



Below the Belt!

Vol. 21 No. 4

September – November, 2022

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



September is “Prostate Cancer Awareness Month”

Details of our ‘Awareness Evening’ on Monday September 19th (page 2)

What's to Come

Group Meeting – Monday September 19th

Awareness Evening

Various Clinicians – Refer Page 2

Group Meeting – Monday October 17th

To Be Advised

Refer local press prior to the meeting

Group Meeting – Monday Month 21st

Group A.G.M.

(Followed by an ‘Open Forum’)

Meetings are now held at the Emu Sports Club (Home of Leonay Golf Club)



Our Web Site www.prostatesupport.org.au is now sponsored
by the Members of Emu Plains Lions Club

NEPEAN/BLEUE MOUNTAINS PROSTATE CANCER SUPPORT GROUP INC

September is 'Prostate Cancer Awareness Month'

**Invitation to all members and public
to join with us at our**

PROSTATE CANCER AWARENESS EVENING

**Monday, September 19th, 2022
At the Emu Sports Club in Leonay
(Home of Leonay Golf Club)
6.30pm for a 6.45pm start**

**The Nepean/Blue Mountains Prostate Cancer Support Group in conjunction with
The Prostate Cancer Foundation of Australia, will be holding an information evening
to promote awareness and provide information about this disease**

Speakers invited to this event will be expert clinicians including:

**General Practitioner (GP)
Urologist
Radiation Oncologist
Medical Oncologist
Prostate Cancer Specialist Nurse**

**Covering all aspects of this disease from detection through to the various
treatment options available**

**At the completion of the formal presentations, a light supper will be served
and each of the clinicians will be available for questions that may have arisen during the night
or for questions that attendees may want to ask**

**For further information phone the Group President, David Wilkinson on
1300 13 38 78**

Preliminary Notice of Annual General Meeting of the Nepean / Blue Mountains Prostate Cancer Support Group

All members are advised that the Annual General Meeting is due to be held on Monday 21st November 2022 commencing at 7.00pm. (You will note this is one month later than our usual October date.)

Due in part to the impact of Covid, the Group is really struggling to remain relevant. Attendance at our re instigated Monthly meetings has been relatively poor. (We have re established our contact with local media outlets, hopefully this will help us to spread the message.)

But, we really need some 'new blood' in the running of the Group. Many of the Board members have been involved for a number of years. (*Personally, I have been involved for nearly 20 years! I've gone stale.*)

At least two of the current Board Members have advised that they will not be standing for re election this year.

If we cannot get more interest from members to become involved and join the Board we will not be able to continue to function.

We have operated in the past with the bare minimum of numbers.

The purpose of the Group is to generate awareness and provide support for men (and their partners) who have received a positive diagnosis of Prostate Cancer.

The fact that you are part of this Group indicates that you were able to receive some support in your Prostate Cancer 'journey'

We need your support. We need new ideas, a fresh approach, Is this YOU?

Please consider 'putting back' and become involved, otherwise the Group is in danger of just fading away, which would be a really sad outcome considering our past great achievements.

The Board has struggled for the past three years with only six directors. A Board quorum is five directors. We would like to have a couple of additional Board members to give the Board some flexibility. The task is not onerous but if you are happy to come onto the Board but don't wish to take a key position that is okay. You will find the meetings interesting, and it is an opportunity give back into what is an important support function for all people in our region who have been diagnosed with prostate cancer or have been or are being treated for prostate cancer.

The Board welcomes anyone who wishes to attend a meeting to meet the current directors and gain an understanding of what the Board does at its meetings.

If you would like to attend a meeting, they are held bi-monthly

Board positions which are up for re-election are:

- President
- Vice President/Treasurer
- Election of Honorary Secretary
- Newsletter Editor
- Promotions Officer
- Librarian
- Assistant Secretary/Membership Coordinator
- Webmaster & Publicity Officer

Reminder – only paid-up members may vote at the AGM. The \$10.00 annual membership fee which covers a member, their carers and/or partner is due by the AGM. Would those who haven't paid the membership fee please pay before the AGM. Details of paying into our bank account directly are:

Bank: Westpac

Account name: Nepean/Blue Mountains Prostate Cancer Support Group

BSB: 032 837 Account No: 206701

Please put your name in the appropriate block before sending to our account.

Like most things we have rules we must follow. In our case the Constitution directs the processes for operating the Group and how an AGM must be conducted. We need a quorum of 15 members for the AGM to proceed. A membership is defined as the member along with their carers and/or families who are also able to vote. (Ie, more than one vote per membership).

We strongly encourage you to join or renew by paying the membership fee prior to the AGM.

Please find attached below an application form if you wish to nominate for the Board. If you have any questions, please don't hesitate to call the President on 130013 38 78. (A Board member will endorse nominations.)



NEPEAN / BLUE MOUNTAINS

Prostate Cancer Support Group Inc.

You are not alone.

**NOMINATION FORM For
ELECTION TO THE 2022/2023 BOARD OF THE
NEPEAN / BLUE MOUNTAINS PROSTATE CANCER SUPPORT GROUP INC.**

To: The Honorary Secretary
Nepean/Blue Mountains Prostate Cancer Support Group Inc.,
PO Box 763
KINGSWOOD NSW 2747
Email: secretary@prostatesupport.org.au

I, wish to nominate for election to
the position of

.....

on the Board of the Nepean/Blue Mountains Prostate Cancer Support Group
Inc.

Signed..... Date 2022

We endorse this nomination:

Name: Signed:

Name: Signed:

Breaking news from our PCFA!

PCFA is pleased to announce that Australia's Pharmaceutical Benefits Advisory Committee has just recommended the listing of Erlyand® (apalutamide) on the PBS for men with high-risk prostate cancers that are still responsive to hormone therapy (known as metastatic hormone-sensitive prostate cancers).

This is the major first step toward convincing the new Health Minister to get this life-extending precision medicine listed. If we're successful, eligible men and families will save around \$40,000 a year in prescription costs.

This outcome follows a lengthy advocacy campaign by PCFA, with thousands of men likely to benefit over time.

Thank you to all those of you who supported our submission on this!

We'll keep up our work to expand access to Erlyand® and other life-extending medications.

Call the PCFA Telenursing Service on 1800 22 00 99 for more information



August Group Meeting

At our August Meeting our guest speaker was Terry McCallum an expert instructor from St John's Ambulance. Terry gave an enthralling (and at times entertaining) talk and demonstration on First Aid, CPR and Defibrillation.

While not prostate cancer related this night was very informative and all members came away with a much better knowledge of this essential first aid.

A few upcoming Awareness Events

Machinery and Hobby Show - Saturday, 17 Sep - Sunday 18, 2022 9:00 am - 5:00 pm
Hawkesbury Showground, Racecourse Road Clarendon NSW 2756

Community Health Awareness Function to be held in Warragamba on 17th September, 2022.

The advice for the above two events are provided for 'information only' but the following event we will require your assistance.

Hawkesbury Canoe Classic – Saturday 29th of October 2022.

This is one of our 'traditional' days out. We provide assistance in the scrutineering of the boats taking part in the race. This is not a difficult task and no technical knowledge is required. Lunch (Sausage Sandwich) is provided. Usually a fun day.

If you can assist on the day please contact John Kemp (johnchriskemp@gmail.com)

Prostate Cancer in Australia

Key Statistics – Report issued by PCFA

July 2022

Key statistics

- Prostate cancer is the most commonly diagnosed cancer in Australia and the most commonly diagnosed cancer among Australian men.
- 24,217 Australian men will be diagnosed with prostate cancer in 2022. • 3,507 Australian men will die from prostate cancer in 2022.
- 66 Australian men are diagnosed each day with prostate cancer, and about 10 Australian men will die each day from the disease.
- 240,245 Australian men are alive today after a diagnosis of prostate cancer between 1982 and 2017.
- Men diagnosed with prostate cancer have a 95% chance of surviving for five years compared to their counterparts in the general Australian population.
- Between 1987–1991 and 2014–2018, five-year relative survival for prostate cancer improved from 60% to 95%.
- In 2018, 21,853 Australian men were diagnosed with prostate cancer.
- In 2020, there were 3,568 deaths from prostate cancer in Australia.

Detailed data

- Prostate cancer is the 2nd most common cause of death from cancer in Australian men.
- Prostate cancer will cause an estimated 12% of all male deaths from cancer in Australia in 2020.
- The estimated risk of a man being diagnosed with prostate cancer by age 85 is 1 in 5.
- The estimated risk of a man dying from prostate cancer by his 85th birthday is 1 in 23.
- The rate of men dying from prostate cancer in Australia has been gradually falling over the past 20 years.
- Men living in regional or rural areas of Australia have approximately 24% higher rate of dying from prostate cancer than their urban counterparts.
- Indigenous men with prostate cancer have an estimated 86% chance of survival by 5 years after diagnosis, which is lower than the national average.

Sources: <https://www.aihw.gov.au/reports/cancer/cancer-data-in-australia/contents/about>
<https://www.aihw.gov.au/reports/cancer/cancer-in-indigenous-australians/contents/cancer-type/prostate-cancer-c61> <https://www.mja.com.au/journal/2011/194/6/urban-rural-differences-prostate-cancer-outcomes-australia-what-has-changed>

Bunnings BBQ – 3rd September 2022



The Group were once again able to hold our Bunnings pre Father's Day BBQ.

This was our first BBQ since 'B.C.' (Before Covid!) We were not able to hold the BBQ at our 'traditional' North Penrith location but were able to get the day at South Penrith Bunnings.

Planning for the BBQ initially produced a poor response from Members and it looked like the BBQ would have to be run by just the Board Members but a late call out to Members produced a

strong team with plenty of assistance guaranteed throughout the day.

Saturday 3rd of September dawned a cloudy, overcast and showery day. Not the best outlook for a BBQ but, after a relatively slow start, things picked up. We were getting ready for the 'lunch time rush' and wouldn't you know it...the heavens opened and we had heavy rain for about an hour!

Still, the day was very successful giving us a profit of close to \$1400 for the day.

Special mention to Graeme and Wayne who organised all the stock for the day including picking up everything at 7.00am!

Thanks also to Graeme for setting up our 'Square D' device to enable payment by card. (We took over \$500 from this payment method.)

Thanks also to all Group Members who put in their time throughout the day.

(Frank, Paul, Peter A, Peter M, Jon, Joe, Kevin, Milan, David, Graeme, Wayne, John, Bob and Alan, (apologies if I missed anyone))

Many thanks also to the generous people of Penrith many of who said 'Keep the change' after their purchase.

While this BBQ was successful from a purely 'profit' point of view arguably its biggest success was in the camaraderie that was generated by all those who attended. A catching up for a friendly chat with a group of friends who have been unable to meet for some time.

Basically a bunch of blokes hanging out together, telling a few lies(?) cooking some sausages and raising a bit of money for the Group!

Do you **YOU** want to join us at our next function / awareness event? (Hawkesbury Canoe Classic – Saturday October 29th – See page 5)



A message from Steve Callister (National Chairman of PCFA)

September is “Prostate Cancer Awareness Month” and PCFA is once again organising [The Long Run](#), to help make prostate cancer history.

Thanks to your support, we have grown our impact in the past year to reach 2 in 3 Australian men who are newly diagnosed with prostate cancer, while continuing our strong support for more than 240,000 men who have been diagnosed with the disease at some point in their lives.

We have launched a new Telenursing Service and Counselling Service, expanded our hospital-based Specialist Nursing Service, grown the Support Group Network, and strengthened our collaborations with government, health service providers, industry, and the community.

Our advocacy has been strong, culminating in a recent decision by the RACGP to update its Red Book guidance on PSA testing and securing the Government’s support for a review of the Clinical Guidelines for PSA Testing.

We have also redoubled our focus on driving the very latest research, funding the EVOLUTION Phase II Clinical Trial and establishing a broadly-based Prostate Cancer Future Fund to create pathways for eliminating avoidable deaths in our lifetime and transforming care for men and their families, maintaining an unrelenting focus on long-term survivorship and quality of life.



Nepean / Blue Mountains Prostate Cancer Support Group – “Long Run” Team

The NBMPCSG has once again entered a team in this year’s “Long Run”. So far, our team only has two members! (David and Alan).

We have set ourselves the target of raising \$3,000. At the moment we are way short of this!

Why don’t you come and join us or contribute to our fund raising efforts?

To join up or donate just follow the link below:-

<https://www.thelongrun.org.au/fundraisers/nepeanbluemountainsprostatecancersupportgroup/the-long-run-2022>

A Laugh at Life !

A Lesson on Life

A holy man was having a conversation with the Lord one day and said, 'Lord, I would like to know what Heaven and Hell are like.'

The Lord led the holy man to two doors.

He opened one of the doors and the holy man looked in. In the middle of the room was a large round table. In the middle of the table was a large pot of stew, which smelled delicious and made the holy man's mouth water.

The people sitting around the table were thin and sickly. They appeared to be famished. They were holding spoons with very long handles that were strapped to their arms and each found it possible to reach into the pot of stew and take a spoonful.

But because the handle was longer than their arms, they could not get the spoons back into their mouths.

The holy man shuddered at the sight of their misery and suffering.

The Lord said, 'You have seen Hell.'

They went to the next room and opened the door. It was exactly the same as the first one. There was the large round table with the large pot of stew which made the holy man's mouth water. The people were equipped with the same long-handled spoons, but here the people were well nourished and plump, laughing and talking. The holy man said, 'I don't understand.'

It is simple,' said the Lord. 'It requires but one skill. You see they have learned to feed each other, while the greedy think only of themselves.'

The Miracle of Toilet Paper

Fresh from my shower, I stand in front of the mirror complaining to my husband that my breasts are too small.

Instead of characteristically telling me it's not so, He Un-characteristically comes up with a suggestion.

"If you want your breasts to grow, then every day take a piece of toilet paper and rub it between them for a few seconds". Willing to try anything, I fetch a piece of toilet paper and stand in front of the mirror, rubbing it between my breasts.

"How long will this take?" I asked. "They will grow larger over a period of years," my husband replies.

I stopped. "Do you really think rubbing a piece of toilet paper between my breasts every day will make my breasts larger over the years?"

Without missing a beat he says, "Worked for your butt, didn't it?"

He's still alive, and with a great deal of therapy, he may even walk again, although he will probably continue to take his meals through a straw.

Stupid, Stupid man.



5th Place

(In the 'Smart Alec Answers'– 2009)

A flight attendant was stationed at the departure gate to check tickets.

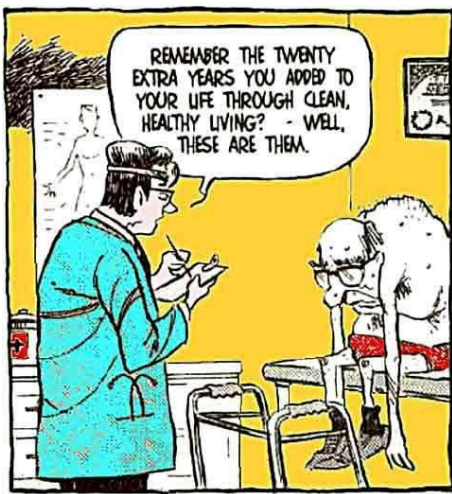
As a man approached, she extended her hand for the ticket and he opened his trench coat and flashed her.

Without blinking an eyelid she said,

Contact Us

Telephone 1300 13 38 78
Email info@prostatesupport.org.au
Web Site www.prostatesupport.org.au
Facebook 'Nepean Blue Mountains Prostate Cancer Support Group'
Postal Address Nepean / Blue Mountains Prostate Cancer Support Group
P.O. Box 763 Kingswood, N.S.W. 2747

This cleaning with alcohol is total bullshit. NOTHING gets done after that first bottle.



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 2023"



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, Graeme Renshaw.

Board Members of the Nepean / Blue Mountains Prostate Cancer Support Group for 2022 are as follows:-

- | | |
|--------------------------------------|-----------------|
| President :- | David Wilkinson |
| Vice President / Treasurer :- | Graeme Renshaw |
| Secretary :- | Wayne Singleton |
| Medical Advisor :- | Liz McKervey |
| Librarian :- | Bob Wittrien |
| Newsletter Editor:- | Alan Howard |
| Web Site Manager :- | John Parsonage |
| Promotions Officer :- | John Kemp |

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