



Below the Belt!

Vol. 22 No. 2

March – May, 2023

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



See page 7 for details

What's to Come

Group Meeting – Monday March 20th
Open Forum

Discussion of topics raised by Members

Group Meeting – Monday April 17th

Information not yet available

Members will be notified closer to the date

Group Meeting – Monday May 15th

Information not yet available

Members will be notified closer to the date

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

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



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

2022 Group Christmas Party.

The Group once again held a successful Christmas Party at the Emu Sports Club.

The Party, while a success, was not without its problems!

President David and his lovely wife Jan, tested positive to Covid the day before the party and were not able to attend. Group Life Member, Eric Kent was also absent for the same reason.

Vice president Graeme stepped up and took over proceedings.

At the meeting we took pleasure in awarding Life Membership to Chris Kemp, Chris is the wife of our Promotions officer, John and is a stalwart in her support of John in all of his efforts.



We were once again able to make our annual donations to the PCFA and the Cancer Wellness Centre.

We also presented 'Appreciation Certificates to Jim Lloyd from PCFA and Terry McCallum representing 'Masonicare'.

Jim, a longtime supporter of our Group, has recently retired from his full time position with the PCFA but will be continuing on in a volunteering role.

Terry, Members will remember, gave us an excellent talk on First Aid, CPR and Defibrillation at our meeting last August. Terry in his role as a member of 'Masonicare' organised a generous donation to our Group.



All members who attended enjoyed a relaxed and friendly afternoon get together.

February Group Meeting

WOW! What a meeting that was! An excellent way to kick off our year. Our guest speaker was Dr Nicola Jeffery.



Nicola is a Functional Urologist with expertise in prostate cancer survivorship including erectile dysfunction, incontinence, bladder neck contracture and urinary fistula. She is part of the Sydney Urology Group and has wide experience in Edinburgh (UK) and University College Hospital London as well as in NSW. She has consulting rooms in Penrith and Camperdown and has public hospital appointments at Nepean Hospital and Royal Prince Alfred Hospital as well as private hospital appointments at Nepean Private Hospital, Strathfield Private Hospital, Macquarie University Hospital, Chris O'Brien Lifehouse and Alexandria Specialist Day Hospital. On top of this highly impressive 'CV", Nicola is a very accomplished speaker and held the attention of all members during her talk and in the lengthy 'Question and Answer' session that followed.

We will definitely have to invite her to speak to us again.



Bathurst 12Hour - 2023



Our Group was once again represented at the Bathurst 12 Hour Sports Car Race in February. Where Champion Driver, Craig Lowndes once again raced in support of the PCFA. President David Wilkinson The photo shows Craig Lowndes, Scott Taylor of Scott Taylor Motorsport and David with the signed car at the Bathurst 12 Hour Endurance race. Craig's father and brother are PCa survivors and Craig is therefore at greater risk. David's job was to collect \$50 donations from spectators wishing to sign the car so that they could race with Craig.

Unfortunately Scott crashed the car during the race and it did not finish.

Signing raised about \$7,000 and over the weekend over \$60,000 was raised from other donations including \$20,000 from Supercheap Auto.

Shine A Light – Webinar Series – 2022

We are pleased to advise that our Webinar Series for 2022 is available on our YouTube Channel.

URINATION TROUBLES AFTER SURGERY – PROSTATE CANCER

Speaker:

Dr Vincent Teo – Functional Urologist – Macquarie University Hospital, Sydney, Australia

MENTAL HEALTH & WELLBEING

Speakers:

Professor Suzanne Chambers – Executive Dean – Faculty of Health Sciences - Australian Catholic University

Mr Ross Henderson – Clinical Psychotherapist, Sydney, Australia

ERECTILE DYSFUNCTION

Speakers:

Professor Dean Knoll – Urologist, Tennessee, USA

Professor Phillip Stricker – Urologist, St Vincent’s Private Hospital, Sydney, Australia

EXERCISE, NUTRITION & SEXUAL INTIMACY

Speakers:

Professor Robert Newton – Exercise Physiologist – Edith Cowan University – Western Australia

Kendall Gow - Nurse Practitioner | Diabetes/Weight Management/Urology/Sexual Dysfunction

Restorative Sexual Health Clinic – Western Australia

Melissa Hadley-Barrett - Director/Nurse Practitioner | Sexology (all genders)

Restorative Sexual Health Clinic – Western Australia

PROSTATE CANCER – URINATION TROUBLES AFTER SURGERY & RADIATION THERAPY - UPDATES

Speakers:

Professor Kurt McCammon – Functional Urologist – Virginia – USA

Dr Amanda Chung – Functional Urologist – Sydney – Australia

PROSTATE CANCER – URINATION TROUBLES AFTER SURGERY & RADIATION THERAPY – UPDATES

Speaker:

Professor Phillip Stricker – Urologist, St Vincent’s Private Hospital, Sydney, Australia

Shine A Light - YouTube Channel:

Shine A Light Australia - LGBTQIA+ Cancer Support – YouTube Channel

<https://www.youtube.com/@shinealightaustralia-lgbtq295>

See next page for details of the upcoming 2023 series

Shine A Light – Webinar Series – 2023

It is with great pleasure we announce our Webinar Series for 2023.

*We are truly delighted to be bringing our Webinar Series to you again with the support of Boston Scientific and the Prostate Cancer Foundation of Australia.
Without these two outstanding organisations support we simply would not be able to make the Webinar Series happen.*

We will be holding the Webinars on a Wednesday evening commencing at 7.30pm to 9.30pm.

The themes for this year’s Webinars are:

Navigating the Costs Associated with Prostate Cancer

Wednesday – 3rd April 2023

Understanding what Supportive Care Means

Wednesday – 31st May 2023

Update - Urination Troubles, Incontinence & Erectile Problems After Surgery

Wednesday – 26th July 2023

Living with Cancer

Wednesday – 27th September 2023

Update - Prostate Cancer 101

Wednesday – 29th November 2023

We invite you to register your place NOW.

Simple click on the link below and register once, to book your place in the Webinar Series. You will be notified just prior to each webinar with your “one click” link to join the webinar.

CLICK HERE TO REGISTER FOR THE Webinar Series 2023 -

<https://kapara.rdbk.com.au/landers/4701b9.html>

We have engaged Loghic Connect, a professional Webinar Digital Management Group to produce the Webinar Series this year.



Sydney German Autofest



President David Wilkinson was once again on hand to assist the PCFA at an awareness event.

This time it was at the ‘Sydney German Auto Fest’ This event showcasing German built cars, is one of the largest automotive exhibition events in New South Wales.

David, along with Jim Lloyd from PCFA was on hand to hand out information and promote awareness of prostate Cancer.

WHAT IS CANCER?

(This is a small section of a large article. For the full article click on the link.)

Knowing the lingo surrounding cancer makes navigating treatment easier.

Cancer is a familiar disease that comes with a distinctly unfamiliar vocabulary. What's more, patients have often invented new terms to describe situations that the medical terminology has overlooked. The glossary below aims to make it easier for you to understand the medical terminology as well as the ever-growing lay vernacular surrounding cancer.

Active Surveillance or Watchful Waiting An approach that doctors use to closely monitor a person's condition without recommending treatment unless symptoms develop or change. Individuals with slow-growing cancers are good candidates for watchful waiting.

Adjuvant Therapy Given in addition to the primary therapy (usually surgery), adjuvant therapy, also known as adjunct or add-on therapy, maximizes treatment effectiveness and reduces relapse. Adjuvant therapy is given after the primary therapy. Conversely, **neo-adjuvant** therapy is given before the primary surgery,

Androgen Deprivation Therapy (ADT) Also known as "hormone therapy," this treatment is given to men with prostate cancer. ADT involves using drugs or surgery to lower the level of hormones, called androgens, in the body. It also works by stopping androgens from getting into prostate cancer cells. Androgens help trigger prostate cancer cells to grow.

Benign A word that, in the context of cancer, is used to describe tumours or imaging findings that are not cancerous or particularly suspicious.

Biologic Therapy (or Immunotherapy) A treatment made using living organisms, or artificially produced versions of substances made by living organisms, to treat cancer. The therapies usually stimulate the body's immune system to attack cancer cells, or attack the cancer cells directly.

Biopsy A procedure in which a piece of tissue is removed from the body to be analysed in a lab. A **bi**opsy is often performed to determine if a tumour is cancerous. They are usually done with the aid of imaging to target the area of concern. Only a piece of the concerning tissue is removed with a needle.

Bone Marrow Soft, spongy tissue found inside bones where blood cells — white blood cells, red blood cells, and platelets — are formed.

Bone Marrow Transplant In this procedure, diseased bone marrow is eliminated via chemotherapy and possibly radiation, and is replaced by healthy marrow intravenously (IV).

BRCA1 and BRCA2 The names of two genes that, when mutated, increase the risk of breast and ovarian cancers, as well as others, such as prostate cancer, pancreatic cancer, and skin cancer. These can be passed down through families, and are more prevalent in certain ethnic communities.

Cancer A disease characterized by abnormal cell growth in an organ or organ system that may spread to other parts of the body. There are more than 100 types of cancer.

[Read More](#)

Penrith Relay for Life - 2023

A Message from our Promotions Officer, John Kemp.

"Even though I said, (after the MUD RUN of last year) "No More"..... with the new folk coming, I'd like to ask the members at our March meeting if they would be interested in entering a team this year, especially seeing it's just a one day event.

So could I have your thoughts please on.....

- 1. You think we should try to put a team in?*
- 2. Just mention it at the next meeting for thoughts.*
- 3. Put a "Heads UP" email out, & on our website beforehand so people are up to speed when the next meeting come up*

I'd like to put a team in, but NOT if it's just board members taking part, (unless you want)

I'm happy to run the event,

*Looking forward to your thoughts please,
Enjoy your day
John K*

And here is the official word from the Relay Organisers

"We're so excited to officially invite you to join us again at Penrith Relay For Life supporting Cancer Council NSW which is back on 27 May 2023!

Plus, we have a brand new website AND if you register now as one of our special early birds, you'll get 20% off!

By registering for Penrith Relay and fundraising in the lead up, you make life-changing research into new treatments, and vital support services for those who need it most, possible.

It's now faster and easier than ever to register - click here to check out our new website: <https://www.relayforlife.org.au/event/penrith-2023>

REGISTER NOW

We've made it easier to register multiple people at once! Each person that you register, will now receive an email to confirm their account and finish their own fundraising page. "

If we are to be involved in this event (as we have been in the past) we need YOUR support.

Talk to John at our next meeting and let him know!

2023 - Lunar New Year Dragon Boating



I was once again invited by the Pendragons Abreast Ladies to join them in the Cancer Survivors Category at this this year's Lunar New Year Dragon Boating Regatta held on Sydney's Darling Harbour.

When I compete with these ladies I always wear my white 'Prostate Dragons' shirt (Complete with the big blue 'P') I tend to stand out in a sea of



pink! (Although, at this year's regatta there were two other Ladies, survivors of Cervical and Neuro-Endocrine cancers, in our boat so I wasn't the only non pink!)

We had a very successful day, finishing a very close 2nd in both our heats and also the final. We also took part in the opening ceremony on Friday for the 2 day Lunar New Year Dragon Boating Regatta.

This year is the 25th anniversary of the formation of Dragons Abreast Australia and to celebrate they intend holding a Regatta at Darling Harbour in October (The first DAA regatta for several years). We have been invited to enter our 'Prostate Dragons' team.

So, it looks like we might be 'getting the band back together'! I will keep you posted.



Ongoing supportive care for prostate cancer patients

We received this request from the Bayside-Kingston Prostate Cancer Support Group

Hello Fellow Support Group Leaders,

For those of your members who have had treatment for their prostate cancer (or who are having ongoing treatment), the latest article on our website, [The Prostate Zone](#), includes a brief survey.

As you would know, there has been a lot of research about the "unmet needs" of prostate cancer patients. We decided to conduct our own "snapshot" survey to see how men feel about their post-treatment support.

We hope that you will forward this email to the members of your Support Group, as it will be a far more effective survey if we get a good number of responses. It is certainly not a piece of scientific research, but it will help us to understand how men are travelling after their treatment (or during their ongoing treatment for advanced prostate cancer).

[What happens after treatment for prostate cancer?](#)

A Laugh at Life !

Modern Medicine

A young doctor moved out to a small community to replace a doctor who was retiring. The older doctor suggested that the young one accompany him on his rounds, so the community could become used to a new doctor. At the first house a woman complains, "I've been a little sick to my stomach."

The older doctor says, "Well, you've probably been overdoing the fresh fruit."

Cut back on the amount you've been eating and see if that does the trick?"

As they left, the younger man said, "You didn't even examine that woman? How'd you come to the diagnosis so quickly?"

"I didn't have to."

You noticed I dropped my stethoscope on the floor in there?

When I bent over to pick it up, I noticed a half dozen banana peels in the trash. That was what probably was making her sick."

The younger doctor said "Pretty clever. If you don't mind, I think I'll try that at the next house."

Arriving at the next house, they spent several minutes talking with a younger woman.

She said that she just didn't have the energy she once did and said, "I'm feeling terribly run down lately."

"You've probably been doing too much for the Church," the younger doctor told her.

"Perhaps you should cut back a bit and see if that helps."

As they left, the elder doctor said,

"I know that woman well. Your diagnosis is most certainly correct, she's very active in the church, but how did you arrive at it?"

"I did what you did at the last house."

I dropped my stethoscope and, when I bent down to retrieve it, I noticed the pastor under the bed.

Birth Control For Grandma

The doctor that had been seeing an 80-year-old woman for most of her life finally retired. At her next checkup, the new Doctor told her to bring a list of all the medicines that had been prescribed for her.

As the doctor was looking through these, his eyes grew wide as he realized Grandma had a prescription for birth control pills.

"Mrs. Smith, do you realise these are BIRTH CONTROL Pills?"

"Yes, they help me sleep at night."

Mrs. Smith, I assure you there is absolutely NOTHING in these that that could possibly 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 definitely helps me sleep at night."



If The Beetles Were Computer Geeks...

Sing along...

Yesterday, Yesterday,
All those backups seemed a waste of pay.
Now my database has gone away.
Oh I believe in yesterday.

Suddenly, There's not half the files there
used to be,
And there's a milestone hanging over me.
The system crashed so suddenly.

I pushed something wrong
What it was I could not say.
Now all my data's gone and I long for
yesterday-ay-ay-ay.

Contact Us

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**My wife just opened
my car door for me.**

**Would have been a
nice gesture had we
not been going 70mph.**

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 2023 are as follows:-

President :-	David Wilkinson
Vice President / Treasurer :-	Graeme Renshaw
Secretary :-	Wayne Singleton
Newsletter Editor / Publicity:-	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.

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