

Prostate Cancer Support Group - Northern Beaches

Affiliated with the Prostate Cancer Foundation of Australia

Proudly sponsored by Hammond Care, Health and Hospitals Limited

*A program of support serving men of all ages, their families, carers and friends
before, during and after diagnosis*

Newsletter No. 157 - June 2016

Our next meeting will be held on

Tuesday, 5 July

This is our Christmas in July at Dee Why RSL Club

You need to book in for organization of numbers – see below

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Monthly Meetings

All people are welcome to attend our regular monthly meetings. No notice is required - simply come along and introduce yourself, or contact us via the website.

When:

Meetings of our support group are held on the 1st Tuesday of the month except in January.

Usual Location:

The Cottage, Mona Vale Hospital, Coronation Street, Mona Vale.

Time: 6:30pm till 8:30pm

July

We will celebrate Christmas in July at Dee Why RSL on 6th July - 6pm for 6:30 dinner. Cost to members \$10, buy your own Xmas pudding and drinks.

You must ring Mary on 0409 909 356 to book your place by Sunday 3rd July

June Meeting Report

June 2016 – Newsletter of the Prostate Cancer Support Group – Northern Beaches

New Northern Beaches Hospital

Nicola Pellegrini was our guest for June and she spoke about the New Northern Beaches Hospital that will be opening in late 2018. Begun in 2015 and being built and managed by Healthscope, this 488 bed hospital will be a Level 5 facility with a large emergency department and critical care services, including intensive care where both public and private patients will be catered for. There will be 14 operating theatres, 2 cardiac catheter laboratories, and 4 procedure rooms. Also included are maternity, paediatrics, renal and cancer specialities, mental health services, outpatients department and state-of-the-art digital imaging. A convenient café, retail and customer services and 1400 car spaces are also provided. A GP clinic will be situated next to emergency to provide an option for people who need urgent care but who do not necessarily need to be treated in the emergency department. If the case is serious the GP staff will transfer the patient to emergency. The emergency department is free for everyone. This hospital will be 9 stories high and include a helipad for emergency transport. There is an expansion plan should the demand for change arise. There will be areas set aside for teaching and training of nurses and doctors with meeting

rooms for groups such as our prostate group. Staff from Mona Vale and Manly Hospitals will be encouraged to transfer across and extra staff are expected to be needed.

When the project is nearing completion there will be the opportunity to have a guided tour around the facilities.

Nicola took the time to answer questions and most of them were focused on transport from the Peninsula end of the area and the need for public transport directly to the hospital. Stage 1 of the road works plan was under way and stage 2 involving a tunnel will start this year. Another question was what would happen when the Wakehurst Parkway is flooded as it is many times a year? We were assured that there would be more ambulances made available for the area and the best thing to do in an emergency was to dial 000.

Trivia Afternoon

Norma did a terrific job of entertaining us with her questions at our Trivia afternoon at Pittwater RSL on Sunday 26th and we raised much funds from attendance, raffle and fines for misdemeanours as well as donations. It was a wonderful afternoon of fun but what was disappointing was the lack of support from our own group.

There is a wonderful committee of hardworking people who spend a lot of time and put themselves out to make our Support Group successful and to spread the word about Prostate Cancer Awareness.

Our Big Aussie BBQ and Family Fun Day is coming up in September and we hope that you will all support us in our efforts to raise funds for prostate cancer research.

Just ask one of the committee what you can do to help, it will be much appreciated.

Big Aussie BBQ Raffle

Our raffle prizes are terrific and tickets have been printed given to members at the last meeting to take home and sell to your family and friends. At \$2.00 a ticket it will be worth buying a few yourselves as the prizes are so good. First prize is the chance to drive a BMW for the weekend, kindly donated by Col Crawford Motors, but you must be over 25 years of age! (Conditions apply) Or you might like a night at the Novotel Manly Pacific, or Dinner at the Royal Motor Yacht Club. Many more Prizes.

All the prizes are listed on our website – www.prostate-cancer-support-nb.org
Don't forget to check out our Facebook page at <https://www.facebook.com/groups/183444238720268/> Become a friend and leave a comment.

Garage Sale – coming up

Bill Elliott has kindly agreed to have a garage sale at his place, **182 Central Road, Avalon on Saturday 9 July** to raise the extra funds we need. Please donate unwanted gifts, bric-a-brac, books, children's toys etc. for this cause.

You can ring Mary on 0409 909 356 if you have any donations to give us.

Norma's Quiz for June

1. In which country is Addis Ababa?
2. In which Oz state would you find an isthmus called Eaglehawk Neck?
3. Who composed The Four Seasons?
4. What are the given names of J.R.R. Tolkien
5. Olivia Newton John's Grandfather won what prestigious award in 1954?
6. Which super group did Brian May play guitar for?
7. Is a mignonette a petite French woman, a lettuce or a very small flower vase?
8. What was Princess Margaret's middle name?
9. Harry Houdini was the first person to fly a plane in Australia. True/ False
10. How many feet in a yard?

Answers to Norma's Quiz for May

1. Which cartoon character said "Suffering Succotash"? *Daffy Duck*
2. Who was the last woman hanged in Australia and when? *Jean Lee in 1951*
3. In Elvis's song Heartbreak Hotel, which road was the hotel on? *Lonely Street*
4. Who is the Roman goddess of Flowers and Spring? *Flora*
5. What was Charles Dickens middle name? *Huffam*
6. Bill Gates was born on October 28th in 1955. True or false? *True*
7. In which war was the V.C. first won? *The Crimea*
8. What was Doctor Doolittle's parrot called? *Polynesia*
9. What is a hacker in golf? *An inexperienced player*
10. Three of Santa's reindeers names started with D. Can you name them? *Donna Dasher and Dancer*



The Cancer Recovery Guide by Prof. Kerryn Phelps AM

From Australia's most trusted GP, Professor Kerryn Phelps AM, comes a comprehensive, accessible and compassionate guide for cancer patients and their families and carers.

A cancer diagnosis is a difficult life and just the beginning of a long and challenging journey. Professor Phelps has provided care to numerous cancer patients over many years and knows the issues they face. Her philosophy is always to empower patients with the information they need to improve their wellbeing in whatever way possible.

In The Cancer Recovery Guide, Professor Phelps provides expert advice on:

- * What to do when you are first diagnosed
- * How to get the best from your medical team
- * What to expect from cancer-specific treatments and how to manage side effects
- * Medically proven complementary therapies to help manage pain, stress, fatigue and reduced immunity
- * The role of sleep, exercise and nutrition in easing the effects of treatment and facilitating recovery
- * Strategies for both patients and carers to cope with the emotional toll of cancer.

While focus of the book is on cancers in general, it does have separate chapters on the most common cancers, including prostate cancer. Its other qualities include chapters on complementary therapies and on the key aspects of lifestyle such as exercise, nutrition and sleep. These lifestyle aspects individually and jointly considerably influence recovery from cancer treatments.

The Long Ride

On 8th April this year a group of motorcyclists set off from Sydney to ride through rural Australia in all States and Territories and across the Nullarbor to Margaret River in WA, arriving there on 16th April and travelling more than 4200kms.

Christopher Dunne and his wife Gail from Seaforth have been organising these events since 2007

when Chris decided to ride his motorbike to Darwin and was joined by 330 riders along the way, raising funds for the Royal Flying Doctor Service. It was suggested that he raise funds for prostate cancer and Chris, with the support of his wife Gail have been organizing these rides approx. every 18 months.

They were both recently honoured for their service to community health through fundraising and organising motorcycle rides to all corners of Australia to raise money for research into prostate cancer with the Medal of the Order of Australia.
Congratulations!

PCFA Webcast

Did you check into the first 'Ask the Experts' webcast - PROSTATE CANCER: DIET, SUPPLEMENTS & LIFESTYLE' which was broadcast on Wednesday 15th June from 7.00pm – 8.00pm (AEST)?

The 'Ask the Experts' webcast was broadcast with a live moderated panel and Q&A discussion, that you could watch online and participate in from your own computer, smart phone or tablet.

Hosted live by Julie McCrossin with Professor Phillip Stricker AO, who spoke about prostate cancer and the different treatment options available, Dr Erica James whose interest is in helping patients, survivors and their carers make healthy lifestyle decisions, Jaime Rose Chambers whose expertise is in diet and nutrition.

A pre-recorded interview with Dr Mark Moyad MD – Professor of Preventive and Alternative Medicine at the University of Michigan. He spoke about the fact that anything that helped a patient to stay 'Heart Healthy' would also work for Prostate Cancer. He advocated that some supplements were necessary for optimum health – as in his book – 'The Supplement Handbook'

It was possible to ask the panel questions in real time and have them answered straight away. Congratulations to PCFA for making this webcast available to all.

Future Meetings

Tuesday 2nd August Pam Noble, Pharmacologist
 Tuesday 6th September Men Only Night
 Tuesday 4th October Prof Anthony Joshua,
 Medical Oncologist
 Tuesday 1st November TBA
 Tuesday 6th December Christmas Social

Publicity

One of the main aims of the NB Prostate Cancer Support Group is to reach out to men and their families and provide information and emotional support for those diagnosed with Prostate Cancer. PCFA Ambassador Programme we may be able to reach more men's groups and clubs and spread the word about the importance of regular testing for prostate cancer.

This year, we are hoping that with the support of the PCFA Ambassador Programme we may be able to reach more men's groups and clubs and spread the word about the importance of regular testing for prostate cancer.

If you know of any organisations that may benefit from having one of the Ambassador speakers visit them please let a committee member know.

We are always seeking ways to reach the public and articles about our Group have appeared in Pittwater Online News and the 'What's on Pittwater' website provides information about our meetings.

Disclaimer

From time to time in our newsletters we provide information about developments in the diagnosis and treatment of prostate cancer, research articles, documents, presentations and other interesting materials. However, the Group's Executive and the editor of this newsletter do not have the medical expertise required to make an informed evaluation of the conclusions and recommendations presented in such materials, and we have not verified such conclusions and recommendations through appropriately qualified medical professionals. The information presented in this newsletter must not be interpreted as being endorsed or recommended by the Executive or the editor.

Any recommendations made in such materials may not be applicable in your particular case.

Before implementing any recommendations made in the materials that are reported, it is essential that you obtain advice from appropriately qualified medical professionals. The view of the Group's Executive is that no two prostate cancer cases are alike and that no single treatment option is better than any other in all cases. While the information in this newsletter should be of interest, there is no substitute for getting informed medical advice from your own GP, specialists and other medical professionals.

Contact Us

Postal address

Northern Beaches Prostate Cancer Support Group
PO Box 324, Mona Vale, NSW 1660

Web site

Our web site provides details about the activities of the group, meetings, contact persons and lots of other useful information:

www.prostate-cancer-support-nb.org

Personal support

If you would like support, advice or assistance contact any of the committee:

Treasurer - Alan Taylor Phone: 02 9981 2616

Library - Ron Jones Phone: 02 9997 2709

Programme Organiser -

Denise Taylor Phone: 02 9981 2616

Catering - Jo-Ann Steeves Phone: 02 9918 6575

Eleanor Swansbra Phone: 02 9918 6428

Norma Norman Phone: 02 9918 4929

Committee member, newsletter editor and web site manager:

Mary Jones Phone: 0409 909 356

Email: info@prostate-cancer-support-nb.org

Useful websites:

www.pcfa.org.au Telephone: 02 9438 7000

See PCFA Newsletters online at:

www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html

Other useful links-

www.prostatehealth.org.au

www.cancercouncil.com.au

www.andrologyaustralia.org

www.acf.com.au

www.prostate-cancer-support-act.net

www.prostate-cancer-support-sydneynorth.org

If you are aware of news, products, publications, web sites, services or events that may be of interest to members of the group I'd be happy to be informed of them. If you have received this newsletter indirectly and would like to be emailed a copy directly please send me an email. I'm happy to also add any of your friends to the email list.

Past issues of our newsletters can be viewed on our website: www.prostate-cancer-support-nb.org