



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

THURSDAY, 12th May at 6pm **MEN'S BREAST CANCER**

Peter Bennett and George Moros of the Men's Breast Cancer Forum were both diagnosed and treated several years ago. This group is basically a Facebook group that was formed in North Lakes 5 years ago with a couple of members initially and has since expanded internationally.

As at the writing of this newsletter, the vaccination mandate at The Y has been lifted

WHERE WE MEET

The group meets at 6pm on the 1st floor of the Mango Hill Community Centre (The Y). Entrance from the car park at 22 Linear Drive, Mango Hill on the 2nd **THURSDAY** of the month. It's the tallest building in Mango Hill.

Refreshments are provided from 6pm.
If you need more info see contact details page 4

THE APRIL MEETING

Tim Wright is the prostate cancer specialist nurse at Redcliffe Hospital and he outlined the latest statistic relating to prostate cancer and the activity at Redcliffe Hospital. He also identified the hospital's coordination with royal Brisbane Hospital where certain treatments need to be referred to RBH.

Have you looked at our website yet
www.prostatesupportgroup.org
Your comments will be welcome

SOCIAL ACTIVITY

PUT THESE IN YOUR DIARIES NOW

We have another picnic planned for 1st May at 10.30 am at Jamieson Park. It's another BYO food and drink event

The ladies morning tea is on 19th May and the men's is on 21st May. Both will be at the North Lakes Sports Club, Flinders Parade, North Lakes at 10am

AND

There will be a luncheon at the My Oh My Eatery at the sheds, 264 South Pine Road, Brendale on 1st June at 12pm

RSVP Joy before 25th May

petejoyham53@bigpond.com or 3886 5511

PLEASE GET INVOLVED

LOOKING FOR FUN RUN RAFFLE PRIZES

Your support group is planning its 3rd Redcliffe Hospital Fun Run in August but we need sponsors and raffle prizes. Already Phil Tozer and Christine Simpson have shown their keenness to be involved and have not only donated some crystal glasses but are also looking to make contact with business to see whether they can obtain other sponsored raffle prizes. The Mango Hill Tavern have also donated \$100 vouchers as prizes.

If you can help in some way, we would have a more successful event and fundraising effort. Don't leave it to just a few members. Anyone can help

PCFA NEWS

While survival rates for prostate cancer are high, the diagnosis of prostate cancer is a major life stress.

Before and after prostate cancer treatment, up to one in four men experience anxiety and up to one in five report depression, with an increased risk of suicide.

To help address these concerns, Prostate Cancer Foundation of Australia is launching Australia's first specialised prostate cancer counselling service.

The service will be available to men and their loved ones at no-cost and staffed by a specially trained clinical psychologist and nurse counsellors.

Head of the service, Bernard Riley, says the service will be a game-changer.

"It's a troubling statistic that men impacted by prostate cancer have a 70 per cent increased risk of suicide. We've created this new service to catch them before they fall.

"And while every man will have a different experience of prostate cancer, a high number of men experience treatment-related symptoms that can heighten psychological and emotional distress, impacting their day-to-day lives."

The service will be offered by phone by a team of three specialist prostate cancer

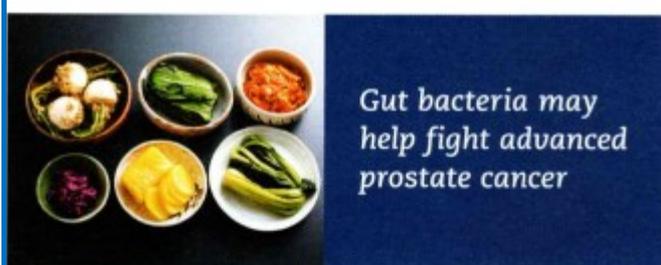
counsellors during business hours from Monday to Friday, with access via PCFA's Telenursing Service on 1800 22 00 99.

"About 40 per cent of patients will experience poorer physical and mental quality of life and lower life satisfaction 10 years or more after their diagnosis and treatment," Bernard says.

"The fact is that prostate cancer changes lives in ways many can't imagine, which is why this new counselling service is so critical to men's long-term mental health and quality of life.

"We expect to see demand for this service grow quickly, with a great many men in need of support that only we can offer."

➔ Phone 1800 22 00 99 or email telenurse@pcfa.org.au to make an appointment.



Gut bacteria may help fight advanced prostate cancer

A new study by researchers in the UK has found that the presence of a certain bacteria in the gut could contribute to prostate cancer growth. The researchers found that hormone therapy may trigger gut bacteria to produce androgen hormones, whereby eliminating the gut bacteria in mice slowed the growth of prostate cancer and the development of treatment resistance. The findings could lead to the creation of foods enriched with favourable bacteria, to maintain treatment response and improve survival outcomes.

Learn more ➔ <https://bit.ly/3H3nKMh>

INTERESTING!!

For those of you who have computers and internet, here's an interesting video relating to the use of Kegel exercises to improve sexual function. Thanks for the heads up Bill <https://youtu.be/AOXvRrLmS1E>

"One of the biggest mistakes people make is putting soft plastics, like bread bags, supermarket bags and chip packets, into their kerbside recycling bin.

"You can drop these soft plastics off at most major supermarkets so they can still be recycled, just not in your home recycling bin."

I hate when people confuse education with intelligence. You can have a bachelor's degree and still be an idiot.

2 men and 2 towels

<https://youtu.be/IISzZILczbo>

- Woody from *Toy Story* has a full name — it's Woody Pride.
- Oh, and Cookie Monster's real name is [Sid](#).
- Carrots were originally [purple](#).
- Shakespeare and Pocahontas both [lived](#) during the same time.
- Not once in the Humpty Dumpty nursery rhyme does it mention that he's an egg.

WILL AUSTRALIA SOON BECOME A CASHLESS SOCIETY?

Where does that leave those of us who aren't as comfortable with the cashless payments becoming the new normal? Will COVID-19 speed up the transformation? And is a cashless society all it's cracked up to be, or are there just as many downsides that we should be concerned about?

PROS AND CONS

When it comes to the virtues of a cashless society, there are arguments on (excuse the pun) both sides of the coin.

The most obvious benefit is the convenience. A simple tap-and-go payment with a credit or debit card is faster than fumbling about with change and cash registers. From a legal perspective, the existence of digital paper trails makes crimes like money laundering tougher to pull off, while currency exchange when travelling internationally (whenever *that* begins again) will also be much easier.

However, there are definitely downsides too. First of all, there's the risk of data breaches and hacking – whether it be the release of your personal information stored online, or someone managing to breach security, gain access to your account and drain your bank account. Furthermore, it may exacerbate issues of economic inequality as those without bank accounts struggle to keep up with the new normal, while others may simply find the temptation to spend too strong, making money management more difficult.

Internet Banking—Internet banking is a relatively recent technological innovation that has been introduced by all banks. By downloading your bank's app, you can conduct all of your banking transactions from your computer, check your balance, transfer money between your accounts, pay bills, make payments to others, check your statements and set up direct debits – you can do it all from your computer.

Tap & Go Credit/Debit Cards—Debit cards and credit cards have been around for a while now, but until recently were limited to ATM withdrawals and swipe / insert transactions at EFTPOS machines, all of which required you to either enter a PIN number or sign a receipt in order to use your funds. Now, with the rise of contactless payment (aka Tap and Go), you simply tap or hover your card over the payment terminal and, voila, you're paid and on your way.

Digital Wallets—The iPhone has Apple Pay, an Android phone has Google Pay and Samsung phones have Samsung Pay. These digital wallets exist on your smartphone and allow you to use your phone in a similar way to a Tap and Go credit or debit card. You simply download the Wallet app on your device, link your debit or credit card, and go about your day.

So, Is Cash Dead?—Not yet, but the progression towards an entirely cashless society is already underway. One day — perhaps not too far in the future — Australia's \$20 note will only be found in museum display cases, an otherworldly relic from another era. Ah yes, the future. In the future, the act of collecting, handling, even smelling money will be a distant memory



Working at an unemployment office has to be a tense job...knowing if you get fired, you still have to come in the next day.

Last night, my wife asked me if I'd seen the dog bowl. I said, "I didn't know he could."



Never in my whole life would I imagine my hands would consume more alcohol than my mouth!!

www.silversurfers.com

If a telemarketer calls, give the telephone to your 3 year-old and tell her it's Santa

- [Philadelphia Cream Cheese](#) is NOT actually from Philadelphia.
- [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.

**Future UK King
Prince Charles**
He's had 70 years' training for the job, and he still can't do up his own buttons



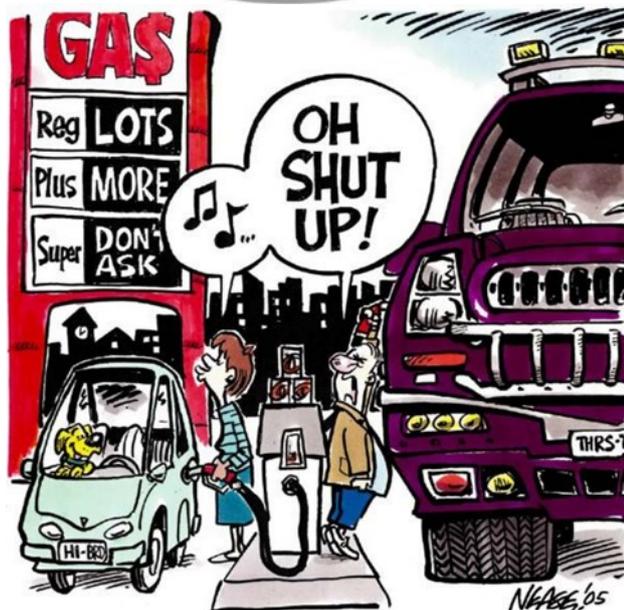
BATHURST INSPIRED ME ON THE WEEKEND, SO I JUST HOTTED UP GRANDPAS MOTOR SCOOTER 🇬🇧 🛵



SO YOU'RE TELLING ME



A friend suggested putting horse manure on my strawberries... I'm never doing that again, I'm going back to whipped cream.



GROUP CONTACT

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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.”

THIS MONTH'S QUOTES

- The true sign of intelligence is not knowledge but imagination – Einstein
- Education is not the learning of facts but the training of the mind to think - Einstein
- If you do not change direction you may end up where you are heading