

# 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. 170 - July 2017**

Editor: Mary Jones

**Our next meeting will be held on**

**Tuesday, 1 August 2017**

**This will be a MEN ONLY NIGHT**

**Please note change of presentation for the evening**

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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 1<sup>st</sup> Tuesday of the month except in January.

### Usual Location:

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

Time: 6:30pm till 8:30pm

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## Tuesday 1 August

As our advertised speaker is unable to attend, the meeting will take the format of a MEN ONLY NIGHT. **LADIES you have the night off!**

The facilitator for the evening will be John Harris, a colleague of Denise Taylor's, who is well qualified to start the discussions and give the men the opportunity to voice their concerns / opinions.

Promises to be an interesting evening for all men.

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## July Meeting Report

### *Christmas in July*

Thirty of our members met at DYRSL for our Christmas in July celebration and although it was cold outside the atmosphere soon warmed up inside. Eleanor decorated the tables and put out the crackers and the hats. (Thanks Eleanor) We dined on turkey, ham veggies and of course Xmas pud and custard! Conversations started in the food queue continued for the next hour or so and a few new friendships were forged. Raffle prizes were given out, crackers pulled and schoolboy mottos exchanged. "What do you call a man who walks through dead leaves" Answer - "Russell." Alan collected the monies and balanced the books without a shot being fired! (Thanks Alan) The rest of your committee, Denise, Eleanor Mary and Ron mixed and mingled (thanks guys). Jo Ann was unable to attend due to a family commitment. We all waited till the DYRSL drew their nightly Christmas in July raffle of a huge ham. When we were satisfied that we were not winners we left HAMLESS but HAPPY to save up for next year. See you at the next meeting on Tuesday 1st August. My last thank you must be to the Dee Why staff who never mind going the extra mile for us.

*Norma*

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## One year of prostate cancer research blogs

Posted by Wendy Winnall on July 10, 2017

PCFA's Online Community was launched a year ago, in June 2016. Therefore the research blog is now one year old. The aim of this blog is to discuss the latest prostate cancer research with the community. Patients, carers and health professionals often enter the discussion by commenting and asking questions.

Research blogs are posted weekly on the **Online Community**. You don't need to be a member of the community to see the blog descriptions on the blog landing page. These show the title and introduction for each article. But you need to join to read and comment on the articles.

Our Online Community continues to grow. We have up to 100 new members joining each month. The membership process assists PCFA to maintain a secure and supportive environment that encourages those impacted by prostate cancer to feel comfortable interacting. Members of our Online Community can access this Research Blog, connect with others managing life with prostate cancer on the Community Forum, and explore important insights from leading experts and peers in the Video Gallery.

Why do we need a research blog? Medical research is often funded by tax-payers and by donations. Yet the scientific publications that report on this research usually remain behind a paywall. Scientists rely on publishing companies to disseminate their findings. But these companies profit by charging for access to the articles, making it expensive and difficult for the general community to find out what is going on. The articles are written in a language full of medical and scientific jargon, creating a further barrier for community access. The public are often the people who are ultimately paying for the research, and who rely on the treatments that medical research is developing. They deserve to know the results of this research.

PCFA's research blog explains the latest prostate cancer research results in a language that is understood by the patients, survivors and families of Australian men with prostate cancer. The challenge is to remain accurate and impartial, whilst removing the barrier of jargon.

In the past 12 months, over 50 research blogs have been posted. To estimate the impact of these articles, we've used **google analytics** to report how many times each article has been read.

We've analysed the impact of the first 56 articles that were posted on the research blog site. Each

article has been read by an average of 112 people. This is a total of 6,290 article reads! The number of times each article is read has gradually increased over the year, as more people join the Online Community. The more recent articles are commonly read by over 200 people.

Each article falls into one or more category. The categories are Diagnosis, Prognosis, Treatment, Side effects, Well-being and Updates/Other. If you wish to see the articles in one category, you can choose this category from this **link**, in the section called "View articles by category".

The research blog articles are promoted on social media such as -

PCFA's [Facebook](#), [Twitter](#) and [Linkedin](#). This allows a wider audience to view the topics and gives them the option of joining the Online Community to read the articles. These social media posts also allow interaction from those who are not signed up to the Online Community. In particular, the Facebook posts are commonly followed by reactions and comments from the broader community. In the last year, there have been over 1000 Facebook reactions, 47 discussions and over 200 article shares of the research blog Facebook posts.

For those who don't subscribe to social media, the research blog articles are also described on the **PCFA website** and highlighted in a monthly digest email sent to all members of the Online Community. Some articles are reproduced in the Prostate News, and from time to time incorporated into Prostate Cancer Support Group meeting discussions or group newsletters.

As the Online Community and the research blog continue providing men, partners and families with a dedicated space to connect, explore, and learn about prostate cancer, PCFA looks forward to evolving this online space and our engagement with the community. We are excited to see what the next 12 months will bring us.

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## PCFA Support Groups

The support group network includes over **150 affiliated groups** in every state and territory who meet locally to provide peer support.

Activities often include the following :

- A range of guest speakers to help you learn more about various aspects of prostate cancer.
- Social events
- Awareness and fundraising activities
- Access to resources and information about P.C.
- Regular meetings and discussion.

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## Tail End Charlie

'Tail End Charlie' will be participating in the 60<sup>th</sup> Anniversary Re-enactment of 1957 Mobilgas Round Australia Rally. Beginning in July 2017 the event will be celebrated by a re-enactment involving the same replica tractor and most of the 2007 crew.

The route will take in all mainland states of Australia and will generally follow the direction of the original rally in 1957.



*A replica Tail End Charlie*

It is envisaged that some 15,000 kms will be travelled and it is intended to take 57 days to complete the journey. This is a far cry from the original 1957 Rally when 11,140 miles (18,000 kms) were covered in 19 days.

The official start will be from Wundowie WA, then Northam, on Friday, 7<sup>th</sup> July 2017 and after attending the Dowerin Field Days on 30<sup>th</sup> and 31<sup>st</sup> of August 2017, the journey will conclude at the National Balloon Championships event at Northam on September 1<sup>st</sup> and 2<sup>nd</sup>. The purpose of the 57 day event is to give ample time to visit as many towns and communities en-route as possible. They have partnered with the **Prostate Cancer Foundation of Australia** and the **Breast Cancer Network Australia** and will be promoting their respective cancer awareness programs as they travel, advising regular health checks as early detection of any health

They will also be involved in a fund raising program and every dollar that is raised will be distributed to both of these organisations.

Again, the trek will be undertaken by a dedicated small group who will be paying all of their own travelling expenses. If, when they are entering your nearby town or community, you are able to extend your support and assistance, it would be greatly appreciated.

For more information and route go to – <http://www.tailendcharliethetractor.org>

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## Norma's July Quiz

1. Which very famous American, sung about by James Cagney, was born on the 4<sup>th</sup> of July?
2. What do Americans celebrate on the 4<sup>th</sup> July?
3. What aerial device was used to send messages on the battlefields of the American Civil War?
4. The birthstone for July is the, ruby, garnet or emerald?
5. The month of July was named after which famous Roman?
6. Which French National day is celebrated in July?
7. What is the date of the celebration mentioned in question 6?
8. What is the Spanish word for July?
9. People born in July can cross two zodiac signs, What are they called and what are the two visual symbols?
10. Who was the leading man on the film about Vietnam called Born on the 4<sup>th</sup> of July?

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## Answers to Norma's June Quiz

1. Which Australian beach city was called Elston before 1933? *Surfers Paradise*
2. The fabled Lasseter's Reef is made out of what? *Gold*
3. In which country did Dutch painter, Vincent Van Gogh, die in 1890? *France*
4. Which alcoholic drink is made from agave? *Tequila*
5. Which English county starts with 'K'? *Kent*
6. Which American celebrity said.. "When I speak to them in the boardroom about my business they know immediately I am NOT the dumb blonde they thought I was!" *Paris Hilton*
7. What is the official name for unemployment benefit? *Newstart Allowance*
8. What is Dactyloscopy used for in law enforcement? *Fingerprint Analysis*
9. What is an air cushioned vehicle more commonly called? *Hovercraft*
10. Which film is based on the novel The Sheep-Pig? *Babe*

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## Future Meetings

Tuesday 5<sup>th</sup> Sept – Meridith Van Wensveen – Peter's Message

Tuesday 3<sup>rd</sup> Oct – Max Walker, Solicitor

Tuesday 7<sup>th</sup> Nov - Dr Katharine Hodgkinson, Headway Health

Tuesday 5<sup>th</sup> Dec - Christmas Celebration

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## 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 organisation that may benefit from having one of the Ambassador Speakers visit them please let one of the committee members 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.

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## 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.

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## 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](http://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:	<a href="mailto:info@prostate-cancer-support-nb.org">info@prostate-cancer-support-nb.org</a>

### Useful websites:

[www.pcfa.org.au](http://www.pcfa.org.au) Telephone: 02 9438 7000

See PCFA Newsletters online at:

[www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html](http://www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html)

Other useful links-

[www.prostatehealth.org.au](http://www.prostatehealth.org.au)

[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

[www.andrologyaustralia.org](http://www.andrologyaustralia.org)

[www.acf.com.au](http://www.acf.com.au)

[www.prostate-cancer-support-act.net](http://www.prostate-cancer-support-act.net)

[www.prostate-cancer-support-sydneynorth.org](http://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](http://www.prostate-cancer-support-nb.org)



