



The knowledge gained at meetings and social activities helps to allay men's fears that arise during initial diagnosis and subsequent treatments and to dispel depression. We also consider other age related issues confronting men and their partners. The Support Group welcomes partners of men as active participants since the disease has an effect on families.

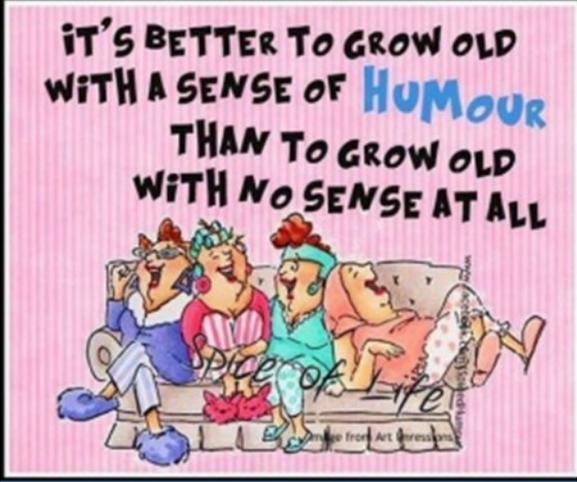
Group News

VERY IMPORTANT NOTE
The YMCA has a need to fund its new building with regular classes of all types of activities. The room we were using is now to be used for this and we have been moved to a different room. Added to this we now cannot meet on Tuesday evenings so, from this night on, we will meet at the same time but on the **2ND THURSDAY** of each month.

THURSDAY, 14th October at 6pm
POST TREATMENT REHABILITATION
Peter Fairgray (Mens Health Down Under)
Peter is a Pharmacist for the Mens Health Down Under Group and he will outline all the possible rehabilitation issues relating to erectile dysfunction, incontinence, peyronie's disease, complimentary medicine, partner support, counselling and general down under care.

WHERE WE MEET
The group meets at 6pm on the 1st floor of the Mango Hill Community Centre (The Y) at 22 Linear Drive, Mango Hill. It's the tallest building in Mango Hill. Entry is from the car park. Refreshments are provided from 6pm.

LAST MONTH'S MEETING
Dr Yaxley didn't disappoint. He talked about open and robotic prostatectomies and radiation as well as PSMA PET scan and Nano Knife technologies and their value. True to his word, he not only answered questions throughout the talk but stayed with us all till we left the building.



SOCIAL ACTIVITY
PUT THESE IN YOUR DIARIES NOW
Friday, 8th October breakfast- 9am at Sea, Salt & Vine, Scarborough-RSVP by 4th October
Morning Teas-10am at Xander Café, Joyner Circuit, North Lakes
•Ladies on 21st October and 25th November
•Men on 23rd October and 27th November
Thursday, 11th November lunch- noon at Basil & Vine restaurant, Burpengary. RSVP 8th November
Sunday, 12th December Christmas Picnic - 10am, Jamiesen Park, Scarborough. RSVP 10th December.
DON'T FORGET THE RSVPs
Social Event Leader Joy is available for RSVPs on 3886 5511 or 0408 795 248 or petejoyham53@bigpond.com
GET INVOLVED. AND PUT HEALTH WORRIES ASIDE

PROSTATE CANCER SCREENING

Most countries have not introduced nationwide prostate-cancer screening, as current methods result in overdiagnoses and excessive and unnecessary biopsies. Results from a large, randomised study show that modern methods for prostate cancer screening maintain the benefits of screening, while decreasing the harms substantially. Current screening methods – PSA (prostate-specific antigen) tests combined with traditional biopsies – result in unnecessary biopsies, and the detection of numerous minor low-risk tumours. Consequently, no country except Lithuania has chosen to introduce a nationwide prostate-cancer screening programme, as the benefits do not exceed the disadvantages. The results of the STHLM3MRI study indicate that overdiagnoses can be halved by substituting traditional prostate biopsies with magnetic resonance imaging (MRI) and targeted biopsies. The number of unnecessary biopsies and the identification of minor low-risk tumours is reduced, while the new method can detect just as many clinically significant tumours.

Leading urologist, Adjunct Professor Peter Heathcote said a review was urgently needed: "It's important for patients and general practitioners to be aware that medical opinion has moved on significantly when it comes to screening and diagnosis of prostate cancer. The two large European screening trials continue to show increasing benefit of PSA screening over time, and clearly demonstrate that PSA screening saves lives. With the latest medical imaging techniques and improved active surveillance protocols, we now have fewer men having unnecessary biopsies, or being over-diagnosed or unnecessarily

LISTING OF NUBEQA

Australia's Pharmaceutical Benefits Advisory Committee has just recommended PBS listing of Nubeqa® for men with non-metastatic castration resistant prostate cancer.

This is a major victory for PCFA and for Australian men and families impacted by prostate cancer - if we clear the final hurdle to listing of Nubeqa® it will be the first time in 7 years (!!!!) that a new medicine has been subsidised by the Australian government for men with prostate cancer.

We want to thank the men and families in our support network who responded to our call for consumer comments, making this achievement possible.

Our estimates suggest that for every year this drug is made available via the PBS, at least 560 men will have their lives extended.

In terms of next steps, over the coming weeks we'll be using our voice to secure PBS listing of this life-saving drug. Stay posted!

TELENURSING SERVICE

Don't forget that, if you are unable to make contact with any of the prostate cancer nurses at the hospitals, you can always use PCFA's Telenursing Service on 1800 22 00 99 or email at telenurse@pcfa.org.au or even complete the telenurse request for at <https://pcfa.org.au/telenursing-request-form/> or go to www.pcfa.org.au to find the form. Contact us at 0435 119 628 if you want the contacts of the prostate cancer nurses for Redcliffe or Royal Brisbane Hospitals.

The guy
at the furniture
store told me the sofa
would seat 5 people
without any problems.

Then it occurred to me,
I don't think I know 5
people without
any problems.

"I think it is just terrible and
disgusting how everyone has
treated Lance Armstrong,
especially after what he achieved,
winning seven Tour de France
races while on drugs. When I was
on drugs, I couldn't even find my
bike"....
Willie Nelson

"Do not touch" must be
one of the scariest
things to read in Braille

DID YOU KNOW

- Octopuses legs have a mind of their own.
- A full day on Saturn is 10 Earth hours, but a year lasts more than 29 Earth years.
- Continents shift at the same rate that fingernails grow.
- Nokia was founded in 1865, waaaaay before cell phones were even a flicker in anyone's eye.
- A group of porcupines is called a prickle.
- And contrary to popular belief, porcupines can't shoot their quills.
- Psycho was the first movie to show a toilet onscreen.
- When performing a kidney transplant, doctors leave the old kidney in and put the new one next to it.
- The Cowardly Lion costume in The Wizard of Oz was made from real lion skin and fur.
- Male fetuses can get erections in the womb.
- A winery in Spain puts out a glass of sherry and a tiny ladder every day for the mice who live in the cellars.
- The term "genuine leather" is an actual grade of leather...and is the second-worst type of leather there is.
- The first computer was invented in the 1940s.
- Bees sometimes sting other bees.
- The "Windy City" name has nothing to do with Chicago weather. Chicago's nickname was [coined by 19th-century journalists](#) who were referring to the fact that its residents were "windbags" and "full of hot air."
- Firefighters use wetting agents to make water wetter.
- Octopuses lay 56,000 eggs at a time.
- **Thanks to 3D printing, NASA can basically "email" tools to astronauts.**

VEGETABLE OIL VS OLIVE OIL

Olive oil is the major distinguishing feature of the famous [Mediterranean diet](#), one of the few world diets recognized scientifically to ward off disease, prevent weight gain, and promote longevity. Vegetable oil, on the other hand, has a bad rep and is considered to be a classic feature of the infamous western diet, with most fast-food chains using vegetable oil to fry food.

HOW DO THE TWO OILS COMPARE IN TERMS OF USE?

The main difference between vegetable oil and olive oil is that the latter is made of a single source - olives - whereas the former is a blend of a variety of plants, such as corn, canola, sunflower seeds, soy, and safflower. Compared to olives, the plants used in vegetable oil are much cheaper to cultivate and grow, hence a stark difference in the price. While olive oil is traditionally cold-pressed and not highly processed to retain more of its flavor and nutrients, vegetable oil is completely refined, which makes it virtually tasteless but also less nutritious. This is because more processing equals less flavor and fewer nutrients.

Olive oil shines as a flavoring and dipping oil. On the other hand, since vegetable oil is very neutral in taste, it's perfect for frying and baking, while olive oil will not be suitable for these preparations because it will impart an often undesirable olive oil taste to baked goods and other foods.

Thus, both of these two oils definitely have their own place in a kitchen, as they're used in different ways.

WHICH OIL IS HEALTHIER: OLIVE OIL OR VEGETABLE OIL?

To put things simply, the nutritional value of an oil boils down to its degree of refinement. Because vegetable oil is made of a variety of different plants, it requires more refinement and chemical processing to get a neutral flavor and relatively high smoke point, enough to be able to use it in frying. However, there is a serious drawback to refinement, too, as most of the nutrients naturally present in the corn, canola, and sunflower seeds are being lost during the processing.

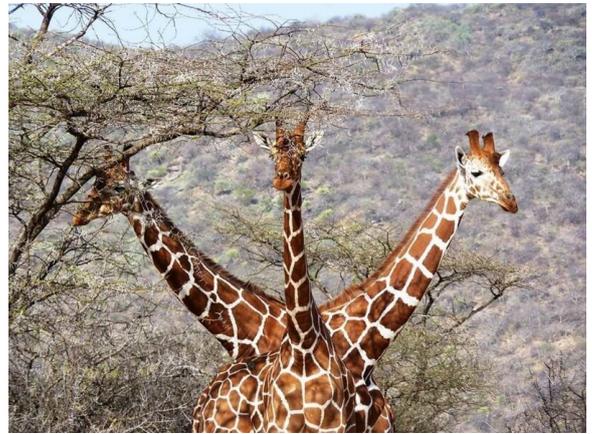
Olive oil, on the other hand, is less refined on average. Extra virgin olive oil specifically, which is the least processed form of olive oil, for example, has a rich olive taste and often even a vibrant green color, too. But taste isn't the only thing preserved in extra virgin olive oil, as it's rich in beneficial plant nutrients, such as Vitamin E and K, antioxidants, and anti-inflammatory carotenoids and polyphenols, too. With these nutrients come a variety of [health benefits](#), such as cancer prevention and improved cardiovascular health, to name a few.

Do keep in mind, however, that extra virgin cold-pressed olive oil has the highest levels of these beneficial nutrients, whereas virgin olive oil or regular olive oil will generally lose those nutrients due to a higher degree of refinement. Unfortunately, producing refined olive oil is generally cheaper than cold-pressed extra virgin varieties, so the latter may also come with a higher price tag.

Another important element to consider is the quality of the fatty acids in olive oil and vegetable oil. While both oils contain the safe type of fats - unsaturated fatty acids - olive oil has a much higher concentration of monounsaturated fats, which have added anti-inflammatory properties. Vegetable oil, on the other hand, mainly consists of omega-6 polyunsaturated fats, which could be harmful to the heart if consumed in excess.

IN CONCLUSION, both vegetable oil and olive oil have their uses in the kitchen. That said, extra virgin olive oil contains more vitamins, antioxidants, anti-inflammatory compounds, and healthy monounsaturated fatty acids, so it's best to use this kind of olive oil whenever possible. Vegetable oil, on the other hand, consists mostly of empty calories and isn't associated with any known health benefits, but it can safely be used in moderation in baking, for example.

TIMING IS EVERYTHING



#analbumcover

If you read this the same way I did,
then the internet has ruined you too.

GROUP MANAGEMENT

Group Leaders- Fred Travis & Peter Ham
Treasurer: Peter Ham
Social Events – Joy Ham-at petejoyham53@bigpond.com or 3886 5511
Membership Officer—Mark Broughton
Speaker Acquisition—Tim McNickle
Welfare Officer—Mark Broughton
Induction Officers (Men)- Brian Stegman, Garry Dingley,
Lindley Deslandes
Induction Officers (Ladies)-Penny Millard & Joy Ham
Mailing Officer-Brian Stegman
Support Officers – Larry Hamilton (shows & expos)
Greame Kemp (shirt acquisition)
Minute Secretary—Jenny Gehrke
Group Telephone: 0435 119 628
Group email: mbrpcsg@gmail.com
Group Website: www.prostatesupportgroup.org

I DRINK
WINE
BECAUSE
THE DOCTOR
SAID THAT
I SHOULDN'T
KEEP THINGS
BOTTLED UP!

THIS MONTH'S QUOTES

- When you've finished changing, you're finished. -Ben Franklin
- The only way to get much better at your craft is to be challenged in ways that make you uncomfortable
- Old age is having a choice of two temptations and choosing the one that will get you home earlier.

WHAT YOUR BODY DOES EVERY SINGLE DAY

- ◆ Your heart pumps approximately 7570 litres of blood through its chambers every single day: It beats more than 100,000 times a day to achieve this incredible feat.
- ◆ You take around 17,000 breaths a day on average and you don't have to think about a single one of them. A typical pair of adult lungs can hold 6 litres of air.
- ◆ Your brain doesn't stop working. It's estimated at about 50,000 thoughts pass through each day on average. That's a whopping 35 to 48 thoughts every minute.
- ◆ The cells in your stomach produce and alkaline lining every few milliseconds to neutralize stomach acid. If they didn't do this, your stomach would digest itself because some of the acids are strong enough to dissolve metals.
- ◆ You blink about 28,000 times every day with each one tenth of a second. This is a voluntary reflex to keep the eyes clean and moist. You are able to weigh up any visual scene in just 0.01 all second.
- ◆ Most of the body's energy is expelled via heat. Your body produces the same heat as 25 light bulbs in a single day.
- ◆ Red blood cells shoot around the body taking less than 60 seconds to complete a full circuit. This means that each of them make 1440 trips around your body everyday delivering oxygen and keeping your body energised. Each cell lives for about 40 days before being replaced by a young boy model. It's no surprise their life span is short, having made 60,000 trips around the body. They must be exhausted.
- ◆ Your hair, if you still have any, grows about offer a millimetre per day and the average adult has 100,000 hairs on their head. That's about 50 metres of a growth every single day.
- ◆ The glands in your mouth produce an incredible 1.5 metres of saliva every day. If this doesn't happen your mouth will dry up and become overrun with bacteria and you won't be able to the digest your food.
- ◆ In each of your kidneys contains one million tiny filters that work together to filter on average or 1.3 litres of blood every minute. That's 1872 litres in each day despite each kidney only being the size of a fist. They also expel an average of 1.4 litres of urine every day.
- ◆ Your body works overtime to digest your food and this process starts before food even hits the mouth. When you smell food, your mouth automatically produces more saliva to prepare the digestive system for work. It takes about 6 to 8 hours for food to pass through the stomach and two days to complete the digestive process. The average person will eat over 50 tonnes of food in a lifetime.
- ◆ Your body cells are regenerating themselves every single day without prompting. This means you have an entirely new set of taste buds every 10 days, new nails every 6 to 10 months, new bones every 10 years and a new heart every 20 years.
- ◆ So next time you think your body is starting to creak just think about the incredible things that are happening inside it every day because all of us all really a miracle.



Don't let them take the temperature on your forehead as you enter the supermarket, its a government plot to erase your memory. I went for a bottle of milk and a loaf of bread and came home with a case of beer and 12 bottles of wine!

The Wedding by Pam Ayres

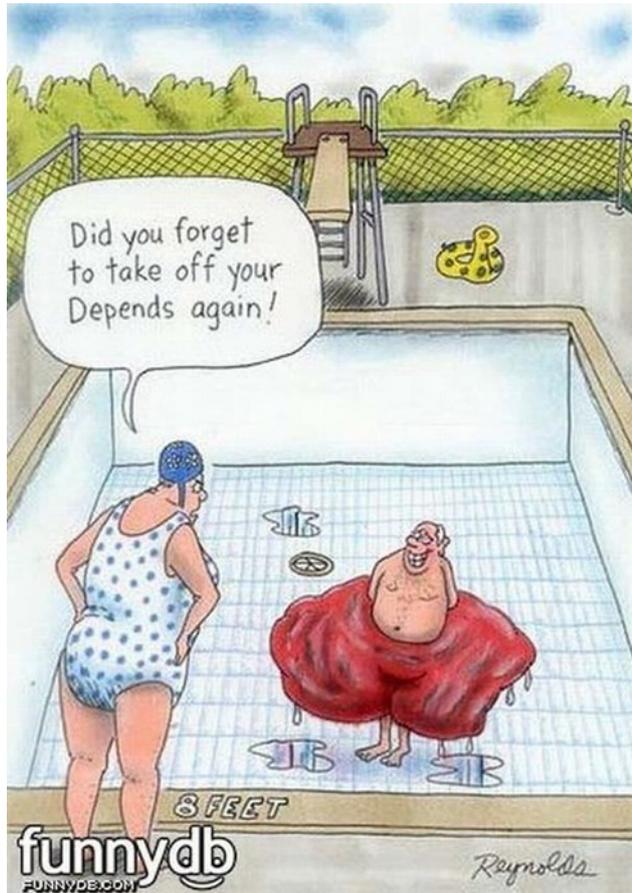
<https://youtu.be/5GAUfYav0jo>

Be careful where you shop online. We ordered a german shepherd and now this guy lives with us.

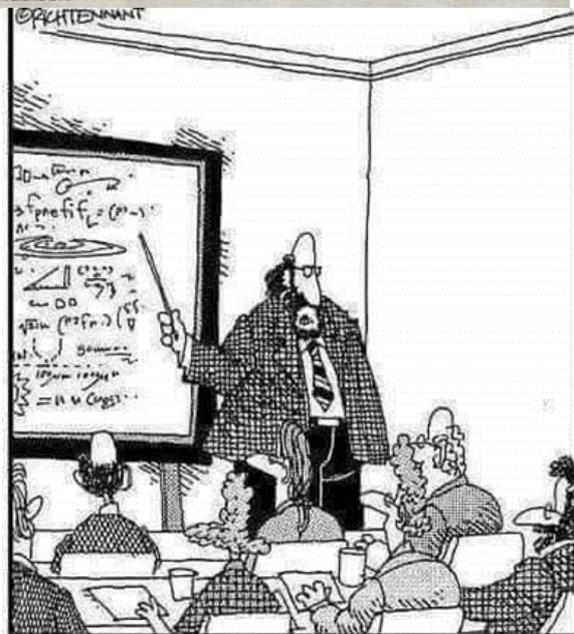


3 Things to note when turning 60

<https://youtu.be/0-5YuglDcmg>



**I told my wife I saw a deer on the way to work.
She said how do you know he was headed to work?**



"Along with 'Antimatter,' and 'Dark Matter,' we've recently discovered the existence of 'Doesn't Matter,' which appears to have no effect on the universe whatsoever."

*"I visited the beach on Google Earth.
Next time I'll wear sunscreen."*