

PLEASE NOTE that due to concerns about the spread of CoVid19 we are cancelling our next meeting on Tues 17 March 2020.

To ensure that no one turns up to the cancelled meeting unnecessarily will you please confirm that you have received and read this notification by emailing:

prostateheidelberg@ gmail.com

The committee will review the situation in advance of the 21 April meeting for which we have a guest speaker.

# Prostate Heidelberg

March 2020    Issue 192

For Education, Information and Support

NEXT MEETING: Tuesday 17 March 2020 **CANCELLED**  
10am – 12:30pm

Meeting Hall, Ivanhoe Uniting Church  
19 Seddon Street, Ivanhoe  
POB 241 Ivanhoe Vic 3079

## Prostate Heidelberg Cancer Support Group

PHCSG provides information, education and support for those affected by prostate cancer. At our meetings we are committed to:

- Showing respect to members, speakers and guests
- Allowing members to speak without interruption
- Respecting confidentiality

## 2020 ANNUAL SUBSCRIPTION

The 2020 Annual PHSCG Membership Subscription is due NOW for the Calendar Year and is important to enable us to keep the group running and supporting those affected by prostate cancer.

Membership is \$20 for individuals, couple or family. Please pay at your next meeting, by mail (POB 241 Ivanhoe, Vic 3079) or online (Prostate Heidelberg BSB 083 256 Acct 583 244 292 – and include your name).

Membership includes 11 PHCSG newsletters, access to an extensive library covering all aspects of prostate cancer and a monthly meeting where you have the opportunity to ask questions, discuss treatments and hear from respected clinicians.

# PCFA Consumer Advisory – Coronavirus and Cancer



## Media Alert

### Prostate Cancer Foundation of Australia has issued a consumer advisory on coronavirus.

The following statement has been announced in order to help safeguard prostate cancer patients and survivors and the community against the spread of the disease.

“Australians impacted by cancer are often at higher risk of infections, influenza, and viruses, and any infections are more likely to take hold at a greater speed,” said PCFA’s CEO, Professor Jeff Dunn AO.

“Having a personal infection prevention plan is essential.

“It’s imperative for people to follow five steps to minimise potential exposure and reduce their risks:

1. Always wash your hands well with soap or alcohol-based handwashes, especially before and after being in contact with other people, before eating or touching your face, and whenever you touch high-contact objects, such as handrails.
2. Be more careful about close contact with others and consider precautionary measures such as avoiding handshakes and kissing others on the cheek.
3. Be more cautious at public events or large gatherings which could bring you into

contact with people who may be carrying the virus.

4. Ensure your workplace, extended family, and social networks are aware of your vulnerability to infection, and respectfully ask them to avoid contact or visits if they have any symptoms of potential illness, such as a high temperature, cough, sneezing, or headache, etc.
5. Avoid contact with people who have been in countries or areas where the virus is in circulation.

“Cancer patients who develop signs of infection should contact their treatment team immediately or phone to seek the advice of their GP or health authority,” he said.

“Call in advance to request medical advice and urgent treatment if you experience signs of fever, chills, sinus pain, headache, shortness of breath, or any other suspicious symptoms.

“If you experience a medical event or notice new symptoms associated with your diagnosis, contact your treatment team or call ahead and go to your GP, taking care to minimise exposure to others, particularly those who may be presenting to hospital with symptoms.

“If you are undergoing outpatient treatment for cancer and face an immediate emergency you should try to call your Emergency Department before arrival, to ensure a quarantined treatment protocol and minimise your exposure to other patients.”

# Prostate Heidelberg Cancer Support Group Meetings

Future guest speakers for the first half of the 2020 are:

21 April

[Dr. Cleola Anderiesz](#)

General Manager, Service Development  
and Clinical Practice at Cancer Australia  
“National data to improve cancer outcomes”

16 June

[Professor Grant McArthur](#)

Executive Director of the Victorian Comprehensive  
Cancer Centre



[Dr Cleola Anderiesz](#)  
General Manager,  
Service  
Development and  
Clinical Practice at

Guest Speaker

Tuesday 21 April 2020

Dr Cleola Anderiesz is an experienced senior executive with 18 years of experience in health across the research, not-for-profit, and government public sector.

Committed to quality in healthcare, Dr Anderiesz holds a PhD in Medicine and a Senior Executive MBA. She is skilled in policy, strategy, innovation, program development and implementation, stakeholder engagement, and evidence-based decision making.

## A Word of Appreciation

Christine & Ray Dudley have decided to step down from the committee due to other commitments.

We would like to thank them for their contributions on the committee, particularly in relation to the production of the newsletter last year and for Christine's meditation sessions.

However they will remain PHCSG members so we can still look forward to welcoming them at future meeting.

# Internet Resources

Members have found the following websites useful

Prostate Cancer Foundation of Australia for guides & help  
[www.PCFA.org.au](http://www.PCFA.org.au)

Australian Cancer Trials Information on clinical trials  
[www.australiancancertrials.gov.au](http://www.australiancancertrials.gov.au)

USA Prostate Cancer Foundation (Guide) PDF guide for men newly diagnosed with PC  
[www.PCF.org/guid](http://www.PCF.org/guid)

Us TOO International PCa Education (USA) USA PC support groups' information & newsletter  
[www.UsToo.org](http://www.UsToo.org)

Cancer Council Victoria for general support services  
[www.CancerVic.org.au](http://www.CancerVic.org.au)

ExMed Cancer Program Melbourne based 'best practice' exercise medicine program  
[www.EXMedCancer.org.au](http://www.EXMedCancer.org.au)

ProstMate (PCFA) A companion to record PC results

Beyond Blue for help with depression and anxiety  
[HELPLINE 1300 22 4636](http://HELPLINE 1300 22 4636)

Continence Foundation of Australia for assistance with incontinence aids  
[HELPLINE 1800 33 0066](http://HELPLINE 1800 33 0066)

Australian Advanced Prostate Cancer Support Group for men diagnosed with advanced metastatic PC  
[www.JimJimJimJim.com](http://www.JimJimJimJim.com)

PCRI Prostate Digest (USA) Prostate Cancer Research Institute supporting research and disseminating information to educate and empower patients, families and the medical community  
[www.pcri.org/insights](http://www.pcri.org/insights)

PAACT Newsletter (USA) Patient Advocates for Advanced Cancer Treatments  
[www.paact.help/newsletter/](http://www.paact.help/newsletter/)

## PHCSG Correspondance

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POB 241 Ivanhoe Vic 3079  
[prostateheidelberg@gmail.com](mailto:prostateheidelberg@gmail.com)  
[Prostateheidelberg.info](http://Prostateheidelberg.info)

## PHCSG Committee

Max Shub	Facilitator
Mike Waller	Treasurer
Spiros Haldas	Library
David Bellair	Web Site
Michael Meszaros	Welfare Officer
Sue Lawes	Secretary

## PHCSG Meetings 2020 10am – 12:30pm

Tues 18 Feb (guest speaker)  
Tues 17 March  
Tues 21 April (guest speaker)  
Tues 19 May  
Tues 16 June (guest speaker)  
Tues 21 July  
Tues 18 August  
Tues 15 Sept  
Tues 20 Oct  
Tues 17 Nov  
Tues 15 Dec (including Xmas lunch)

The Internet is a good source for research but it should not be trusted to give you answers for your personal care. Always speak to your doctor to clarify any medical advice.

Disclaimer: Information in this newsletter is not intended to take the place of medical advice. Please ask your doctor to clarify any details that may be related to your treatment. PHCSG have no liability whatsoever to you in connection with this newsletter.