



Prostate Cancer  
Foundation  
of Australia

# PROSTATE SUPPORTER

Newsletter of the Prostate Cancer Support Groups  
of South Australia and Northern Territory

[www.prostate.org.au](http://www.prostate.org.au)

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## A lifetime of volunteering is applauded

Tireless community work and promotion of prostate cancer awareness by Trevor Hunt has earned official praise, reports Jeff Roberts.

**T**REVOR Hunt was recently presented with the Premier's Certificate of Appreciation to recognise his outstanding volunteer service over more than 50 years.

Malcolm Ellis, as chairman of the Central Australia Chapter of the PCFA, presented Trevor with the award at his home, in the company of Trevor's wife Coralie, with Ian Fisk, John Shields, Jeff Roberts and their partners.

Eric Trevor Hunt (generally known as Trevor) has been a long term member of Jaycees and Lions, and after being diagnosed with prostate cancer in 1999 has been greatly involved in prostate cancer support groups and awareness issues.

After radiotherapy in March 1999, Trevor joined the Adelaide Support Group and the Prostate Cancer Action Group. In late 2001, the group

became incorporated and Trevor took a leading role in writing the constitution, was initial chairman for three years and produced a wonderful newsletter that received acclaim throughout Australia.

Trevor was the initial SA representative on SAC, vigorously promoting the Action Group, which became known through staging many public awareness events.

Trevor was a volunteer with Cancer Council SA for about nine years – and an original Cancer Connect volunteer – before resigning in 2008. He has been involved in many committees over the years, including one that is currently preparing a book, *Consumer Guidelines for Advanced Prostate Cancer*.

Beyond this work, Trevor has also given great support and information to countless individuals and families who have asked him for prostate

Newsletters can also be read online at [www.pcagsa.org.au/pages/supporter.html](http://www.pcagsa.org.au/pages/supporter.html)



Trevor Hunt (seated in the foreground) is congratulated on his Premier's certificate by (from left) John Shields, Ian Fisk, Jeff Roberts and Malcolm Ellis.

cancer advice over the past decade. For this and all the work he has done for others and organisations, we join the Premier in thanking and praising Trevor.

### in brief...

**INTERNATIONAL MEN'S HEALTH WEEK** runs from June 15 to 19 – a key time to focus on all manageable health issues, prostate cancer and testicular cancer to diabetes and depression.

**CONTRIBUTIONS** of stories and images from all Support Group members to the Prostate Supporter newsletters are welcome; contact Foster Hill PR and Marketing by phoning (08) 8231 3555 or email items and images to [prostate-news@fosterhill.com.au](mailto:prostate-news@fosterhill.com.au)

The Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99  
or visit the website [www.prostate.org.au](http://www.prostate.org.au)

**COMING  
EVENTS****JUNE 9  
MEETING**

The Action Group will next meet in the upstairs meeting room of the Cancer Council SA building, 202 Greenhill Rd, Eastwood at 5.30pm on Tuesday June 9. At present, entry is through the front door on Greenhill Rd.

• For more information about the Action Group and its activities, visit the South Australian Prostate Cancer Action Group's dedicated website, with detailed archives containing its newsletters, at <http://www.pcagsa.org.au>

# Time to prepare for action in Paskeville

The Action Group will be requiring volunteers to make sure its Field Days visit is a success, as Bryan Hearn reports.

FOLLOWING a proposal from the Prostate Cancer Action Group, the Prostate Cancer Foundation of Australia has agreed to provide funding for a site at the Yorke Peninsula Field Days at Paskeville on September 29 and 30, and October 1.

The Paskeville event is the largest of its type in SA, expecting more than 50,000 attendees throughout the event.

Paul Redman of the PCFA has advised that the site will be shared with Independence Australia, a leading provider of health care services and products. A 6x3 metre indoor site has been booked and a trestle table with chairs will be arranged.

A substantial range of brochures will be placed on display and volunteers will be needed to speak to interested people about prostate cancer issues, encouraging them to take as many brochures as they wish.

Between four and six volunteers will be required for each day of this three-day event. No one will be expected to attend more than one day. Transport costs will be met by the PCFA and a mini bus will be arranged to transport people from Adelaide.

If circumstances require people to take their own vehicle, fuel costs will be paid by the PCFA.

It would be great if members of various support groups in

South Australia could assist at this event, which participants should find a very rewarding experience.

For those interested or who require more information, please contact Bryan Hearn on (08) 8323 7924 or email [bk@chariot.net.au](mailto:bk@chariot.net.au); or phone Jeff Roberts on (08) 8277 3424 or email [thebanjeff@bigpond.com.au](mailto:thebanjeff@bigpond.com.au)

## **ACTION GROUP MEMBERSHIP**

WE welcome any member of a support group or interested supporter who feels that they might be able to help. The Action Group places an emphasis on Action and spreading the word on prostate cancer awareness.

## Royal Adelaide Hospital's Health In Men Program

### Toolbox meeting promotes healthy eating

AT the most recent Royal Adelaide Hospital Toolbox Meeting on May 22, as part of its Health in Men program, guest speaker and nutritionist Julee Hawthorn, gave a fascinating presentation called Men, Healthy Eating and Food Labels, focusing on healthy eating choices.

Julie's talk emphasised that investing in your long term health is as important as investing in superannuation. Indeed, she said you should

ensure that healthy food choices are always available, whether at work or at home.

The Australian Guide to Healthy Eating pie graph was explained in detail, showing that what is put on your bread can be very significant. The 2 and 5 message (to eat two serves of fruit and five serves of vegetables every day) was strongly reinforced.

Food labels were also covered. Several products' contents (including a chocolate

biscuit) were compared with recommended maximum levels of energy, fibre and salt. The biscuit didn't pass the test, placing it as a choice for sometimes or small amounts.

The next Toolbox meeting on July 3 will cover Exercise for Mature Men, presented by an exercise physiologist. The August 14 meeting will feature Professor Willis Marshall speaking on The Nuts and Bolts of the Prostate. For the full list of Toolbox meetings,



Nutritionist Julee Hawthorn with details of when and where the meetings are held, please refer to Page 11 of April/May issue of Prostate Supporter (Volume 2 No. 4).

**Reported by Ian Fisk**

## Prostate Cancer Support and Awareness: ADELAIDE GROUP

COMING  
EVENTS

**JUNE 15 MEETING:**  
The Adelaide Group meets on the third Monday of each month in the Park View Room of the Fullarton Park Centre, 411 Fullarton Rd, Fullarton. Rosalie Donhardt, the continence nurse adviser with Disability SA (also on the SA committee of the Continence Foundation of Australia) and a registered nurse, will speak on continence issues for men and women.

• *Speaker for July 20 meeting will be Morgan Atkinson, to whom a Churchill Fellowship was awarded in 2008 to explore exercise rehabilitation interventions for cancer patients.*

• *For more information about coming activities, visit the Adelaide Support Group's dedicated website at [www.psaadelaide.org](http://www.psaadelaide.org) or phone Ian Fisk on 8296 3350.*

# PCFA catalogues ambitions and recent achievements

While helping to expand the network of support groups, the PCFA also wants longstanding groups to prosper, as Ian Fisk reports.

**E**XPLAINING the structure and goals of the Prostate Cancer Foundation of Australia, Support Group Services Manager Paul Redman presented graphs to the Adelaide Group's May meeting that show the impact the foundation is having on such issues as PSA testing rates and those likely to be tested. In recent years, both have increased significantly.

In 2008, the PCFA was particularly busy, approving 25 research grants totalling more than \$4 million, hosting many major awareness events, helping to start 13 new support groups and form four new Chapter councils, and lobbying government for research and awareness funding – which resulted in the new Ambassador program and equipment grants.

In 2009 the PCFA is asking for research applications that will assist men and families in the short term, applying for more medical equipment, and launching a new Blue September campaign for Prostate Cancer Month, including media items, a book launch and coordinated events in all states involving support groups and chapters.

(Unfortunately Cancer Council SA has decided not to have a Prostate Cancer Call-in during September 2009).

The foundation hopes that at least 30 new support groups will be formed.

It also continues to lobby Governments on items or



**Paul Redman**

situations on behalf of support group members.

Paul showed some slides on operating a successful Prostate Cancer Support Group. Suggestions include:

- Provide a safe, sane and non-threatening environment.
- Always include wives or partners.
- Open membership to all people.
- Share the workload and experience, and start forming succession plans for the future.
- Let the community know you exist. Use a Yellow Pages advertisement, build and maintain contact with local media, and perform public speaking tasks.
- Connect with local medicos, government, service clubs and sporting clubs via handouts, business cards and personal contact.
- Provide information and raise awareness about prostate cancer

in the community, especially to medical and nursing professions.

- Use both formal and informal styles of groups and meetings, Include social activities, set up a newsletter and undertake leadership training for many members.

- Provide one-to-one peer support to men and families, drawing on your past experiences and compassion. Also offer support outside regular meeting times.

- Provide a social network to patients and survivors that accepts and understands without judgement.

- Identify advocacy issues for the National SAC committee and the foundation to explore.

Paul concluded his speech by reaffirming the PCFA's primary goals: To help facilitate every man's ability to make an informed decision about how he and his family manage his health with the support of his medical advisers, and to reduce the impact of prostate cancer on the Australian community.

Paul has forwarded his full presentation to the Adelaide support group, and also a presentation he gave at the national convention last year on Establishing and Maintaining a Support Group.

Audio of this presentation was also recorded by Ian Fisk on his PDA. If anyone would like a copy, please contact Ian by phoning 8296 5530 or email [ian@ianfisk.org](mailto:ian@ianfisk.org)

**COMING  
EVENTS****MID-YEAR BBQ:**

The Onkaparinga group mid-year barbecue is being held at the Willunga Lions sale yard on Sunday June 7 at 11am. Please bring a salad and a sweet; all meat will be provided, though we need to know what quantity to buy. If you have not put your name on our list, please phone Phyllis Shields on 8382 6671 or Peter Kiley on 8384 1032.

**JULY 1 MEETING:**

The Support Group will meet at 6.30pm on July 1 in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga. PCFA Support Group Services Manager Paul Redman will attend and will give a presentation about the PCFA.

• For more information, visit the City of Onkaparinga Support Group's dedicated website at [www.pcsog.org](http://www.pcsog.org)

• Special thanks are extended to the City of Onkaparinga Support Group sponsors: **Southern Primary Health Woodcroft, Port Noarlunga-Christies Beach RSL Sub Branch, toneraction Christies Beach, The Original Open Market and to the City of Onkaparinga Council.**

# Input welcomed for new cancer guidelines

**New consumer guidelines for advanced prostate cancer are available for discussion and input, reports John Shields.**

**D**R Carole Pinnock of the Australian Prostate Cancer Coalition is principal author of the consumer guidelines for advanced prostate cancer and is obtaining input from a working party that represents a broad range of health care and consumer involvement in different aspects of the prostate cancer journey.

The support group has received copies of six chapters from Dr Pinnock, which have been emailed to members and interested supporters who have provided their email address to John Shields.

If you have advanced prostate cancer, or an interest in the disease due to the illness of a family member or close friend, please contact John Shields (phone 8382 6671 or email [jshields@aandr.com.au](mailto:jshields@aandr.com.au)) or Malcolm Ellis (phone 8326 5588 or email [malell@iinet.net.au](mailto:malell@iinet.net.au)) to help provide consumer feedback on the content and text readability of this important document.

**DVDs AVAILABLE**

EMPHASISING the strong levels of support among the City of Onkaparinga group, the May meeting's round robin discussion had members and their wives talking openly about their Prostate Cancer journey.

The group also watched So How Do You Choose? – a DVD guide provided by the

**New Cancer Diary Launched**

**THE Fleurieu Cancer Network's My Diary Project was launched on April 30 at the Christies Beach Surf Lifesaving Club.**

**Our support group patron Artie Ferguson, who is also chairman of the Fleurieu Cancer Network, explained the purpose of the diary and congratulated those who had contributed their time and expertise to produce it.**

**Artie presented a Certificate of Appreciation to several people for their good work, and recognised those in attendance who give valuable assistance to the Cancer Support Groups.**

**Speakers at the launch included Mayor Lorraine Rosenberg, the Member for Kingston Amanda Rishworth, social worker Ann Young and the man who put his heart and soul into this project, McLaren and Districts Support Group president Bryan Hearn.**

**If you know someone who has been recently diagnosed, they can obtain a free copy of the diary by phoning Vanessa on 8201 7860 – but call soon as initial numbers are limited.**



**ABOVE: Phyllis and John Shields at the launch of My Diary.**

PCFA, designed for men and their partners once a diagnosis of prostate cancer has been made. This is an excellent DVD for anyone who has just been diagnosed. The support group librarian Peter Kiley now has copies available for loan.

**NEW AMBASSADOR**

**CONGRATULATIONS** to group vice president and Central Australia Chapter

chairman Malcolm Ellis for successfully completing the National Men's Health Ambassador Speaker Program training, held in Canberra recently. There are now seven ambassador speakers in South Australia, and if you know of any group requiring a Men's Health Speaker, phone Malcolm Ellis on 8326 5588 or the PCFA on either 1800 220 099 or (02) 9418 7942 for more information.

## Mitcham Prostate Cancer Support Group

# Diabetes issues identified

Growing numbers of diabetes patients in Australia is a signal that greater knowledge of its cause, symptoms and treatments is required, as Jeff Roberts reports.

**M**YRIAD problems surrounding diabetes are posing increasingly serious health issues in Australia, which guest speaker Michelle Hogan, Health Services Coordinator at Diabetes SA, explained to the Mitcham group's May meeting.

Diabetes is the name given to different conditions where excessive amounts of glucose are present in blood.

Glucose carried around the body in blood can only be released into body tissue with the aid of insulin, a hormone made by the pancreas. Diabetes stems from a pancreas being unable to make insulin or enough of it to affect glucose levels in the blood.

Michelle's excellent overview of diabetes – supported by a range of informative brochures – explained that diabetes is the fastest growing medical condition in the world. For every person diagnosed, it is estimated that another person with the disease has not been diagnosed.

One in four Australian adults have either diabetes or impaired glucose metabolism. In South Australia, 83,000 people have diabetes; by 2016, numbers are predicted to increase reach 150,000 people.

Of those currently suffering, 90 per cent of people have Type 2 diabetes, in which the pancreas cannot produce enough insulin or the insulin doesn't work properly (called insulin resistance). Some

### Risk factors for Type 2 Diabetes that cannot be changed:

- Family history of Type 2 diabetes
- Ageing beyond 45 years
- Having had a heart attack or heart disease
- Gestational Diabetes: can occur during pregnancy and usually goes away after birth
- Women who have given birth to a baby over 4-5kg, or women with Polycystic Ovarian Syndrome

### Risk factors for Type 2 Diabetes that can be changed:

- Lifestyle
- High body weight
- Elevated blood pressure or cholesterol
- Smoking

symptoms of Type 2 Diabetes include: Increased thirst, frequent urination, feeling tired and lethargic, poor healing, blurred vision, gradual weight increase, headaches and leg cramps.

Type 2 diabetes can be treated through healthy eating, physical activity, blood glucose monitoring, medication and regular medical check ups.

About 50 per cent of people with Type 2 diabetes will

commence insulin treatments within 10 years of diagnosis.

Type 1 diabetes often comes from genetic predisposition or an autoimmune disease. More common in babies, children and adolescents, Type 1 diabetes will still affect 10 per cent of the adult population.

Symptoms usually develop rapidly and present severely. Treatment includes insulin at diagnosis, healthy eating, early blood glucose monitoring and exercise.

Physical activity is important in efforts to combat diabetes. The goal is to be active every day and try to combine at least 30 minutes of activity. However, medical advice should be obtained before sufferers commence physical activity,

Beyond helping to improve the body's response to insulin and lowering blood glucose levels, the added benefits of exercise for diabetics include:

- Improved blood pressure
- Lower cholesterol
- Weight loss
- Increased energy levels
- Strengthened bones

Normal blood glucose levels are 4-6 mmol/l before meals, and 4-8 mmol/l after meals.

Blood glucose levels are influenced by food types and regularity of eating patterns, exercise or physical activity, alcohol, illness, infection, emotional stress and the effect of other medications.

## COMING EVENTS

### JUNE 25 MEETING

The next Mitcham Support Group meeting will be held on Thursday June 25, in the Colonel Light Gardens RSL club rooms at 4 Prince George Parade, Colonel Light Gardens, from 7pm. Guest speaker will be Ashleigh Moore, chairman of Cancer Voices SA, who will speak on his own cancer experience and activities of Cancer Voices SA.

- For more information on events and group activities, visit the Mitcham Group's dedicated website at [www.psamitcham.org](http://www.psamitcham.org)

Normal reactions to diagnosis are denial, though most patients learn to cope through reading symptoms. Michelle discussed self-monitoring blood glucose levels, suggested times for testing levels and recording of blood glucose levels.

Her presentation was greatly appreciated by the group members, and testimony to this was the numerous questions she fielded from the audience.

Yet again, her speech advocated another example of the great importance in maintaining a healthy lifestyle and regular exercise in handling medical problems.

## Barossa and Gawler Prostate Cancer Support Group

### COMING EVENT – JUNE 16 MEETING

• THE next Barossa and Gawler support group meeting will be held in the meeting room of the Vine Inn Hotel, Nuriootpa, on Tuesday, June 16, from 2pm to 3.30pm.

The Chairman of the Barossa Area Fundraisers for Cancer, Don Piro,

will offer the group some ideas about cancer support, which may be relevant to the future of our group and will certainly provide material for discussion.

Don, who is a cancer survivor himself, is an Individual, Relationship

and Family Counsellor, and lives in Nuriootpa.

A short illustrated talk by Robert Reimann about his camping experience at William Creek Station and flight over Lake Eyre will be an added attraction to the meeting.

## PCFA Central Australia Chapter Council

# Support groups set to prosper as new equipment starts arriving

Progress was achieved within a very full agenda when the council met recently in McLaren Vale, as Central Australia Chapter Council Secretary Bryan Hearn reports.

THE recent Prostate Cancer Foundation of Australia Central Australia Chapter Council, meeting held at Chapel Hill Retreat, part of the Chapel Hill Winery at McLaren Vale, covered an extensive agenda – including news of significant developments that will directly benefit local support groups.

Paul Redman, representing the PCFA, reported that the purchase of all laptop computers and digital projectors for use by support groups has been completed.

Relevant software has been loaded and couriers are ready to dispatch the goods to all support groups, with allocated equipment to be received by the end of May.

Once these items have been received, they became the property of the various support groups.

Paul informed council that the PCFA National Board was recently presented with \$8,137,150 as its proportion

of funds raised during the recent Movember fundraising drive. The PCFA National Board is also working in conjunction with the Cancer Council in Tasmania to launch a publication relevant to establishing new support groups.

### WEBSITE FOR NEW CHAPTER IS ONLINE

DISCUSSION on content of the new Central Australia Chapter website designed by Ian Fisk led to an agreement that the website should include copies of council meeting minutes (once adopted by council) along with photos and contact details of all council members. The web site address – <http://www.PCFACentralaustraliachapter.org> – has now been established with links to all support group members, and our thanks go to Ian for all his hard work.

It was agreed that all current council members should serve two years in their relevant positions before the first

council election is held at the AGM in October 2010. This was agreed to in the interests of establishing stability within council administration and to fall in line with SAC appointments.

Very positive reports were received about new support groups established in Katherine and Murray Bridge. Bryan Hearn also reported on his efforts to make contact with a cancer support group on Kangaroo Island.

### ACTION GROUP GETS PASKEVILLE APPROVAL

JEFF Roberts provided an update report on the Action Group's intention to staff an Awareness Stall at the Paskeville Field Days in late September and early October.

During these three days, help will be required from members. Jeff will write a request for volunteers, to be distributed by Bryan to all members in the near future.

All councillors were present

at the meeting except for Dean Wall and Terry Harbour, and council chairman Malcolm Ellis welcomed seven members of the McLaren Districts Support group, along with Beverly Ellis and Phyllis Shields, wives of council members, who attended as observers.

Following the three-hour meeting, over a wonderful meal provided by our hosts at Chapel Hill Retreat, feedback from observers included positive comments about the vast range of topics covered, how smoothly the meeting proceeded and the harmony among Council members.

Indeed, outcomes were very positive from this most productive meeting, and all involved seem pleased with how the Central Australia Chapter Council is proceeding.

The next Central Australia Chapter council meeting will be held in Alice Springs on Thursday July 16.

## McLaren Districts Prostate Cancer Support Group

# Examining your diet shows that vitamins may be lacking

Supplementing your daily diet with an added serve of specific vitamin-rich vegetables may help improve your general health and energy levels, as Bryan Hearn reports.

LOCAL naturopath Debra Cooper spoke to the McLaren Districts Prostate Cancer Support Group at its May meeting about diet and nutritional benefits – with a fascinating list of tips and health remedies for members to try.

Debra, who has 20 years' experience as a naturopath and followed in her father's footsteps to embrace the profession, provided members with a list of various health conditions and symptoms, from heart and stomach to bones, kidneys and even flatulence – and marked beside these were vitamins that can be used to treat each particular condition.

A second handout from Debra contained a long list of vitamins and various foods that contain these vitamins.

Combining these two lists enabled members to review the status of their own health, identify vitamins needed to treat their problems and identify which foods they

### COMING EVENT

#### THURSDAY JUNE 18

The McLaren Districts group will next meet in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale, at 7pm on Thursday, June 18. Guest speaker will be nutritionist Gizelle Wilson, whose presentation will compliment the information provided by the engaging Debra Cooper last month – especially as Gizelle spoke to the group several months ago and was well received by members.

- Contact group president Bryan Hearn on 8323 7924 or 0410 539 274, to confirm your attendance.

required to provide those necessary vitamins. This prompted lots of discussion, with members explaining their own approach to healthy eating and drinking, and seeking comments from Debra about their effectiveness.

Debra highlighted her preference for mixing various foods through a juicer to produce a regular daily drink – her favourite being a mix of beetroot, carrot, ginger and apple in various quantities. Many other foods can be used in juices, including tomatoes,

berries, fruits and various vegetables. Remember that juicing fresh produce is always preferable to tinned or aged product off the supermarket shelf. These juices can provide a significant boost on low energy days.

As an easy rule of thumb, Debra explained that foods with a strong colour contain antioxidants, which are crucial to maintaining good health. Saying that “if it stains your fingers, its probably very high in nutrition”, Debra noted that red (wine) grapes are higher

in nutritional value than white (wine) grapes – which, of course, is very appropriate to us in McLaren Vale. She also informed members that a little wine before a meal helps stimulate stomach acids, which in turn helps digest food quicker and more thoroughly – all being beneficial for good personal health.

One treatment that did raise some discussion was the act of “flicking” an arthritis-affected area of the body with fresh stinging nettles!

Debra provided members with a third information sheet listing foods and herbs that are important in supporting the body's immune system.

Members asked many questions based on their own experiences and Debra's responses provided them with lots of valuable information, identifying some areas where a change could be beneficial. Feedback from members since this meeting has ranged from “fantastic” to “one of the best presentations we have had”.

### Research findings and news items from around the world ... Submitted by Trevor Hunt

• Death rates among some prostate cancer patients could be halved by a new method of treating the disease. Swedish researchers who have successfully used a combination of hormone treatment and radiotherapy believe this practice could become standard.

Such treatment would benefit patients where the disease has

spread outside the prostate but has not reached distant sites in the body.

Oncologists increasingly prescribe drugs for two or three years, or for life, to reduce levels of testosterone and stop the cancer from growing, and although radiotherapy may be used to kill cancer cells, it is not universal practice.

For this study, published in *The Lancet*, researchers gave half the volunteers hormone blocking drugs; the remainder were treated with radiotherapy followed by drugs.

After seven years, 79 men taking hormone drugs had died of their cancer compared with 37 men given drugs and radiotherapy.

Source: *Hobart Mercury* 3/1/09

The Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99 or visit the website [www.prostate.org.au](http://www.prostate.org.au)

## Payneham Prostate Cancer Support Group

# Embracing the wellness philosophy

Your state of wellness can be significantly improved – regardless of your current health condition, as Phil Davis reports.

**H**IGHLY qualified Naturopath and Wellness Practitioner Faith Best, who spoke at the Payneham group's May meeting, defined wellness as a state of physical, emotional, intellectual and spiritual wellbeing, beyond the manifestation of obvious disease symptoms.

She spoke about wellness being a way of life, a lifestyle which can be designed to achieve an optimal level of health and wellbeing.

Everyone – regardless of their state of health – can improve their wellness through paying greater awareness and attention to nutrition, physical fitness, stress management and environmental sensitivity.

The four major factors putting stress on our health are psychological, physical, environmental and dietary stresses.

Obesity was mentioned as a significant problem within our society, with the quartet of prevailing stresses contributing to this epidemic. Australian people are now the fattest per capita in the world, with more than nine million adults classified as obese or overweight.

Being within this weight classification places people at greater risk of developing health problems.

During her speech, Faith mentioned that most people do not consume an optimal amount of all required vitamins by diet alone and it appeared

## Faith Best's Top Ten practical health tips

1. Hydrate yourself with two litres of purified water each day.
2. Consume a glass of water with lemon first thing in the morning.
3. Eat at least one meal per day with green leafy vegetables in it.
4. Ensure you have at least 10 minutes of sunlight per day.
5. Reduce coffee intake – and vary the times at which you drink them. Substitute with cleansing drinks, such as juices, herbal teas and green tea.
6. Moderate alcohol consumption. Aim for at least 3-4 alcohol free days each week.
7. Walk for at least 20 minutes per day.



Paul Redman with Faith Best and Arthur Seager.

8. Stretch daily - neck, hamstrings, arms, calves, quadriceps and back.
9. Deep breathe daily for 5 minutes. Breathe in for 4 counts, hold for 4 counts then breathe out for 4 counts.
10. Smile frequently, laugh daily and have a time of quietness and positive thought.

prudent for all adults to take vitamin supplements

Faith emphasised that people with better health habits survive longer, and that for those people disabilities are postponed and compressed into fewer years at the end of their life.

Faith acknowledged the discipline of our group treasurer, Arthur Seager, concerning his diet, exercise and lifestyle.

She re-enforced that we can choose to change our state of wellness, even though we may have been diagnosed with a serious illness, achieving positive changes through diet, exercise, avoiding prolonged stress, toxicity, weight correction and vitamin supplementation.

• Faith Best's practice is at 105 Anzac Highway, Ashford. For contact phone 0411279312 or email [faith@faithbest.com.au](mailto:faith@faithbest.com.au)

## COMING EVENTS

**JUNE MEETING**  
The Payneham Support Group will next meet in the Payneham RSL Clubrooms, 360 Payneham Rd, Payneham at 7pm on Tuesday May 16. Guest speaker will be Ashleigh Moore, chair of Cancer Voices SA.

**JULY 21:** Guest speaker Dr Jehan Titus, a urologist, will speak about erectile dysfunction, treatment options and men's sexual health.

**AUGUST 18:** Urologist Dr Samantha Pillay will speak about the widespread problem of urinary incontinence.

**SEPTEMBER 15:** Registered nurse Rosalie Donhardt will speak about good bladder and bowel health, while Colorectal Surgeon Dr Rieger will give a speech regarding bowel problems.

• For more information, or just to talk over any problems, please phone Phil Davis (8263 2217 [classic100@bigpond.com](mailto:classic100@bigpond.com)), Peter Woodrow (8263 5556) or Arthur Seager (8289 4180), or visit the Payneham Support Group's dedicated website at [www.psapayneham.org](http://www.psapayneham.org)



## Volunteers with prostate cancer and their partners required in research study

A RESEARCH GROUP at Flinders University is looking for men who have received prostate cancer treatments in the past three years and who currently have a partner.

Participants will be asked to attend two group conversations to discuss the sort of support services that you

and your partner would find beneficial in relation to your prostate cancer treatment and its side effects.

The conversations will be conducted by an experienced researcher in a private room at a mutually agreed time. Each group conversation will take 60 to 90 minutes.

If you would like to participate in this study or need further information about it, please contact either Professor Jan Paterson (phone 8201 3266 or email jan.paterson@flinders.edu.au), or Dr Amanda Moseley (phone 8204 7042 or email mose0026@flinders.edu.au).

## Murray Bridge Prostate Cancer Support Group

# Successful launch meeting

Community support was reinforced with strong numbers attending the first Murray Bridge support group meeting, as Ron Lehmann reports.

THE first general meeting of the Murray Bridge Prostate Cancer Support Group on May 7 saw an audience of 28 interested people attend a very informative and interesting introduction to the new group.

Group chairman Ron Lehmann welcomed the gathering, especially Mayor Allan Arbon, and introduced Dr Andrew Mills as guest speaker, who provided the meeting with much information and enlightenment about prostate problems and other concerns that happen as we grow older.

The number of questions from the audience proved that these subjects were indeed topical and offered information that is required by people who are growing older and experiencing changes to their health and lifestyle.

Dr Mills was enthusiastically thanked for his contribution, followed by general discussion among the group.

It was decided that future support group meetings would be held at 7.30pm on the first Thursday of

the month at Our Wellbeing Place in Murray Bridge.

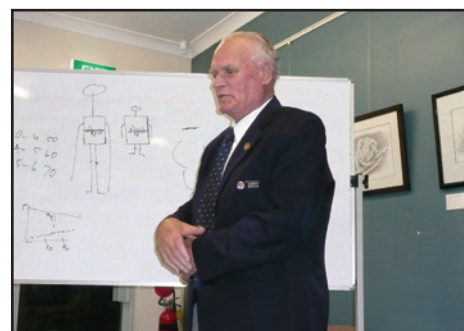
Thanks are extended to the various groups and individuals who helped establish this new support group, a continuing part of making the public aware of the problem of prostate cancer that is so important and affects many families in our community.



At the first Murray Bridge Support Group meeting (from left): Ron Lehmann, Trevor Muirhead, Malcolm Ellis, Malcolm Piggott, Ian Fisk, Jeff Roberts, Richard Parsons and David Moar.



Guest speaker Dr Andrew Mills with Dr Sanjee Martin.



Murray Bridge Mayor Allan Arbon addresses the support group.

### MONTHLY MEETINGS

The Murray Bridge support group June meeting will be held at 7.30pm on Thursday June 4, and thereafter on the first Thursday of each month, at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge. For further details, phone support group chairman Ron Lehmann on (08) 8532 3277.

## Community Health Support Services

# Invitation to attend men's activity forum

THE Eastern Regional Collaboration Project is facilitating a Men's Activity Forum at the Burnside Ballroom, on the corner of Portrush and Greenhill roads at Tusmore on Friday June 19, from noon until 4.45pm

The forum is open to anyone, but due to limited space priority of access procedure will ensure that people who have registered early will have the best chances of attending.

There is significant evidence indicating that males are under represented in accessing community services and community based activities. It therefore suggests that new strategies are needed to welcome more male activity.

A number of "Men's shed" type activities have highlighted that the development of "intentional" community based activities do attract more men to engage in such programs.

Current quantitative data indicates prevailing under-representation of males using mainstream care services. Contributing factors include urban planning practices as older males undergo a transition into new living and care arrangements, often involving the loss of familiar social points of contact and their valued roles within longstanding social groups.

The Eastern Region Men's Shed was developed as a

consequence of this data, although some anecdotal conversations with men highlighted that a "shed" type service was not attractive to them.

Exploring and discussing alternative types of "intentional" community based activities will hopefully generate new collaborations between all stakeholders.

Intended outcomes from this forum include delivering possible alternative men's activity models for implementation, sharing what may already be in place and identifying barriers that exist for men and gaps in their needs, while trying to develop some solutions.

The forum program will feature:

- Presentation of Men's Activity Models.
- Presentation of Men's Health and Wellbeing models.
- Presentation on the Eastern Region Men's Shed.
- A male carer perspective.
- A workshop to identify alternative activity-based models that are male specific.

All the presentations will be interactive with the audience, hopefully making it a fun and engaging day.

For registration or further details, contact Lui DiVenuto by phoning 8304 6153 or email Lui.DiVenuto@dfc.sa.gov.au

## Prosper Darwin Prostate Cancer Support Groups

# Ambassador training program explained and encouraged

Guests at the latest support group meeting have provided members with many valuable insights, as Darwin president and Ambassador Keith Williams reports.

PROSPER Darwin Group reverted to more normal levels of activities in May, after the invasion of the Rumble 2 the Top bikers from Queensland in April.

Jo Fairburn from the PCFA office in Melbourne was at the group's very well attended May meeting, as she was in Darwin for the PCFA ambassador training course.

She addressed questions about the Ambassador Training Program, including comments

that some members felt too much emphasis is being placed on the continence aspect, to the detriment of getting the prostate cancer awareness message across. Jo explained that this is a requirement of the Commonwealth Department of Health and Aging, which is funding the Ambassador Training Program.

Our other guests at the meeting were Wayne and Deborah from Healthcare Management Advisors, who are preparing a plan called CanNET for the

NT Government, concerning the treatment of public patients with cancer for the next 10 years.

Having held consultation meetings in 2008, which Prosper representatives attended, Wayne and Deborah have now produced a draft document – *Patient Pathways: Prostate Cancer* – which was presented at the meeting.

They are seeking comments and feedback from group members as soon as possible.

### COMING EVENTS

**MONDAY JUNE 8**  
The Darwin Group meets on the second Monday of each month, at the Harbour Room, Christ Church Cathedral, corner of Smith St and the Esplanade, Darwin, at 7.30pm.

## Alice Springs Prostate Cancer Support Group

# Crusader pushes his barrow for prostate cancer awareness

David Baird is a remarkable athlete who also raises money for prostate and breast cancer research, as Alice Springs convener Murray Neck reports.

COMPETING in massive endurance events – from joining a cycling team that rode non-stop around Australia to pushing a wheelbarrow solo on the run from Perth to Sydney (4115km in 112 days) – is the mark of David Baird, now aged 66 years and still a supreme athlete.

David's latest challenge is to run with his wheelbarrow, which he has named "Barrow of Hope", from Alice Springs to Uluru and back to Alice Springs, a distance of 920km in under 21 days.

Alice Springs Mayor Damien Ryan flagged David to start his latest marathon at 9am on May 1. Accompanying David through the mall were representatives from the Alice Springs Prostate Cancer Support Group, Bosom Buddies and the Rotary Club of Alice Springs.

David embarked on this trek to raise funds for the Prostate Cancer Foundation



David Baird gets flagged to start his barrow run to Uluru by Alice Springs mayor Damien Ryan.



of Australia and the Breast Cancer Foundation of WA. He arrived back in Alice Springs on May 18 and later advised that more than \$3000 had been collected and banked for the Prostate Cancer of Australia

David and his wife Joanne Richardson, who drives the support vehicle with caravan in tow and serves as trek publicity officer, are very compassionate and dedicated.

In Alice Springs they spoke at primary schools, addressed the Rotary Club and had extensive media coverage, explaining that many hundreds of

townspeople and travellers stop along the highway to give a donation and offer a friendly wish – and often have questions or seek advice about cancer.

While David says he has general cancer knowledge he is careful not to act as an authority, recommending that people should contact a support group for information or see a GP for a medical check.

Wherever he travels,

## COMING EVENTS

**JUNE 11 MEETING**  
The Alice Springs support group meets on the second Thursday of each month, from 6.30pm to 8pm in the conference room of the General Practise Network, Skinner St, Alice Springs.

**JULY 16: The Central Australia Chapter council will hold its bi-monthly meeting in Alice Springs.**

David delivers a very subtle awareness message. I have come to think of him as being a cancer awareness crusader and believe he would make a worthy men's health ambassador speaker.

David received a plaque of thanks from the Prostate Cancer Foundation of Australia CEO Andrew Giles.

## Research findings and news items from around the world

Submitted by Trevor Hunt

### New technology defines proteins in prostate cancer

THE Newel Foundation, dedicated to prostate cancer research in memory of the late Brian Newel, has donated \$10,000.00 to purchase a 2D electrophoresis kit for the Flinders Proteomics Facility. This new apparatus will give researchers the tools to separate the tens of thousands

of proteins which are present within cells so that individual proteins can be looked at specifically.

Proteomics, the study of proteins which are involved in every part of a cells function, is an area of science that has only evolved in the last decade.

Current projects underway at the Flinders Proteomics Facility include investigations into the role that proteins play in degenerative diseases, cancer, eye disease, asthma, kidney stones, and multiple sclerosis.

• Flinders Medical Centre Newsletter

The Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99 or visit the website [www.prostate.org.au](http://www.prostate.org.au)

# Four-year project aims to find answers to gene riddle

As a consequence of generous new funding allocations, Adelaide researchers will try to determine the role of the PCARC gene in prostate cancer progression.

**S**OUTH Australian-based researcher Dr Grant Buchanan is the recipient of the BHP Billiton Young Investigative Research Fellowship award – a four-year project funded by BHP Billiton and the Prostate Cancer Foundation of Australia that aims to identify the role of the PCARC gene in disease progression and survival.

This research has the potential to aid the diagnosis of life-threatening prostate cancer by identifying compounds associated with potential new prostate cancer treatments.

While recent technological advances have resulted in earlier diagnosis and effective management of prostate cancer, between 20 and 30 per cent of men who receive the best early treatment options will relapse with incurable disease within five to seven years. This is likely due to prostate cancer cells that spread beyond the prostate before diagnosis.

Testosterone (a potent androgen hormone) extracts

Continuing a series of prostate cancer researcher profiles, we look at the work of Dr Grant Buchanan, which is being supported by a PCFA grant.



Dr Grant Buchanan

genetic signals known to be essential for the progress of prostate cancer to a life-threatening stage. While this pathway is targeted in disease treatment, current therapies often stop working after a short time, and it is not known why.

Researchers have recently identified a gene called PCARC that acts as a master braking system for androgen and its effect on prostate cancer cells. The initial phase of Dr Buchanan's research project will analyse human prostate

cancer samples, to document the role of PCARC in disease progression and survival.

Researchers will then combine their capacity to increase or decrease PCARC levels in cancer cells with powerful new genome-wide techniques. This will help to precisely define the complete set of androgen target genes in prostate cancer cells, and register the effect of altering PCARC levels.

For the final phase of the research project, a library

of some 300,000 unique compounds will be scanned for inhibitors or activators of PCARC. Promising compounds will be tested further as potentially new prostate cancer treatments.

Dr Buchanan received his PhD in prostate cancer research in 2002 from the Flinders University of South Australia. He undertook postdoctoral training at the University of Adelaide and the University of Southern California, and has received mentoring from internationally renowned leaders in the prostate cancer field.

Dr Buchanan has held a postdoctoral fellowship from the Cancer Council of South Australia, a Young Investigator Award from the US Department of Defence, and an NHMRC CJ Martin Biomedical Fellowship. He has published 26 research papers in journals including Cancer Research, PNAS, Human Molecular Genetics, Clinical Cancer Research and Journal of Biological Chemistry.

## New study examines effective prostate drug combinations

LIONS Clubs in South Australia and Northern Territory contribute to the Lions Medical Research Foundation, established to provide scholarships for postgraduates in any field of medical research. One is supporting Sarah Carter's research of combination strategies in prostate cancer treatment. In a recent report to the Foundation

board, she detailed excellent progress in her work at the Dame Roma Mitchell Cancer Research Laboratories.

She has discovered that combining a traditional prostate cancer drug and a new class of anti-cancer drug is better at killing prostate cancer cells than either of these drugs alone.

Combining these drugs together could

potentially lower required drug doses, resulting in fewer side effects.

Both drugs are already approved for use in humans, which means such a new regimen could be translated swiftly into clinics. The project also aims to better understand how this combination of drugs causes death of prostate cancer cells.