

Sisters are doing it

TODAY is International Women's Day. As an international woman who has lived on two continents and noted more than 50 years of change, one regular Port News reader pondered how the status of women has changed in her lifetime.

She made these observations:

Once upon a time, the reception desk was only 'manned' by females. Secretaries were always women and salesmen were, by definition, men.

Public relations was more the domain of women, but advertising was more male dominated.

Financial occupations – insurance brokers, bankers, financiers – were mostly male.

Nurses were for the most part women as were teachers, hairdressers and beauticians.

Lawyers were mostly men, as were marketers, farmers and butchers.

The Bureau of Labor Statistics in the United States studied occupations held 95 per cent by males in 1983 and how the share of women in each occupation increased by 2002.

Automobile repair had the greatest shift.

Where previously almost all of these repairers were men, by 2002, the number of women employed in this field more than tripled.

In the field of aviation the increase was 167 per cent, while in police detectives and supervisors the increase was 360 per cent.

She finished with a flourish:

"Stand up and take a bow ladies, it's our day and who would deny we deserve it."

It's not easy being green

A FRUSTRATED Port Macquarie gardener was glad to see the end of days of wet weather recently.

Although the ground was still muddy and wet, he decided to get out into his neglected garden and do some long-overdue work.

Deciding that rubber boots would protect his feet from all the mud, the man stepped into first one boot, then the other.

Imagine his family's surprise when he let out a scream and began to do a war dance around the yard, madly trying to shake his boot off.

Apparently, a small, green frog had decided to camp out in the boot during the wet weather.

The gardener received a very cold, clammy and wet shock when he stepped on the poor frog.

It's hard to tell who was more distressed – the stunned frog or the gardener!

Ziggy needed to zag

MONDAY mornings can be fraught with difficulties.

But for Ziggy the Persian cat – a beloved pet and resident of Wauchope – Monday was positively traumatic.

Like most cats, Ziggy hates water.

His downfall, however, was that he loved fish, and the newly-installed backyard goldfish pond was a smorgasbord waiting to happen.

Padding delicately along the rim of the pond, Ziggy was momentarily distracted by a passing bird.

Ziggy definitely should have zagged – he lost his footing, and into the drink he went.

The soggy moggy lunged out of the pond and made a dash to safety.

On last account, Ziggy's appetite for fish was not affected by his failed fishing expedition.

Quote of the day

"If I'm gonna mess up, I'd like to mess up big," so said SANDRA BULLOCK. She stars in *The Blind Side* as a suburban mom who takes in a homeless teen. She says she likes to throw herself wholeheartedly into a project, once she has decided to take it on. Whether that's enough to beat Meryl Streep today remains to be seen.



□ Sandra Bullock

A cancer in need of understanding

UROLOGIST Prem Rashid describes his new book as an idiot's guide to prostate cancer – and not in a derogatory sense.

The user-friendly, 307-page third edition book breaks down the subject into easy to understand language for people with prostate cancer and their families.

The book, titled *Prostate Cancer – Your Guide to the Disease, Treatment Options and Outcomes*, includes colour, graphics and two new chapters

Open a book, open your mind

by sexual health physician Dr Rosie King and clinical psychologist Dr Addie Wootten.

Associate Professor Rashid said prostate cancer was a silent condition.

But the Port Macquarie urologist is doing his bit to educate people about prostate cancer.

"This book endeavours to move men's

understanding of prostate cancer from uncertainty to a level where they are equipped with sufficient information to make more informed decisions," Assoc Prof Rashid said.

Almost 20,000 men will be diagnosed with prostate cancer this year and more than 3300 men will die as a result of prostate cancer.

The Mid-North Coast had the highest death rate from prostate cancer in the state from 2002 to 2006, figures showed.

Assoc Prof Rashid said there were several reasons behind the figures such as under funding, the scarcity of regional specialists, the older population and waiting times.

Prostate Cancer Foundation of Australia national deputy chairman David Sandoe said we should be committed to educating not only men, but the general public, on the risks of prostate cancer and encouraging men to address their individual risk with their doctors.

"Testing for prostate cancer should be viewed and discussed at an individual level," Mr Sandoe said.

"The Prostate Cancer Foundation of Australia recommends men talk to their doctors about their individual risk of prostate cancer based on their age and family history."

Retired General Peter Cosgrove came on board with three key men's health organisations – Andrology Australia, the Prostate Cancer Foundation of Australia and the Urological Society of Australia and New Zealand – to help launch the book.

General Cosgrove said there was hardly a more personal and prevalent health issue for men than prostate cancer.

"However, it need not be a life sentence," he said.

"This book contains a wealth of information that will help Australian men and their families cope with this significant and very common cancer."

Assoc Prof Rashid is involved with urological training as chair of the NSW Training, Accreditation and Education sub-committee and deputy chair of the Board of Urology.

● The book is available to order online for \$40 including postage from

www.prostate.org.au

www.prostatebook.com.au

or call 1800 220 099.



□ Wealth of information: Associate Professor Prem Rashid with his new book on prostate cancer.

Beware a deadly virus

A DEADLY dog virus is making its presence felt in Wauchope.

Parvovirus is a highly contagious and potentially fatal disease that affects unvaccinated dogs and young puppies.

According to the Australian Veterinary Association (AVA), untreated puppies with the virus have a mortality rate of around 80 per cent.

Wauchope Veterinary Clinic's Michael Ferguson has treated eight suspected and four confirmed cases of parvovirus since Christmas.

Dr Ferguson believes the disease is prevalent at the moment partly due to the wet and humid weather conditions, but mostly due to the increasing number of unvaccinated dogs spreading the virus.

Common symptoms of the virus are a lack of appetite, depression,

vomiting, tender stomach and diarrhoea.

The AVA has not received reports of any parvovirus outbreaks in Port Macquarie and the Camden Haven at this stage, but urges dog owners to ensure their pets' vaccinations are up to date.

Dr Ferguson also is adamant about the advantages of vaccination.

"It's frustrating for us as vets to see these dogs with a preventable condition come into the surgery," he said.

"Vaccination is easy and cheap, but the treatment for parvovirus can be very expensive, as it involves ongoing care, the use of fluids and antibiotics."

Dr Ferguson suggests that anyone uncertain whether their dogs are protected from parvovirus contact their vet.



□ Vaccination advocates: Vet Michael Ferguson and his dog Tinto.