



February 2016 Newsletter

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Report on Meeting held Thursday 18th February 2016

Next Meeting: Thursday 17th March 2016

Guest Speaker: Steve Royle – Accredited Exercise Physiologist

Topic: (may include information on a Healthy Ageing and Type 2 Diabetes)

Venue: Humanities Building; 56 South St. Ipswich

Parking: South St & Nicholas Sts and off Roderick St

The normal starting time for the meeting is 7.30pm with coffee, tea and biscuits at the conclusion of the evening.

This meeting was nicely attended with 18 members in attendance including one first timer. Welcome to that gentleman. Len was the Chairperson for the night.

Madonna Britton is Nurse Unit Manager in the Urology Ward 4F of the Ipswich General Hospital and gave welcome input into our discussions. Madonna has been in various roles and responsibilities in nursing for many years.

Stephen Walker is Clinical Nurse (with special interest in Urology). Stephen also gave welcome input to our meeting. He is working his way through a 6 month trial in place to be a conduit for the delivery of better support services to PCa patients. This means that Stephen could be regarded as the main support contact person for those patients in the public system. His role puts him contactable by patients or family and be able to supply additional non-medical information as necessary – “who can I talk to? .. What support services are available in the community?, Who do I talk to about my incontinence?, etc.

Stephen is involved in arranging a Prostate support group survey and is keen for all member to offer answers to set questions and any comments or feedback that can be used to better the experience of future PCa sufferers.

Jim Marshall the Convenor of Australian Advanced Prostate Cancer Support Groups also gave welcome input into experience in his PCa journey. Jim advised of the website “JimJimJimJim.com”. This website has support information and forum discussion in its content. As the title of the organisation suggests it is mainly directed at Advanced Prostate Cancer.

We welcomed our guest speaker for the night, Dr Ahmad Ali. The doctor is the Director of the Urological Ward 4F of the Ipswich General. He gave a brief history on his progression in the medical field having trained mainly in the south-east corner of our State. He became a Registrar in 2009 and moved to being a Specialist in 2011.

The presentation of Dr Ali was very informative. He has set up the Urodynamic Unit at Ipswich General. *(an extract from a leaflet of the Ipswich's Urology Suite shows Urodynamics to be the study of the pressure and flow in the bladder and the urethra tube (through which you pass urine)).*

- PCa is the biggest killer of men in the world –
- Ipswich region experiences difficulty in introducing new strategies
- Many close regions compete for budget allocations with Brisbane North, Brisbane South, and Toowoomba all within close proximity to each other.
- Ipswich region does not seem to get the budget preferences of other regions (in the doctors experience)

The situation of obtaining a robotic machine for various surgeries (including prostate surgery) was explained. A Da Vinci robotic unit has a cost of about 2.8 million dollars with the manufacturer offering schemes such as paying it off over 10 years. Various locations in Brisbane, and Toowoomba now have this robotic unit in use. Ipswich however needs a business case for the hospital board to consider its introduction.

The doctor then covered the current understanding of PCa events and treatment. After surgery it takes time to settle things down and that time could be 9 to 12 months with pelvic floor exercises. That was reassuring.

Currently through Ipswich General Hospital, case loads of about 1 or 2 per month being experienced where the ages PCa patients involved are between 50 and 55 years.

Discussion with the doctor around the circle took place covering

- Erectile dysfunction and penile rehabilitation (robotic surgery seems to have a more beneficial outcome in this respect)
- More benefits of robotic surgery, time saved in follow up areas, but longer surgery times
- PSA testing and the increasing trend for GPs to refer patients to Urologists on the reading of levels alone
- Without progressive technology, Ipswich may not be an attractions for young doctors
- Some surgeries are packaged or outsourced (with attached funding) to nearby hospitals ie. St Andrews and Springfield private hospitals.

The meeting then moved on to the next phase with round the room updates on members current experiences, if they were happy or have concerns that they wished to share or need support with.

Meeting closed at 9.30pm

Ipswich Prostate Cancer Support Group Meetings		
Ipswich: Third Thursday each month. Meeting starts at 7.30pm		
Humanities Building, Cnr. South and Nicholas Sts. Ipswich		
Brisbane: 2nd Wednesday (except 1st Wed in August) 9:30am on odd months, 7:00pm on even months Venue: QCF, 553 Gregory Terrace, Fortitude Valley		Lockyer Valley: Contact Bob Stewart, 23 Wagtail Drive, Gatton, Q 4343
<u>Program of Events For the Group</u>		
Date	Speaker/Event	Subject
17/03/2016	Steve Royle -- Accredited Exercise Physiologist	Exercise Physiology Service Brief overview for Exercise recommendations for us
21/04/2016	TBA	TBA
19/05/2016	TBA	TBA

