**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. 208 - MARCH 2021**

Editor: Mary Jones

**Our speaker will Jill Marcham**

**MEETINGS ARE ON AGAIN**

**Our next meeting for 2021 is on Tuesday, 6 April**

**The speaker is Stuart Doorbar-Baptist**

**Snr Men’s Health Clinician**

**6:30pm at our NEW VENUE**

**Please check below for details**

**What’s in this issue**

* March Speaker Report
* Northern Beaches Inpatient Palliative Care
* Launch of Telenursing Service
* Covid Safe Instructions
* Norma’s Quiz
* Meetings for 2021
* Contact Information

**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.
  + THE BAPTIST CHURCH,
  + 13 GRENFELL STREET
  + NORTH NARRABEEN
  + Time: 6:30pm till 8:30pm
* **April Meeting**

Stuart Doorbar-Baptist will speak on Men's Continence and Erectile Function After Prostate Cancer Surgery. A very good speaker. Please make the effort to join us.

**March Meeting Report**

Our speaker for March was Jo Watson from the Pharmacy Benefits Advisory Committee. Whilst our attendance level was lower than we would have liked, Jo was an excellent speaker and her presentation was both interesting and very informative.

Jo is currently Deputy Head of the Pharmaceutical Benefits Advisory Committee which is an independent statutory body established on 12 May1954 under section 101 of the National Health Act 1953. This committee makes recommendations and gives advice to the Minister about which drugs and medicinal preparations should be made available as pharmaceutical benefits. Amongst the 21 committee are doctors, pharmacists, health economists and clinical academics from different specialities.

Jo explained the workings of the committee in processing the submissions it receives so that the effectiveness of the drug to the public and cost efficiency to the government can be decided.

Much research goes into the submissions as to whether there is already another drug on the market

that can work just as well, how many of the population will benefit from the particular drug and how much will the overall cost to the government will be.

The PBAC is required to ensure that the money that the community spends in subsidising the PBS represents cost-effective expenditure of taxpayers' funds

Nonetheless, cost-effectiveness may not be the decisive factor. For example, for a drug that is the only available treatment for a severe illness, listing may be recommended on the basis of the "rule of rescue". The principles that are applied during the evaluation of drugs for PBS listing are described in the PBAC Guidelines.

There must be expectations that the treatment benefits and does not cause harm, and that it will increase quality of life.

The agenda for the committee meetings is published 10 weeks prior to a meeting which gives everyone a chance to lodge their submissions.

The committee reviews drugs after two years to evaluate their cost and effectiveness.

Jo answered many questions from our members and was happy to speak to individuals after the presentation.

One question was regarding generic medicines. Generic medicines have to be reviewed by the TGA and confirmed as containing exactly the same ingredients as named brands. Asked why some medicines were more expensive to the consumer – Jo’s answer was to shop around.

Jo had been travelling to different areas for the past few days and we thanked her for taking the time to visit our meeting.

**NORTHERN BEACHES INPATIENT PALLIATIVE CARE**

It has been over thirty years in the wishing and working. At last the Northern Beaches has a dedicated inpatient Palliative Care unit where local people needing specialist end-of-life care can be near families, friends and pets at a time when togetherness is ultimately important. In February a ten-bed specialist unit was opened at Mona Vale Hospital, embraced by nearby ocean breezes and enhanced by the view of adjacent Mona Vale Golf Club. In 1989 Dr John Doran, a respected local GP who had delivered many of to-day’s peninsular citizens, turned his medical dedication to specialist care for patients on the final journey of their lives. This support would also embrace their families. In 1989 he achieved a Palliative Care community service which operated from the superintendent’s cottage in the grounds of Mona Vale Hospital. Since then thousands of people, from Palm Beach to Manly and from the ocean to the Roseville Bridge, have

been expertly cared for in the clinic and in their homes. The team includes doctors, nurses, a complete complement of Allied Health workers and trained volunteers. Always and ever there persisted the determined dream to found an adjacent inpatient facility where patients could access pain and symptom control and end-of-life care. Excellent support was available in the HammondCare facilities at Greenwich and Neringah hospitals but the distance, compounded by lack of direct public transport, imposed exacerbating difficulty upon patients and their loved ones.

In the mid ‘90’s a freestanding twelve bed unit was granted. The government changed and the decision was expunged. The flame of the community impetus was turned down to simmer but never extinguished. In June 2014 a strong and determined local group gathered to pro-actively pursue this blazing need for our community. Councillor Kay Millar achieved consent from then Pittwater Council to support the push. This assembly of dedicated locals and advisory medical personnel, with the strong support of the Hon Rob Stokes, became Northern Beaches Inpatient Palliative Care Working Group. It was indefatigable. It lobbied. It advocated. The eventual result was, with support from Health Minister Brad Hazzard, the opening on 4 February 2021 of the NSW government funded and managed facility with ten specialist Palliative Care beds attached to a separately functioning ten bed Geriatric Evaluation and Management unit. The facility will be supported by two United Hospital Auxiliary branches who have aided health services on the Mona Vale campus for many years. This includes Friends of Northern Beaches Palliative Care which is currently utilizing a NSW government grant for landscaping which, thus far, has constructed a protective security fence and a path adjoining the NB Council coastal walk so that patients may venture out into the therapeutic park and beach atmosphere and enjoy the frolicking spectacle of pets, including their own.

(Note: NB Prostate Cancer Support committee members Jo-Ann Steeves, Norma Norman and Eleanor Swansbra are active members of the above referenced Friends of Northern Beaches Palliative Care Auxiliary. For information contact Jo-Ann on [steeves2@tpg.com.au](mailto:steeves2@tpg.com.au))

*Thank you Jo-Ann for this comprehensive report. ED*

**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**

**Launch of the Telenursing Service**

On Monday 22 March the nationwide Prostate Cancer Specialist Telenursing Service was officially launched.

I was honoured to be invited to this event in the PCFA offices in St Leonards.

This service is aimed at providing much-needed support to men and families. This life-changing service will give you and your family access to specialist nurses whenever you need them, from wherever you live. Their specialist nurses can:

* Provide evidence-based information and resources about all aspects of prostate cancer
* Help you understand your diagnosis, treatment options and ways to manage side effects
* Provide you with support to make decisions about your health
* Offer relevant practical and emotional support
* Link you with locally based Prostate Cancer Specialist Nurses or support groups.

**If you need support, call the PCFA nursing team on 1800 22 00 99.**

**Meeting for April – Covid Safe**

We are to abide by strict Covid-19 regulations.

If you don’t feel well, don’t come.

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 6 April as we try and get back to (the new) normal.

**Norma’s Mad March Quiz**

1. What is the popular name of the plant called Belladonna?
2. Which country has been ruled over the years by 10 kings called Christian?
3. What is the advertising motto on Quilton toilet rolls?
4. Takko, danke and abrigado are ways of saying what?
5. What are Charles Dickens 2 middle names?
6. What is the name of Doctor Dolittle’s parrot?
7. Who wrote the novel ‘The Shining’, from which the film was made?
8. What do we call a group of peacocks?
9. What  word can be put before Vest, Quartet And Bean to make another word?

*Now for the funny ones*

1. What would you get if you crossed a witch with an ice cube?
2. What is the difference between a boxer and a nail?
3. How can you help a sick bird?
4. How did Henry the 8th have so many wives?
5. What do you call a girl who stands between 2 football goalposts?
6. What did Cinderella say when her snaps were weeks late back from the shop?

**Answers to Norma’s February Quiz**

1. What is a Dandy Dinmont?

*A Scottish Terrier dog*

1. Which 2 warships were part of the First

Fleet? *Supply and Sirius*

1. In the TV series Happy Days what was the

name of the café where they all met?

*Arnolds*

1. What is a Cresta Run and in which country

would you find it? *Switzerland*

1. Who wrote the Noddy books and what

was the policeman’s name in them?

*Author was Enid Blyton and Mr Plod the*

*policeman*

1. In the Chinese calendar what symbol was

used for the year 2018? *The Rat*

1. What is the Jehovah’s Witness magazine

called? *The Watchtower*

1. Beadiest is an anagram for which serious

illness? *Diabetes*

1. In Japan what sort of activity is Bunraku?

*Puppetry*

1. How many sides are there in a dodecagon

and what does polygon mean?

*12 sides qnd the parrot has gone!*

**Meetings in 2021**

Tuesday 4 May Sally Sara –

*Director Nursing Programmes*

Tuesday 1 June Dr Phillip Katelaris -

*UrologySurgeon/Specialist*

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](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

SeePCFA 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)

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