



Prostate Cancer
Foundation
of Australia

PROSTATE SUPPORTER

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

www.prostate.org.au

AUGUST – SEPTEMBER 2009

Volume 2: Number 8

Working Blue

The Blue message keeps spreading out across the nation to raise prostate cancer awareness during September.

IN the wake of blue buildings illuminating the skylines of Australia's major cities on September 1 to mark the start of Prostate Cancer Awareness Month, the public is now being encouraged to hold barbecues around Australia throughout September as part of a major fundraising and awareness drive for the Prostate Cancer Foundation of Australia.

"In Australia, September means Father's Day, football finals and end-of-season sports club gatherings, so by hosting a barbecue and asking for donations at these events, people can help the PCFA continue to fund Australian research into prostate cancer," says PCFA chief executive Andrew Giles.

This incentive also forms part of the PCFA's new community service campaign that carries the theme "The Difference Is You!", which has been created with generous assistance from



The Sydney Opera House was bathed in blue light on September 1 to mark the launch of International Prostate Cancer Awareness Month.

the Commonwealth Bank. The campaign uses a common scenario, a family barbecue, to highlight the impact that the loss of a loved one to prostate cancer has on a family.

Mr Giles says: "We hope that reminding Australian men how their passing would impact their loved ones, even in small ways, will encourage them to take responsibility for their health and talk to their doctor regularly about prostate cancer. It's a simple step, and it can save a life."

For more information about hosting a fundraising barbecue where guests make a donation that goes towards prostate cancer research projects, visit www.prostate.org.au

And as a cheeky means of

Newsletters can also be read online at
www.pcagsa.org.au/pages/supporter.html

in brief...

CONTRIBUTIONS of stories and images from all Support Group members to the Prostate Supporter newsletters are welcome. If you have something of interest to share, please contact Foster Hill PR and Marketing by phoning (08) 8231 3555 or email items and images to 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

Translating the message into action

A busy month of activities is taking the prostate cancer awareness message to a host of new people, as Action Group member Ray Power reports.

THE free Veterans Health Week Expo was held in the Torrens Parade Ground Drill Hall on August 26, with 25 participating organisations helping to inform and promote important aspects of health and wellbeing to the veteran community.

These organisations ranged from the Department of Veterans Affairs to health promotion and community activity groups. The master of ceremonies was ABC Radio announcer Peter Goers, who entertained between 300 and 400 attendees. During the day free health checks were performed, with giveaways, fun activities and exhibitions.

The Prostate Action Group participated with a stall attended by Robert Kitto, Bill and Maralyn Toop, Ian Fisk and Ray Power.

Ian spoke about the Men's Health Ambassador program and the Action Group had many inquires and Prostate literature was given to all interested persons.

BUNNINGS PROSTATE CANCER PROMOTION

AS PART of Bunnings stores promoting prostate cancer awareness, the Action Group

presented a stall at Bunnings Kent Town on Saturday September 5 – the day before Father's Day and an ideal time to conduct promotion and fund raising.

Bunnings staff were involved in running barbeques to raise funds for prostate cancer research projects.

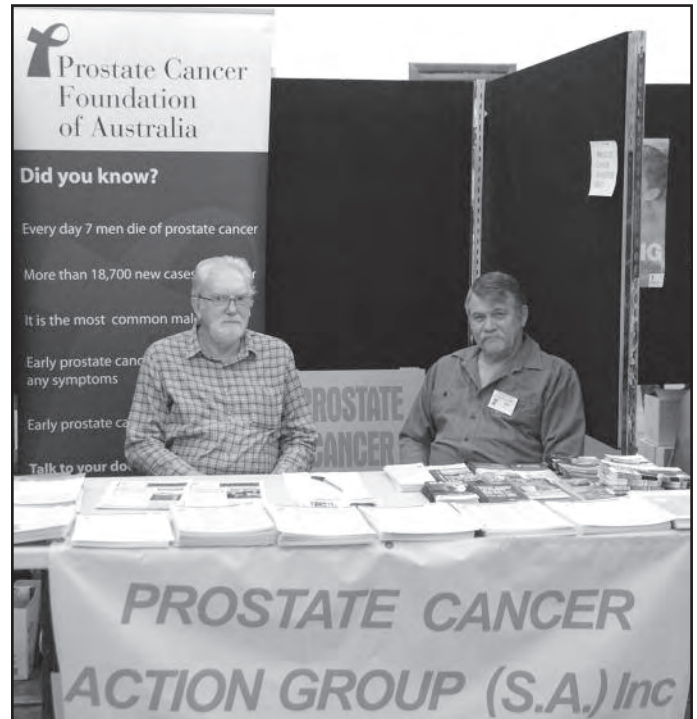
Bill Toop ran the Action Group's raffle, for which Bunnings donated a Bosch cordless drill as the main prize, with Ray Power and Robert Kitto attending to the information stall.

STRONG PASKEVILLE VOLUNTEER NUMBERS

TO HELP present the prostate cancer information stall at the Yorke Peninsula Field Days at Paskeville on September 29 and 30, and October 1, more than 20 people have volunteered to attend and they will be rostered over the three days of the event.

The site is a combined PCFA and Independence Australia stall, and should provide an excellent opportunity to promote prostate cancer awareness to the wider rural community.

An estimated attendance of 50,000 people is expected over the three days.



Rob Kitto and Bill Toop attending to the PCAGSA stall at the Veterans Health Week Expo on August 26.

Depending on the success of this event, consideration may be given to attending other field days at Lucindale in the South-East and possibly Cleve on Eyre Peninsula. though the logistics of attending both these events are challenging.

BLACKWOOD AWARENESS EVENING

AN AWARENESS evening will be held at Blackwood Football Club on Wednesday October 21.

This evening has been arranged in conjunction with the Rotary Club and the guest speaker will be urologist Dr Peter Sutherland.

During 2010, the Action Group plans to hold several Awareness Evenings in rural locations.

COMING EVENTS

SEPTEMBER 8 MEETING:
The Action Group met in the upstairs meeting room of the Cancer Council SA building, 202 Greenhill Rd, Eastwood at 5.30pm on Tuesday September 8. At present, entry is through the front door on Greenhill Road.

• 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>

Prostate Cancer Support and Awareness: ADELAIDE GROUP

COMING
EVENTSSEPTEMBER 21
MEETING:

The Adelaide Prostate Cancer Support Group meets on the third Monday of each month in the Park View Room of the Fullarton Park Centre, 411 Fullarton Rd, Fullarton. The meeting on September 21 will be a general discussion evening for group members.

OCTOBER MEETING: Details of the support group meeting for Monday October 19 will be advised in next month's edition of the Prostate Supporter newsletter.

• For more information about coming activities, visit the Adelaide Support Group's dedicated website at www.psaadelaide.org or contact Ian Fisk by phoning 8296 3350, or send email to info@psaadelaide.org

Witty verses provide welcome winter tonic

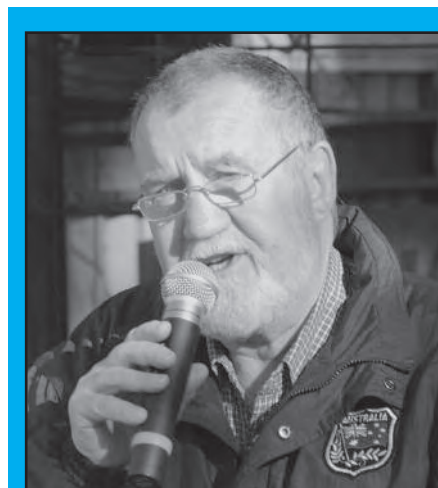
Preparation for support group participation in Blue September activities has commenced in earnest, as Ian Fisk reports.

ADDDING a splash of humour provided a welcome change of atmosphere to the Adelaide Support Group's August meeting, with light-hearted poetry readings from a lively guest speaker living up to everyone's expectations.

While the anticipated bush poet Jill Wheery was unable attend, she suggested that Maurie O'Brien could come in her place – and at short notice Maurie generously agreed to give us his time.

Having lost his father to prostate cancer, Maurie had a keen interest in our prostate cancer support group.

He started off the night by explaining what bush poetry is. The unique flavour of Australian Bush Poetry or verse is defined by the Australian Bush Poets Association as "poetry having good rhyme and meter, written about Australia, Australians



Bush poet extraordinaire Maurie O'Brien at the microphone. His amusing readings were a highlight of the Adelaide Group's August meeting.

and the Australian way of life." (Qualified on the Australian Bush Verse website).

Maurie then read a poem by Gordon Weston called *Secret Men's Business*, an amusing story of a man undergoing a TURP (transurethral resection of the prostate) procedure.

Maurie then recited a number of amusing and serious poems that he had composed. These included poems about a

Vietnam experience, one on the pioneer Hugh Proby, and another witty ditty about a Four-Wheel Drive vehicle that was never taken off the road.

It has often been said that laughter is the best medicine, and all of the Adelaide group members who attended this evening and heard Maurie O'Brien's rich verses certainly received an ample amount of medication.

Updates from Cancer Council SA dealings with prostate cancer

CANCER Council SA's quarterly Prostate Cancer Control Group meetings at CCSA's Greenhill Rd premises have been attended by support group members Jeff Roberts and Ian Fisk with representatives from CCSA and Dr Carole Pinnock.

From the August meeting, Ian reports that the CCSA Speakers Bureau will refer requests for prostate talks to the PCFA Men's Health Ambassador Speaker Program.

CCSA workshops for GP Support and Education are progressing, with one held on August 12 for Adelaide's Northern Division of GPs.

Two other workshops are planned for this year, for the Mid-North Division of Rural Medicine in Auburn on October 12, and the Limestone Coast Division of GPs in Millicent on October 29.

Dr Pinnock reported that the Advanced Consumer Guide production is progressing

on schedule, with hard copies expected to be available in November. She also reported that the Lions website and Ask Andy still attract many visitors each month. Lions continue to fund the website, working with Andrology Australia.

National Seniors and Andrology Australia will continue funding the Advanced Consumer Guide, and has expressed interest in funding the next review of a Localised Consumer Guide.

The Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99 or visit the website www.prostate.org.au

COMING EVENTS**SEPTEMBER MEETING:**

The Support Group met on September 2 in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga, for general discussion on health and cancer issues.

OCTOBER MEETING:

The Support Group will meet at 6.30pm on October 7 in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga. Guest speaker will be urologist Dr David Elder.

NOVEMBER MEETING:

The Support Group meeting on November 4 will feature guest speaker Arne Breuer, who is a lifestyle coordinator.

• *For more information about coming events and archives listing previous events and local group newsletters, visit the City of Onkaparinga Support Group's dedicated website at 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, toneration Christies Beach, The Original Open Market and to the City of Onkaparinga Council.**

Learning from the voice of experience

The work of Men's Health Ambassadors imparts useful knowledge to support groups, as John Shields reports.

HIGHLIGHTING the work of Men's Health Ambassadors was the City of Onkaparinga Group's Vice President Malcolm Ellis, who spoke at the support group's August meeting in his role as an ambassador to explain prostate gland and continence issues.

For many travelling through the prostate cancer journey, continence problems are a constant problem that can be eased by regular pelvic floor exercises. I'm not sure that it can be permanently solved, though some members at the meeting said they do not have continence problems – good encouragement for me to do more exercises, so that I may enjoy the same result.

Three Men's Health Ambassadors are available for speaking duties in South Australia: Malcolm Ellis, Ian Fisk (from the Adelaide Support Group) and Dean Wall (from the Action Group).

If you know of any group or meeting interested in featuring a Men's Health Speaker, please contact Malcolm on 8326 5588 or the PCFA 1800 22 00 99 or (02) 9418 7942 for more information – or obtain details about Ambassador training next year.

NOTICEBOARD RETURNS

MESSANGER Press has reinstated the Noticeboard in the weekly publication's "What's On" page. Rosemary

QUESTIONS FROM NEW MEMBERS SPARK LIVELY DISCUSSION

A WARM welcome at the August meeting was given to Eddy and Laurel Cross. Eddy has had radiotherapy treatment and was interested in hearing what other men's experiences were after having radiotherapy, which generated some good discussion and input from our members. Eddy and Laurel went home with some good suggestions from those members who had been on a similar prostate cancer journey.

Griffin has kindly volunteered to email our Support Group's meeting details to Messenger Press each month, to ensure our details are featured and advertised to the widest possible audience. We thank Rosemary for being such an enthusiastic volunteer – and especially for the lovely cakes she provides for our supper.

OUR LIBRARIAN

THANKS go to Peter Kiley for the great job that he does as our support group librarian. Peter recently received three copies of the new DVD Men's Health Matters, which are now available to group members for loan. If you have Internet access, you may like to check out this title at www.menshealthmatters.com.au

COMMUNITY GRANT

THE SUPPORT group's application to the City of Onkaparinga Council, for a community grant to purchase a replacement photocopier,

has been successful. I am pleased to report that Malcolm Ellis, John and Phyllis Shields and our Patron Artie Ferguson attended a meeting at the Council Offices recently to receive the grant and a small Canon multi-function copier has since been purchased.

Our sincere thanks go to Mayor Lorraine Rosenberg and city councillors.

DOCUMENTS AVAILABLE

MINUTES of the Alice Springs meeting of the Central Australia Chapter Council were tabled at the support group's August meeting, together with copies of a request from PCFA Support Group Services Manager Paul Redman for help in designing the 2010 PCFA Website. Any help that members can give will be appreciated.

If you would like a copy of these documents or any other information, please phone John Shields on 8382 6671.

Mitcham Prostate Cancer Support Group

Providing a clear picture

X-ray machines have become commonplace in modern medicine, though the continuing evolution of these devices involve more than what meets the eye, as Mitcham Support Group president Terry Harbour reports.

THE history of medical imaging and likely future developments of this fascinating area of medical science was explained by retired radiographer Rob George at the Mitcham Support Group's August meeting.

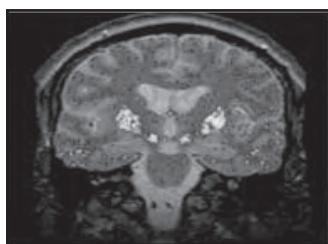
Rob was previously the clinical operations manager for Dr Jones and Partners, Medical Imaging, and he served as president of the International Society of Radiographers, which has 80 member societies and represents more than 350,000 radiographers around the world.

Radiography began with the discovery of X-rays by Wilhelm Konrad Roentgen in 1895. Roentgen was experimenting with radio waves when he found that certain minerals on his desk glowed as the rays passed through them.

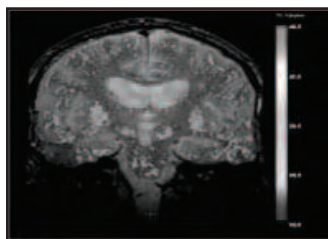
He then discovered that when he placed his hand in the path of the rays, the shadow of his hand showed up on a receiving plate, which also showed the bones inside his hand.

When Roentgen's wife placed her hand in the path of the rays, he also saw that the rays did not pass through her metal wedding ring and realised that the X-ray process would be able to show all items of metal within objects.

He wrote a paper on these mysterious rays, calling them "X-rays". For this work, he was awarded the Nobel Prize for physics in 1901.



MRI scans show parts of the brain working in real time, with differences evident between the scans of a normal person (above) and a dementia patient (below).



Rob explained the further development of X-rays, being used during World War 1 to detect shrapnel in the bodies of wounded soldiers.

However, in this era the people operating the X-ray machines were not aware of the inherent dangers of being continually exposed to the rays.

Investigating these side effects of soft tissue damage from excessive exposure to the rays, doctors realised that deliberate exposure to rays could be used to treat illnesses by destroying flawed or diseased tissue, and so radiotherapy was born.

Rob gave the audience an overview of general x-ray use and the various areas

of specialisation – from digital and computerised processed, through ultrasound, mammography, nuclear medicine, PET Scanning, CT Scanning, MRI Molecular and Fusion Imaging.

He explained in great detail how imaging techniques have developed and the sophistication of the methods that are now used, particularly in areas of brain imaging.

When an MRI scan is taken of the brain, Rob explained that the machinery is so sophisticated that it can allow the brain to be seen while it is working in real time under controlled conditions. In effect, this is like imaging the mind and its functions rather than just taking a picture of the brain.

As an example, he displayed images showing the parts of the brain working in a normal person and the differences evident in a dementia patient.

Rob gave examples of the speed and accuracy of scanning machinery in use today, and gave figures about scanner uses in developed countries, which shows that Australia has made a strong commitment to buying and using these machines.

- 93 scanners per million people in Japan
- 32 per million in the US
- 25 per million in Australia
- 14 per million in Germany, Finland and Spain

COMING EVENTS

SEPTEMBER 24 MEETING

The next Mitcham Support Group meeting will be held on Thursday September 24, in the Colonel Light Gardens RSL club rooms at 4 Prince George Parade, Colonel Light Gardens, from 7pm. Guest speaker will be former Deputy Premier of South Australia, Mr Don Hopgood, whose topic will be "Did the train get stuck?" – the Webb upgrade of the SA Railways in the Roaring Twenties.

• For more information on events and group activities, visit the Mitcham Group's dedicated website at www.psamitcham.org

- 12 per million in Canada
- 7-8 per million in the UK and France

Reflecting on the incredible progress of medical imaging, it was noted that the brilliance of these machines is only exceeded by the brilliance of those who invented them.

Barossa and Gawler Prostate Cancer Support Group

Speakers broadcast a positive message to cancer survivors

A public cancer forum addressed issues raised in a special needs survey taken by cancer survivors in the Barossa and Gawler region, as Alan Hall reports.

THE organising committee of the Barossa Cancer Forum chose "Generating Hope" as the theme for this landmark event, which attracted an audience of about 60 people to the Tanunda Club on September 2.

In his introductory remarks, Don Piro explained that the speakers would address two questions within the main theme: "How has cancer changed my life?" and "What would I change if I was going on the journey again?"

Don explained the partnership formed by four community groups to present this event, which responded directly to the needs of cancer survivors as expressed in their responses to a recent survey.

Guest speaker Graeme Goodings gave an inspirational account of his bowel cancer experience and how it affected his life.

He was happy at work, reading the news for Channel 7 over 28 years, and his health had always been good, though this suddenly changed one Spring day in 2004.

Graeme has read the evening news bulletin as usual, eaten chicken yiros for dinner and settled down for a quiet evening, when he began to experience chest pain. It became progressively worse until 1am, when it was decided that he should go to a hospital emergency section.



Graeme Goodings (left) gave an inspirational address at the Cancer Forum in Tanunda, and was later thanked by Barossa Mayor Brian Hurn, Don Piro, Dr Tom Ryan and Alan Hall.

A series of tests followed by a colonoscopy revealed that he had a level 3 cancer in his lower bowel. The pain was actually caused by a gastric disturbance and had nothing to do with the cancer. Perhaps that feed of yiros had inadvertently saved his life!

Graeme described his efforts to entrust treatment to an oncologist sympathetic with his own ideas, which includes a belief in the efficacy of complementary therapies.

On his third attempt, Graeme found a specialist who appeared to be open-minded. He agreed with Graeme that every illness is an individual happening and should be approached on a basis of what feels right for that individual (the best medicine is our brain!)

With a positive mind-set, Graeme then embarked on the treatment programme, starting with surgery and three weeks

in hospital and followed by a course of chemotherapy and radiation. His recovery was a slow process but eventually he was able to resume his seat at Channel 7, albeit with a reduced workload.

Graeme made several suggestions that could be adopted by anyone who has been diagnosed with cancer. He stressed the importance of patients preparing questions and to ask them again if they do not understand the answer, or if they think the doctor is not giving a proper answer.

The patient is a part of the treatment team and it is important that all members of the team are compatible.

An essential weapon in the fight against cancer is information. Graeme is in the process of making a DVD that aims to help cancer sufferers and their carers.

After completion, the DVD

will be made available through the Cancer Council.

Also during the forum, several other guest speakers gave shorter talks. Dr Tom Ryan, a thyroid cancer survivor, spoke of the importance of surrounding yourself with a good team. The Barossa and Gawler Prostate Cancer Support Group was represented by Alan Hall, whose main focus was the life-saving advantage of early detection.

Don Piro, who spoke about his journey with bowel cancer during the past four years, explained that he has been helped on his journey by supplementing his traditional treatment regime with natural therapies, including meditation, reflexology, yoga and massage. He also emphasised the value of positive thinking and enjoying strong relationships with family and friends.

McLaren Districts Prostate Cancer Support Group

Understanding how to manage with the pain

Pain relief options are numerous though we probably know less about the different drugs, their effects and the alternatives than we should, as Bryan Hearn reports.

LOCAL pharmacist Con Kassapis and his pharmaceutical assistant Gail Blount gave an informative and detailed discussion on pain management for members attending the McLaren Districts Support Group's August meeting.

Pain can be divided into two distinct types – nociceptive pain, which is the type experienced when falling over, breaking a bone or pulling a muscle, or neuropathic pain, such as soreness after a car crash where possibly a bone is pushing against a nerve, which is much harder to treat.

Different methods are required for treating both types of pain. In instances when immediate pain relief is required, patients would be administered with an opioid analgesic, such as morphine. However, because some adverse effects may occur it is necessary to be aware of these before having this drug administered.

When sustained pain relief is required, it can be administered via capsules or patches, or in some cases by intra-muscular injection, with doses varied to provide either immediate or ongoing relief. In many instances, this type of drug administering serves as a preventative measure, providing relief to a patient before they suffer pain.



Examples of non-opioid analgesics, often referred to as NSAIDS, include paracetamol, a very common drug used to overcome mild-to-moderate pain without significant inflammation. Aspirin can be used under similar situations, even when some inflammation may be apparent. These drugs are used widely with patients suffering bone cancers, when pain is ongoing and quite high in intensity.

Gail also informed the group about medications which are complimentary to pain relief medication – emphasising that these are not a replacement for pain relief medications.

The medications discussed were fish oil and glucosamine, though several members said that taking fish oil left a nasty taste in their mouth.

Anticipating such complaints,

Gail came armed with a sample bottle of high-strength liquid fish oil and gave all group members a sample tasting. It was generally agreed that the aftertaste was nowhere near as strong as other brands.

Gail says the daily therapeutic dose of fish oil is 9 capsules or 1000gms of liquid fish oil, while the therapeutic daily dose of glucosamine is 1500gms.

Con also explained the pharmaceutical use of Webster packs – heavy-duty plastic cards divided down the front left side into seven segments for each day of the week, and across the top into four divisions that represent each medication time during a day. Each plastic blister on the card contains specific medication to be administered at a particular time on each day. It's a system

that allows patients, their careers and family members to easily check whether correct medications are being taken at appropriate times.

Chemists compile these packs after consultation with the patient and their doctor. Prescriptions should be reviewed every four to six weeks. All medications are listed on the rear of each pack, providing necessary information for anybody requiring it in an emergency, such as an ambulance officer.

Members had many questions about pain relief, some that Con said were best answered at his pharmacy where their personal situation could be reviewed privately – and everyone was presented with a showbag of goodies, comprising various samples and information leaflets.

COMING EVENT

THURSDAY SEPTEMBER 24

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, September 24. Guest speaker will be John Tracey from Alfred James Funeral Homes, who will speak about prepaid funerals and funeral planning

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

Payneham Prostate Cancer Support Group

An appetite for healthy living

Taking a different line with diet and exercise habits can produce spectacular results, as Payneham Support Group treasurer Arthur Seager explains in this account of his prostate cancer journey.

At the age of 69, I was diagnosed with prostate cancer in May 2005 and underwent robotic prostatectomy in July 2005. My PSA was 0.17 after the operation and later went down to 0.1 before climbing slowly to 0.4. My urologist recommended follow-up radiotherapy with a 33 per cent chance of a complete cure (if the cancer had not already metastasised), a 33 per cent chance of remission and a 33 per cent chance of no change.

I didn't think these were bad odds, though the ever present chances of side effects such as proctitis, diarrhoea and excessive flatulence (just to name a few) put me off the idea. I decided that I wanted quality of life and not just quantity of life.

I had met John Mayes, the librarian and Zone Diet advocate, at the Adelaide Prostate Cancer Support Group, so I decided follow John's advice to keep fit and follow a healthy diet. John's journey with prostate cancer had been similar to mine and he too had rejected radiotherapy.

The Zone Diet is not easy to follow because it requires each meal to be balanced in terms of protein (7 parts), low GI carbohydrates (9 parts) and "good" fats (3 parts), however, after four years I've now learned how to avoid analysing foodstuffs and weighing everything.

I sometimes wonder if



Arthur Seager riding for the Cancer Voices SA team at the Mutual Community Challenge during the 2009 Tour Down Under

WITH THANKS

The Payneham Support Group would like to extend its thanks to Dr Samantha Pilay for being guest speaker at the August meeting. Her subject of urinary incontinence will also be addressed as part of the Payneham group's September meeting, and reported on in a coming edition of Prostate Supporter.

John would approve of my approximations and whether this is why he controlled his PSA level better than me.

I now love my diet and am addicted to it – no red meat apart from kangaroo, no dairy products, no high GI carbs such as sugar, bread, potatoes, rice, pasta, biscuits and cake, and balanced amounts of fruit

and vegetables (preferably raw or lightly cooked, with the important factor being glycaemic load rather than glycaemic index).

As for keeping fit, I cycle 55km on Monday or Wednesday (weather permitting), play two hours of active table tennis on Tuesdays, take a four-hour bushwalk on Thursdays, one-hour exercise class on Friday (only if I'm in the city for other reasons) and spend 45 minutes swimming on Sunday.

Unlike John, and in spite of all my healthy food and fitness activities, my PSA climbed from 4 last August to 6, then 9 and recently to 15 within a few months, so I've been on hormone therapy for the past two months.

Fortunately I've have none of the obvious side effects, such as hot flushes or painful boobs. Cycling recently exhausted me, though I did 66km instead of my usual 55km and I had engaged in some extra physical activities earlier in the week. Bush walking, table tennis and swimming are still all good.

It would take many books to explain the full extent of my diet (refer to Dr Barry Sears and his Zone Diet for more information) but on the opposite page is a list containing of some of the ingredients and supplements that I take, together with where I source them from.

Hopefully, I may inspire some of you to explore this option.

COMING EVENTS

SEPTEMBER 15

MEETING:

The Payneham Support Group will meet in the Payneham RSL Clubrooms, 360 Payneham Rd, Payneham at 7pm on Tuesday September 15. Guest speaker will be Rosalie Donhardt, who will speak about good bladder and bowel health, while Colorectal Surgeon Dr Rieger will talk on bowel problems.

OCTOBER 20:

Guest speaker will be urologist Dr John Bolt, who will speak about erectile dysfunction, treatment options that are available and men's sexual health.

NOVEMBER 17:

Annual general meeting including the election of office bearers for 2010. The evening will also include a social gathering and barbecue.

• For more information, phone Phil Davis (8263 2217 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

Prosper Darwin Prostate Cancer Support Group

Members ready for busy September

Efforts to support the national prostate cancer awareness campaign are especially high within the Darwin Prosper group, as convenor Keith Williams reports.

IT WAS great that the Darwin support group was involved as part of the Central Australia Chapter's first quarterly teleconference on August 13 – especially as it was a very happy and co-operative session, and the feedback which all participants received was very positive.

September is a big month for the Prosper Darwin group, as it will be heavily involved in the “Blue September” celebrations being run in conjunction with the

COMING EVENTS

Next support group meeting:
MONDAY SEPTEMBER 14.

The Prosper 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.

national Bunnings chain of hardware stores.

Support group members will be manning two stalls at different stores; one within the Darwin Airport precinct, and the other at Palmerston.

While the group had plenty of problems initially getting the event organised, cooperation from Bunnings management has ensured that planning has happened

very amicably and efficiently.

The support group has been able to have information stalls at the Bunnings stores before Father's Day, on Thursday September 3, between 4pm and 7pm – designed as a Family Night – and on Saturday September 5 between 10am and 1pm, with another stall manned on Father's Day, Sunday September 6, between 10am and 1pm. Bunnings donated a raffle prize to assist.

Details of a deliciously different healthy diet

Arthur Seager lists the substances that he currently includes in his daily diet, with reasons why he ingests these products and explanations of the types used.

- Lemon Juice, used as an antioxidant in tea making, Berri 500ml.
- Pomegranate Syrup, shown to be anti-prostate cancer agent, Sera Nar Eksisi 24oz.
- Apricot Kernels*, shown to be an anti-prostate cancer agent. Arthur has about 20 kernels a day, from Chi Tree, which advises refrigeration.
- Ginger Punch, refer www.drred.com.au for recipe, 750ml Prostate formula.
- Ground ginger, organic, antioxidant used in breakfast and home made tomato juice, from Gourmet Organic Herbs.
- Ground turmeric, organic, antioxidant used for breakfast and home made tomato juice, from Gourmet Organic Herbs.
- Ground cinnamon, organic, antioxidant used for breakfast and home-made tomato juice, from Gourmet Organic Herbs.
- Peppercorns for grinding, improves efficacy of turmeric, bought loose.
- Steel-cut oats, low GI breakfast carbohydrate, bought loose.
- Psyllium, modifies metabolism of high GI carbs, bought loose.
- Tomato puree, usually diluted and then spice is added, contains Lycopene – and helps make psyllium palatable, various brands.
- Fish oil, anti-inflammatory, from Melrose 500ml.
- Goji Berries, organic, antioxidant, from Naturally Goji.
- Cacao Nibs, organic, antioxidant, from Power Super Foods.
- Sunflower seeds, an anti-prostate cancer agent, from Organics Australia Online.
- Green tea, organic, shown to be an anti-prostate cancer agent, from Tea Leaves, Kukicha Green.
- Frozen berry mix, antioxidant, from Creative Gourmet, High Antioxidant Mix, 300g.
- Selenite* which contains selenium, shown to be an anti-prostate cancer agent, liquid 100ml bottle – Arthur takes 1ml each day.
- Soy protein powder, breakfast protein, bought loose.
- Whey protein powder, breakfast protein, from Sandra Cabot's Synd X low carb.

**Items indicated may be poisonous, so beware and research appropriate dosages carefully.*

The Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99
or visit the website www.prostate.org.au

Remaining positive in the face of remarkable odds

Maintaining good humour in the face of alarming adversity has been a key to Norm Chapman's inspiring prostate cancer journey, as Phil Davis reported in a recent Payneham Support Group newsletter

THE prostate cancer journey of Norm Chapman is inspiring, especially considering that when diagnosed, his prostate specific antigen (PSA) reading was an astounding 2500.

Norm and his wife Beth reside in Peterborough, about 250km north of Adelaide. Before retiring in 1998, Norm worked as an electrician at the local power station, with a brief stint at Pine Gap. After retiring, the couple enjoyed relatively good health, but in July 2003, Norm unexpectedly lost his appetite, lost weight and was feeling uncharacteristically tired and lethargic.

As so often happens, it was his wife Beth that insisted Norm visit a local doctor. A blood sample returned a PSA reading of 2500, the highest reading that doctor had heard of. Norm was referred to a hospital in Adelaide for prompt attention. A biopsy was conducted with various other scans and tests, and Norm was diagnosed with metastatic prostate cancer, which was evident in his bones and with obvious lesions to his ribs and spine.

As Norm's prognosis was explained to Beth, she was quite surprised by the doctor's frankness and was devastated by Norm's likely outcome. However, Norm made a conscious decision to

accept his diagnosis and the challenges it would bring.

He steadily developed a determined resolve to remain positive and do everything possible to survive longer than anyone would expect. Given his daunting diagnosis, he is certainly achieving that goal, with his positive attitude and determination helping to allay some of the fear initially experienced by Beth.

“A blood sample returned a PSA reading of 2500, the highest reading that doctor had heard of...”

Norm's treatment commenced with Zoladex and Flutamide, and by March 2004 his PSA had dropped way down to .2. In March 2005 it had climbed to 4, then he ceased taking Flutamide. By May 2005 his PSA had reduced to 2, but then there was a steady climb, reaching 7.5 in April 2006. He then commenced taking Cosudex and continued with Zoladex, however his PSA continued to rise and by April 2006 it was 11. Norm was again prescribed Flutamide until May 2007, though his PSA had continued its upward movement to 23. He then ceased taking Flutamide and started taking Anadron until April 2007, however his PSA had risen to 73.

He was then prescribed

Fentanyl followed by Prednisolone and commenced Zometa infusions in June 2008. His most recent PSA test in April this year indicated a reading of 23.6.

It is evident that advanced prostate cancer is almost a different disease in each man it affects, with various treatments and medications have differing outcomes. Different therapies have to be tailored by health

professionals for each individual sufferer to achieve the best outcome possible.

Considering the variety of treatments and medications that Norm has been exposed too, his side effects have been minimal. In fact, he's quite happy with the growth of short hair that has steadily appeared on his head, having had a shiny and smooth head for the past 45 years. Another side effect as a result of his exposure to hormone therapy has been his increased breast development, though he says this is a minor inconvenience considering the positive aspects of this treatment.

Norm currently doesn't have to visit his oncologist for the next 12 months, unless

he notices a change or other problems suddenly emerges. He can now have his Zometa infusions at the Peterborough Hospital, eliminating the seven-hour round trip to Adelaide every few weeks.

There is no Prostate Cancer Support Group in Peterborough, though Norm and Beth enjoy attending a local Cancer Support Group for all people diagnosed with any form of cancer. They often have a guest speaker who speaks about anything – except cancer.

For Norm and Beth, life has remained rich after cancer diagnosis. They both enjoy the company and laughter of family and friends, Norm spends a lot of time in his garden (more looking than actually doing anything, he admits) and they both enjoy singing in the local Peterborough, Sing Australian Choir.

Despite his prognosis, Norm has preferred to think of all the doors that his cancer has opened, remembering funny moments along the way. He wants to live each day with joy and laughter, and to be thankful for what you have rather than pining for what you want. He continues to be optimistic and positive in regard to his future – and Beth and Norm recently celebrated their 50th wedding anniversary.

Alice Springs Prostate Cancer Support Group

Keep the body working

A skilled sports therapist provided the Alice Springs Support Group with valuable knowledge about their body and how to care for it, as convenor Murray Neck reports.

AFTER 43 years in athletics coaching, a Masters Degree in Lifestyle Coaching and qualifications as a sports masseur, Noel Harris has a wealth of physiology knowledge and sports medicine experience.

Noel also has a passion for helping people with various health problems and how to improve their lifestyle through improved fitness – advice that he passed on to members of the Alice Springs support group at its August meeting.

Each Wednesday afternoon Noel conducts a free Stride and Stretch program. It starts with a session of walking at your own pace, followed by a stretching program. It is well attended with mostly seniors and double the amount of females to males.

Outlining the need to keep

fit, Noel explains that the body's major components must function together, with the heart being the key organ supported by a well functioning stomach, a good skeletal frame and strong spine.

Preventing damage to the body with a sensible recreation program is of prime importance when any fitness program is being designed.

Programs vary according to your fitness level but should include stretching exercises, walking at a controlled pace for a reasonable distance, lifting, walking inclines (and especially through sand for core strength).

While exercising you should aim to increase your maximum heart rate with guidance, ensure that your nutrition is balanced and fluid intake is kept up while exercising.

Making the program fun is also important. Noel believes that if you're doing a program without enjoying it, then you won't be achieving the full benefits.

Noel, who still has local medicos referring participants to his exercise programs, believes fitness is your best insurance against succumbing to illness.

"If you are healthy and active throughout your life, you will have a better chance to prevent, survive or rehabilitate from some of the many sicknesses and diseases in the world today," says Noel.

This address provided a timely reminder for the Alice Springs group of recent speaker Professor Robert Newton's important message about exercising: "It's never too late to start".

COMING EVENTS

SEPTEMBER MEETING:
The Alice Springs Action Group's monthly meeting will be held on Thursday September 11, from 6.30pm to 8pm in the conference room of General Practice Network NT, Skinner St, Alice Springs.
Guest speaker will be Carol Hession delivering an emotive personal account: "My story. Surviving losing my husband to prostate cancer."

SEPTEMBER 27: Stride for Health fun run.

OCTOBER 16 and 17: Central Australia Chapter Annual Conference, Mt Lofty, South Australia.

Murray Bridge Prostate Cancer Support Group

MONTHLY MEETINGS

The Murray Bridge Prostate Cancer Support Group conducts its monthly meetings at 7.30pm on the first Thursday of each month, at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge. The next meeting is on THURSDAY, OCTOBER 7. For further details about the group and its meetings, phone support group chairman Ron Lehmann on (08) 8532 3277.

Fitting into the local community

AT THE Murray Bridge Support Group's August meeting, Anne-Marie Garrett, manager of Our Wellbeing Place at Murray Bridge, provided an insight into who uses the centre. It's a diverse collective of art groups, ethnic cooking, special group cooking and catering events, female and male indigenous groups, general discussion groups and a popular meeting venue for community groups such as the Prostate Cancer Support Group.

In September, support group members will work on a community barbecue at the Mt Barker Bunnings outlet, as part of the International Prostate Cancer Month.

Showing great enthusiasm for the work of the prostate cancer group network, some Murray Bridge members have volunteered to be part of the PCFA information stall at the Paskeville Field Days at the end of September.

PROSTATE CANCER RESEARCH DEVELOPMENTS

Generous funds received from the footy community

The legacy of the late football legend Ted Whitten is making a mark in local prostate cancer research, as Callie Watson reported recently in *The Advertiser*.

ADELAIDE researchers have received \$120,000 in funding from the E.J. Whitten Foundation to assist with breakthroughs in the fight against prostate cancer.

Foundation chief executive Ted Whitten Jr was in Adelaide during August to present the Dame Roma Mitchell Cancer Research Laboratories at the Hanson Institute with money to extend studies into the genes that cause the disease.

This donation is the first from the foundation's South Australian chapter since it started in 2005.

Mr Whitten's father, E.J. "Ted" Whitten, was a football legend who played with VFL club Footscray, and died from prostate cancer in 1995. The foundation was established in his memory.

"I always say that if there had been this level of awareness around when dad was diagnosed, he just might still be here today," says Mr Whitten.

Mr Whitten believes that recent high-profile prostate cancer cases that attracted attention in the media, including *The Footy Show* host Sam Newman's fight and millionaire Carlton



Hanson Institute researcher Vanessa Thompson explains her prostate cancer research testing procedures to Ted Whitten Jr. *Picture: Jo-Anna Robinson*

president Richard Pratt's death, have increased awareness about the disease.

"What we really want is to get the message out that men need to go to a doctor and get a simple test that only takes a few minutes, because there really are no symptoms," he says.

Research fellow Vanessa

Thompson, 32, started at the Hanson Institute almost a year ago. She says the funding from the Whitten Institute will support her research work over the next two years.

"The institute really is renowned. I chased this opportunity to work with some of the world's best and think

it's great this money is being made available," she says.

The E.J. Whitten South Australian Chapter will hold its next fundraiser, a golf day at the Kooyonga Golf Club, on Friday, October 16.

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Encouraging long-term results recorded after brachytherapy treatment

BRACHYTHERAPY patients that are disease free after five years are likely to be disease free after 10 years, according to a recent study by researchers at the Mt Sinai Medical Center in New York.

Researchers followed 742 prostate

cancer patients treated with brachytherapy, or brachytherapy and hormonal therapy, or combined brachytherapy and external beam radiotherapy (EBRT) between 1991 and 2002.

None of these patients experienced

cancer recurrence during their first five years after treatment. The study found the PSA level taken at five years was an indicator of how well a patient would do in the future. The overall chance of being cancer free at 10 years was 97 per cent.

The Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99 or visit the website www.prostate.org.au