

# 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. 209 - April 2021**

Editor: Mary Jones

**Our next meeting for 2021 is on Tuesday, 4 May**  
**The speaker is Sally Sara**  
**Director of Nursing Service**  
**6:30pm at our NEW VENUE**  
**Please check below for details**

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## What's in this issue

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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.

THE BAPTIST CHURCH,

13 GRENFELL STREET

NORTH NARRABEEN

Time: 6:30pm till 8:30pm

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## May Meeting

Sally Sara is travelling from South Australia to join us for our meeting. As Director, Nursing Programmes for PCFA, Sally is committed to improving health care and quality of life outcomes for men diagnosed with prostate cancer.

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Please join us and make her welcome as she explains the PCFA Nursing Programme and how it improves the life of men with Prostate Cancer

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## April Meeting Report

Our speaker for April was Stuart Doorbar-Baptist and his topic of Men's Continence and Erectile Function after Prostate Cancer Surgery was very interesting.

He started at the very beginning and said that we are all born continent but it isn't until we are about one year old before we can figure out that we can control that function and go to the toilet. This continues until men have prostate cancer surgery and the muscles that control the bladder are disturbed.

Men may have varying levels of incontinence – heavy where leaking occurs day and night, moderate where there is the occasional dry night, light where at the end of the day when there is slight leakage and then urgency of an overactive bladder. Treatment for each category varies.

Stuart teaches sequential rehabilitation where his aim is to help men identify which muscles to use and how to develop them. He explained the mechanics of Urinary Control – are you doing it right? Stuart uses an ultrasound transducer to help men understand which muscles to contract and

they can see the result on a screen and know what it feels like.

Men should integrate pelvic floor muscle exercises into everyday activities as well as identifying which activities create leaking. Varying bladder volume will help train the muscles to cope with extra pressure. By practising control of the bladder there will be a shift from voluntary control to an automated process. Stuart likened it to a P-Plate concept – you have to keep practising to become proficient.

On the subject of erectile dysfunction he explained that penile rehabilitation was important. All penis's need blood flow and nerve regeneration can be a slow process. There is no one singular solution to this problem and to ask for help is most important. He stressed the importance of getting assessed as not all people will need the same rehabilitation regime.

Stuart's presentation was well received by all present and more information can be found on his YouTube video at

### National Conference

The National Conference in Dubbo is being organised for 22 – 24 October, 2021. It is also the 25<sup>th</sup> Anniversary of the foundation of PCFA and promises to be a weekend of celebrations, interesting speakers, great friendship. This conference is open to all who wish to enjoy the country hospitality. Those attending will need to fund their own travel and accommodation costs. There will be no cost to register for the conference and the organisers are hopeful that all meal costs at the conference will be covered.

Discounts are offered by some local motels for those attending. Pensioners can use their yearly travel pass to travel by train and will be met at the station by a member of the Dubbo group who will transport you to your accommodation.

Friday night is a get-to-know-you night and on Saturday and Sunday speakers will cover a variety of topics of interest to all.

This is always a wonderful opportunity to learn more about Prostate Cancer with world class speakers, organised by the wonderful Dubbo PCSG.

If you are thinking of attending please let a member of our committee know so that numbers can be given to the organisers.

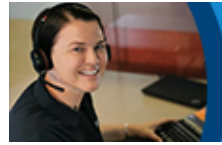
### Have you checked out the Stargate Project?

A great initiative of PCFA with information for everyone. Click the link below to find out about Prostate Cancer on the Northern Beaches.

**Go to - [tinyurl.com/6tw7kmaf](https://tinyurl.com/6tw7kmaf)**

### Launch of the Telenursing Service

Want to talk to someone about Prostate Cancer? Not sure who to contact? The friendly team at the Telenursing Service are sure to be able to help. Give them a call today.



Call someone you can trust.  
1800 22 00 99  
Speak with a prostate cancer nurse today.

[LEARN MORE](#)

### Meeting for May – Covid Safe

We are to abide by strict Covid-19 regulations. If you don't feel well, don't come.

At the end of the evening we will serve you tea or coffee, and food on a plate will be handed to you on the verandah area.

*Whilst we are always appreciative of the donations our members give at each meeting, with extra expenses we would like to kindly ask members to donate at least \$5 to cover the extra costs.*

We are very happy that the Baptist Church are allowing us to use their auditorium for our meetings, and so look forward to seeing you all on Tuesday 4 May.

### Seniors' Week

Members of the Northern Beaches Prostate Cancer Support Group participated in the local Seniors Week Expo in Mona Vale on Friday.

Whilst smaller than previous years, the Expo gave our Group a chance to let the public know that help is at hand with our Support Group open to all and a friendly face to greet them in times of uncertainty as they are diagnosed with Prostate Cancer.

### New Resources

PCFA has developed evidence based Information Guides for men following a diagnosis of prostate cancer.

They can be downloaded to your mobile device or computer, read online or available in hard copies.

— ***Prostate cancer – a guide for newly diagnosed men***

This book contains information on Prostate Cancer diagnosis, treatment and side effects for men, their partners, families and the community. It is a guide to help direct you to more detailed information and support.

General information leaflets cover the topics of:

— ***What you need to know about prostate cancer***

- **Should I have a PSA test**
- **About your PSA result**
- **Support group information**
- **Understanding surgery**
- **Understanding radiation therapy**
- **Understanding active surveillance**
- **Understanding hormone therapy**
- **Understanding advanced prostate cancer**
- **Understanding urinary and bowel problems**
- **Understanding sexual issues**
- **Understanding health and wellbeing**
- **Understanding prostate cancer for LGBTIQA+ people**
- **Understanding prostate cancer for partners and families**

There is also a PCFA guide to commonly used drugs in treatment of prostate cancer – go to [tinyurl.com/4rwsuckj](http://tinyurl.com/4rwsuckj) to check out the information.

## DRY JULY 2021

**When: 1 July – 31 July 2021 (Register now!)**

**Where: Everywhere**

Each day in Australia, 45 men will be diagnosed with prostate cancer and 9 men will tragically die from the disease.

You can help save their lives by registering your interest for Dry July 2021 in support of Prostate Cancer Foundation of Australia. When you do, you'll be helping to fund life-changing nurses, including nurses on the ground and on call via our new nationwide Prostate Cancer Specialist Telenursing Service.

Sign up or donate at <https://www.dryjuly.com/pcf>

*Remember to spread the word and invite family and friends to support your Dry July efforts!*

## Norma's April Quiz

1. How many Oscars did Walt Disney win up to the time of his death?.....32, 22, 12, or 2
2. What is the chemical symbol for Tungsten?
3. In cookery what is a Caper?
4. Monkeys Eyebrow is a town in the USA. True or false?
5. What do get if you cross a frog with a calendar?
6. Who wrote *The Da Vinci Code*?
7. In gardening what does the PH of soil indicate?
8. In the nursery rhyme what did Jill use to mend Jack's head?

9. What do you call a row of hares walking backwards?
10. Why did the ants run fast across the top of a sachet of tea?

## Answers to Norma's Mad March Quiz

1. What is the popular name of the plant called Belladonna? *Deadly Nightshade*
2. Which country has been ruled over the years by 10 kings called Christian? *Denmark*
3. What is the advertising motto on Quilton toilet rolls? *'We love your bum'*
4. Takko, danke and abrigado are ways of saying what? *Thank you*
5. What are Charles Dickens 2 middle names? *John Huffam*
6. What is the name of Doctor Dolittle's parrot? *Polynesia*
7. Who wrote the novel 'The Shining', from which the film was made? *Steven King*
8. What do we call a group of peacocks? *A Murder*
9. What word can be put before Vest, Quartet And Bean to make another word? *String Now for the funny ones*
10. What would you get if you crossed a witch with an ice cube? *A cold spell*
11. What is the difference between a boxer and a nail? *A boxer gets knocked out and a nail gets knocked in.*
12. How can you help a sick bird? *Give it some tweetment*
13. How did Henry the 8<sup>th</sup> have so many wives? *He chopped and changed*
14. What do you call a girl who stands between 2 football goalposts? *Nettie*
15. What did Cinderella say when her snaps were weeks late back from the shop? *"Some day my prints will come".*

## Meetings in 2021

Tuesday 1 June	Dr Phillip Katelaris - <i>Urology Surgeon/Specialist</i>
Tuesday 6 July	Christmas in July
Tuesday 3 August	TBA
Tuesday 7 September	Men's Night
Tuesday 5 October	TBA
Tuesday 2 November	TBA
Tuesday 7 December	End of year event

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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.

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.

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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: [info@prostate-cancer-support-nb.org](mailto:info@prostate-cancer-support-nb.org)

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)

Past issues of our newsletters can be viewed on our website: [www.prostate-cancer-support-nb.org](http://www.prostate-cancer-support-nb.org)