

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. 190 - June 2019

Editor: Mary Jones

Our next meeting will be held on

Tuesday, 2 July 2019

This will be our Christmas in July Celebration, Dee Why RSL

PLEASE SEE BOOKING DETAILS BELOW

Everyone is welcome, bring your partners along

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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

Tuesday 2 July

Of necessity this is a short newsletter this month with the most important message our Christmas in July. **You MUST book with Norma to attend.**

Christmas in July at Dee Why RSL

6:30pm Tuesday 2 July, \$13.00 pp

For organization purposes you need to let Norma or David know if you will be attending.

Please telephone 9918 4929 to order tickets and give your surname and number of tickets required.

Please leave a message on the answerphone if no-one home.

The cost of the meal is subsidized by the group
Look forward to seeing you there.

June Meeting Report

On a cold and rainy 4th of June Professor Paul Keall spoke to our Northern Beaches Prostate Cancer Support Group. Paul is the Director of the Australian Cancer Research Foundation (ACRF) Image X Institute within the University of Sydney. He and his team of smart researchers within the institute create, share and apply scientific knowledge to improve health by building new medical technology for cancer imaging and

targeted radiotherapy. His talk spanned the Image X efforts, though focusing mostly on their 'KIM' technology, a method that enables the cancer treatment system to ensure the radiation beam is locked onto the prostate target at all times during treatment, hitting the target and avoiding as much healthy tissue as possible. KIM has now been used to treat over 110 prostate cancer patients in NSW and Victoria. The plans for this technology are to expand the application of KIM to more prostate cancer patients and also patients with cancer in other body sites, such as the liver. Thank you to Prof Keall for his interesting presentation.

Max Gardner Award for Distinguished Service

The Max Gardner Award for Distinguished Service is a prestigious award presented by PCFA. It is awarded to an individual member of the Network who has made an outstanding and significant contribution to reducing the impact of prostate cancer on Australian men, their partners and families, recognising the diversity of the Australian community. This award is a peer-based form of recognition for PCFA Network members who are currently an official Ambassador, in a Support Group Leader role or an active member of an affiliated support group.

The Max Gardner Award recipients for 2018 have now been announced. They are:

- David Merry;
- Mary Jones; and
- Tony Maxwell

Read more about the recipients go to - <https://tinyurl.com/y48xfet3>

We are hoping that our own Mary Jones will be presented with her award at a future Group meeting. Keep a look out in future newsletters.

p.s. Mary is now home recovering slowly from her fractured pelvis

Norma's June Quiz

1. The Sargasso Sea is in which ocean?
2. What is the principal island of Japan?
3. Where is the town of Kurri Kurri?
4. Where would you be if someone put a Lei around your neck?
5. Where is the longest canal?
6. Calypso is the traditional song form of which Caribbean island?
7. Wall Street and Broadway are on which island?
8. Where is the Magellan Strait?

9. Where is the Parliament called the Knesset?
10. Which two countries are separated by the Khyber Pass?

Answers to Norma's May Quiz

- 1 Which word can be a pole with a foot or a wading bird? *A Stilt*
- 2 Which country surrounds San Marino? *Italy*
- 3 How many hours are there in the Dog Watch on a boat at sea? *2 hours*
- 4 What did St. Patrick rid Ireland of according to legend? *Snakes*
- 5 In The Merchant of Venice what did the suiters have to pick one of, from the three what? *Caskets*
- 6 Which animals can be affected by a disease called vives? *Horses*
- 7 What is the official language of Haiti? *French*
- 8 What are the metal discs in the rim of the tambourine called? *Jingles*
- 9 What was the name of AA Milne's son? *Christopher Robin*
- 10 What do Kleptomaniacs do? *Steal*

Meetings for 2019

- Tuesday 6 August – Jo Watson, PBS System
 Tuesday 3 September – Mens' Night Only
 Tuesday 1 October – Assoc Prof Celi Verol
 Urologist Macquarie University
 Tuesday 5 November – TBA
 Tuesday 4 December – Christmas Social

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 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.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.

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

