



Affiliated with Prostate Cancer Foundation of Australia
And supported by Redcliffe Hospital, YMCA and Moreton Bay Regional Council

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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

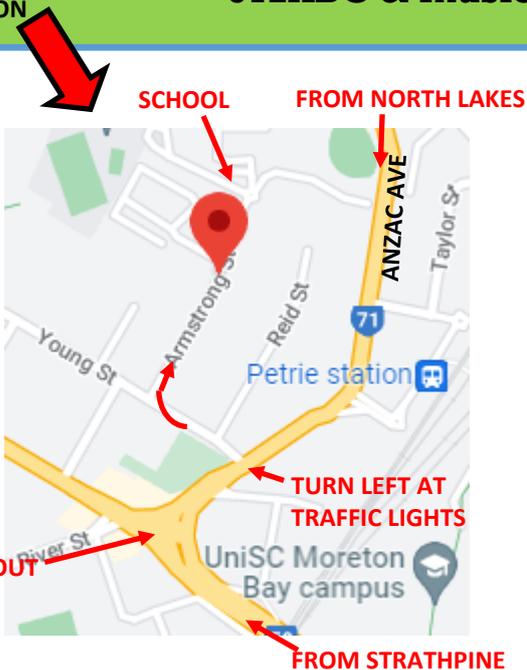
THURSDAY, 11th August at 6pm

IT'S OUR 10th BIRTHDAY

Members & partners are invited to attend and celebrate together with the people who started it all way back in 2012.

The venue is at "Our Lady of the Way" primary school hall, Armstrong Street, Petrie with entertainment from Mike Van Acker of 612ABC & music from Gordon Walker

LOCATION



PLEASE NOTE to RSVP Joy Ham BEFORE 8th AUGUST to allow her to plan refreshments. Email at petejoyham53@bigpond.com or ring either 3886 5511 or 0408 795

SOCIAL ACTIVITY

PUT THESE IN YOUR DIARIES NOW

Next ladies morning teas at 10am at Deganis in Capestone Shopping Village off Napier Avenue, Capestone, Mango Hill on 18th August

Men's morning tea at 10am on 20th August At North Lakes Sports Club

Get ready for a picnic on 11th December

PLEASE GET INVOLVED AND PUT HEALTH WORRIES ASIDE
These events are all about enjoying ourselves

Special thanks must go to Monica Shaw for the raffle prize at the July meeting

**IT'S YOUR GROUP
LAST CHANCE TO GET INVOLVED**

Have to bought tickets in the online raffle or even the breakfast raffle for the Fun Run event on 7th August
OR
You may want to just donate to our cause either through MyCause site at <https://www.mycase.com.au/events/metronorthfunrun> or on our website at <https://www.prostatesupportgroup.org/donation>
SEE PAGE 2 FOR DETAILS

THE THIRD ANNUAL PROSTATE CANCER FUN RUN

LAST CHANCE TO GET INVOLVED

We are about to have our third fun run on 7th August 2022.

In conjunction with the fun run, here is an online raffle as well as a crowdfunding program called MyCause. These have more than adequately provided the necessary funds for all the needed operations of our group as well as allowing us to make donations to some well meaning and prostate related research organisations.

THE ONLINE RAFFLE

There are some great prizes involved with the online raffle.

- ◆ 1st prize is an his and her apple watches valued at \$1556
- ◆ 2nd prize is his and hers sports footwear from Rebel valued at \$500
- ◆ 3rd prize is a his or hers car service at Grand Prix Motors Aspley and valued at \$500
- ◆ 4th prize is his and hers tickets to the Australian Outback Spectacular valued at \$200
- ◆ 5th prize is a his and her selection of 12 mixed red and white wines
- ◆ 6th prize is a "Just for Her" magnificent white gold and diamond pendant valued at \$500



This is the QR Code for raffle tickets at \$5 each. Click on the RaffleLink URL for details. **You get one extra ticket for every \$20 donated** If you can't do that and want to donate to our cause you can go to our website (www.prostatesupportgroup.org) and hit the donate button. or

At the same time, we have a crowd funding program called MyCause. Tell your family and friends that they can support our group **using this QR Code**. Click on the MyCause URL link that appears and then the MENU at the top. Then click on Donate. Your group is a recognized charity and can issue a tax deduction for you when requested for donations over \$2.



FOR FUN RUN REGISTRATION, use this same QR Code, click on the MyCause URL link and then the MENU at the top. In that menu list, click on the Register bar.

The run itself starts and finishes at Woody Point Jetty starting at 6.30am on Sunday, 6th August. Participants are asked to raise \$50 and can decide to run 5 or 10km or just walk for 5km. A free running shirt is provided as well as a free breakfast at the Belvedere Hotel.

◆ **Two standout guys need to be acknowledged. John Dowling for his great organisation of the fun run and Larry Hamilton for his efforts in attracting so many raffle prizes.**

◆ **Acknowledgements are also due to:**

- **Alison Schmiegel for developing all the posters and flyers for the event**
- **John Haberecht for donating 8 mixed wines for our raffles**
- **Peter Perkins for donating 4 copies of his own Adam Mann book series on the Australian bush for our library.**
- **The Phil Tozer & Christine for the crystalware prize**
- **The McNickles for getting the Jetts Gym to provide a 12 month membership**

A BETTER DIAGNOSIS OF PROSTATE CANCER

Prostate Cancer Foundation of Australia has welcomed the Medicare listing of PSMA PET/CT scanning for men with prostate cancer from Friday July 1, in a move that will improve the standard of care for thousands of men with intermediate to high-risk risk forms of the disease.

“Australia has one of the highest rates of prostate cancer in the world, with one in every six Australian men likely to be diagnosed by age 85. Over 18,000 men will be diagnosed with the disease this year and 3,323 will die. It’s a tragic toll that can be avoided if we can monitor the disease more closely to see whether it has spread.

We commend the Government’s investment of \$14.2 million over four years for a new (Medicare Benefits Schedule) MBS item to subsidise scans for men with intermediate to high-risk and recurrent prostate cancer.

Known as PSMA PET/CT, prostate-specific membrane antigen positron emission tomography/computed tomography scans support patients by providing additional information to inform treatment, which can lead to improved outcomes. It is estimated that these new MBS inclusions will result in an additional 18,600 services each year, helping thousands of men access better treatment to improve their prognosis.

“This is the dawn of a new day for men with high-risk prostate cancer in Australia. PSMA PET/CT scans are more accurate compared with conventional imaging, provide more definitive results, minimise the patient’s exposure to radiation, and allow clinicians to more effectively monitor and manage higher-risk prostate cancers.

“In essence, if we can see it, we can treat it, and we can improve our chances of beating it. This is a giant leap forward for thousands of Australian men with prostate cancer. We hope to see ongoing investment to further establish Australia as a world-leader in this field, for the benefit of Australian men and families.”

MOST COMMON CANCER DIAGNOSED IN AUSTRALIA

Prostate cancer diagnosis has reached a crisis point. It is now the most common cancer diagnosed in Australia, overtaking breast cancer as the country's leading cause of cancer. To make matters worse, testing guidelines are based on outdated data and are likely contributing to the deaths of an increasing number of men. New data by the Australian Institute of Health and Welfare estimates 24,217 Australian men will be diagnosed with prostate cancer this year, compared to 20,640 women diagnosed with breast cancer. That's a 34 per cent increase on previous year and a call to action for all Australians. For many men, this news comes as no surprise, confirming the growing number of cases they have seen among men in their community

This data provides further justification for an urgent review of the nation's Clinical Guidelines for PSA Testing, which measures prostate-specific antigen levels in the bloodstream. The fact is existing guidelines are now six years old and based on outdated data. We hold grave fears they are putting men's lives at risk, with 66 men now being diagnosed every day and more than 3500 men expected to die from prostate cancer this year.

PCFA surveys have found three in every four Australians do not know about or understand the PSA test guidelines and it is this that impedes early detection and diminishes population-wide survival prospects.

THE OLDER YOU GET
THE MORE YOU APPRECIATE
BEING AT HOME DOING
ABSOLUTELY NOTHING.



DRINKING WINE AT
HOME IS MUCH
BETTER THAN A BAR
BECAUSE YOU CAN
WEAR YOUR PAJAMAS
AND THERE IS NO
LAST CALL.

I got myself a
seniors' GPS. Not
only does it tell me
how to get to my
destination, it tells
me why I wanted to
go there.

MEMORY LOSS

In the following analysis, the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospital addresses the subject in a rather reassuring way:

"If anyone is aware of their memory problems, they do not have Alzheimer's."

1. forget the names of families.
2. do not remember where I put some things .

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking."

This is "**Anosognosia**" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease. The most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys ..

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years ..

Many people are concerned about these oversights hence the importance of the following statements:

1. "Those who are conscious of being forgetful have no serious problem of memory."
2. "Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

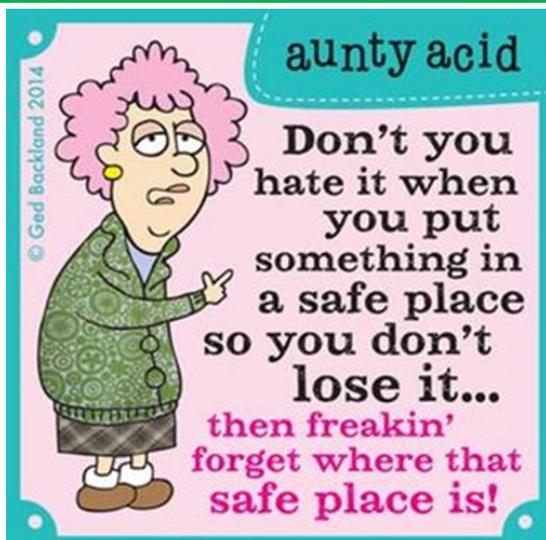
Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."

"Have you noticed that all the people in favor of birth control are already born?"

"If you live to be one hundred, you've got it made. Very few people die past that age."

"At every party there are two kinds of people – those who want to go home and those who don't. The trouble is, they are usually married to each other."



1. What is a bushman's clock?
2. Which former Australian Prime Minister set a beer drinking world record?
3. What is the more common slang term for swimming trunks?
4. Before being named Melbourne, what was the city known as?
5. Which Aussie promised to "Go all the way with LBJ"?
6. What is Aussie slang for a 4WD that has never been driven off-road and is typically driven in the inner-city?
7. When an Aussie tried selling New Zealand on eBay, what was the starting price?
8. With the 5,000 km long Dingo Fence, Australia has the longest fence in the world. What else does it have the longest of?
9. Australia was the second country in the world to give women the vote. Who was the first?
10. What is a triantiwontigongolope?
11. How long would it take to visit every beach in Australia if you could only visit one per day?
12. Why was Australian Football invented?
13. Does Australia's or Switzerland's alps receive more snow?
14. What is the highest grossing Australian movie?
15. Who is the longest serving presenter of *Playschool*?
16. What was the design of the Sydney Opera House inspired by?
17. What unexpected animal does Australia export to Saudi Arabia?
18. What natural Australian landmark has its own mailbox?
19. Are there more kangaroos or humans in Australia?
20. Of the 25 deadliest snakes in the world, how many are found in Australia?
21. Has Australia ever been the world's richest city?
22. What's the ratio of sheep per person in Australia?
23. What Australian animal did England scientists think was a prank?
24. Which alcoholic beverage holder was invented in Australia?
25. Does Australia have a cattle station larger than the entire nation of Israel?
26. What was Vegemite invented from?
27. When security guards at Parliament House in Canberra were banned from calling people 'mate', how long did the ban last?
28. In Aussie slang, what does it mean to have a 'bo-peep'?
29. Where is the Big Prawn?
30. Australia is the world record holder for which Christmas decorative item?
31. Which actors played the characters, *Kath and Kim*?
32. Which classic Aussie film features the phrase, "Tell him he's dreaming."?
33. When an Aussie tells you he's going to "Bend an elbow", what is he about to do?

ANSWERS

1. A kookaburra laughing
2. Bob Hawke—drinking 2.5 pints in 11 seconds.
3. Budgie smugglers.
4. Batmania—named after John Batman who built a settlement on the Yarra Riv
5. Prime Minister Harold Holt.
6. Toorak tractor.
7. 1 cent.
8. We have the longest golf course in the world.
9. New Zealand.
10. A mythical insect.
11. 29 years. Australia has 10,685 beaches.
12. To keep cricketers fit in the off season.
13. Australia.
14. *Crocodile Dundee*.
15. Benita.
16. An orange
17. Camels.
18. The Great Barrier Reef. You can send it a postcard.
19. Kangaroos. There are over 40 million of them.
20. 21
21. Yes, in 1980.
22. 6 to 1. There are over 150 million sheep in Australia.
23. The platypus. They believed us Aussies had stitched a duck's bill onto a rat.
24. Goon—the wine cask.
25. Yes.
26. Leftover yeast used to make beer.
27. One day.
28. Sleep.
29. Ballina.
30. The world's largest Christmas cracker.
31. Jane Turner and Gina Riley.
32. *The Castle*.
33. Drink a beer

VEGEMITE (1922)

- ◆ When one thinks of Australia, one turns to our national spread.
- ◆ Made from yeast extract, Vegemite has been causing rosy cheeks since 1922.
- ◆ In 1928, Vegemite changed its name to Parwill to compete with Marmite. The slogan went: "If Ma mite then Pa will".
- ◆ It changed the name back to Vegemite in 1935.
- ◆ It was the first product to be scanned at checkout in 1984.



To get rid of unwanted junk during the holidays ...

Put it in an Amazon box and leave it on the porch.

It is important to know where you stand



I JUST read an article ON THE DANGERS OF DRINKING... Scared the SHIT out of Me. SO THAT'S IT! AFTER today, NO MORE READING.

A man died and was greeted at the pearly gates by St Peter. St Peter opened his book and said "we're on the fence about letting you in. Did you do anything in your life that made you worthy of entering heaven?" The man said absolutely. There was the time I was driving down the highway and saw a woman who had broken down being harassed by a bunch of motorcycle guys. I pulled over, found the leader, ripped his earring off and told him "if you mess with this woman you're going to have to deal with me". St Peter said "that is commendable - when did this happen?" The man replied "about 30 seconds ago".

Bob, a biker, walked into a sports bar around 9:58 PM. He sat down next to this blonde at the bar and stared up at the TV. The 10:00 news was just coming on.. The news crew was covering a story of a man on a ledge of a large building preparing to jump.

The blonde looked at Bob and said, "Do you think he'll jump?"

Bob says, "You know, I bet he'll jump."

The blonde replied, "Well, I bet he won't." Bob placed a \$20 bill on the bar and said, "You're on!"

Just as the blonde placed her money on the bar, the guy on the ledge did a swan dive off the building, falling to his death. The blonde was very upset and handed her \$20 to Bob, saying, "Fair's fair. Here's your money."

Bob laughed, "I can't take your money,

I saw this earlier on the 5 o'clock news and so I knew he would jump."

The blonde replies, "I did too; but I didn't think he'd do it again"....

Bob took the money....

The Leading Cause Of Injury In Old Men Is

**I
DONT UNDERSTAND HOW
A CEMETERY CAN RAISE
ITS FUNERAL PRICES AND
BLAME IT ON THE COST OF
LIVING.**



Them Thinking They Are Still Young Men

GROUP CONTACT

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◆ **A good speech should be like a woman's skirt. Long enough to cover the subject and short enough to create interest - Churchill**

◆ **You cannot hang out with negative people and expect to live a positive life**