

Partners & Family Group

Phone for Coffee and a Chat

Possible side effects of hormone therapy

Many partners have difficulty understanding the changes that occur during hormone therapy due to changes in the levels of hormones such as testosterone and oestrogen. These side effects can include:

- Reduced or absent libido (sexual desire)
- Impotence (erectile dysfunction)
- Shrinkage of testicles and penis
- Hot flashes, which may get better or even go away with time
- Breast tenderness and growth of breast tissue
- Osteoporosis (bone thinning), which can lead to broken bones
- Anemia (low red blood cell count)
- Decreased mental sharpness
- Loss of muscle mass
- Weight gain
- Fatigue
- Increased cholesterol
- Depression

Not all side effects are experienced by all men but some have increased or difficulty dealing with a few of the most obvious effects. Many Partners do not understand the lack of intimacy from their partners and by talking to other ladies who are experiencing the same issues helps to deal with these side effects. Sometimes just dealing with a man who has hot flashes can be quite daunting let alone that he does not give cuddles anymore. A coffee and a private chat with a friend or family member can help. Your GP is also a good resource.

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Gold Coast Prostate Cancer Support Groups



NEWSLETTER FOR MARCH 2016

★ SUPPORT GROUPS ★

★ Tweed City★

★ Nerang ★

★ Central Gold Coast ★

★ Partners and Family ★



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The views expressed in this newsletter are not necessarily those of Cancer Council Queensland.

Prostate Tweed City

A Prostate health & Prostate cancer support group
Meet the **FIRST** Friday of each month at
Tweed City Shopping Centre Tweed Heads NSW 2485.
Doors open at 9.45am for 10am meeting

NEXT MEETING 4 MARCH 2016

Good morning all.

We have two speakers coming on Friday the 4th of March.

We meet every Month on the first Friday.

We welcome everyone that wishes to attend our meetings.

We will have the water boiling, and the biscuit's out. So come along and make a cuppa, and have a chat.

Meet our team of Cancer survivors.

Meet the new men who have just been to the Urologist.

All have a story to tell of their journey into the real world of the years slipping by.

You will be made welcome. You can bring your Partner along.

See you Friday

Cheers.

Ross Davis. Convener.

Nerang Daytime Group

Meet the second Thursday of each month at
Nerang RSL Club
69 Nerang Street, Nerang (near Cinema)
9.45am for 10.00am meeting

NEXT MEETING 10 MARCH 2016

Hi All.

Our guest (Dr Sally Sargeant) at the Feb meeting talked about choices of treatment. This prompted discussion on the topic, and other things as well.

Her credentials are:

Dr. Sally J E Sargeant, CPsychol, FHEA

Assistant Professor in Behavioural Sciences
Faculty of Health Sciences and Medicine.

She is researching how we make decisions regarding treatment, and how we feel we are part of the process. Sally has the backing of the university for this research.

AT the March meeting, Sally will conduct a focus group, so for this meeting we will start at **10am** to ensure she can collect all the data she needs.

Please meet at the front door by **9.45am**, and you will be let in as a group. They will not open the doors more than once prior to 10.00am.

If you weren't at the last meeting and would like to be part of the focus group, please let me know as all participants will receive a Coles or Woolworths gift card.

I can be contacted johncald@bigpond.net.au or ph 0412 717 710. All welcome for this research.

REMEMBER be there by 9.45 for 10.00am start.

John & Kerry

Central Gold Coast Group

Meet the third Wednesday of each month at
Kurrawa Surf Club
Old Burleigh Road, Broadbeach
6pm

NEXT MEETING 16 MARCH 2016

19 members & partners attended our February meeting, and there were 7 apologies. Of the 19 attendees, 4 were new members.

It was an informal meeting which comprised opening remarks and general business, and a DVD titled "Dissecting the link between nutrition and Prostate Cancer" by Dr. Jeff Holst. This involves research into what happens inside the prostate cancer cell to find if there is another way of attacking it with a drug or something to block the nutrient pathways in prostate cancer.

After the presentation we had a very good discussion involving the 2 new couples of the group. One had just undergone robotic surgery a few weeks ago and the other had just signed up for the robotic surgery.

The whole group participated in the discussion which was very informative and went for over 30 minutes.

At the end of the meeting most of the participants went upstairs for a meal and a drink and to continue their discussions.

We are hopefully going to have an oncologist from John Flynn hospital as our guest speaker at the March meeting. This will be confirmed early in March.

We hope you can join us (with wives/partners) for another interesting and fun evening, and then join us for some socializing over a light meal.

Cheers,

Bruce, Peter and Jeff.