



Since being diagnosed with prostate cancer in 2004, and treated 2005, our speaker Chris Jones has been closely involved with the Prostate Cancer Foundation of New Zealand. He was elected Vice President in 2015, managed the 2006 and 2007 Movember campaigns for PCF, then the first Blue September campaign. Chris has also been involved in growing the Support Group network around New Zealand and developing national resources and training for volunteers.

## Prostate Cancer – What is it?

*To get checked for prostate cancer please consult with your GP.*

The human body is made up of billions of tiny building blocks called cells. Sometimes, cells reproduce in an uncontrolled way and grow into a lump, or tumour. There are two kinds of tumours: noncancerous (benign) and cancerous (malignant). Benign tumours do not spread to other parts of the body and are not life threatening (except in very rare situations).

Prostate cancer occurs when abnormal cells develop in the prostate. These cells have the potential to continue to multiply, and possibly spread beyond the prostate. Doctors do not know what causes prostate cancer. What they do know however, is that the growth of cancer cells in the prostate is stimulated by male hormones, especially testosterone. Most prostate cancer growth is influenced by testosterone but the speed at which prostate cancer grows varies from man to man. In some men the cancer grows very slowly (called indolent), in others growth is more rapid (aggressive).

Men are more likely to develop prostate cancer as they get older. It is also more common in men who have a father or brother with prostate cancer, and in families who carry certain genes such as the BRCA1 or BRCA2 genes.

Anyone with a prostate can get prostate cancer – including transgender women, male-assigned non-binary people or intersex people.

## Symptoms of prostate cancer

Often, prostate cancer doesn't cause symptoms, especially in the early stages. It can remain undetected for some time and still not cause symptoms.

If there are symptoms, they may include:

- Feeling the frequent or sudden need to urinate, especially at night
- Finding it difficult to urinate (e.g. trouble starting or not being able to urinate when the feeling is there)
- Discomfort when urinating
- Finding blood in urine or semen
- Pain in lower back, upper thighs or hips
- Bone pain
- Unexpected weight loss

*Huge thanks to Chris for the great presentation*



## Upcoming Meetings

**14th July:** Deborah Alleyne – Work in the Christchurch Women’s Prison  
**21st July:** Karen Fordyce – Odyssey House, Rehabilitation of Offenders

## Notices

21st July      Hench Meeting  
 28th July      Club Assembly (Members Only)  
 25th August      Tricky Tray Polio Evening with Partners and Cluster Clubs

| Duties              |              |               | Leave          |            |            |
|---------------------|--------------|---------------|----------------|------------|------------|
|                     | 14th July    | 21st July     | Who            | From       | To         |
| Cash Desk           | A Airay      | Alan McKinnon | M Whitehead    | 09/09/2015 | TBA        |
| Cash Desk           | K Gunasekara | P Mears       | J Wylie        |            | TBA        |
| Reception           | D Peterson   | G Fowler      | S Hays         | 11/08/2020 | TBA        |
| Speaker Host        | D Conroy     | H Garlick     | K Moss         | 04/07/2019 | 30/06/2022 |
| Grace               | D Conroy     | H Garlick     | J Chaimberlain | 01/07/2019 | 31/08/2021 |
| International Toast | D Peterson   | G Fowler      |                |            |            |
| Thanks to Speaker   | A Airay      | P Mears       |                |            |            |
| Quote               | K Gunasekara | A McKinnon    |                |            |            |
| Speaker Reporter    | V Ellis      | M Opie        |                |            |            |
| Sergeant            | M Bruce      | D Buist       |                |            |            |

## Reminders

Record your apology by:

- Notifying the Reception Desk
- Email [alan.barbara.mckinnon@gmail.com](mailto:alan.barbara.mckinnon@gmail.com) before 11am on that Wednesday
- Emergency apologies to Liz Bermingham on 0212456875
- You will receive an email reminder a couple of days before the meeting re apologising or bringing a guest
- If you are unable to do your allocated duty, it is your responsibility to arrange a substitute and advise the President
- Please advise all leave of absence (three or more weeks) to the Secretary by email or in writing