

PAYNEHAM PROSTATE CANCER SUPPORT AND AWARENESS GROUP NEWSLETTER

PROUDLY AFFILIATED
WITH THE PROSTATE
CANCER FOUNDATION
OF AUSTRALIA



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Supporting Quality of Life

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WELCOME TO THE MAY 09 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.

WE WOULD BE DELIGHTED TO WELCOME YOU ALONG TO OUR MONTHLY MEETINGS WHICH ARE CONDUCTED AT THE PAYNEHAM R.S.L. CLUBROOMS, 360 PAYNEHAM RD, PAYNEHAM. WIVE'S/PARTNERS OR OTHER FAMILY MEMBERS ARE ALSO VERY WELCOME.

Next Meeting; Tuesday the 19th of May 2009, commencing at 7p.m.

Speaker; Our Guest Speaker for the evening will be Faith Best, who is a Naturopath and will give a Health and Wellness Presentation.

REPORT FOR OUR APRIL MEETING.

Chair person. Phil Davis,

Present 37

Apologies, Patrick Cassime, Glenice Ayling, Julian & Pat Delpin, Geoff Fuller, Marilla Barnes, Lorraine Koch, Al Portman, Pam Scutter and Valerie Tula.

A Big Welcome to new members to our support group;

Bob Keelan, Ken and Pat Chesney and Ken Prime.

CHAIR PERSON'S REPORT;

We enjoyed a very busy meeting this month, during the meeting it occurred to me that since being involved with our support group and other support groups over the past two years, I have had the opportunity to met some wonderful people and listen to and share some extraordinary stories. One of these extraordinary stories is the journey with prostate cancer of Johann Felusch, who joined our group in March and with his permission I share his story commencing on page 5 of this month's newsletter.

During the meeting, Peter enlightened us in regard to how he has coped with being treated with taxatere, he is one of a few males amongst us, in which androgen deprivation therapy had not worked all that well and towards the end of last year he had been prescribed taxatere. Peter described the treatment as being quite toxic, with significant side effects but it had been quite successful in lowering his P.S.A. which is excellent news. Taxatere is a very expensive drug, which had not been available on the pharmaceutical benefits scheme for males diagnosed with prostate cancer until about 18 months ago. It is very heartening to see how it is benefiting Peter and others.

One also could not help but be amazed with the resilience of Doug, who in company with his wife Kay, attended our meeting on the way home from hospital after receiving chemotherapy. On behalf of the group our very best wishes. All being well hopefully we will learn more of Doug and Kay's journey in next month's newsletter.

I genuinely believe that physical health and psychological wellbeing should be one of our greatest priorities in our life. In my view support groups will always have an important role, it is my gut feeling that many men when diagnosed with prostate cancer when ask if they are doing OK would say fine, irrespective of their true feelings.

I think all present at our meeting were impressed with our speaker Dr Graham Lyons, the concentration of all was very evident and if a pin had dropped we would have heard it.



Members listening to our speaker, Dr Graham Lyons.

PERSONAL PERSPECTIVE

JOHANN'S JOURNEY

Facing your own mortality is a formidable thought, but for many of us it is forced upon us with a diagnosis of Prostate Cancer.

Payneham Prostate Cancer Support Group member Johann Felusch, was shopping at a suburban shopping centre during 2002 in company with his grandson, when they both needed to go to the toilet. It was on this visit that Johann realized it took him far too long to urinate, especially with a young grandson waiting patiently for his grandfather to finish.

It was as a result of the realization on that occasion that he visited his local doctor, who conducted a digital rectal examination of his prostate. The doctor advised that it was hard and that he did in fact have some prostate problems, subsequently a sample of blood and urine were obtained for analysis. This indicated a P.S.A. of 12. Johann was then referred to the Urological Department of a Suburban Hospital for further follow up.



Mr Johann Felusch with a very positive attitude

I have spoken with Johan on several occasions recently and have discovered he has a friendly, happy and easy going disposition. However as he disclosed his prostate journey to me, one cannot help having a feeling of admiration and being very impressed with his determination, persistence and resilience, in his endeavours to combat the challenges that he and his family have faced so far. During his ordeal he has religiously maintained a diary which has assisted in me telling his story.

On the 28th of August 2002, Johann visited the recommended Urological Department of the Hospital where he saw the Urologist. During this initial visit, he reviewed his situation and also examined him including his prostate and subsequently the Urologist advised him he needed a biopsy. Johann had a biopsy and then anxiously waited for the results, several days later the Urologist delivered the distressing news, advising him that he had prostate cancer. This was followed by an abdomen and bone scan, fortunately at that time the urologist informed him that the scan was clear with no evidence of cancer in his bones indicated. This was in part some relief from the emotional and psychological turmoil. The Urologist advised him to see a radiologist.

He visited the radiologist on the 4th of October 2002, who explained to him that he had a Gleason score of seven and that the cancer was on both sides of the prostate. Johann would have preferred to have had a radical prostatectomy but was advised, given the diagnosis the most appropriate treatment would be hormone therapy followed by radiotherapy.

During October 2002, he commenced taking 'Androcur 100' and also had an implant of 'Zoladex.' At the time he was about to commence the hormone treatment it had taken him 3 minutes and 20 seconds to urinate. As a result of the treatment the situation improved and resulted in his P.S.A. falling to 4.5.

Towards the end of December 2002 and during January 2003, Johann had radiotherapy to treat the cancer, which resulted in a further downward spiral of his P.S.A. to 3.6. However unfortunately after the radiotherapy he experienced some difficulties with his bowel and further investigation indicated, as Johann describes, 'his intestines had gone stiff.' which was the reason for his ongoing problems..

Despite the treatment he had received, Johann's P.S.A. again commenced to rise and by September 2004, it had risen to 24. As a result his Urologist at the Urological Department of the Suburban Hospital again prescribed 'Androcur 100,' after taking the medication, his P.S.A. dropped to 3.1.

In his endeavour to gain additional information and support, on the 23rd of March 2005, he attended a Support Group meeting at Unley, he enjoyed the evening and was very impressed with the speaker, Dr Peter Sutherland, however did not return because of the distance he had to travel.

By April 2005, Johann's P.S.A. had fallen to 2.5, but unfortunately it then commenced to rise. In his endeavours to gain additional information and to ascertain if there were any other options, which may have been appropriate to improve his situation, he wrote two letters to Assistant Professor Stricker, Chairman of Urology, Director of Uro-oncology and Director of St Vincent's Prostate Cancer Centre at St Vincent's Hospital Sydney. Assistant Professor Stricker, telephoned Johann, who although initially was quite surprised, was particularly impressed with him and the comfort, guidance and information he provided.

As Johann's P.S.A. continued to rise (15.7) he consulted another Urologist at North Adelaide in March of 2006, during this consultation he was examined and his medical situation was reviewed, Johann was quite happy with the friendly but informative chat. Several days later he had another scan, which indicated little spots of cancer from his lumbar to his neck and the scan of his right lung, indicated asbestosis and his liver had a one cm spot, which was similar in appearance to cancer, but may or may not have been cancer.. As a result of these tests he was again prescribed 3 monthly Zoladex implants and by 13th of July his P.S.A. had dropped to 0.6.

Johann was concerned about the cancer spots indicated by the scan and was of the opinion, that the sore spots were perhaps the ones in which he had received ongoing chiropractic treatment, after having hurt his back whilst lifting incorrectly at work.

At Johann's request in September 2006, he had another scan conducted by another company. Johann was pleased with the result which read as follows; 'Despite the known sclerotic

lesions of the C.T. the bone scan has not shown definitive uptake of localise metastatic disease. Presumably this represents metabolic inactivity related to currently successful therapy.' Regarding his lungs the report mentioned there was a small amount of calcified pleural plaque formation, which may be due to previous asbestos exposure. As a result of the liver scan on this occasion it appeared that the spot on the liver was a cyst.

Despite the problems indicated Johann felt quite elated with the results and the additional scans fulfilled his desire of needing to know exactly his medical situation. Since those scans he has remained on hormone therapy and his P.S.A. has remained stable until recent times. During this year his P.S.A. has again commenced to rise and on April 15th he again had scans where the same lesions were evident, this may require some modification to his treatment program.

Johann described his approach to his disease in the following words; "Have a good doctor and find out as much as possible, so you know what is going on with the medication and yourself."

In my view this is excellent advice. (Thank you.)

The Prostate Cancer Foundation of Australia has a free hotline (1800 22 00 99) to assist and link people to support groups throughout Australia. The PCFA also has a website, (www.prostate.org.au) which has an abundant amount of information, in order to assist men diagnosed with prostate cancer and their families.

PRESENTATION FOR OUR APRIL MEETING.

Our speaker for the meeting was Dr Graham Lyons, who has been a supporter of Prostate Cancer Support Groups for many years. He grew up in South Australia. Obtained a Bachelor of Agricultural Science degree, (University of Adelaide) Spent 1980-1983 working on an agricultural development program in the Solomon Islands. Between 1984-1997 he also worked in a family agribusiness in S.A. (angus beef cattle, sheep and cereal crops) Obtained a Master of Public Health degree (University of Adelaide, majoring in epidemiology and nutrition) in 2000, a PhD (University of Adelaide,) in 2004. Title: High selenium wheat: Bio-fortification for better health. In the 1990s co-authored seven books, mostly on global environment, agricultural, population, economic and health issues.



Dr Graham Lyons, receiving a small gift (Kirrihill Shiraz) in appreciation.

His speech was very informative and greatly appreciated by all present and I have included his handout paper in this newsletter, in order to provide a very accurate account of his presentation. Needless to say in my unqualified summary of his speech it would appear that no one food will prevent or, for that matter, cause cancer. To have a real impact on reducing our cancer risk, first and foremost we need to make a concerted effort to control our weight and be active. Don't smoke and limit the amount of alcohol, for males, no more than two glasses of red wine each day. A large proportion of the diet to consist of a variety of different vegetables, fruit and grains, especially selenium enriched grain, this would lower our risk for cancer, heart disease, diabetes and certainly improve our health and wellbeing on several other levels. We would also be prudent to limit our consumption of dairy products, meat, especially processed meat and take care how we cook, use olive oil and choose fish more often. Enjoy life remain happy, learn to relax, be as positive as possible and don't become too stressed.

The document 'Diet and Prostate cancer April 2009 by Graham Lyons' is [here](#).

Grandma's Birth Control Pills.

(Attempt at Humour)

A doctor that had been seeing an 80year old woman for most of her life finally retired.

At her next check up, the new doctor told her to bring a list of all the medicines that had been prescribed for her. As the young doctor was looking through these, his eyes grew wide as he realized she had a prescription for birth control pills. "Mrs Smith, do you realize these are BIRTH CONTROL PILLS?"

She replied, "Yes, they help me sleep at night."

Doctor, "Mrs Smith, I assure you there is absolutely nothing in these that could possible help you sleep."

She reached out and patted the young Doctor's knee.

"Yes dear I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16 year old granddaughter drinks and believe me, it helps me sleep at night."

You gotta love Grandma's.

Disclaimer; WE DO NOT GIVE MEDICAL ADVISE 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.)

Membership to join the Payneham Prostate Cancer Support and Awareness Group is free as the group is funded in part by the Prostate Cancer Foundation of Australia, however we do welcome and depend on donation to fund the remainder of our expenses.

Supper (Tea Coffee and Biscuits) is provided free of charge at each meeting and the bar at the R.S.L. is open prior to and after each meeting.

Thank you to all members who have DISTRIBUTED PAMPHLETS DURING THE MONTH.

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.**
