

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. 207 - FEBRUARY 2021

Editor: Mary Jones

MEETINGS ARE ON AGAIN

Our second meeting for 2021 is on Tuesday, 2 March

Speaker is Jo Watson

From the Pharmaceutical Benefits Scheme.

6:30pm at our NEW VENUE

Please check below for details

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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.

NEW LOCATION:

THE BAPTIST CHURCH,
13 GRENFELL STREET
NORTH NARRABEEN

Time: 6:30pm till 8:30p

The Hon Jim Lloyd was our speaker for February and was welcomed to our meeting – the first since March 2020.

A bit about Jim's background :

Jim Lloyd was born in Sydney in 1954. He has been married to Kerry for the past 45 years. They have two married sons and five grandchildren and reside on the Hawkesbury River one hour north of the Sydney CBD. Jim enjoys a number of active sporting activities including competitive long-distance running, water skiing, and swimming.

In March 1996 Jim was elected to the Australian Parliament as the Federal Member for Robertson. The electorate is based around the city of Gosford, two hours north of Sydney with a population of 150,000 people.

Jim saw his GP seeking travel inoculations in March 2002 as he was attending the ANZAC day service in Gallipoli that year. A routine PSA test was recommended by his GP despite having no symptoms. Jim's test results prompted his GP to request he come back in 3 months for a follow up blood test.

Like most men, Jim delayed this for 6 months until revisiting his GP on another unrelated matter. Jim was immediately referred to an Urologist for a biopsy. Kerry (Jim's wife) attended the Urologist's results consultation on 18 October 2002 (the day after their 27th Wedding Anniversary)...the biopsy was positive!

Jim was operated on 17 February 2003. Eight months after Jim's surgery he reported that life had completely returned to normal. In fact, he feels he is fitter than before the operation and looks forward to a long and active lifestyle...something which would not have been the case without a routine PSA test and early detection.

Prior to entering Politics Jim had a varied career in running a number of successful small businesses. He is also a qualified ship's master, holding a USL International Masters Certificate. In that capacity he served for a number of years as First Mate/ Master of a 68 metre cruise ship and was also involved in marine research and salvage operations in Gove, Northern Australia and The Solomon Islands in the Pacific region.

Jim Lloyd served for 12 years in the Australian Parliament. He was a member of the successful Howard Government and served in a number of senior positions during that time. He was appointed Chief Government Whip in November 2001 and promoted to Minister for Local Government, Territories and Roads in July 2004. He held this position until the defeat of the Howard Government at the November 2007 election, making him the longest serving Minister in that portfolio in the Howard Government.

In 2010 Jim Lloyd underwent successful salvage radiation treatment due to a rising PSA level. Since that time his regular PSA test are showing no PSA levels.

Jim now works for the Prostate Cancer Foundation of Australia as the National Support Groups Executive. His role involves working with all the 130 PCFA Support Groups around Australia. Jim also works with all levels of Government to promote the needs of prostate cancer patients and their families. One of the projects that he has been involved with is the successful establishment and expansion of the Prostate Cancer Specialist Nurses program.

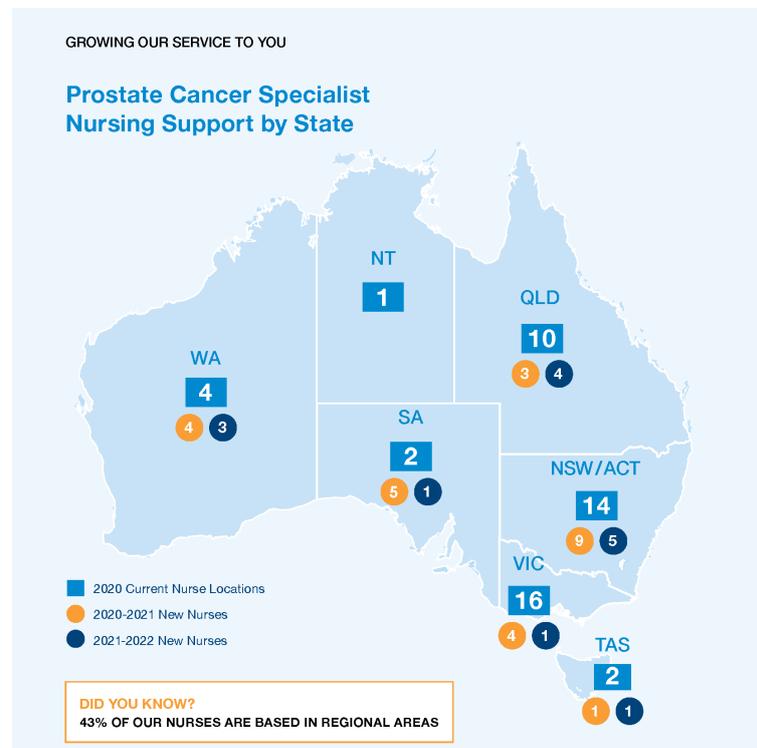
It is now more than 18 years since his initial cancer diagnosis and Jim continues to have an active and rewarding lifestyle. He now has 5 grandchildren and looks forward to the future with confidence and optimism, thanks to an early diagnosis and successful treatment for prostate cancer.

Jim spoke about the **2020 Impact Report from PCFA.**

Here are some quick facts

- Most common cancer diagnosed in men
- 16741 diagnoses per year, 3152 deaths
- 220,000 men alive today after diagnosis
- 1 in 6 will be diagnosed by age 85
- 95% five-year relative survival rate
- 24% higher risk of death in regional areas
- 67% of men diagnosed over age 65
- 15% of cases detected at Stages III or IV
- Number of cases set to rise 70% by 2040

By June 2021 there will be 83 Prostate Cancer Specialist nurses around Australia
PCFA will begin recruiting new specialist nurses at 15 additional sites, in a service expansion that will ensure no man walks alone.



In March 2021 PCFA will also launch a new Prostate Cancer Specialist Telenursing Service, enabling all men and families to access expert care without having to leave home.

The STARGATE project aims to improve prostate cancer awareness by providing the Australian community with fact sheets on the burden of disease at a regional level, nationwide. The suite of resources will include 89 fact sheets of different regional areas.

Using a new website, people will be able to search by postcode or area name for information on specific Australian regions and share the fact sheets to help improve community understanding and save lives. Importantly, it will help us to identify geographic areas where prostate cancers are being diagnosed at later stages, in order to improve earlier detection.

The data includes diagnoses, deaths, and prostate cancer stage at diagnosis, unlocking information that has not previously been shared with the community.

A major challenge for men's health

- 70% of men and women don't know the symptoms of prostate cancer.
- 75% of Australians don't understand the PSA Test Guidelines.
- 1 in 5 men with prostate cancer will develop anxiety and depression.
- 72% of men with prostate cancer will not seek help for distress.
- 67% of men with prostate cancer have unmet information needs.
- 87% of Australians don't understand prostate cancer stages at diagnosis.

Every 30 minutes one of our fathers or sons will be diagnosed with prostate cancer. Of particular concern to PCFA, the predicted number of Australian men living with or beyond prostate cancer is set to increase from about 220,000 today to 372,000 by 2040, making it the most prevalent cancer in Australia.

Alarming, only 36% of Australian men are diagnosed at Stage 1 of the disease, and the mortality rate in regional areas is 24% higher than the Australian average.

The burden of disease is high. Compared with men in the general population, men with prostate cancer have a 70% higher risk of suicide. A study of men's help-seeking in the first year after diagnosis found 82% of men reported unmet supportive care needs relating to sexuality, psychological, and health system and information issues.

Ten years post-diagnosis, research has found that 35 to 40% of men experience poorer physical and mental quality of life outcomes and lower life satisfaction, with impacts on workforce participation and engagement in community life.

Did You Know....

The first meeting of the Northern Beaches Prostate Cancer Support Group was held in May 2002. One more year till a great celebration!

Meeting for March – Covid Safe

We are to abide by strict Covid-19 regulations.

If you don't feel well, don't come.

The committee will ensure all touch areas are disinfected before you arrive.

Masks must be worn by everyone except the person on the podium.

Everyone will be required to leave 2 seats between people unless from the same family. No moving about is allowed during the evening presentation.

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 2 March as we try and get back to (the new) normal. The committee will ensure all touch areas are disinfected before you arrive and after you leave.

Norma's February Quiz

1. What is a Dandy Dinmont?
2. Which 2 warships were part of the first fleet?
3. In the TV series Happy Days what was the name of the café where they all met ?
4. What is a Cresta Run and in which country would you find it?
5. Who wrote the Noddy books and what was the policeman's name in them?
6. In the Chinese calendar what symbol was used for the year 2018?
7. What is the Jehovah's Witness magazine called?
8. Beadiest is an anagram for which serious illness?
9. In Japan what sort of activity is Bunraku?
10. How many sides are there in a dodecagon and what does polygon mean?

Answers to Norma's January Quiz

1. Which religious leader was born in 563 BC? Buddha, Confucius or Lao Tse ? *Buddha*
2. What material forms a sumo wrestling ring? Clay, sand or salt? *Clay*
3. Which Continent is divided into the most Countries? Africa, Europe or Asia *Africa*
4. What term describes information presented both alphabetically and numerically? Digital, Alphanumeric or Eclectic *Alphanumeric*
5. Who could you have sent a birthday card to at 1313 Harbor Boulevard, Anaheim, California? Mickey Rooney, Mickey Mouse

or Mickey Dolenz *Mickey Mouse*

6. What was the surname of the tyre manufacturer Andre who was born in Paris in 1853? Pirelli, Dunlop or Michelin *Michelin*
7. What is the "an," part of "anorexia" Greek for? Is it Disease, Without or Diet *Without*
8. Which of the four presidents carved into Mount Rushmore is wearing glasses? Lincoln, Washington, or Roosevelt? *Roosevelt*
9. What does a Russian mean when he says "Spasibo"? Is it Thankyou, Get lost or Good? *Thankyou*
10. Which is the world's best known arachnophobic Nursery Rhyme character? Tom Thumb, Little Red Riding Hood or Little Miss Muffet? *Little Miss Muffet*

Meetings in 2021

Tuesday 6 April	Prof Stuart Doorbar-Baptist - Snr Mens' Health Clinician - MRes Physiotherapy
Tuesday 4 May	Sally Sara – <i>Director Nursing Programmes</i>
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	TBA

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.

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

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