



Commencing Wednesday 1st October—Dr David Elder, Urologist is guest speaker at this meeting

Join us for a friendly chat at Noarlunga Hospital Centre, Alexander Kelly Drive, Noarlunga Centre,

You will find us in Conference Room 3

ON: the first Wednesday of each month (except January)

AT: 6.30 for 7.00 pm—8.30 pm,

Membership is free, however your assistance to help pay for light refreshments will be appreciated.

Your input is invited to help us choose the most appropriate guest speakers for our meetings.

Need more information?

Please phone Jules (Wed-Fri) on 8325-8100

Chairman: John Shields

RESOURCES

For more valuable information:

The Prostate Cancer Foundation of Australia, PO Box 1332,

Lane Cove, NSW, 1595

Tel: 1800 220 099 (toll free)

Or (02) 9418 7942 Fax: (02) 9420 3635

E-mail: prostate@prostate.org.au

Website: <http://www.prostate.org.au>

Telephone Peer Assistance Program, 131120 (local call cost)

Mr Phip, Prostate Health Improvement Project, Repatriation General Hospital,

Daw Park

Contact Carole Pinnock, (08) 8275 1169

We are sponsored by:

Woodcroft Community Health Service, 175 Bains Road, Morphett Vale, 5162

Phone: 8325-8100

Our friends in support are:

Prostate (Cancer) Support Awareness, (PSA), Adelaide Group, 27 George Street, Norwood, 5067

Phone: (08) 8333 2858

Cancer Council, 202 Greenhill Road, Eastwood, 5063

Phone: 8291 4111

Our inaugural edition, 31/7/2003



PROSTATE CANCER SUPPORT

ONKAPARINGA GROUP SOUTH AUSTRALIA

An Affiliate Member of the Prostate Cancer Foundation of Australia

The vision of our group is to bring together men who have prostate cancer plus their wives/partners and families to give support based on our own experiences.

We will also work to raise the awareness of friends, neighbours and the community to the need for men to ask their doctor for a Prostate Specific Antigen (PSA) blood test to help rule out the likelihood of having prostate cancer.

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 GIVE YOU OUR
WHOLEHEARTED SUPPORT.**

WRITE TO US

At: PO Box 627

Noarlunga Centre, SA 5168



Laughter is the Best Medicine

Send us your favourite appropriate joke, humorous anecdote or cartoon—it may be just the tonic we need!

OUR LIBRARY

Perhaps you have a book, video or audiotape relating to prostate cancer that you no longer need.

Please send them to us. We will appreciate your generosity.

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 remain *strictly* confidential.

OUR NEWSLETTER

Help us to compile an interesting informative, user-friendly newsletter—put pen to paper or send us those snippets—then encourage your family, friends and neighbours to read it. Help us strengthen our support in the southern region.

Watchful Waiting Or Taking your time to make a decision?

There is a big difference.

Watchful waiting means working together with your doctor, keeping a careful check of your PSA level and following your doctor's expert advice.

Taking your time to make a decision means that you have studied the options available, talked them over with your wife/partner, family or friends and you are still weighing up the pros and cons of what is best for you.

We are told that prostate cancer grows slowly, but how slow is slow? Is our decision going to be the right decision? Is there a new treatment around the corner? Decisions—Decisions—Decisions!! Whichever choice that you make we encourage you to have a positive attitude, have confidence in our medical profession and be assured,

WE ARE HERE TO SUPPORT YOU

DON'T BE SHY

Talk openly and frankly about prostate cancer with your family, friends, neighbours and members of the community.

The more people who are aware of prostate cancer and the need for men to have a PSA blood test the better.

Gone are the days when serious illnesses and diseases were a deep dark secret.

This is the age of enlightenment. People are wanting to be informed, they want to know the facts.

You can help us by learning all that you can about prostate cancer and then sharing your knowledge with those around you, your workmates and your circle of friends.

The early bird catches the worm! Let us make sure that our menfolk get in early and have that PSA test.

Remember—forewarned is forearmed