



Below the Belt!

Vol. 18 No. 1

December 2018 – February 2019

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



Venue:

Church Hall
Rear of St Stephen's
Church
High St, Penrith.
(Our usual Meeting Place)
Commencing 6.30 - 7.00
Food, Soft Drinks and
Music Provided

(Please Note:
Because of Church Policy No Alcohol
is permitted)

**The December Group
Meeting
Monday, December
17th
is**

**Christmas
Party Time!**



What's to Come

Group Meeting – Monday December 17th

Group Christmas Party
See Details Above

Group Meeting – Monday January 21st

Open Forum

Visit by Jane Endacott – New PCFA CEO.

Group Meeting – Monday February 18th

Not available at this stage

Please check local press prior to the Meeting date

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

Food and Lifestyle

Even if you're a regular exerciser, there's a chance you have experienced the deep ache of muscle soreness that can last for days. The pain experience can vary depending upon the exercise – from 'it's painful just to get dressed' through to the discomfort of sitting down and the absolute torture of navigating a set of stairs.

The pain is all part of the normal inflammatory response of the muscles to intense or unfamiliar exercise and is definitely part of the 'gain' experienced with intense exercise training. The enduring question is whether it's possible to have gain without the pain.

Why do muscles become sore?

Each muscle consists of many tiny fibres, known as myofibres, which are bunched together. These many myofibres are activated by nerves to contract in unison.

The muscle then shortens, pulling on tendons, which in turn are connected to joints. Many hundreds of myofibres contract the whole muscle, pulling on the tendons and the joint bends.

Each repeated contraction of these tiny myofibres can damage their cell wall. Under a microscope, the muscles of people who have just completed a marathon show extensive tears to most myofibres. Each of these tears, known as a micro-tear, is muscle damage that needs to heal.

The healing process of micro-tears is not well understood. The myofibres themselves begin the repair process by releasing a range of chemicals that attract and activate the circulating immune cells.

Within 12 hours, damaged muscle will swell with many more white blood cells. Immune cells are important for fighting infections, but they also help tissues repair, often by destroying broken pieces of cells. These immune cells also cause swelling and release chemicals that cause pain. This is the pain that is felt during

exercise recovery.

"Typically the pain of exercise is not experienced until the day after and can last for three days or more. This exercise recovery pain is known as delayed onset muscle soreness (DOMS)."

Delayed pain

The immune and recovery responses take a while to get going, but within 24 hours, and generally not more than three days after exercise, the immune cells and the myofibres themselves are hard at work trying to repair.

Typically the pain of exercise is not experienced until the day after, and can last for three days or more. Because of its delayed appearance, exercise recovery pain is known as delayed onset muscle soreness (DOMS).

6 recovery strategies to try

1. Assess the pain

Before getting back into exercise again, take a moment to evaluate the pain. If pain is uncharacteristically intense or localised, chances are it's more than microtears. Muscle and tendon tears are not uncommon and take specialist care and intervention to help with recovery. If pain persists, seek further professional advice.

2. Build back slowly

Beyond just the pain, DOMS also reduces the strength of the muscles. This is part of the body's natural protective mechanisms to try to limit further damage. Listen to your body and step your exercises up again slowly.

3. Stretch and massage

There is no clinical proof that stretching or massage help the muscles repair any faster, but a gentle stretch and a skilled masseur can definitely make it feel a whole lot better.

4. Eat and drink

Tissue repair is an energy demanding process. Adequate fuel and water to supply energy and maintain the optimal environment can only help. Protein is particularly important to supply the amino acids required for rebuilding and can speed recovery.

5. Limit anti-inflammatories and antioxidant supplements

Anti-inflammatories and antioxidants dampen the activity of the immune system. These might take away some of the pain, but they also slow the repair process.

6. Training

Each time an exercise is performed, the amount of muscle damage gets a little less and the inflammation is reduced. So the best strategy to avoid muscle soreness is to get out and do it again, and again.(and again and again....)

Written by [David Cameron-Smith](#)

Professor David Cameron-Smith is Chair in Nutrition at the Liggins Institute, University of Auckland

Prostate Cancer Metastasis (ProMis): New Opportunities for Therapeutic Development

Professor Peter Croucher from Garvan Institute of Medical Research and his team have found that cancer cells hide in particular sites inside the bone and have discovered a number of genes that are important in controlling the behaviour of these dormant cells when they arrive in the bone. Many of these genes are able to control the way our immune system responds to these cancer cells. Importantly, the team also found that cells that normally break down bone may also inadvertently release prostate cancer cells from being dormant and cause them to form actively growing cancers in the skeleton.

The team is now testing two new types of treatment to stop prostate cancer cells growing in the skeleton. The first will switch on the immune system in order to use the body's own natural defence system to target tumour cells and restrict their growth in the skeleton. The second will use treatments that stop bone cells from releasing the prostate cancer cells from a dormant state in the skeleton. Importantly, these types of treatments are already available to treat other diseases, so the Croucher team will also test the ability of these drugs to stop the growth of prostate cancer cells in a series of clinical trials.

This is a Movember Revolutionary Team Award and a three-year grant was awarded in 2014. It was further extended for an additional two years in 2017 to make it a five-year grant, as there were major progress made by the team and an extension would enable them to deliver outcomes.



Talk by Viv Maitland Client Services Coordinator, Cancer Wellness Support



Our Group Meeting in November featured a presentation from Viv Maitland, Client Services Coordinator for Cancer Wellness Support on handling Depression.

From general nurse to secondary teaching in Social Science and Media, fundraising for the Royal Flying Doctor Service, marketing for a Research Foundation Viv finally settled into her counselling career 18 years ago.

Counselling was a mix of private practice and teaching in the Diploma of Counselling and Bachelor of Human Services (Counselling) and counselling Carers in South Australia.

Since moving to the Blue Mountains Viv has worked as a counsellor with Cancer Wellness Support and recently taken on the newly created position of Client Services Co ordinator.

This was no Audio / Visual presentation. Viv's talk was more in the form of an interactive discussion between presenter and audience and was really appreciated by all members present.

Our guest speakers will usually stay for a 'cuppa' after their talk and speak 'one on one' with members. An indication of the popularity of Viv's talk was shown by the fact that Viv was among the last people to leave the meeting.

NEPEAN BLUE MOUNTAINS PROSTATE CANCER SUPPORT GROUP INC

PRESIDENTS REPORT TO THE 2018 AGM

It is with great pleasure and pride that I present this report to our members at the 2018 AGM.

Once again our Support Group has had a very successful year as demonstrated by the attendances at our meetings, the quality speakers we have had, the community activities that we have been involved with, the donations that we have received and the fund raising that we have done. My thanks to all our members, friends and supporters who helped at any of our community days.

Our website has also grown and is a great resource for our members and wider networks. Thank you to our webmaster Peter for his continuing commitment to making this website work. While it is not used by the members to the level that we would like, the Board considers that if the website saves just one man a year then it is worth the money that is spent on it. For your information we spend \$600 per annum in maintaining the website and although the Board knows that cheaper and possibly less secure, options are available your Board has decided to use an Australian based platform. I add that two support groups have contacted Peter about our website.

We have had a number of new members join this year and while it is important for any group to have new members, ours grows through, as I have noted many times before, reluctant membership as all, or most of the men here, have been diagnosed with Pca. We are the reluctant brotherhood. I trust that all men and their partners visiting us for the first time have found us welcoming and are encouraged by knowing that they are not alone.

During this year our membership has continued to serve its communities through various awareness and/or fund raising events such as Bunning's Sausage Sizzles, The Cancer Wellness Support Sunshine Day, the Hawkesbury Canoe Classic, Dragons Abreast (and we thank PCFA For their support of this activity), the Cancer Council Penrith Relay for Life, Australia Day Celebrations at Glenbrook Park, the Barry Sheen Festival of Speed, Penrith Council Reimagine Ageing and the Col Roffe Memorial day at Leonay Golf Club.. We also represented the PCFA again at the Diesel Dirt and Turf Expo with PCFA's partner New Holland. My thanks to all members who chose to give some of their time at any of those activities. Your assistance, even if only for one hour, means that someone else can have a break, and without sufficient volunteers we would have to cancel our participation in events. I also add my thanks to Mark Mulock for pro bono legal advice about our constitution.

At our monthly meetings we have had some outstanding speakers who have covered many topics of interest such as control of stress related to cancer, our very own member Liz McKervey a prostate cancer specialist nurse but sadly not for us, a medical oncologist, Western Sydney Community Legal Centre, two of our members presenting about their 800 km walks in Camino de Santiago, the Continance Foundation, four open forums and a Christmas Party complete with, for the first time some ukulele entertainment including some of our members.

We have received a number of donations this year and these are used within our local community and also for administrative costs associated with printing and postage, website, 1300 number and D and O insurance.

We need around \$4,000 per annum to maintain our Support Group and to print the pamphlets that we use at our awareness events.. Donations were received from the the Hawkesbury Canoe Classic (as a result of our scrutineering at their event), the Gaels Club, the Glenbrook Panthers Bowling Club, Leonay Golf Club both Men's and Women's, with our meeting venue costs met by PCFA, and personal donations from Alan Howard and Eric Kent.

The Board has decided that donations will be made this year to Nepean Valley/Blue Mountains Cancer Help thus keeping our gold sponsorship with them and to the PCFA for research. These donations will be in the sum of \$5,000 which is a substantial figure for a relatively small support group.

My thanks to each of my colleagues on the Board who work selflessly for the betterment of our Support Group. Their efforts with website, awareness, publicity, money matters, newsletters etc. certainly make our Support Group what it is and their enthusiasm and humour for its continuing success together with respectful attitudes at all meetings have made them a pleasure to chair.

Our long term Treasurer Allan Burrows is stepping down this year and I thank Allan for his dedication to ensuring that our finances are kept secure. Allan has been a member for 9 years and came on the Board in 2011 as our Treasurer, a position he has held for 7 years and thoroughly deserves his retirement.

Special thanks to Vice President Graeme Renshaw and Secretary Ross Baker who have very competently stepped up during my travels this year. As I said when first accepting the role of President I am a travelling President and it is only with the great support that I have behind me that allows me to undertake this role as well as my travels.

I must also acknowledge my wife Jan who has assisted me tremendously in the background and I thank her for that. I also acknowledge and thank all the Board's wives for their support of our Group and also the members who assist with supper at monthly meetings.

In conclusion, I look forward to continuing success with our Support Group over the next 12 months and beyond and subject to your consideration, and acceptance of my absence during planned travels in 2019, I offer myself for re-election as your President.

With my best wishes for continuing good health and a reminder of our motto "you are not alone"

David Wilkinson

PRESIDENT

NEPEAN/BLEUE MOUNTAINS PROSTATE CANCER SUPPORT GROUP INC

15 October 2018



Answers taken from school Exam Papers.....

Q. In a democratic society, how important are elections?

A. Very important. Sex can only happen when a male gets an election.

2018 Annual General Meeting

Our recent October Group Meeting was, as usual, our Annual General Meeting where office bearers for the coming year were elected.

Allan Burrow, our long serving Treasurer retired at this meeting. Allan was thanked for his work in maintaining the Group's finances for the past 8 years having stepped into this role at the 2011 AGM.

We have also recently been required to make alterations to the Group's Constitution by changes to the relevant Government Act. We took this opportunity to trim the Board from 10 Members down to 8.

The revised Board is as follows :

David Wilkinson remains as President. Graeme Renshaw takes on the double role as Vice President and Treasurer. Ross Baker remains as the Group Secretary. Wayne Singleton has the role of Assistant Secretary and also maintains the Membership Register. Peter Murphy remains as Web Master / Publicity. Bob Wittrien stays as our Librarian and John Kemp remains as our hard working Promotions Officer. While you still have to put up with me (Alan Howard) as the News Letter Editor.

These people are the Group's Board but we still require active participation from you, the Group Members, to keep the Group functioning and moving forward. If you have any ideas or suggestions to advance the Group please contact one of the Board members.

Our thanks go out to Mark Mulock, the Penrith based Solicitor, who undertook, on our behalf, to cast a 'Legal Eye' over the alterations that were required to our Constitution. This work was done 'Pro Bono'. Many thanks Mark.



Life Memberships Awarded

At our recent Annual General Meeting, Life Memberships were awarded to three very deserving people.

Denis and Sue Gallagher



Denis and Sue have been stalwarts of the Group for many years. Whenever a call is made for volunteers to help out whether it be a Bunnings BBQ, the Canoe Classic or handing out leaflets at an information stand, Denis's name is usually the first

one on the list. On many of these occasions he is accompanied by his wife Sue.

Sue was not able to attend the AGM when the official presentation was made but she was recognised at the next Group meeting



Bob Wittrien

Bob has been associated with the Group from our very early days. He has served as a Committee / Board member for a number of years. He is currently our Librarian and has held this position since he agreed to step into this role in 2014.

Congratulations to all three Members, a well deserved recognition of their contributions to the functioning of the Group.

Five Myths and Misconceptions About Prostate Cancer

(From the US Prostate Cancer Foundation website - www.pcf.org.)

I obtained this article from the Central Coast Support Group Newsletter – thought it might be of interest to our Members. While the figures quoted refer to U.S. statistics the underlying facts remain the same.

The US Prostate Cancer Foundation performs a similar function to our own PCFA. They fund research and take a lead in creating awareness of Prostate Cancer among men and their families throughout the United States. (Ed.)

Ask any group of men about prostate cancer and if they don't abruptly change the subject to "the weather," or "that game last night," chances are you'll get a wide variety of opinions on screening and treatment.

Even though we've spent the past 25 years identifying more than 29 types of prostate cancer and funded research that has led to more precision, the fact remains that prostate cancer is one of the least talked about cancers. This can lead to a great deal of confusion. So, let's take a look at some of those myths and misconceptions about prostate cancer, a disease that is the second leading cause of cancer death among men in the U.S.

Myth #1: Prostate cancer is an old man's disease

There are many risk factors to consider. Your race, family history, physical health and lifestyle—even geographic location—are all factors that can increase your likelihood of developing prostate cancer.

And it's true: the older you are, the more likely you are to be diagnosed with prostate cancer. While 65% of the 165,000 cases are diagnosed in men who are 65 or older, the fact remains that 35% of those diagnosed, or more than 57,000 each year, are diagnosed at an earlier age. Approximately 1 in 9 U.S. men overall will be diagnosed with prostate cancer.

Myth #2: If you don't have any symptoms, you don't have prostate cancer

WRONG. Prostate cancer is one of the most asymptomatic cancers in oncology, which means that not all men experience symptoms and many times these symptoms can be mistaken or attributed to something else. Often, signs of prostate cancer are first detected by a doctor during a routine check-up. Common symptoms include: a need to urinate frequently, difficulty starting or stopping urination, weak or interrupted flow of urination, painful or burning urination, difficulty having an erection, painful ejaculation, blood in the urine or semen, or frequent pain and stiffness in the lower back, hips or upper thighs. Urinary symptoms don't

Myth #3: Prostate cancer is a slow growing cancer I don't need to worry about

Yes. And No. With the 29 types of prostate cancer discovered by PCF-supported researchers, we can confirm that there are those prostate cancers a man may die with and not of, while others are very aggressive. Once a biopsy confirms the presence of cancer in the prostate, a physician uses the data contained in the pathologist's report to characterize the potential aggressiveness of the cancer and make recommendations for treatment based on many factors, including a patient's age and health status. There are many treatments available for patients and one approach does not fit all cases. Patients need to understand the complexity of this disease and make treatment decisions that are right for them in consultation with a trusted medical professional. The good news is that thanks to a revolution in precision medicine like immunotherapy, we have discovered treatments that will enable doctors to cure more and over-treat less.

Myth #4: Prostate cancer doesn't run in my family, so the odds aren't great that I will get it

Wrong. While a family history of prostate cancer raises a man's odds of being diagnosed to 1 in 3, the fact remains that 1 out of every 9 American men will be diagnosed with prostate cancer in their lifetime. This compares to 1 in 8 women who will be diagnosed with breast cancer. And African-American men are 74% more likely to be diagnosed with prostate cancer and 2.4 times more likely to die as a result.

Family history and genetics do, however, play a role in a man's chances for developing prostate cancer. A man whose father or brother had prostate cancer is twice as likely to develop the disease. The risk is further increased if the cancer was diagnosed in a family member at a younger age (less than 55 years old), or if it affected three or more family members.

In 2017, approximately 161,000 new cases were diagnosed in the U.S. and more than 26,730 men died as a result of this cancer.

Myth #5: The PSA test is a cancer test

Incorrect. The PSA test measures levels of prostate-specific antigen in the prostate, not cancer. PSA is produced by the prostate in response to a number of problems that could be present in the prostate including an inflammation or infection (prostatitis), enlargement of the Prostate Gland (Benign Prostatic Hyperplasia –BPH) or, possibly, cancer. Think of it as a first alert smoke alarm, instead of a fire alarm. The PSA test is the first step in the diagnostic process for cancer. It has made detection of cancer in its early stages, when it is best treated, possible. Additionally, PCF-funded research has identified genes, that when present, significantly increase risk for prostate cancer. These genes may be passed on and increasing risk for sons AND daughters as well.



Hawkesbury Canoe Classic - 2018

Our Group once again participated in the running of the Hawkesbury Canoe Classic. Our duties were to assist in the scrutineering of the boats.

There is no question that NBMPCSG are now an integral part of the day and our work is well recognised. This was our 15th year at this and the scrutineering process had come ahead in huge leaps since that 1st year and a lot of this has been attributable to us.

Dragons Abreast Festival – 2018

We once again entered a team in the Dragons Abreast Festival at Darling Harbour. This was our twelfth year of participation.

We were unable to match last year's performance where we were Gold medallists in the 'Community' category. While we managed a couple of placings in the heats we were unable to repeat this in the Final and finished out of the medals. However, it was a great day and we were able to promote the cause of Prostate Cancer in front of a big audience.



Recent Donations to our Group

At the Group Meeting in November we received two donations from local groups.

The first donation was from the Lions Club of Windsor this was for \$300.00. The presentation was actually made by one of our members, Phil Wilkins who is also a member of the Windsor Lions Club.

The second donation came from the staff at the Australian Taxation Office in Penrith. These people held a lunch time BBQ and took up a collection in recognition of Men's Health Week and decided to support our Group. The amount of this donation was \$285.80

A Laugh at Life !

Medical Knowledge

A gorgeous young redhead goes into the doctor's office and said that her body hurt wherever she touched it. "Impossible!" says the doctor. "Show me." The redhead took her finger, pushed on her left breast and screamed, and then she pushed her elbow and screamed even more. She pushed her knee and screamed; likewise she pushed her ankle and screamed. Everywhere she touched made her scream. The doctor said, "You're not really a redhead, are you?"

"Well, no" she said, "I'm actually a blonde."

"I thought so," the doctor said. "Your finger is broken."



THE BOTTLE OF WINE

For all of us who are married, were married, wish you were married, or wish you weren't married, this is something to smile about the next time you see a bottle of wine:

Sally was driving home from one of her business trips in Northern Arizona when she saw an elderly Navajo woman walking on the side of the road.

As the trip was a long and quiet one, she stopped the car and asked the Navajo woman if she would like a ride.

With a silent nod of thanks, the woman got into the car.

Resuming the journey, Sally tried in vain to make a bit of small talk with the Navajo woman. The old woman just sat silently, looking intently at everything she saw, studying every little detail, until she noticed a brown bag on the seat next to Sally.

'What's in the bag?' asked the old woman.

Sally looked down at the brown bag and said, 'It's a bottle of wine. I got it for my husband.'

The Navajo woman was silent for another moment or two. Then speaking with the quiet wisdom of an elder, she said: 'Good trade.....'

Love Is Blind

Ed and Nancy met while on a singles cruise and Ed fell head over heels for her. When they discovered they lived in the same city only a few miles apart Ed was ecstatic. He immediately started asking her out when they got home.

Within a couple of weeks, Ed had taken Nancy to dance clubs, restaurants, concerts, movies, and museums. Ed became convinced that Nancy was indeed his soul mate and true love. Every date seemed better than the last.

On the one-month anniversary of their first dinner on the cruise ship, Ed took Nancy to a fine restaurant. While having cocktails and waiting for their salad, Ed said, "I guess you can tell I'm very much in love with you. I'd like a little serious talk before our relationship continues to the next stage.

So, before I get a box out of my jacket and ask you a life changing question, it's only fair to warn you, I'm a total golf nut. I play golf, I read about golf, I watch golf on TV. In short, I eat, sleep, and breathe golf. If that's going to be a problem for us, you'd better say so now!"

Nancy took a deep breath and responded, "Ed that certainly won't be a problem. I love you as you are and I love golf too; but, since we're being totally honest with each other, you need to know that for the last five years I've been a hooker."

"Oh wow! I see," Ed replied. He looked down at the table, was quiet for a moment. Deep in serious thought then he added, "You know, it's probably because you're not keeping your wrists straight when you hit the ball."



Q: How do you keep your husband from reading your e-mail?

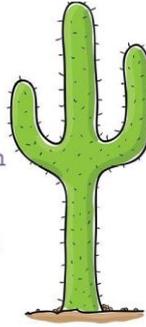
BE NICE TO YOUR NURSES.



REMEMBER: NEEDLES HAVE SIZES AND THEY GET TO CHOOSE.

Being negative only makes a difficult journey more **difficult**.

You may be given a cactus, **but you don't have to sit on it.**



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 2019"



**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 2018 are as follows:-

- | | |
|--|-----------------|
| President :- | David Wilkinson |
| Vice President / Treasurer :- | Graeme Renshaw |
| Secretary :- | Ross Baker |
| Assist. Secretary / Membership :- | Wayne Singleton |
| Librarian :- | Bob Wittrien |
| Newsletter Editor:- | Alan Howard |
| Publicity / Web Site Manager :- | Peter Murphy |
| 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