



Below the Belt!

Vol. 16 No. 4

September – November, 2017

Newsletter of The Nepean / Blue Mountains Prostate Cancer Support Group Inc.
(ABN No. 35 871 442 176)

A Message from our President

Dear Members

The Nepean/Blue Mountains Prostate Cancer Support Group (NBMPCSG) has had many new members join recently and so it is timely to write to you to let you know a little about your Support Group and to invite you to participate in our fundraising and awareness events and also to consider nominating for the committee at the AGM in October.

Your Support Group has been in action for around 16 years and was started by a group of men with prostate cancer and their partners who wished to support each other. Our motto 'You are not alone' was coined about that time.

Since then the NBMPCSG has become affiliated with the Prostate Cancer Foundation of Australia (PCFA) and is widely recognised as one of the most active Support Groups in Australia.

We welcome all men and their partners but particularly those from the local government areas of Blacktown, Blue Mountains, Hawkesbury and Penrith which are the local government areas that our constitution allows us to service.

Since inception we have offered our meetings and peripheral services at no charge and we intend to continue that way. We have also kept our membership fees at a very low \$10 per family per annum and there is no thought to change those fees now. However, our Support Group must meet around \$4000 in costs each year and these include rent of our meeting room \$600, Insurance \$1500, Website Maintenance \$600, 1300 telephone number \$300, publicity material \$500 and printing/postage \$300. Funds to meet these costs are raised through our members assisting with our fundraising efforts and from the goodwill of a number of donors including PCFA who meet the costs of our meeting room, the Gaels Club with an annual donation and the free use of one of their rooms for our Board meetings, the Glenbrook Panthers Bowling Club with an annual donation, the Glenmore Heritage Veteran Golfers and others from time to time.

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What's to Come

Group Meeting – Monday September 18th

Dr. Sandra Turner

Updates on Prostate Cancer Research – Radiation Therapy

Group Meeting – Monday October 16th

Group Annual General Meeting

Refer Page No. 8

Group Meeting – Monday November 20th

Dr. Alan Oloffs – FRACP, FACHPM, MD, BSc.

Senior Staff Specialist [Nepean Cancer Clinic

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

Food for Thought

Trace Elements – Important?



At the June Monthly Group Meeting, we were addressed by Michelle Eisenthuth, (Senior Oncology Dietician at the Nepean Hospital and Cancer Care Centre) (Pictured with Vice President Tom Walsh.) During questions after the talk, one of our members raised the point of the importance of trace elements in our diet. After all, if you check out the labels on pet food it will tell you they are essential for your pet's health. Are they important for us? In a word, Yes, Very (Sorry, that's two words!)

Here is some information that I found on the subject

Although required in very small amounts, trace elements such as iron, iodine, fluoride, copper, zinc, chromium, selenium, manganese and molybdenum are vital for maintaining health. Also referred to as microminerals, these trace elements are part of enzymes, hormones and cells in the body. Insufficient intake of trace minerals can cause symptoms of nutritional deficiency. However, your needs for these trace elements are easily met by eating a variety of foods from the different food groups.

Iron

As a component of hemoglobin in blood, one of the most important functions of iron is to transport oxygen from the lungs to different parts of the body. In myoglobin, iron enables storage of oxygen in muscle cells. Iron is also part of many enzymes and is essential for growth, healing, immune function and synthesis of DNA. For adequate intakes of this essential nutrient, include foods such as beef, poultry, fish, soybean flour, spinach, beans and fortified cereals in your diet.

Iodine

Iodine is critical for formation of thyroid hormones T3, or triiodothyronine, and T4, or thyroxine. Inadequate production of thyroid hormones can cause enlargement of the thyroid gland, also known as goiter, while its deficiency during pregnancy can cause irreversible brain damage in newborns. However, you can get sufficient amounts of iodine by consuming iodized salt, seafood, eggs and milk.

Fluoride

Well recognized for its role in forming bones and teeth, fluoride is present in the body as calcium fluoride. Fluoride hardens tooth enamel, reduces incidence of tooth decay and may prevent bone loss. While your main source of fluoride is fluoridated water, fluorine is also present in saltwater fish, tea and coffee.

Copper

Copper prevents damage to cells due to its antioxidant action, and as a component of many enzymes it helps in production of energy from carbohydrates, protein and fat. Copper is also essential for formation of bone, connective tissues and red blood cells. It is present in many foods including organ meats, shellfish, chocolate, beans and whole-grain cereals.

Zinc

In addition to its role in formation of enzymes, zinc improves immune function, helps clot blood, maintains sense of taste and smell, keeps skin healthy and enables normal growth and development. You can obtain sufficient amounts of zinc by regularly eating eggs, seafood, red meats, fortified cereals and whole grains.

Chromium and Selenium

Chromium is an important trace mineral that is necessary for normal functioning of insulin, a hormone that maintains blood sugar levels. It is also essential for metabolism of carbohydrates, proteins and fats. Some important sources of chromium include liver, processed meats, brewer's yeast, whole grains, cheese and nuts. Selenium, along with vitamin E works as an antioxidant that prevents damage of cells, may prevent some cancers and is essential for the normal functioning of the thyroid gland. Meat, seafood, nuts and cereals are good sources of selenium.

(Selenium is also important in Hair growth – Looking around our Members there a quite a few that could do with a bit more Selenium!!)

Manganese and Molybdenum

Manganese not only helps in the formation of enzymes, but is also necessary for their activation. It works as an antioxidant, helps develop bones and heals wounds by increasing collagen production. Good sources of manganese include pineapple, nuts, whole grains and beans. Like manganese, molybdenum helps activate some enzymes and enables normal cell function. Dietary sources of molybdenum include milk, legumes, whole-grain breads and nuts.



Bunnings BBQ – September 2nd, 2017

The Group once again 'Hosted' the BBQ at Bunnings North Penrith on Saturday, September 2nd, 2017. This is the ideal day to hold this function as it is at the beginning of September – Prostate Cancer Awareness Month, and is also the day before Father's Day and therefore extremely 'lucrative'! (It is also, the ideal time to remind men, and their Families, of the importance of Men's Health)



The 'Weather Gods' were very kind to us as it was a perfect day.

We had a good roll up of Members throughout the day thereby ensuring that the load was shared and no one was run off their feet.

Thanks to: Peter & Karen, Denis & Sue, Tom & Wendy, Les & Loelene, David. George, Graham, Terry, Peter A. and Alan.

Thanks also to John Alexander, who manned our information stand all day, and a special mention to David's son in law Milan and his brother Denis who came along to help out.

I should also mention the generosity of the people of Penrith. Many people put money in our donation tins. (John A. mentioned one lady who donated \$20) a lot of times the change also ended up in the donation tin.

Final figures show that we made \$1876.55! (\$213.35 of which were donations)

A very good result!

Thank you Peter Murphy for organising and co-ordinating the day. A difficult job expertly accomplished!

MLAK????...What's That?

The Master Locksmiths Access Key (MLAK) is an innovative system that enables people with disabilities to gain 24/7 access to a network of public facilities.

The MLAK system has been fitted to elevators at railway stations, accessible toilets in Council municipalities and National Parks and in adaptive playground equipment across Australia.

People with a disability are able to purchase an MLAK master key which will open all toilets, playgrounds and other facilities which are fitted with this specially designed lock.

MLAK keys are available for purchase from Business Members of the Association. To find your nearest Master Locksmith, please make use of the [Locksmith Search facility](#).

Please note – it is the local Council's or Municipalities decision to implement the system into its facilities. They will also determine whether these facilities are locked or unlocked during business hours for public access.

Who's Eligible?

Eligibility is restricted to people who have a disability or have written authority from:

- a doctor
- a disability organisation
- community health centre
- the owner or management of a building with an accessible toilet on site

If you meet these criteria, you can download the application: [MLAK Application PDF](#)

National Public Toilet Map

[The National Public Toilet Map](#) shows the location of more than 14,000 public and private public toilet facilities across Australia. Details of toilet facilities can also be found along major travel routes and for shorter journeys as well. Useful information is provided about each toilet, such as location, opening hours, availability of baby change rooms, accessibility for people with disabilities and the details of other nearby toilets.

Public Toilet App.

The location of all public toilets are also available as an App on your smartphone.

[The National Public Toilet Map](#) shows the location of more than 14,000 public and private public toilet facilities across Australia. Details of toilet facilities can also be found along major travel routes and for shorter journeys as well. Useful information is provided about each toilet, such as location, opening hours, availability of baby change rooms, accessibility for people with disabilities and the details of other nearby toilets. The National Public Toilet Map is also available for Apple's **iPhone**. Just go to the App Store on your iPhone or use iTunes to download the [National Public Toilet Map App](#). **It's free!**



PROSTATE CANCER SURVIVORS

Join us at the

Dragons Abreast Australia

DRAGON BOAT FESTIVAL -2017

When: Saturday October 21, 2017

Time: 8 am to approx. 3 pm

Where: Darling Harbour - Sydney

This day is a Fund raiser for the Dragons Abreast Movement, a group of women who use the physical and social aspects of Dragon Boat Racing to assist their recovery from breast cancer. To participate in this event, we need to raise \$2200 per boat. PCFA have once again generously come on board with the sponsorship for our boat. More donations would be appreciated. Would you like to support us?

If so donate at our fundraiser page at 'GoFundRaise' (All deductions are tax deductible.)

<https://dragonsabreastfestival2017.gofundraise.com.au/page/ProstateDragons>

Proton Therapy

Recently there was a discussion about Prostate Cancer on the morning program on ABC radio in Sydney. To me it seemed like an on air discussion similar to that which takes place at our 'Open Forum' meetings. People were ringing in and discussing their treatments and outcomes.

One lady spoke of her husband's experience of how he had chosen to have Proton Radiation Treatment but had had to go to the United States as this treatment was not available in Australia.

I must admit, while I had heard of Proton Therapy I knew very little about it. So I decided to do a bit of investigation.

Proton Therapy is a type of radiation therapy that uses heavier particles (Protons) instead of x-rays and can more accurately target tumours located close to vital organs, tissues and bones. Thereby reducing the risk of side effects.

Recent studies in the U.S. have compared proton treatment with other forms of radiation treatment. In one study over 200 men were treated with proton therapy after 2 years follow up revealed the treatment effective and side effects were minimal.

A second study was a matched study in which men were treated with external beam radiation using photons (x-rays) and protons and brachytherapy. After 3 years the results of both treatments were compared and found to be comparable in effectiveness and side effects.

The good news is, the Federal Government together with the South Australian Government are funding a proton therapy facility to be built in Australia.

This will be built at the South Australian Health and Medical Research Institute and is expected to be operational by 2020.

Health Minister, Greg Hunt, said the Government was exploring options for establishing facilities in other states.

At our September Group Meeting, Dr Sandra Turner will be speaking to us about recent developments in radiation treatments. We should ask her about Protons.

2017 ANNUAL GENERAL MEETING MONDAY, OCTOBER 16th

Our Annual General Meeting will be held on Monday, October 16, 2017, so here is an overview of what is involved and how you go about nominating for election to the Board of our Association.

This year two Board Members will be retiring, so we are looking for some 'new blood' Our Board has 10 members, with four of these members forming an Executive, These four members are President, Vice -President, Secretary (who is also the Public Officer) and the Treasurer. The other positions on the board are; Librarian, Newsletter Editor Web Site Manager, Promotions Officer, Membership Coordinator and Publicity Officer.

The involvement is not onerous and if everybody 'does their bit' it is even less so.

Meetings are held Bi monthly Meetings last for two hours and are held at the Gaels Club the first Monday of each even month. We usually stay on at the Club for lunch.

Why not become involved, I am a great believer that you get more out of involvement in Group activities the more you are prepared to participate.

If you want to re-nominate for the Board or nominate as a new member for the Board, you will need to fill out and sign the nomination form below, (or you may nominate in writing) and have two other members endorse and sign your nomination, which, when completed, will need to be handed to David Wilkinson, our President or Ross Baker our Secretary no later than seven days before the date of the AGM . (i.e. Monday, October 9th, 2017)

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**NOMINATION FORM
For
ELECTION TO THE BOARD OF
NEPEAN / BLUE MOUNTAINS PROSTATE CANCER SUPPORT GROUP INC.**

To The Secretary
Nepean / Blue Mountains Prostate Cancer Support Group Inc.,

I. Wish to nominate for election to the

position of On Board of the

Nepean / Blue Mountains Prostate Cancer Support Group Inc.

Signed.....

We endorse this nomination.

Name..... Signed.....

Name..... Signed.....



Thought for the Day.....

"How do you know when your bagpipes need tuning!"



Little Johnny skipped school one day...

and since his house was next to his school, the teacher decided to visit Little Johnny's parents the next day after school, but his granddad was the only adult home. When he saw the teacher coming he said "Johnny! Your teacher is coming, hide and I will say you aren't here." "No," Little Johnny replied "you go hide. I told the teacher that I went to your funeral."

Contact Us

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PAYMENT OF Membership Fees. Members can pay their annual Group Membership Fees by direct deposit to our bank account.

Our Westpac Account Name is 'Nepean / Blue Mountains Prostate Cancer Support Group'.

BSB is 032-837 and the Account No. is 206701. Current Fees are \$10.00 P.A. per family.

Don't forget to advise who you are in the Lodgement Reference i.e. "John Smith Fees 2015"



Would you like to make a cash donation to our group?

Do you know any Group or Organisation that would like to make a donation?

We are a registered charitable organisation and all donations are fully tax deductible.

All donations help us to support cancer and health related projects in our local area.

If you are able to assist, contact our Treasurer, Allan Burrow.

Board Members of the Nepean / Blue Mountains Prostate Cancer Support Group for 2016 are as follows:-

President :-	David Wilkinson
Vice President:-	Tom Walsh
Secretary :-	Ross Baker
Treasurer :-	Allan Burrow
Librarian :-	Bob Wittrien
Newsletter Editor:-	Alan Howard
Web Site Manager :-	Peter Murphy
Promotions Officer :-	John Kemp
Membership Co Ordinator :-	John Alexander
Publicity Officer :-	Vacant

The Nepean / Blue Mountains Prostate Support Group Inc. is grateful for the support of its members and various local groups. This enables us to produce this newsletter and cover other incidentals in the running of the group.

The Below the Belt 'Zipper' logo (Page 1) is copyrighted to Ms. Caroline Redwood and is used with her kind permission

The views expressed in this newsletter are not necessarily the views of the Group.

The Group does not offer medical or other professional advice.

Articles presented in this or any other issues are presented only as a means of sharing information and opinions with members.

It is important that health professionals should be consulted before making any decisions about any treatments.

This newsletter has been compiled by Alan Howard from material culled or provided.

email: nbmpcsgnews@gmail.com

Nepean / Blue Mountains Prostate Cancer Support Group Web Site 'www.prostatesupport.org.au