



Prostate Cancer
Foundation
of Australia

Ipswich Prostate Cancer Support Group

Affiliated with the
Prostate Cancer Foundation of Australia

September 2015 Newsletter

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Report on Meeting on meeting held Thursday 17th September 2015

Next Meeting: Thursday 15/10/2015

Guest Speaker: Jason Crow – Active Rehab. Physiotherapy – Men’s Continence Rehab.

Topic: Men’s Incontinence (different to Women’s (how)-New Approach)

Venue: Humanities Building; 56 South St. Ipswich

Parking: South St & Nicholas Sts and off Roderick St

Our guest speaker for the our September 17th meeting was Bryan Spiller from Beyond Blue as advertised who has spoken to our group before; albeit nearly 8 years ago, in February 2008, when as a peer support speaker for COTAQ (Council of the Ageing Queensland) who were running a Program aptly named “ Beyond Maturity Blues”. When I meet up with Bryan again at the recent Men’s Health Expo held at the Frank McGreevy Function Centre, Put on free, by the Ipswich City Council for “Men’s Health Week”, I asked if he would give another Talk to our group about Depression, an illness of which he has been a survivor for many years. Neither he or I realised at that time , that things have change a lot in the interim, for about a fortnight ago he rang me to say that you can no longer arrange with the speaker in person, but must request a speaker, not necessarily the person you spoke with, from the Organisation (in this case “Beyond Blue” one month prior to the event.

I have a transcript of his presentation, if anyone would like a copy as it is rather comprehensive and length for inclusion in the newsletter (as there was no one at the meeting on the night to take notes and I am not capable of taking note with enough accuracy and power of recall to do justice to his Presentation- for you really need to be in the room to feel the effect of his dedication to the wellbeing of his fellow man, having been through it for quite a number of years. I also must pay tribute to his wife, Lenore, who Drove Bryan to the meeting as he has injured his leg and therefore could not drive himself. Lenore took an active part in the meeting, as did also Madonna Britton – Nurse Unit Manager and Steven Walker – Prostate Cancer Specialist Nurse Trainee (when fully trained Steven will hold a position for men with Prostate Cancer, which I understand, Breast Care Nurses perform for Women with Breast Cancer.

This New Section and its Services will certainly improve, not only the outcomes for Men with Prostate Cancer but other diseases of the prostate, such as Benign Enlargement, Prostatitis, with their inherent Continence Problems; as well as the side effects of treatments- Bladder and Bowel Incontinence, Erectile Dysfunction (which, I am told, can be an early warning of Cardio-Vascular Disease and Diabetes).

To at last have these services in our Ipswich & West Moreton Regional Area will certainly make a difference for the aged and people with chronic disabilities faced with the lack of viable public transport.

Due to the inclement weather and only a small number of members brave enough to attend we decided to hold over agenda items until the October meeting. At this point we all shared in a cup of coffee and biscuits and getting to know our new members.

After the short break we reformed, and continued with an all inclusive informal information sharing session, deciding to leave the chairs in a comfortable setting instead of our usual round circle discussion position, and catering to the needs of new members and sharing out resource materials until the close.

Some helpful web sites:-

www.andrologyaustralia.org www.continence.org.au www.impotenceaustralia.com.au



Dr Michael Gillman Men's Health Doctor.htm

www.sah.org.au/cancer-resources-and-information information
www.continence.org.au

www.pcfa.org.au < Please note when you click on this address and it comes up with page
 < not found click on Awareness Support Groups or other Headings and
 < and they will come up

http://www.cancerqld.org.au/page/need_support/support_programs/queensland_prostate_cancer_news/

If you type in < www.ipswich my community directory > into Google search- and then in the Community Directory search box –Type Prostate it should come up with the Ipswich Prostate Cancer Support Group contact details and the website + other useful info

Ipswich Prostate Cancer Support Group Meetings		
Ipswich: Third Thursday each month. Meeting starts at 7.30pm		
Humanities Building, Cnr. South and Nicholas Sts. Ipswich		
Brisbane: 2nd Wednesday (except 1st Wed in August) 9:30am on odd months, 7:00pm on even months Venue: QCF, 553 Gregory Terrace, Fortitude Valley		Lockyer Valley: Contact Bob Stewart, 23 Wagtail Drive, Gatton, Q 4343
Program of Events For the Group		
Date	Speaker/Event	Subject
19/11/2015	Dr Ahmad Ali –Consultant urological Surgeon-Ward 4F- New Urology Section Ipswich General Hospital	Last meeting for 2015