prostate Health
And
A Guide to Treatment for Advanced Prostate Cancer**

A get well message to Gerry McCreanor, President, PSA Adelaide, our Members wish you all the best Gerry and we do hope that your health is improving.

My apologies again to all who send emails to me, my computer still has a Virus.

Mark Latham says, Crisis in Masculinity is affecting Boys

I've got news for you Mark, the crisis in masculinity has been affecting Boys and Men since time immemorial.

Just ask the Men, and the Families of Men, who either have PROSTATE CANCER, or who have died an agonising death from PROSTATE CANCER.
NOT THE BIG C!!! No, No, we mustn't talk about the BIG C, not us big tough guys, not especially if the BIG C is PROSTATE CANCER.

Leave all the talking about CANCER to the Women, because Women are very good at talking about everything to do with their health, especially Breast Cancer, so Breast Cancer gets most of the funding, and PROSTATE CANCER gets the least.

The squeaky wheel gets the oil, so the saying goes.

Women are by nature, good health role models, MEN ARE NOT.

Strange, that the huge majority of Politicians are MEN who are all prone to getting PROSTATE CANCER, yet they give the funding to women for Breast Cancer Testing and Research, and are now highlighting Pap smear tests.

All due respects to our Women, who deserve an equal slice of the cake.

Is it because Men are so bedazzled by the Female Breast that they are blinded to their own prospects of being a candidate for an unexpected date with the Undertaker, through their ignorance about PROSTATE CANCER?

A self imposed ignorance, that goes back much further than the crisis that Mark Latham refers to, perhaps back as far as the Cave Dwellers.

WONDERFUL ROLE MODELS AREN'T WE?

Come on Male Politicians, indeed come on all Men, break out of the mould, talk openly about PROSTATE CANCER, it is a cruel, silent killer of Men.

I would like to see the masses of Male Politicians being a driving force behind a Program to educate all Men and their Families about every aspect of PROSTATE CANCER, and giving comparable funding to PROSTATE CANCER Testing and Research as is the case with Breast and Cervical Cancer.

John Shields
Chairman
Prostate Cancer Support
Onkaparinga Group, SA