



COMMITTEE:

Bob Cook, Treasurer
Chris Ellis
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Max Shub, Facilitator
Peter Stanley
Patrick Woodlock, Convenor
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PO Box 241 Ivanhoe Vic 3079

Annual subscription - \$5

Meetings: 10:00am -12:30pm
Uniting Church Meeting Room
Seddon St, Ivanhoe

CALENDAR 2012

Wed 12th September 2012
[PSA & Prostate markers](#)
[Ken Sikaris](#)
Wed 10th October 2012
Wed 14th November 2012
[Erectile Dysfunction](#)
[Chris Love](#)
Wed 12th December 2012
followed by [Xmas lunch](#)

CALENDAR 2013

Wed 13th February 2013
Wed 13th March 2013
Wed 10th April 2013
Wed 8th May 2013
Wed 12th June 2013
Wed 10th July 2013
Wed 7th August 2013

Remember, the PCFA's Localised Prostate Cancer Patient Pack is available to newly diagnosed men from local pharmacies including nationally all ChemMart Pharmacies and Terry White Chemists. Ask your urologist for a voucher or contact Patrick Woodlock.

Prostate Heidelberg supports men with prostate cancer, and their families and carers. The support takes the form of shared experiences and knowledge from books, subscriptions, internet sites and help lines. At the meetings, we

1. Show respect to members and speakers;
2. Listen and allow people to speak;
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 particular circumstances. This disclaimer is issued without prejudice.

The Prostate Heidelberg Cancer Support Group last met on 8th August 2012 at the Ivanhoe Uniting Church Meeting Room at 10:00 am with 11 members in attendance.

NEXT MEETING

Our next meeting is **10:00 am Wednesday 12th September 2012**. Partners or carers are welcome to all meetings.

September's Guest Speaker

DR KEN SIKARIS

Melbourne Pathology's Director of Chemical Pathology.

Topic

"HOW TO INTERPRET PSA AND THE LATEST DEVELOPMENTS IN PROSTATE MARKERS"

2013 SPEAKERS

Max is attempting to get together next year's speakers. Give your suggestions to prostateheidelberg@gmail.com

WEB SITE

Max is continuing to develop www.prostateheidelberg.info, the group's own web-site. Any suggestions and comments you have, can be given to Max by phone or at the website. We hope this could become an important tool to assist the support group in its endeavours. Copies of previous newsletter are on the site



WHAT TO SAY TO CANCER PATIENT

NEWS FROM USA TODAY

by Brian Mansfield, Special for on Aug. 11, 2012, under USA TODAY News

<http://www.usatoday.com/news/health/story/2012-08-11/semicolon-life-cancer/56923808/1>

I had to pinch this article from News from USA Today. We all hear things to which we don't quite how to respond. But these are the things Brian wanted to hear.

When USA TODAY's Nashville music critic Brian Mansfield was diagnosed with colon cancer at age 48, he figured that a lifetime of Southern-fried foods, extra-large sodas and stress eating on deadline had brought it on. Turned out he had a genetic syndrome that gave him an 80% chance of developing colon cancer. He'll chronicle his life with the disease - and with only a small part of his colon - in a series of weekly instalments.

I've read several articles lately about what not to say to someone with cancer. I hate those articles, because I've said almost everything in them to other people, so I end up feeling like never speaking to a sick person ever again. Instead of rehashing those articles (though you should know it's considered bad form to tell a person with a terminal illness that your brother died of the very same thing), I'll focus on the best things my wife, Nancy, and I have heard since my diagnosis. Maybe they'll give you ideas of what to say during the awkward times.

What's the very best thing you can hear from a friend when you've got cancer?

"I'm coming over. What can I bring?"

My friend Ed calls me every week and asks me this. Ed is bigger than me and louder than me, and he puts me at ease because I know I'll never have to worry about talking too much around him. When Ed thinks I haven't asked for enough, he comes up with his own ideas.

The first time Ed came over, I asked him to track down a nutritional-shake powder at Whole Foods that people had recommended to me. Ed not only figured out what I was talking about, he also brought yogurt and smoothies and the very first copy of his new album. (I know it's the first copy, because he numbered it.) When I couldn't think of anything the next week, he showed up with a box of bagels, a couple of Bruce Springsteen bootlegs and an autographed album from J.D. Souther.

Everybody should have a friend like Ed.

Here's a personal favorite:

"We're opening a bank account for you. And while we're at it, we're going to refinance your house."

Now, the point of this is not necessarily to give your sick friends money. But you may be able to apply your expertise or your interests to their situation in specific, if out of the ordinary, ways, even if it's something as basic as cleaning house, doing landscaping or bringing fresh vegetables from your garden.

That's one of the few acts of kindness that actually made me cry. It's right up there with the neighbours who organized our online care calendar so friends could sign up to bring food, and the woman who came over and folded clothes with Nancy for three hours the weekend before my surgery.



“If I had to pick one kind of cancer to have, I’d pick yours.”

OK, not everyone can pull off this one. But it acknowledged the gravity of the situation, steered clear of false optimism and placed my situation in a context much broader than my personal experience. It beat any dozen versions of “You can beat this!” (Although I like those, too.)

“What’s going to be the hard part for you?”

I’ve mentioned this one before, but it’s so good it bears repeating. When I first went public with my diagnosis, everyone else was asking, “How are you feeling?” “What can I do?” and “What happens next?” (all perfectly good questions, I should add). One friend went right to the heart of the matter with this question. It pushed my story ahead, bypassing the small talk and giving me the opportunity to express what concerned me most about my illness. It was what I’d been longing to answer, even though I hadn’t even known what the question was. It’s an all-purpose question that still allows for a different answer from each individual. It’s the question I’ll remember to ask others.

“How are you doing today?”

That last word makes all the difference, differentiating the question from the more common “How are you doing?” – or the dreaded “How are you?” It implicitly acknowledges that the person asking understands that cancer is a day-by-day journey, with unexpected twists and turns. For example: Today I’m a few weeks past surgery and feel like I’m recovering nicely. But it’s possible there’s another tumour inside me that I don’t know about yet, and my mind-set could be very different once I get my next set of test results. But today? Today I’m doing great.

“Let me send you something that helped me.”

The comments after any of my columns will give you a taste of the advice people want to offer. My cancer was probably caused by fluoridation, dehydration and a Western diet. It can be helped, maybe even cured, if I just change doctors, switch from an acidic to a basic diet, take herbal supplements, study epigenetics and claim the promise of God’s healing power.

Everybody’s got a suggestion, and getting inundated with it is the price I pay for the occasional piece that really helps – like the recommendation that I get guaranteed renewable life insurance on my kids before I have them tested for my genetic disorder. But there’s no way I can follow up on every piece of advice.

Lots of people told me about books they found helpful in their times of trial; two people sent me copies of theirs. Those are the ones I read. Lots of people had dietary suggestions; one person in California shipped me a meal-replacement formula he really liked, even though he knew I could find it in Nashville. That’s the one I eat.

Here’s the deal: If you know something you think could make all the difference in the world to someone with cancer, just buck up and send it to us. We don’t care where help comes from, but we don’t have the time, the energy or the money to track down every suggestion somebody throws at us.

Did a book change your life? Great. Send us a copy, even if it’s used. If you’re convinced your supplement will make us feel better than we have in years, prove it by buying us a bottle. If you’re a nutritionist offering unsolicited advice on how we should adjust our diets, then you better be ready to show up at our doorsteps with a box of vegetables, a cutting board and a blender. Otherwise, you’re just grandstanding. And teasing us. We don’t have time for that nonsense. We’ve got cancer.

If you do send something, don’t follow up. Don’t say another word about it. We won’t be able to use everything we get, but we’ll appreciate the thoughtfulness behind every bit of it. If it works,



we'll shout it from the rooftops and be more grateful than you'll ever know. But we'll try to make sure you do.

I'll leave you with a helpful comment a new acquaintance received. Soon after her diagnosis, someone called to say, "I know a lot of people will call you and want to bring you food right now, and it will probably be overwhelming. I'll check in on you in six weeks." She called again six weeks later, almost to the minute.

That's my kind of friend.

Music that makes me want to live

Cancer has changed the way I hear music, more than any other life event except my marriage. Songs I once appreciated only on a surface level now strike deep at the core of my soul. Some inspire me; some terrify me. Others that I might have liked before, I've got no use for now. I've also got more time to listen, whether it's during my morning exercise time or while lying in a hospital bed. These songs form part of the soundtrack to my cancer story.

1. O' Be Joyful, Shovels & Rope
2. God's Sure Good, Dr. John
3. I Need You, Chelle Rose
4. You Can't Fail Me Now, Bonnie Raitt
5. Rest Easy, Andrew Peterson

FINANCES

As of 14 August we had \$5,657.57 in the NAB bank account and \$50 petty cash. The Steering Committee has established a Budget to spend this money wisely on Prostate Heidelberg's support of families with prostate cancer. The Budget was outlined in the June's Newsletter N^o 109.

TRIAL MEETINGS AT NIGHT IN OCTOBER

It was agreed that we would trial a night meeting to attract members who cannot attend during the day. We are open to suggestions. October is the month for which we are aiming.

BUNNING'S FATHERS' DAY ACTIVITIES

On Fathers' Day, Sunday 2nd September, Prostate Heidelberg is looking for manning a BBQ booth at Bunnings Hawthorn. Last year we raised about \$1,800 from this activity. Contact Max at prostateheidelberg@gmail.com or 0413 777 342 if you can assist.

On Sunday 2nd September, we are able to hand out brochures at Bunnings Northland as we did last year. This could be for those who can't make Hawthorn. Contact Bob at cookrama@bigpond.com or 9438 2915 if you can assist.

PCFA'S BIG AUSSIE BARBIE CAMPAIGN

September is also PCFA's Big Aussie Barbie campaign month to coincide with International Prostate Cancer Awareness month. It is important to note that this Barbie campaign is different than the Bunnings BBQ's.

LIBRARY SNIPPETS

From the PCFA, the Cancer Council and other expert organisations, the library includes books, pamphlets and DVDs on topics such as advanced or localised prostate cancer, treatments, incontinence, sexual dysfunction, diet and health, and a myriad of other titles. We encourage borrowers to return books, but we recognise that an important part of support is information



dissemination. If you borrow material you found useful, let us know so others can share your enlightenment.

UPCOMING EVENTS and SPEAKERS CONFIRMED;

Wed 12th September, Dr Ken Sikaris, Director of Chemical Pathology, Melbourne Pathology.
Topic: "How to interpret PSA and the latest developments in Prostate markers"

Wed 14th November, Dr Chris Love, Specialist in Urological Prosthetics, Bayside Urology.
Topic: "Erectile Dysfunction"

NEXT MEETING: 10:00 am to 12.30 pm, Wednesday 12th September 2012 at the Ivanhoe Uniting Church Meeting Room, Seddon Street Ivanhoe (Melways 31 F8) - behind the Commonwealth Bank in Upper Heidelberg Rd.

CORRESPONDENCE:

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www.ProstateHeidelberg.info

PCFA support group contact for Victoria and Tasmania is Amanda Pomery. Her email is amanda.pomery@pcfa.org.au.

USEFUL PROSTATE WEBSITES

Prostate Cancer Foundation of Australia www.pcfa.org.au;

USA Prostate Cancer Foundation www.pcf.org

Lions' Australian Prostate Cancer Collaboration www.prostatehealth.org.au;

National Cancer Institute: www.cancer.gov;

Cancer Council Victoria www.cancervic.org.au;

Continence Foundation of Australia www.continence.org.au;

Steve Dunn's Cancer Guide www.cancerguide.org;

Life Extension www.lef.org;

Us TOO International Prostate Cancer Education and Support Network www.prostatepointers.org

American Institute for Diseases of the Prostate www.prostateteam.com (Dr Charles "Snuffy" Myers)