



Below the Belt!

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

PCFA Policy on Testing Asymptomatic Men for Prostate Cancer

Emerging evidence on the benefits and potential harms of testing and subsequent treatment of asymptomatic men for prostate cancer has led many interested parties around the world to revise their guidance on testing using the PSA, or blood, test and Digital Rectal Examination (DRE)^{1,2,3}.

Prostate Cancer Foundation of Australia (PCFA) is currently working in partnership with Cancer Council Australia to develop national clinical guidelines on PSA testing and early management of test-detected prostate cancer. The guidelines are being developed using the National Health and Medical Research Council externally developed guidelines standards and procedures. It is expected that the guidelines will be published in late 2014.

In the meantime, PCFA retains its current advice which is that men over age 50, or 40 with a family history of prostate cancer, should talk to their doctor about testing for prostate cancer using the PSA test and DRE as part of their annual health check-up. Men should make an individual informed decision about testing based on the latest available evidence on the benefits and potential harms of testing and subsequent treatment for prostate cancer.



The December Group Meeting Monday, December 16th is Christmas Party Time!

Venue:-

Learning & Development Unit Building SWAHS2,
(adjacent to the new car park)

This is our usual meeting venue.
Commencing at 6-30 to 7-00

Food, Drinks and Music Provided.



OAM Presentation



Alan and Gabrielle Moran were recently presented with their Order of Australia Medals by Governor Marie Bashir at a ceremony at Government House.

The photo shows Alan and Gabrielle with members of their family at the presentation.

Hawkesbury Canoe Classic.

The Group once again participated in the Hawkesbury Canoe Classic. This was the twelfth year that we have provided assistance in scrutineering of the boats.

The Canoe Classic is a major fundraiser for the 'Arrow' Foundation's Bone Marrow Transplant Clinic. We also receive a donation for our efforts. As yet there are no details as to what this donation will be.

Unfortunately, this year we neglected to take a photo! However, I can assure you we all looked resplendent in our bright red T shirts.

(While on our way to collect our shirts I remarked about the number of T shirts that we have accumulated over the years with our involvement with the group.

So far I have 9 shirts from the Canoe Classic, 8 from Dragon Boating, 8 (I think!) from the Relay for Life as well as sundry others from PCFA.

Mind you, getting cancer is a fairly drastic way to acquire a stack of cheap T shirts!

In addition I have a quite a collection of caps and hats as well as several coffee mugs!)

Dragons Abreast Regatta Darling Harbour – October 27th, 2013

The Support Group once again participated in the Dragons Abreast Regatta at Darling Harbour. We were again able to enter two boats. The difference this year was that both boats were fully manned and were both “legal” (i.e. the crew was made up equally of men and women) A necessary requirement if you wish to qualify for the finals!



Three Generations

Group Member Bob Wittrien (left) with his son, daughter in law and Grand daughter.

This Regatta is the major fund raiser for the ‘Dragons Abreast’ movement, a group of breast cancer survivors who take on Dragon Boating as both a physical fitness activity and a way of coming to terms with the emotional aspect of a cancer diagnosis. Each boat is required to come up with a minimum of \$2,000.00 in sponsorship to gain entry.

Once again one boat was fully sponsored by the PCFA. (The PCFA also supplied us with caps and covered the cost of our T shirts.) Thanks to Evan Kallopolitis from PCFA for all of your efforts.

Our second boat was a community effort. Thanks to the people who provided most of the paddlers and all of the sponsorship for

the second boat.

Joe and Rebecca Arena and their family and colleagues from Australian Real Estate in St Marys. (Also their 'rivals' from Raine & Horne Real Estate in St Marys.) These great people comprised the bulk of Team 1

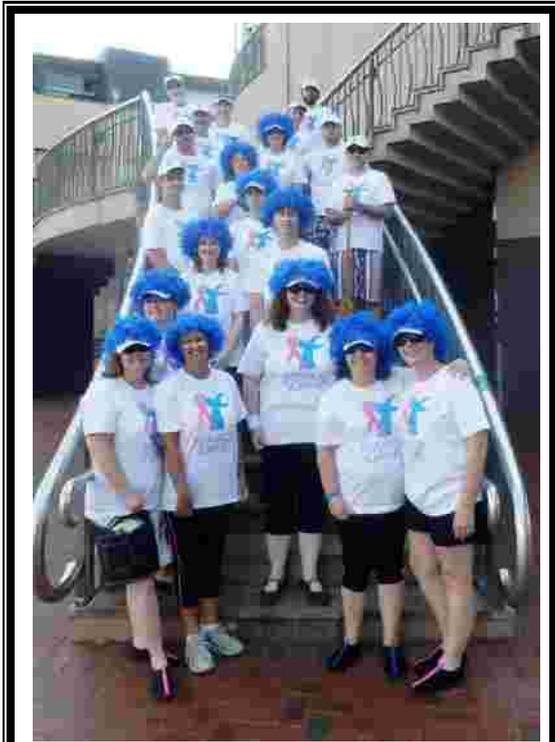


Prostate Dragons No.1 Team

A special 'Thank You' to Ellie Williams who not only rounded up most of the crew of Boat 2 but also through her son's employer, the Jensen Group, and her nephew's company 'Bullet Studios' provided over half of the sponsorship of the second boat. At 5.00pm on Saturday evening we were in danger of falling short of our minimum sponsorship (\$2000.00) for boat 2 fortunately Ellie's nephew came through with the necessary sponsorship (I can assure you this enabled me to get a full night's sleep on Saturday!)

Next 'Thanks' to Liz, Karen and Ellie for the design and production of the T shirts. A task not without it's problems! The design acknowledged the link between Prostate Cancer survivors and Breast Cancer survivors, I think you will agree they looked great!

Thanks also to Gary Clear for his assistance in not only organising the day, but on the day at Darling Harbour and also bringing our set of Paddles to the venue.



Prostate Dragons No.2 Team
(Complete with blue wigs)

Now onto the results, Prostate Dragons 1 had a 1st, a 5th and a 2nd in their 5th place came about as a result in run off the course by another boat, this was investigated by the officials and a revised time issued. This enabled the crew to qualify for the final where they finished a very credible 4th.

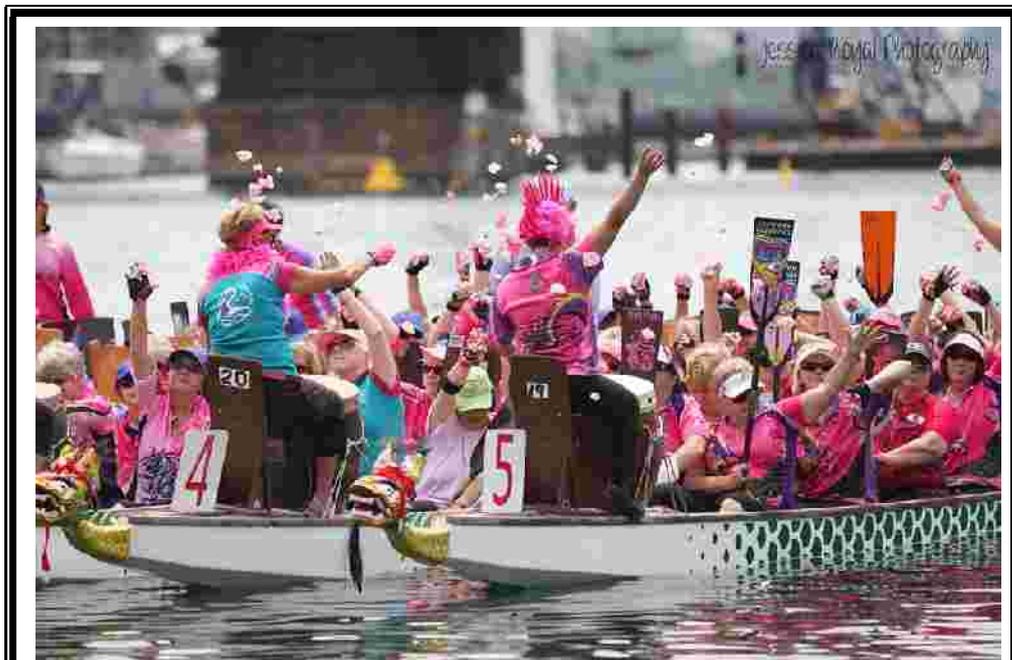
Prostate Dragons 2 did not quite match this effort finishing with a 5th and two 3rd 's

Irrespective of the results, everybody had a fantastic day and we were able to show the big blue 'P' to a lot of people and raise awareness of Prostate Cancer. We were once again invited to participate in the moving and very emotional "Flowers on the Water" ceremony. This ceremony commemorates all those that have been lost to cancer.

The one minor 'downer' of the day is that there were only two actual Prostate Cancer survivors throughout both crews.

Please mark in your dairy the date for the 7th annual Dragons Abreast Festival which will be held on Sunday, 19th October 2014.

The venue is yet to be confirmed as it is not 100% sure whether Darling Harbour will be available due to ongoing major works happening. If it is not available rest assured an alternative venue will be found and organisers are in ongoing communication with Sydney Harbour Foreshore Authority and Dragon Boats NSW in this regard.



The 'Flowers on the Water' Ceremony

Parking at Nepean Hospital

All members are fully aware of the recent diabolical parking problems at Nepean Hospital. This problem has been exacerbated by the ongoing building problems. However you are also probably aware that the new multi storey car park has been open for a couple of months. When the car park first opened stories were doing the rounds that the cost of parking was quite expensive.

Well, yes and no!

If you are a holder of a valid concession card you can obtain free parking for the first 3 hours with a maximum of \$5.00 payable if you exceed that time.

Concession rates

Duration	Fees (inc GST)	Notes
0-3 hours	Free	
1 Exit only	\$5.00	Single visit tickets are valid for one entry and exit only

Single visit tickets are valid for one entry and exit only. Eligible visitors will be able to apply for concessional rates through presentation of the appropriate identification at the 'Secure Office' located on the ground floor of the multi-storey car park.

Eligibility includes:

- (a) Holders of a Blue Pension card;**
- (b) Holders of a Gold veterans card; and**
- (c) Holders of a Maroon and Yellow Health Care card**

I have not used this facility, so I'm not exactly sure what the actual procedure is. If anybody has used the concession parking could you please advise us of the procedure?

For full details check out the web site :

<http://www.nbmlhd.health.nsw.gov.au/Nepean-Hospital/Parking-And-Public-Transport/Nepean-Parking-And-Public-Transport>

www

What's to Come

Group Meeting – Monday December 16th

Christmas Party

Group Meeting – Monday January 19th

Open Forum

Topics Raised by Members

Group Meeting – Monday February 16th

To Be Advised

Refer to Local Press Prior to the Meeting Date

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

Life Membership Awards

At the Group Annual General Meeting in October 'Life Membership' was awarded to five long serving members of the Group.

These were Alan & Gabrielle Moran, Brett Sowerby, Ian Davis and Alan Howard.

Alan & Gabrielle need no introduction as they have been the driving force behind the success of this group.

Brett was the group Treasurer for a number of years and was also responsible for our involvement in both the Hawkesbury Canoe Classic and the Darling Harbour Dragon Boating. Ian has been the group Librarian since the first days and has also been the organiser of our involvement in the Penrith Relay for Life.

Alan, can't understand why he got one ... All he's done is put out this newsletter for a few years.



President David Wilkinson with Alan & Gabrielle Moran and Alan Howard. Ian Davis & Brett Sowerby were unable to attend

When it is not better for the boys to beat the girls

The Australian Institute of Health and Welfare has published a new report titled 'The Health of Australia's Males 25 Years and Over'. Prostate Cancer is covered in Chapter 15 on pages 45 to 47. The report outlines the latest statistics on the incidence of prostate cancer, taken from data gathered in 2009.

According to these statistics:

The number of prostate cancer diagnoses in 2009 was 19,438¹ (down from 20,898 in 2008).

The risk of being diagnosed with prostate cancer is: 1 in 7 by age 75, and 1 in 5 by age 85¹

Number of deaths from prostate cancer (2011): 3,294²

The statistics on breast cancer are:

There were 13,668 breast cancer diagnoses in women and 110 in men in 2009.

The risk of being diagnosed with breast cancer in women is 1 in 21 by age 75 and 1 in 16 by age 85.

There were 2,914 female and 23 male deaths from breast cancer in 2011.

Sources

¹ Australian Institute of Health and Welfare (AIHW)2012. ACIM (Australian Cancer Incidence and Mortality) Books. AIHW: Canberra.

² 3303.0 Causes of Death, Australia, 2011. Australian Bureau of Statistics 2013

