



Below the Belt!

Vol. 13 No. 2

March – May, 2014

Newsletter of The Nepean / Blue Mountains Prostate Cancer Support Group Inc.

(ABN No. 35 871 442 176)

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Month – Month, 200?

Ian Grant Davis

1st July 1933 – 14th Dec 2013



“Cheerfully, Ian”

What’s to Come

Group Meeting – Monday March 17th

Dr. Amy Hayden (Radiation Oncologist)

Latest Radiation Treatments

Group Meeting – Monday April 28th

Open Forum (A week later than usual because of Easter)

Subjects of Interest to Members

Group Meeting – Monday May 19th

Marie-Clare Cheron-Sauer

Director of Support Networks for PCFA

All meetings :- Gather at 6-30pm for a 7-00pm start.

Food for Thought

Diet Soft Drinks

Recent items in the newspapers claim that diet drinks may not be all that good for your health.

You may think that choosing a diet soft drink over a can of normal soft drink is a healthy choice. They are promoted as containing virtually no kilojoules but there is growing evidence that points to regularly consuming diet drinks being bad for your health. These include damage to teeth, weight gain, kidney disease and weakened bones.

According to a report in The Wall Street Journal in December sales of diet drinks are falling faster than regular soft drinks "The biggest drag is health fears about artificial sweeteners found in diet drinks - mainly aspartame, but also sucralose and acesulfame potassium," it said. Melanie McGrice, Advanced Accredited Practising Dietitian and spokeswoman for the Dietitians Association of Australia, believes it is time to swap the chemical cocktail for healthier options, from unsweetened tea and coffee to just plain water. She outlines some of the health risks. Diet soft drinks "are quite high in acid and so they can be very bad for your teeth and bones. Caffeinated drinks will impair the absorption of calcium and so that could certainly have an impact on bone density," she says.

(This item is based on an article published in the SMH and given to us via the NSW Cancer Council "The Daily Cancer News")

Other recent News Items

Genetic Prediction:

A new generation screening test is being developed for prostate cancer. It aims to predict which men are at high risk of the disease. The test uses gene signatures and follows in the path of breast cancer. The hope is that men found to have certain gene signatures could be monitored for early signs of disease. It is also hoped that eventually treatment could be tailored to their individual genetic make-up. The beauty of this test is that it also promises to help men at low risk avoid unnecessary treatment. After screening men from families with a history of prostate cancer, researchers at London's Institute of Cancer Research established that 13 mutations in eight cancer genes can predict life-threatening disease. The genes are BRCA1, BRCA2, ATM, CHEK2, BRIP1, MUTYH, PALB2 and PMS2. Their research, published in the British Journal of Cancer, shows men with these mutations were likely to have more aggressive disease. It's hoped men with a family history could be screened just as women with a family history of breast cancer are now screened for BRCA1 and BRCA2.

(This item is from an article published in the Financial Revue and given to us via the NSW Cancer Council "The Daily Cancer News")

Did You Know?

PCFA has a national network of Support Groups in each State and Territory of Australia consisting of men and women who have a passion for assisting others who encounter Prostate Cancer.

This network is made up of over **125 Groups** who meet locally to provide one to one support, giving a vision of life and hope after treatment.

Many members have received medical treatment and live happy lives post treatment. They enjoy the social side of their group in addition to spreading the word to raise awareness about early detection of this insidious disease.

Toilet Map

Need to 'go'? You're in a strange area? Now you can look up the National Public Toilet Map web site 'www.toiletmap.gov.au' Enter your location and off you 'go'!

Val e Ian Davis



Our group received some very sad news just prior to Christmas when we were informed that our very popular member, Ian Davis had lost his fight with prostate cancer.

Ian passed away at his home in Glenbrook on Saturday, December 14th. Ian's wife Joan and children Stephen and Adele were at his side.

Ian was born on 1st July, 1933 at Englewood Private Hospital, in the Sydney suburb of Enfield. His parents were Phyllis and Arthur Davis. Ian has one younger brother Ron. His father was a bank manager.

Ian was educated in primary school at Young and West Wyalong and obtained his secondary education at Wagga and Dubbo high schools.

While at West Wyalong, where he was the school captain, Ian became the Western Districts Athletics Champion in 1949.

In 1951 at Dubbo High School, Ian was a Cadet Sergeant-Major in the school's cadet corps. Ian was later to complete his national service in the army at Puckapunyal in Victoria in 1953.

Ian's studies led him to Teachers College at Wagga Wagga in 1952-53.

He graduated as a primary school teacher, commencing his career at a one teacher school at Wallangra in northern NSW, then at larger schools at Tocumwal in southern NSW, Doonside and Panania in Sydney and, after obtaining his Bachelor of Arts degree, at Penrith High School,

In a change of occupation, he became a builder, and actually spent longer in this profession than as a teacher.

Ian liked to travel and spent time abroad, working in Canada and Great Britain, and later travelling with his family.

Ian first met his wife Joan, at a Saturday evening dance at the Petersham Town Hall. Where, according to Ian, it was the classic case of 'love at first sight'.

The marriage of Ian and Joan took place in 1964 at St Andrew's Church at Brighton-le-Sands and years on would welcome the arrival of their children Stephen and Adele.

The highlight of 2013 was Ian's 80th birthday in July, celebrated over many weeks, at Glenbrook, Newcastle, Woronora, and with 90 guests at the Rotary Club changeover. Ian was heavily involved in community activities in Glenbrook in the Lower Blue Mountains where he lived. He was a member of both the Lower Blue Mountains Rotary Club and also the Glenbrook Chamber of Commerce.

As a member of these groups Ian was involved in the organisation and running of community events in Glenbrook including the Glenbrook Festival, The Australia Day Celebrations and the monthly Rotary Markets.

Ian was involved with our Support Group from its very inception when he went along to the meeting to determine whether there was a need to establish a Prostate Cancer Support Group in the Nepean region in mid 2001. The Rev Rob Dowthwaite chaired this meeting. At this time Ian had had surgery for Prostate Cancer in 2000. It was resolved that there was a need for a Support Group following on from the large number of men who attended the three Awareness meetings organised by the Rotary Club of the Lower Mountains, the Uniting Church and local G. P's at Glenbrook in 1999 and 2000. The formation meeting of the Support Group was held in the Nepean Hospital old Nurses Quarters in October 2001. Ian volunteered to be the Librarian for the Group, a position he held until our AGM in October 2013. Ian was meticulous in his duties.

At a Board meeting held at Rob Dowthwaite's home in 2002 Ian suggested that our motto be "You are not alone". This gives an insight into Ian and his caring for others!

About 6 or 7 years ago Ian suggested, again at a Board meeting, that our Group participate in the Penrith Relay for Life. Ian organised both our team's participation in the Relay every year since including last year.

At Ian's Memorial Service, many of us wore our purple 'Relay for Life' shirts following a suggestion that we wear these shirts as a mark of respect to our team Captain, Ian.

Ian also participated in all other activities that the Group undertook. Such as Barbecues at Bunnings, The Hawkesbury Canoe Classic and while he never actually paddled he was our 'land crew' at dragon boating for the Dragons Abreast regatta at Darling Harbour.

Over the years we held the majority of our Board meetings at Ian and Joan's residence mainly as a result of Ian volunteering his residence. Ian had a heart as big as himself and took everything in his stride to the extent that he had great difficulty in saying NO to a request for support or assistance. He was often the Devil's advocate at Board meetings, and held strong opinions on topics like expenses and was not afraid to give voice to those opinions.

I knew Ian Davis long before our involvement with the Support Group. My wife, Coral and I first moved to Glenbrook 42 years ago. We met Ian and Joan through a couple of mutual friends.

This friendship grew and developed when Joan & Coral would take turns driving our daughter Lara and Ian and Joan's son Stephen to pre school.

This continued thru to the arrival of our second children Tegan and Adele.

Over the last twelve years our friendship and contact with Ian and Joan has increased with our mutual involvement with the Nepean Blue Mountains Prostate Cancer Support Group.

The first group meeting I attended, (actually the Foundation Meeting of the Group) feeling very apprehensive, I walked in and spotted Ian (& another friend, Jim Davenport) I then knew I was among friends (A feeling that continues to this day)

At our Group AGM in October 2013, Ian was awarded 'Life Membership' of the Group.

Ian accepted the problems associated with his many treatments in a positive manner, he was certainly a "Glass half full" person.

Ian was always patient and kind. He never complained. Even in the last few months of ill-health, he never complained.

He will be sadly missed.

PROSTMATE

A new personalised online support program for men and their families dealing with Prostate Cancer has been set up.

A world first advance in cancer support for men with prostate cancer online.

PROSTMATE provides men with personalised, specialist support online and provides a private portal where they can track their progress before and after treatment. Members also have the opportunity to participate in interventions that will enhance their wellbeing and provide vital research information to shape the future care of men with prostate cancer.

The need for this revolutionary online clinical system was driven by men with prostate cancer who experienced limited access to tailored information and clinical support during their difficult prostate cancer journey.

PROSTMATE:

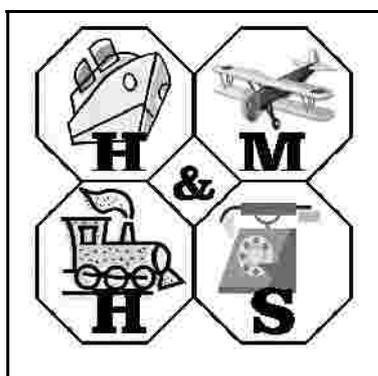
- Provides patients and their partners with early intervention and self-management strategies.
- Provides specialist online clinical consultations for men living in regional and rural Australia to improve the equity of access and personalised care.
- Captures valuable patient reported data for population research that will lead to improved models of support.
- Offers a multidisciplinary, collaborative platform for enhanced care including interaction between peak bodies, GP's, urologists, oncologists, nurses and family members.

PROSTMATE is the result of a national collaboration involving leaders in each discipline of prostate cancer. The coordinating organisation Australian Prostate Cancer Research is a national body established to deliver national, collaborative research programs that will make a real impact in the lives of men with prostate cancer: www.prostatecancerresearch.org.au

Program Directors:

- Dr Addie Wootten, Clinical Psychologist, Department of Urology, Royal Melbourne Hospital & Director of Clinical & Allied Health Research Australian Prostate Cancer Research Centre Epworth
- Ms Sally Crittenden, Business Development Manager, Australian Prostate Cancer Research
- Mr James Garland, CEO, Australian Prostate Cancer Research

To check out the site go to 'www.prostmate.org.au'.



2014 Hawkesbury Model and Hobby Show

5th & 6th July 2014

We have been invited to set up an information stall at this event. We have participated here for the last couple of years and those involved have enjoyed the day.

Once again if you are available to assist contact John Kemp.



Come and join us on
3rd and 4th of May, 2014
and take part in this years
Penrith Relay for Life
to help raise much needed
money for
Cancer Research
The Relay will be held at
Howell Oval, Mulgoa
Road, Penrith



This is a fun, social weekend that raises
much needed funds for a great cause.
Come along and join one of our teams.
Register direct at 'www.relayforlife.org.au' and follow the links to either
Prostate Pals West or Prostate Pals East.
(That is if you live East or West of the
Nepean River)
or
Contact our team Leaders
John Kemp (West) or Eric Kent (East)
to register.



Let's make this a good one in honour of our late friend and Team
Captain



Once again we have been invited to
man an information stall at this event
on Saturday & Sunday, March 22 &
23
The work is not difficult and can be
an interesting day out
(Particularly if you are interested in
Old Motorcycles!)
If you are able to assist on either (or
both) days please contact John
Kemp

Incontinence – An Ongoing Problem for Many



President David Wilkinson
with Kylie Liversidge

The Guest Speaker at our February Group Meeting was Kylie Liversidge from Penrith Pelvic Floor Physiotherapy. Many members have met Kylie through her physiotherapy practice.

Kylie gave an informative and entertaining presentation on the importance of pelvic floor muscle exercises both before and after treatment for Prostate Cancer.

Benefits of Pelvic Floor Muscle Training.

- Earlier return of continence - 88% vs 56% at 3 months
- Better Quality of Life - Less anxiety/depression
- Possibly assist with return of erectile function - no studies yet.

How to do Pelvic Floor Muscle Training properly?

Isolate

- stop stream, lift bladder, lengthen water pipe
- raise testicles
- lift through back passage as if to hold back stool or wind
- 'Upward, forward, inward, lift, squeeze'

Co-ordinate

- Keep breathing
- Brace before activities that bear down eg cough, lift, push, pull
- Learn to move from your pelvic floor

Improve Endurance

- definite lift- definite drop
- nothing else drops
- no power gets lost

What else?

- Weight control
- Don't strain
- Stop smoking
- Medication review
- Get urine tested for infection
- Bladder Retraining
- Assess total fluid intake
- Reduce caffeine
- Eliminate alcohol
- Improve general fitness and strength

General Exercise Requirements

30 minutes of moderate intensity physical activity on most days of the week

For those who want to become fit:

Additional vigorous exercise for 30 minutes on 3-4 days of the week at 70-85% max heart rate (220-age)

How to Make Your General Exercise Pelvic Floor Safe

- Avoid heavy lifting
- Use your pelvic floor muscles prior to increases in pressure or changes in posture
- Maintain good posture
- In the gym, exhale with every effort
- Chose supported exercise positions
- Keep your feet close together
- Strengthen slowly
- Take care when tired or injured
- Leave out exercises that increase leakage

A Laugh at Life !

ANOTHER FISH

A guy is 75 years old and loves to fish.
He was sitting in his boat the other day when he heard a voice say,
'Pick me up.'
He looked around and couldn't see anyone.
He thought he was dreaming when he heard the voice say again,
'Pick me up.'
He looked in the water and there, floating on the top, was a frog.
The man said, 'Are you talking to me?'
The frog said, 'Yes, I'm talking to you.'
'Pick me up then, kiss me and I'll turn into the most beautiful woman you have ever seen.
I'll make sure that all your friends are envious and jealous because I will be your bride!'
The man looked at the frog for a short time, reached over, picked it up carefully, and placed it in his front pocket.
The frog said, 'What, are you nuts? Didn't you hear what I said? I said kiss me and I will be your beautiful bride.'
He opened his pocket, looked at the frog and said,
'Nah, at my age I'd rather have a talking frog.'

With age comes wisdom.

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THE EVILS OF DRINK

An elderly man was stopped by the police around 2 a.m. and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? Who's giving that lecture at this time of night?"

The man replied, "That would be my wife."

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TEACHER: Glenn, how do you spell 'crocodile?'

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me how I spell it.

(I Love this kid)

YEAR SIX SC

The year six science class is asked by their teacher Ms Brown, "What human body part increases to 10 times its size when stimulated?" There is silence until a very angry young Marilyn jumps up and says, "You should not be asking year six kids a question like that! I'm going to tell my parents and they will tell the Principal and he will sack you!"

Ignoring her, Ms Brown asks again prompting Miss Marilyn to say to those around her "Boy, is she going to be in big TROUBLE!" but still no one has an answer.

For a third time Ms Brown asks the question as Miss Marilyn glares back, but this time wee Jimmy stands up, looks around nervously and says "The human body part that increases to 10 times its size when stimulated is the pupil of the eye."

"Very good Jimmy," Ms Brown beams, "That is the correct answer"

She then turns to Marilyn and continues, "As for you, young lady, I have three things to say: One, you have a dirty mind. Two, you didn't do your homework. And three, one day you are going to be bitterly disappointed!"

(I 'borrowed' this one from Peter Fitzsimons column in the Sun Herald)

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COST SAVINGS

The PM will announce that he is ordering the Immigration Department to start deporting old people (instead of illegals) in order to lower Age Pension and Medicare costs.

Old people are easier to catch, and most will not remember how to get back home!
I started crying when I thought of you.

RUN, YOU OLD BUGGER, RUN!!

Well.... Someone sent it to me and I'm not going alone!

