

PAYNEHAM PROSTATE CANCER SUPPORT AND AWARENESS GROUP NEWSLETTER

PROUDLY AFFILIATED
WITH THE PROSTATE
CANCER FOUNDATION
OF AUSTRALIA



MAILING
ADDRESS:-
PAYNEHAM
P.C.S.A. GROUP
1 BRIXHAM RD,
ST AGNES.
5097

No 1. February 2009 Website

<http://www.pcagsa.org.au/pages/paynehampsag.html>

WISH TO REACH US BY EMAIL

PHIL DAVIS; classic100@bigpond.com

Supporting Quality of Life

For further
Information

PH; PHIL(08)
82632217.
PETER (08)
826355556.
ARTHUR (08)
82894180.

Welcome to the 1st edition of our Newsletter.

The Payneham Prostate Cancer Support and Awareness Group has been formed to provide friendship support and information for people who have been affected or diagnosed with Prostate Cancer. The group has been organised and is run by a group of committed volunteers who are also dealing with a diagnosis of prostate cancer or are affected by a loved one who is.

WE WOULD BE DELIGHTED TO WELCOME YOU TO OUR MONTHLY MEETINGS WHICH WILL BE CONDUCTED AT THE PAYNEHAM R.S.L. CLUBROOMS, 360 PAYNEHAM RD, PAYNEHAM.

First meeting; Tuesday the 17th of February 2009, commencing 7p.m.

Speaker; Kevin O'Shaughnessy, who is a Registered Nurse, will speak in regard to his recent research in South Australia concerning men who have had a radical prostatectomy. His study provides an insight into issues men face and experience after prostatic surgery.

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Future meetings will also commence at 7p.m. on every third Tuesday of the Month, (February to November) at the Payneham R.S.L. Clubrooms.

March meeting will be on the 17th commencing at 7p.m.

At each meeting there is an opportunity for people to discuss, if they wish their situation, prognosis and/or outcomes etc and also chat with other likeminded and affected people over a cup of tea or coffee. Generally at a meeting we will have a different speaker, including urologists, oncologists or another health professional and on some occasion a person with relevant and pertinent information.

THE PAYNEHAM PROSTATE CANCER SUPPORT AND AWARENESS GROUP ENCOURAGES WIVES/PARTNERS FAMILY MEMBERS AND FRIENDS TO ATTEND OUR MEETINGS.

We do not give medical advice, please talk to your health professional, we also do not recommend treatment modalities, medication or physicians.

The Payneham R.S.L. is located on the southern side of Payneham Rd, about 100 metres east of the intersection of Payneham Rd and Portrush Rd. A car park is available on the eastern side of hall, enter eastern side door of RSL from car park.)

FORMING OF THE PAYNEHAM GROUP

There are other support and awareness groups which are located in the southern suburbs of the metropolitan area who provide excellent support, but no local group available for people affected or diagnosed with Prostate Cancer, who reside in the North Western, Northern, North Eastern or Eastern suburbs.

The founding members of the Payneham Prostate Cancer Support and Awareness Group conducted their inaugural meeting on Tuesday the 2nd of December 2008 .

Election of office bearers at the meeting were as follows;

Phil Davis	Convenor
Peter Woodrow	Deputy Convenor
Kathie Seager	Secretary
Arthur Seager	Treasurer

Jan Yorke-Simpkin and Robyn Davis agreed to act as Social Secretaries.

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All founding members voted unanimously in favour of applying to become an affiliated Prostate Cancer Support and Awareness Group, with the Prostate Cancer Foundation of Australia and also a member of the Central Australia Chapter.

WE ARE NOW AFFILIATED WITH PROSTATE CANCER FOUNDATION OF AUSTRALIA.

Since our inaugural meeting our application has been officially ratified and our group is now affiliated with the P.C.F.A. Which will provide corporate identity, more resources, up to date information and expertise, unity with other affiliated support and awareness groups throughout Australia, some, financial assistance and insurance indemnity.

Thank you to all founding members who attended the meeting along with those who sent their apologies and others who were unable to attend, your support, enthusiasm and goodwill has been greatly appreciated.

TOUR DOWN UNDER

During our Christmas, January break, Arthur Seager our Treasurer has been particularly active,

Arthur, who is 73 years of age and resides at Golden Grove, was diagnosed with Prostate Cancer in 2005 and after having a radical prostatectomy it was discovered that the cancer had spread beyond the prostate and that some cancer remained after the operation. He rejected medical advice to have follow-up radiotherapy and decided to adapt to a potentially therapeutic diet and fitness lifestyle.

This rekindled his boyhood interest in cycling and he commenced a strenuous training program with a view of being fit enough to compete in the 97km segment of this year's Mutual Community Challenge Tour, a segment of the Tour Down Under.

Whilst training he met Ashleigh Moore, C.E.O. of Cancer Voices S.A. and was persuaded to join their team and assist in publicising its role in advocating on behalf of those affected with cancer. As a member of the Cancer Voices Team, Arthur appeared in the local Messenger Newspaper, Advertiser Newspaper and Channel 9, 'A Current Affair Program.'

This occurred whilst he maintained his rigorous training rides up to distances of 80k.m. up and down hills including Mr Lofty and Mengler Hill. Unfortunately 2 days prior to the event he strained his thigh muscle and although his physiotherapist recommended rest, he decided to power on with one good leg and completed the 32km option in a credible 75 minutes instead of the full 97km (I guess he took some notice of the Physiotherapist.)



Congratulations Arthur who is an example of enjoying life after a diagnosis of Prostate Cancer, 'Oh Yes,' he does have his winning jersey, well his jersey signed by none other than Lance Armstrong, who is an inspiration to us not only for his cycling ability but for the cancer journey that he endured and won. If you haven't read his book I certainly recommend it.

FUTURE MEETINGS

Tuesday 17th March 2009,

General discussion evening, including an address by Paul Redman, the Prostate Cancer Foundation of Australia, Support Group Service Manager, who will also be attending. .

Tuesday 21st of April 2009

Our Guest Speaker will be Dr Graham Lyons, who will speak in regard to diet, anti-prostate cancer foods and also supplements.

For further information or a chat please call Phil Davis, Ph82632217, Peter Woodrow, 82635556 or Arthur Seager, Ph 82894180.

**A SPECIAL THANK YOU TO THE COMMITTEE OF THE PAYNEHAM
R.S.L.**
