

We are here  
F O R  
  
Y O U  
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

**MAY 2004 NEWSLETTER**

**Meeting held at Noarlunga Community Hospital  
On Wednesday May 5<sup>th</sup> 2004 from 6.30pm to 8.30pm**

**Thank you to Noarlunga Community Hospital for allowing us to use  
the conference room for our meetings.**

**Thanks also to our Sponsors, Woodcroft Community Health Services  
and Port Noarlunga Christies Beach RSL, and all who support us.**

**Chair: John Shields.**

**Guest Speaker: Mr John Browning, who is a member of the Speakers Bureau of  
the Cancer Council of South Australia.**

**Present: 18**

**Apologies: Harold and Ann, Norman, and Jim.**

**And a big welcome to Maurice and Ligia, David, and John.**

**Good News.**

**Our Photocopier has arrived, it is a Sharp 2116 and will copy everything that we  
would need it for. I have already put it to good use.**

**While on the subject of Equipment, I took the Printer back to the person who  
serviced it as it was making a big noise and double printing.**

**He stripped it down and re-cleaned and oiled it, and it is in good working order  
again. It seems to be a problem of under use causing the ink to dry up, then  
being deposited on the slide bar and acting like a brake. I now do a test print  
every day using the blank side of some A4 paper that I have been collecting.  
I also hope to have some good news about the Computer soon.**

**It was good to see our Library on display, and to know that some members are  
now using it. Thanks Peter.**

## **QUIZ NIGHT**

**Just a reminder about the quiz night at the Port Noarlunga Christies Beach RSL Sub-Branch on Saturday September the 18<sup>th</sup>, it is only four Months away and we know how time flies.**

**Paul Burns who is Junior Vice President of the Sub-Branch was visiting his wife Jackie who was in Hospital with a chest infection, so I took the opportunity to introduce Paul to the Group.**

**Paul has already done a lot for us, by donating the gifts that I mentioned previously, and I feel sure that we will see more of Paul on the night.**

**Thanks again Paul, I hope that our members will follow your lead with Prizes of their own to help make this night a huge success for us.**

**Word is that other Sub-Branch members have promised to donate some Prizes, and we certainly do appreciate their interest and support. Thanks for this.**

### **Doctor Ken.**

**Not many people know, but Ken Webster has been a big help to me each time the Computer has frustrated me. He has been an ever-ready help in times of need.**

**Ken also installed the Printer Driver, Publisher 98, and 20,000 Clip Art.**

**Ken is Senior Vice President of the Sub-Branch and is quite a wiz with the Computer. He has already put our Support Group advertisement on the T.V set at the bar. Thanks Ken for this, and for your Prompt help, we do appreciate it. Thanks also to President Paul Kemp for arranging this.**

**Guest Speaker: Mr John Browning.**

**John gave us an interesting talk on Skin Cancer.**

**Johns talk was around practical issues identifying Skin Cancers and the importance of early intervention.**

**John used the Overhead Projector to help explain the various Skin Cancers, their shapes and changes to be aware of, and the affects of Ultraviolet Radiation on our Skin.**

**Skin Cancer is the most common Cancer and it can be cured in 95% of cases if it is detected early**

**John emphasized the importance of Slip, Slop, Slap.**

**Slip: SHIRT, closely woven to block out the sun.**

**Slop: SUN SCREEN, to areas not covered.**

**Slap: HAT, broad brimmed.**

**John suggested that we stay away from the Suns UV rays between 11.00am and 3.00pm when possible to reduce exposure, and to seek out the shade.**

**He also mentioned that there is no healthy way to get a tan.**

**SURVIVAL: Once again, early detection is very important.**

## Cervical Cancer advertising

You have probably already noticed that the Federal Government is making Women aware, again, of the need to have a Pap Smear every two years to detect any signs of Cervical Cancer. I have seen the adverts on TV and heard them on the Radio. No doubt there will also be adverts in the Newspapers and this is a very good thing, however, I wait very patiently to see, hear, and read adverts making Men aware of the need to be tested for any signs of Prostate Cancer.

I say again, and I will continue to say.

The vast majority of Parliamentarians are Men, why then are 98% of them so disinterested in testing for Prostate Cancer?  
Are they getting the wrong message about their Prostate Gland?

Perhaps we should emphasize to them the possible impact on their own, and their Wives or Partners lives, of Prostate Cancer induced IMPOTENCE.

That might make them "stand up" and take notice. ....Then again. !!!

## MY GOOD NEWS

Five months after my Radical Prostatectomy my PSA is 0.003 which means that the Prostate Cancer is undetectable.

I am now a survivor and I owe my survival first and foremost to my GP, Doctor David Searcy who arranged the PSA BLOOD TEST for me.

If I had not had the PSA BLOOD TEST, then I would not have known anything at all about Prostate Cancer, and it would have been in the process of breaking out of my Prostate Gland and silently invading the surrounding healthy tissue on its inexorable journey THROUGH MY BODY to destroy everything in its pathway. Many thanks to Doctor David Searcy for his interest in me.

### FROM MY OWN EXPERIENCE

#### I HIGHLY RECOMMEND THE PSA BLOOD TEST AT MIDDLE AGE.

Thanks also to Doctor David Elder, the Urologist who I was referred to by Doctor Searcy. Doctor Elder checked me out (DRE), then referred me to Doctor Alan Stapleton at RGH when the results of the Biopsies showed a Gleason score of 6. This was after I was given ample time to decide which treatment option to choose after studying all of the information that Doctor Elder gave me.

Many thanks to Doctor Stapleton and his Staff at RGH for the excellent way that they all looked after me, not only during the operation and my stay in Hospital, but also at my post operation visits.

Nobody can tell me that PSA BLOOD TESTING does not necessarily save lives. Anyone who believes otherwise is living in fairyland.

The least we can do as a Support Group is to make Men aware of the need to ask their Doctor for a PSA BLOOD TEST to help rule out the likelihood of having Prostate Cancer, make available to them (and their loved ones) the abundance of professionally prepared information that we have on the subject, then leave it up to them to make perhaps the most important choice of their life.

If we can do this, then why cannot the aforementioned 98% do something positive about Prostate Cancer, using TV, Radio and Newspaper advertising to alert our Nation, before Prostate Cancer silently does its own thing about them? Perhaps visit IMPOTENCE upon them.

Now, nobody wants an IMPOTENT POLLY do they?

### ADVANCED PROSTATE CANCER

Just a reminder about the request from Trevor Hunt, Prostate Cancer Action Group (S.A) Inc. etc, in one of his many roles, asking Men who have Advanced Prostate Cancer to contact him if they would like to talk about their Prostate Cancer experience, and make a very real and personal contribution to the content of the new book that is being written about Advanced Prostate Cancer. Doctor Carol Pinnock, Principal Research Scientist (Prostate Cancer), Urology Unit RGH Division of Surgery, who was the Steering Committee Chairperson of the Education Committee, Australian Prostate Cancer Collaboration which produced the excellent Localised Prostate Cancer guide for Men and their Families, is also chairing the production of this much needed book, and wants to include real stories from real people.

Two Members said that they were interested, but more are needed.

Trevor would also like to talk to men who are not members of a Support Group, so if you know of someone who has Advanced Prostate Cancer, and who would like to talk about what happened in their own experience, what could have been done better, what was missing in the system etc, please ask them to phone me on (08) 8382 6671 and I will be only too happy to put them in touch with Trevor.

### Treasurers Report

#### Income

Brought forward from April	168.85
Collection from May meeting	13.00
<b>Total</b>	<b>\$181.85</b>

#### Expenditure

Stamps	10.00
Gift for Speaker	10.00
Bank charges	11.60
<b>Total</b>	<b>\$31.60</b>

Balance: Bank \$134.52, cash in hand/stamps \$15.73.      \$150.25

**Treasurers Report continued.**

**After taking advice from Reg Mayes, who is Treasurer of the Prostate (Cancer) Support Awareness, (PSA), Adelaide Group, we decided that it would be in the best interests of our Group to change our Banking from the Adelaide Bank to Australian Central Credit Union.**

**A motion was put to this the May 5<sup>th</sup> 2004 meeting that the Prostate Cancer Support Onkaparinga Group should close our Account at the Adelaide Bank, and open an Account with Australian Central Credit Union at Colonnades.**

**Moved: Artie Ferguson**

**Seconded: Ken Guransky**

**The Motion was carried unanimously.**

**Signed:**

**Treasurer, Phyllis Shields -----**

**Chairpers on, John Shields -----**

**It would be a good idea to have a third person to sign in case we need it and also the same person could be preparing themselves to be Treasurer next year, not only sharing the workload, but making the Office of Treasurer separate from our other duties. We can discuss this at our June meeting.**

**City of Onkaparinga Grant**

**The items that have been Purchased with the \$2000.00 Grant are a Photocopier and desk, Modem for the Computer, Computer desk, Chair, Filing Cabinet and filing accessories, Labels, and a Trolley for our books and items that we need to move from the Car to the meeting room.**

**A list of all items, with receipts is being forwarded to our Auspicing Body, the Prostate Cancer Foundation of Australia, for their report to the City of Onkaparinga Council.**

**I will enclose a copy for our members.**

**Morning tea with Sue Briscoe**

**Some of our members joined Sue, who was ably assisted by her husband Dennis, at the Port Noarlunga Christies Beach RSL Sub-Branch to have a cuppa for Cancer Research.**

**Twenty people braved the inclement weather to help raise some money for much needed Research into the myriad of Cancers that we humans may get. Australia's biggest morning tea was just that, there was a big variety of very tasty goodies to eat with our tea or coffee.**

**Guess who was one of the first people to win a prize in the raffle? I will refrain from mentioning any names, but do the initials A.F ring any bells.**

**Congratulations to Sue for taking the initiative and raising \$130.00 for this very good cause.**

**I noticed in the May Newsletter from the Prostate Cancer Action Group (SA) Inc that everyone who took part in the Teleconference Meeting of the PCFA-SAC National meeting on Wednesday 21<sup>st</sup> April 2004, would prefer to see money for Research being used for Awareness. This is a hard one.**

**The report went on to say, that the aim is to make better use of donated money. I always thought that money was donated for a specific purpose, I must be wrong. I wonder what people who are planning to donate money, or like Sue, raise money for Research would think when they read that report.**

**In any case I believe that taking money away from Research to use for awareness would be counterproductive, a bit like putting the cart before the horse.**

**Which came first, the Chicken or the Egg?**

**New e-mail address**

**Our e-mail address is now [jshiels@aandr.com.au](mailto:jshiels@aandr.com.au)**

**I must apologize to anyone who has sent me an e-mail while the Computer has been suffering with a chronic virus.**

**The good news is that Artie is negotiating a replacement, hopefully with a built in security system. Thanks Arty.**

**Thanks also to Briony at Woodcroft Community Health Services for e-mailing last months Newsletter after a glitch in the Computer locked in the information on the floppy disc. Briony gave me a new floppy disc and after a few days "rest", the information transferred to the floppy disc and the Newsletter was able to be e-mailed to all who have provided me with their e-mail address**

**Also a phone call from Reg Mayes to say that Con Casey from the PCFA had contacted him to find out why I was not responding to his e-mails regarding details of our Support Group meetings. Reg e-mailed the information to Con for us. Thank you Reg for your help.**

**Coincidentally, the Computer at PCFA is now back in action after suffering with a virus of its own.**

**Thanks also to Jules Van Kekem for giving me some suggestions for future Guest Speakers**

### **OUR NEXT MEETING WEDNESDAY JUNE 2<sup>nd</sup> 2004**

**This meeting will give us time to catch up, and have a general chat about where we are at, what has been happening for us, and will give us the opportunity to share our experiences with others who may need some reassurances, just like I did , not only when I was first diagnosed with Prostate Cancer, but also with every step that I have taken in my journey with Prostate Cancer.**

**The views expressed in this Newsletter are those of the Editor/Chairperson.**