



Porirua Healthlinks Trust

"Ka piki te oranga mo nga iwi katoa kei Porirua"
To achieve better health and wellbeing for all people of Porirua

Subscribe to All Points!
All Points is our weekly e-bulletin to keep you informed. Or have your say write to Community Voices at PO Box 50 778 or email info@healthlinks.org.nz



From the Managers Desk

This week is Men's Health week and we have chosen to focus on Prostate Cancer. Alison Pask presents some interesting statistics and Community Voices continues to provide food for thought and influence our forums.

After months of uncertainty for many people with restructuring and budget cuts it seems we will finally receive some direct answers. Luke Worth and Sandra Williams CCDHB have agreed to be guest

speakers at our Community Meeting this Friday at 12.30. They will address the future of Kenepuru Hospital, PHO's and DHB's and what that will mean to you. Cathy O'Malley CEO for Compass Health which represents the biggest PHO in our region will speak on there merger and future and address issues around the A&M after hours service.

Mayor Jenny Brash will also be in attendance and will present the Service to the Community Award. This is your opportunity to come along and be informed. The floor will be open for questions and we encourage all to attend.

Our poll about banning smoking in public outdoor places or providing a room similar to public toilets for smokers has generated a lot of interest. We will run this poll for a further week log onto www.poriruahealthlinks.org.nz and vote.

HEALTHLINE

For free 24 hour health advice phone 0800 611 116

What is Healthline?

Healthline is a free telephone health information service for all the family. The service is staffed by registered nurses who will assess your health needs, and give information and advice to help you decide on the best level of care.



Our Community Dietician says...

Dietary Intakes of Adolescents

A study just published in the Australian New Zealand Journal of Public health looks at the dietary intakes of over 2500 Pacific, Māori, Asian and European adolescents in high schools in Auckland. No similar study has been published using Wellington data but the results are consistent with other studies which highlight marked ethnic differences in food choices and amounts of food eaten.

A few of the interesting facts the authors Sluyter et al showed:

Māori and Pacific Islanders consumed more energy per day and this came from eating more carbohydrate, protein and fat.

Pacific Islanders consumed larger portion sizes for nearly every food item.

Alcohol intakes were highest in Europeans and Māori.

Pacific Islanders and Asians ate more servings of chicken and fish.

Europeans ate more servings of milk and cereal and ate fewer eggs.

The results highlight that food choices are well established by teenage years and I have found as a dietitian working in the community it is much harder to change established eating habits once they are embedded into daily life.

This reinforces the need to work with families and young children to establish healthy eating habits at a young age rather than relying on changing attitudes and established behavior during teenage or adult years.

There are a number of interventions in the local Porirua community aiming to establish healthy eating habits in children. If you would like to share these please contact Alison.



Alison Pask,
local dietitian
for the Porirua region

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World Refugee Day 2010 • Sunday 20 June • Newtown Park



Cancer of the Prostate

In New Zealand, prostate cancer is the most common cancer in men. About 2,500 new cases of prostate cancer are diagnosed each year. Men who develop prostate cancer are mostly over the age of 65. It rarely occurs in men younger than 55. About one in 13 men will develop prostate cancer before the age of 75. In very elderly men, prostate cancer often grows very slowly and may cause no symptoms.

Some men are more at risk of getting prostate cancer than others, but the most important risk factor is ageing. Men with a family history of prostate cancer have a higher risk; that is, if the father, an uncle or a brother has had prostate cancer. Doctors do not know what causes prostate cancer. They do know, however, that the growth of cancer cells in the prostate is stimulated by male hormones, especially testosterone. Most prostate cancer growth is influenced by testosterone.

THE STRUCTURE AND FUNCTION OF THE PROSTATE GLAND

The prostate is one of the male sex glands. The other major sex glands are the testicles and seminal vesicles. Together these glands secrete the fluids that make up semen.

The normal prostate is about the size of a walnut. It lies just below the bladder and surrounds the beginning of the urethra. The urethra is the tube that runs through the penis. It carries urine from the bladder and semen from the sex glands.

As the prostate is a sex gland, its growth is influenced by male sex hormones. The chief male hormone is testosterone, which is

produced mostly by the testicles.

SYMPTOMS OF PROSTATE PROBLEMS

Many men begin to have problems with their prostate as they get older. Most problems are caused by simple enlargement of the prostate, but a few are caused by cancer.

Usually the first sign of trouble is with passing urine. A man may notice one or more of the following symptoms:

- trouble getting the flow of urine started, especially if in a hurry
- trouble stopping the flow of urine ("dribbling")
- the stream of urine is weak, or it stops and starts
- needing urgently to pass urine at any time
- feeling a need to pass urine more often during the day, even though not much comes out
- getting up at night to pass urine more than once
- feeling a need to pass more urine, even though none comes out
- pain and/or burning when passing urine; this may be a sign of infection

SCREENING AND EARLY DETECTION OF PROSTATE CANCER

Regular tests are important for men who:

- have a family history of prostate cancer
- are older than 50, but younger than 70
- have any problems with passing urine

www.prostate.org.nz
0800 4 PROSTATE (0800 477678)



Did you know?.....



Your Heart, like your house needs maintenance.....
With all this rain we've been having now is your opportunity to make sure your drains and pipes around your house is well clear of debris and rubbish. That way you will help to keep the waterways flowing. So too, is the same for your heart. Educating your self on the types of food to eat in order to have your blood flowing through its pipes, will keep your heart pumping soundly. And YOU, with your healthy heart will be able to enjoy life with your family and friends..... to the fullest.

www.oneheartmany lives.co.nz



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GUEST SPEAKERS:

Cathy O'Malley - CEO Compass Health
Luke Worth - Director of Change (CCDHB)
Sandra Williams - Planning & Funding (CCDHB)

- Accident & Emergency After Hours Service
- Future of the Primary Health Organisations (PHO's) and District Health Boards (DHB's)
- What it will mean to you



DATE: Friday 18th June 2010
PLACE: Hosanna Church
Drivers Cres, Cannons Creek
TIME: 12.30pm - 2pm

- Light lunch provided -

All Welcome! Nau Mai Haere Mai!