



**COMMITTEE:**

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Annual subscription - \$5  
from 1<sup>st</sup> January

**VENUE:**

Uniting Church Meeting Room  
Seddon St, Ivanhoe

**DAY CALENDAR 2014**

Meetings: **10:00am -12:30pm**

- Wed 12<sup>th</sup> March '14
- Wed 9<sup>th</sup> April '14
- Wed 14<sup>th</sup> May '14
- Wed 11<sup>th</sup> June '14
- Wed 9<sup>th</sup> July '14
- Wed 13<sup>th</sup> August '14
- Wed 10<sup>th</sup> September '14
- Wed 8<sup>th</sup> October '14
- Wed 12<sup>th</sup> November '14
- Wed 10<sup>th</sup> December '14
- Wed 11<sup>th</sup> February '15

**EVENING CALENDAR 2014**

Meetings: **7:00pm -9:00pm**

- Thu 27<sup>th</sup> March '14
- Thu 24<sup>th</sup> April '14
- Thu 22<sup>nd</sup> May '14
- Thu 26<sup>th</sup> June '14
- Thu 24<sup>th</sup> July '14
- Thu 28<sup>th</sup> August '14
- Thu 25<sup>th</sup> September '14
- Thu 23<sup>rd</sup> October '14
- Thu 27<sup>th</sup> November '14
- Thu 26<sup>th</sup> February '15

**2014 SUBSCRIPTIONS \$5**

The 2014 subscription year is from 1<sup>st</sup> January 2014. The rate is \$5 per individual, couple or family.

*Prostate Heidelberg provides information, education and support for those affected by prostate cancer. At the meetings, we*

1. Show respect to members and speakers;
2. Allow people to speak and we listen;
3. Respect confidentiality;
4. Allow new ideas to be shared.

**DISCLAIMER**

*Information contained in this newsletter or discussed at meetings, should not take the place of proper medical advice from a qualified health professional. The services of a qualified health practitioner should be sought before applying the information to your particular circumstances.*

The Prostate Heidelberg Cancer Support Group had eleven attendees at the DAY meeting on 12<sup>th</sup> February 2014. The attendance number is unknown at time of publication for the EVENING meeting on 27<sup>th</sup> February.

**NEXT MEETINGS**

Prostate Heidelberg's MEETING VENUE is the Ivanhoe Uniting Church Meeting Room, Seddon Street Ivanhoe (Melways 31 F8) - behind the Commonwealth Bank in Upper Heidelberg Rd. Car parking is available off Waterdale Rd behind the Ivanhoe Hotel. **There is no charge for attending.**

- The **NEXT DAY MEETING: 10:00 am to 12.30 pm, Wednesday 12<sup>th</sup> March 2014.**
- The **NEXT EVENING MEETING: 7:00 pm to 9:00 pm, Thursday 27<sup>th</sup> March 2014.**
- Partners or carers are welcome to all meetings
- Meetings are open to anyone interested in getting support on a cancer journey.

**MEN'S HEALTH NIGHT AT THE "G"**

The **free public health forum** will feature Mal Walden (moderator), David Parkin OAM (keynote address), Dr Christopher Love, Assoc. Prof. Carolyn Allan, Dr Darren Katz, and Dr Paul Arduca. Topics include "The Threats to Men's Health", "Recovery after Prostate Cancer", "Hormone Replacement Therapy", "Peyronie's Disease", and "PSA Testing".

Date: **Tuesday 25<sup>th</sup> March 2014**  
Time: **6 pm (foods and drinks)**  
**7 - 9 pm (presentations)**  
Venue: **Premiership Club Room, MCG, Brunton Ave, Richmond**  
RSVP: **By 19<sup>th</sup> March Phone 1800 170 009**  
Web: **[www.menshealthg.com](http://www.menshealthg.com)**



## Dr SNUFFY MYERS

[www.prostateteam.com](http://www.prostateteam.com)

At meetings we have discussed Dr Charles "Snuffy" Myers. A number of attendees have asked who is this "Snuffy" Myers.

He is a USA (Virginia) medical oncologist and a prostate cancer survivor. With over 250 research papers published, Myers is one of the leading developers of today's prostate cancer canon on both research and treatment. He is the author of a number of books in Prostate Heidelberg's library.

Through the non-profit Foundation for Cancer Research & Education, Dr Myers offers a variety of free information to individuals, support groups, hospitals, libraries, and advocacy organisations worldwide.

His weekly blog is one of the most informative and intelligible (non-technical) sources of current issues in prostate cancer. When you log onto [askdrmyers.wordpress.com](http://askdrmyers.wordpress.com) there is the current blog; past blogs can also be accessed.

His newsletter, "Prostate Forum", we circulate to Prostate Heidelberg's email list.

## INFORMATIVE PC WEBSITE

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

At the February meeting we reviewed Us Too's Hot-sheet. Us TOO International Prostate Cancer Education and Support Network is a USA non-profit prostate cancer education and support network of 325 support group chapters worldwide providing men and their families with free information and support so they can make informed choices about detection, treatment options, and coping with on-going survivorship.

The monthly Us TOO Prostate Cancer Education & Support Hot-sheet is a useful resource available on [http://www.ustoo.org/Hot\\_Sheets.asp](http://www.ustoo.org/Hot_Sheets.asp).

## VICTORIAN ADVANCED PROSTATE CANCER CATCHUP

The Victorian Advanced Prostate Cancer members are invited to a Melbourne Catchup. Queensland will be represented by Jim Marshall and Nev Black.

Date: **Saturday 22<sup>nd</sup> March 2014**

Time: 12 noon (registration)  
1 pm (lunch)

Venue **Lounge, Glenroy RSL,  
186 Glenroy Rd, Glenroy**

RSVP By 17<sup>th</sup> March to Paul  
0405 086 869,  
[paul@paulhobson.net](mailto:paul@paulhobson.net)

## LIVING WITH CANCER

The following is prepared by a cancer survivor (i.e. someone who hasn't died). It is a non-expert opinion on issues. The reader can think about these issues and apply (or not) to his own circumstances.

The objective is to present some ideas to men who have been diagnosed with Prostate Cancer. Prostate Cancer is normally a slow developing disease. For Gleason Scores below 7, "active surveillance" is now the most common treatment (there are medical circumstances where other options need to be considered). For those 7 to 10 Gleason Scores, after an initial treatment, survivorship is often measured in years (those damn statistics that speak of the general and not individual). How do we cope after a cancer diagnosis? These thoughts are not about the medical coping after diagnosis. The emotional coping is the focus.

## TALK

You are not alone. This is particularly true on a cancer journey. Your family and friends are affected by your journey; they may even be on a parallel journey with you. Men are renowned for not communicating; but this is a



case where talking is important. Develop your own team of emotional support. These are people who know you, have an interest in “who” and “where” you are and with whom you can talk. There needs to be a distinction between your emotional support team and your medical / health professional support team. The first helps you cope emotionally, but is not the source of your medical options. Many people will give you advice, but talk to the medical people about medical options.

### LISTEN

You will need to listen to your emotional support team. Sometimes the advice is “tough” love. It can also be sometimes be something you hear, but can’t act upon now. But think about your team’s response.

### ACT

There are a number of things you can do.

#### Laugh

Laughter is the best medicine. Learn to look at what’s going on from others’ perspective and see the stupid or quirky side (even when you’re in “deep shit”).

#### Watch what you eat

The simple things include:

1. Eat fresh, and avoid processed foods.
2. More fish, less fats, dairy and red meats.
3. Smaller portion sizes.

#### Exercise

Try for at least half an hour of brisk exercise daily. Build up to more on doctor’s advice.

#### Take your medicine

Take what your doctor tells you to take. If you think supplements can help, ask your doctor if you need them, and seek them in normal foods before using pills. Don’t buy over the internet.

#### Don’t smoke

Your body will have enough poisons without adding more.

#### Do things you like

Plan into your day, week, and year doing things you like.

1. Have some daily quiet/your time.
2. Make time with your family - those most important people in your life.
3. Catch up with family and friends
4. Do hobbies, Men’s Shed, etc. - do them regularly and in a group.
5. Plan holidays to places you like, can afford and within your physical limits.

### PLEASE RETURN BOOKS or DVDs BORROWED from the LIBRARY

Prostate Heidelberg currently has a significant number of books and DVDs that have not been returned. The usual borrowing period is one month. As there are other people who would like to use these library resources on their cancer journey, please return them at the next available meeting. If you borrowed a book and since lost it, please send a note to that effect to [prostateheidelberg@gmail.com](mailto:prostateheidelberg@gmail.com); we may be able to replace it.

### FINANCIALS FEBRUARY 2014

As of 23<sup>rd</sup> February 2014, Prostate Heidelberg had \$5,324 (28<sup>th</sup> January: \$5,424) in its NAB bank account, and \$100 as a petty cash float.

### MEETINGS MARCH 2014

Prostate Heidelberg’s **MEETING VENUE** is the Ivanhoe Uniting Church Meeting Room, Seddon Street Ivanhoe (Melways 31 F8) - behind the Commonwealth Bank in Upper Heidelberg Rd. Car parking off Waterdale Rd behind the Ivanhoe Hotel.

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[www.ProstateHeidelberg.info](http://www.ProstateHeidelberg.info)

**PCFA** support group contact for Victoria and Tasmania is Amanda Pomery. Her email is [amanda.pomery@pcfa.org.au](mailto:amanda.pomery@pcfa.org.au). If you have not received the support you expected, or have suggestions you wish to give confidentially, contact Amanda.

### **USEFUL PROSTATE CANCER WEBSITES**

ProstMate, individualised Prostate Cancer support [www.ProstMate.org.au](http://www.ProstMate.org.au);

Prostate Cancer Foundation of Australia [www.pcfa.org.au](http://www.pcfa.org.au);

Cancer Council Victoria [www.cancervic.org.au](http://www.cancervic.org.au); HELPLINE - 13 11 20

Beyond Blue: [www.BeyondBlue.org.au](http://www.BeyondBlue.org.au); HELPLINE: 1300 22 4636

Continence Foundation of Australia [www.continence.org.au](http://www.continence.org.au); HELPLINE: 1800 33 00 66

Royal Australian and New Zealand College of Radiologists [www.targetingcancer.com.au](http://www.targetingcancer.com.au);

National Cancer Institute: [www.cancer.gov](http://www.cancer.gov);

Cancer Council Australia: [www.cancer.gov.au](http://www.cancer.gov.au);

Lions' Australian Prostate Cancer Collaboration [www.prostatehealth.org.au](http://www.prostatehealth.org.au);

USA Prostate Cancer Foundation [www.pcf.org](http://www.pcf.org)

Life Extension [www.lef.org](http://www.lef.org);

Us Too International Prostate Cancer Education and Support Network [www.UsToo.org](http://www.UsToo.org);

American Institute for Diseases of the Prostate [www.prostateteam.com](http://www.prostateteam.com) (Dr Charles "Snuffy" Myers);

Australian Advanced Prostate Cancer Support Groups website [www.jimjimjimjim.com](http://www.jimjimjimjim.com);

Commonwealth site for palliative care <http://www.health.gov.au/palliativecare>;

Banksia Palliative Care <http://www.BanksiaPalliative.com.au>