



Prostate Cancer
Foundation
of Australia

PROSTATE SUPPORTER

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

www.prostate.org.au

FEBRUARY - MARCH 2010

Volume 3: Number 1

Big names for international conference

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

An impressive list of world expert guest speakers is being assembled for the PCFA's second international conference, as Paul Redman reports.

THE Prostate Cancer Foundation of Australia is preparing for its second international conference, to be held at the Gold Coast Conference Centre in August, and members of support groups – both men and women – are invited and encouraged to come to the organisation's major event for this year.

It is anticipated that many thousands of people will attend the conference from August 6 to 8 and early bookings through the PCFA website (www.prostate.org.au) opened on February 1 to accept registrations.

Some speakers that have already been confirmed for the conference include Dr Peter Scardino and Dr John Mulhall from the Memorial Sloan-Kettering Cancer Centre in New York, and Virgil Simons, founder of The Prostate Net.

Just a mo... that's our board wearing bristles



ABOVE: The National Board of the PCFA were all proudly sporting moustaches that sprouted during Movember – the fundraising drive that is quickly seeping into the national consciousness. Movember's first objective is to raise the awareness and understanding of men's health issues, specifically prostate cancer and depression – and encouraging men over the age of 50 (or those over 40 with a family history of prostate cancer) to be tested annually. For details about the funds collected from the Movember campaign, and highlights of some outstanding fundraising results, please turn to the Alice Springs Support Group report on Page 11.

• CONTRIBUTIONS from all Support Group members to the newsletters are welcome; please email items and images to prostate-news@fosterhill.com.au

There are several distinct presentation streams for different audiences and most key presentations will be repeated so that delegates do not have to miss any special presentation that they really want to attend.

Costs for this three-day conference are most reasonable for the quality of the host of international and Australian

guest speakers that are being booked for the conference.

In addition to exchanging ideas and information with leading health authorities and likeminded support group colleagues, the conference also assists delegates to enhance their training and skills development, and to help formulate a strong national agenda for future government action.

The PCFA encourages each support group to send a large party of members to come and enjoy the camaraderie, be informed on latest developments and make many new friends, while also renewing old acquaintances.

For further conference details, visit the PCFA website at www.prostate.org.au

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

Prostate Cancer Action Group

COMING EVENTS

FEBRUARY 9 MEETING:

The Action Group will conduct its first meeting for 2010 in the upstairs meeting room of the Cancer Council SA building, 202 Greenhill Rd, Eastwood at 5.30pm on Tuesday February 9. At present, entry is through the front door on Greenhill Rd. All interested people are welcome to attend.

MARCH MEETING:

The Action Group will meet in the same venue on March 9.

• 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>

Information events sweep broad areas

A series of new Prostate Cancer public awareness events are already being organised by the Action Group, as Dean Wall reports.

WHILE the Prostate Cancer Action Group hasn't met since November, it doesn't mean that nothing has been happening! Planning and organisation has been underway for a very full calendar of events through the early part of 2010.

The Action Group's first public event for 2010 will be an Information Evening, to be held in Whyalla on Monday February 22, from 7.30pm to 9.30pm at the South Whyalla Football Club, Beach Rd, Whyalla. This event will follow a standard format with the local visiting urologist Dr Darren Foreman as keynote speaker, followed by Ms Natarsha Croser, the

Whyalla Hospital Lifestyle Coordinator. Two prostate cancer survivors will also outline their own experiences of the disease to the audience.

This evening is being sponsored by the Lions Club Mt Laura Whyalla, and the Prostate Cancer Foundation of Australia, with assistance from the Whyalla Hospital, and is being run by the Action Group. Special thanks go to the Lions, PCFA and the hospital personnel for their sponsorship and support.

People interested in attending this event are asked to register through Events Whyalla, phone 8645 5223, or general enquiries can be made by contacting the area's local

PCFA Ambassador Brian Marshall on 0408 849 653.

MORE FARM FIELD DAYS

The Action Group, in conjunction with the PCFA Central Australia Chapter, will also be hosting an information stall at the South-East Farm Field Days, held at Lucindale, on March 19 and 20. The group's presence at this event is being underwritten by PCFA.

If local interest for this event proves comparable with our success at the Yorke Peninsula Field Days held at Paskeville last year, those Action Group volunteers attending can look forward to a very busy and productive time.

Port Pirie Prostate Cancer Support Group

Seasonal cheer for Pirie group

December celebrations closed the year for the Port Pirie group in style, as Nicola Champion reports.

THE Port Pirie Prostate Cancer Support Group celebrated the year that had been with a Christmas get together at a



LEFT: Santa (Vic Pisani) and Nicola Champion (Santa's helper) share some Christmas cheer with Allan Manfield (group chairman), and Colin Lang (at right).



group member's home in December. A candle was lit in memory of members we had lost during the year and it remained lit during the night.

A buffet meal was enjoyed by all, and the biggest decision on the night was which dessert to have (or how many).

Santa (who looked suspiciously like

support group member Vic Pisani) came and all members and their partners received a special small gift – and the chance to sit on Santa's knee.

The Port Pirie group meets for the first time in 2010 during February and plans are being made for another year of support, friendship and information sharing.

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

Prostate Cancer Support and Awareness: ADELAIDE GROUP

COMING
EVENTSFEBRUARY 15
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 Monday February 15 will include our Annual General Meeting with the Election of Officers. Without people willing to volunteer as officers the group cannot continue! There will also be a presentation by the Cancer Council SA on their *Staying Healthy After Cancer* program and other services the Cancer Council offers.

• For more information, 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

Outstanding new guide book released

The Prostate Cancer guide revised under the direction of Dr Carole Pinnock is now available, as Ian Fisk reports.

THE Adelaide support group finished 2009 with a presentation on November 16 by Dr Carole Pinnock AM on the new publication *Advanced Prostate Cancer: A Guide for Men and Their Families*.

Dr Pinnock spoke of how well received a previous book entitled *Localised Prostate Cancer* had been among consumers.

This book was first published in 2001, with nearly 11,500 copies distributed through four reprints – though a need had been identified for a guide to advanced prostate cancer for doctors, and work commenced on this in 2004.

Through a quite lengthy development process it was agreed a consumer's version should also be produced, after various sources identified what it was that men and their families most required. Indeed, the purpose of the guide was expressed in the term: "I

believe we can handle it if we know what's going on."

The new guide has 12 chapters and Dr Pinnock listed their contents, while also presenting some diagrams to members.

She commented that in the future clinical guidelines may be updated annually, to avoid having to undertake the large amount of work required to complete this current update.

The consumer's publication has been available for Internet downloading since early December. A link is on our website: www.psaadelaide.org

Hard copies are available from Andrology Australia, c/o Monash Institute of Medical Research, Monash Medical Centre, PO Box 5418, Clayton VIC 3168. Ph: 1300 303 878. www.andrologyaustralia.org

On the back cover it says: "Prepared by the Australian Cancer Network and Australian Prostate Cancer Collaboration, based on the Guidelines

for Locally Advanced and Metastatic Prostate Cancer."

A publication for professionals – *Clinical Practice Guidelines for the management of locally advanced and metastatic prostate cancer* – should be available soon.

* Some of this report is taken from the minutes of the Central Australia Chapter Conference held at Crafrers in October 2009. Full minutes of the conference are on the website <http://www.pcfcentralaustraliachapter.org>

FUTURE SPEAKERS

THE ADELAIDE group's March 15 meeting will have a presentation by Rob George on "Advances in Medical Imaging and Radiation Therapy – A Look at the Future". I saw this presentation at a Mitcham Support group meeting in 2009 and found it fascinating. Suggestions for future meetings topics and speakers in 2010 are most welcome.

• Participate in a new Prostate care study

WHAT TYPE of support services do men and their partners find most helpful to them during and after prostate cancer treatment?

A new study of support services will be used to develop a multi-disciplinary hospital-based support program.

For this study, men who have had prostate cancer treatment,

and their partners, will be asked to complete a 20-minute questionnaire, asking how they coped with side effects and about support services they have received, or would like to have received during prostate cancer treatment.

Jan Paterson, Professor of Nursing (Aged Care) at

Repatriation General Hospital and Flinders University, says anyone interested in taking part in this study should phone her on 8201 3266 (email jan.paterson@flinders.edu.au), or phone Dr Afshin Shorofi on 8201 7639 (email Afshin.shorofi@flinders.edu.au).

• Source: THE SENIOR, January 2010.

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

COMING EVENTS

FEBRUARY MEETING:

The City of Onkaparinga Support Group met at 6.30pm on February 3 in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga.

MARCH 3

MEETING:The City of Onkaparinga Support Group will next meet at 6.30pm on March 3 in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga. A guest speaker for the evening is yet to be organised.

• 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, toneraction Christies Beach, The Original Open Market** and to the **City of Onkaparinga Council**.

Plans set the course for support in 2010

Before this year's local support group meetings an informative Chapter Council meeting was held, as John Shields reports.

A CENTRAL Australia Chapter meeting was held at The Edinburgh Hotel, Mitcham, on January 21, attended by the PCFA's Paul Redman PCFA, eight Chapter Council members and 17 observers. As Chapter secretary Bryan Hearn was unable to attend, Paul Redman recorded the minutes, which are in the process of being finalised. A copy should be available during February, and I will forward a copy by email to members who have an email address.

Agenda items discussed included: Loan DVDs available from the PCFA; new name badges from the PCFA; a Central Australia Chapter logo; new PCFA Guidelines for expense budgets; the creation of new support groups in Mt Gambier and Kalangadoo; a national schedule of PCFA and Council meetings; a template for Support Groups reports; the question of life membership or other recognition of members; a country members' visiting the city assistance scheme; and funds from Bunnings events.

The Chapter Business Plan was tabled that has been prepared by Terry Harbour. This plan has been approved by Council. Working groups are now required to start the actions required, to activate the plan completely.

Terry has tendered his resignation from the Council as he and his wife Patricia are going overseas for a holiday,

and the Chairman declared a one year casual vacancy. Bryan Hearn, who had indicated his interest in filling the vacancy, was elected unanimously on the motion of John Shields and seconded by Keith Williams.

Item discussed at the meeting included the goals of the PCFA, a paper on starting a new Support Group, a leadership booklet by John Shields, and Central Australia Council members' tenure.

Other Business at the meeting included: Membership of Cancer Council SA cancer support committee; field days and awareness events; protocol for distributing information within or to the Chapter; Chapter guidelines; progress of the Jim White and Trevor Hunt memorial funds; reports of bogus collectors for Prostate SA in Adelaide; communication between the PCFA Ambassador program and Support Groups; and Keith Williams asked if all resignations could be submitted in writing or email. The Secretary will re-distribute the minutes and attachments from the Chapter Conference at Mt Lofty House by the end of January 2010.

This proved to be a very productive meeting. The next Council meeting will be held at Murray Bridge. Councillors will meet the Murray Bridge Support Group for dinner on March 17, then attend the support group's regular monthly meeting. The Council will stay in Murray

Bridge overnight and conduct the Chapter Council meeting on the morning of March 18.

John Shields requested the PCFA to set up a Website similar to the American Breast Cancer website – "Click to give-it's free" – to help raise funds for Prostate Cancer Research and the Support Groups here in Australia. To understand this concept, visit the site <http://www.thebreastcancersite.com>

BEYOND BLUE

JOHN Shields recently took delivery of 50 DVDs titled *Carers, Stories of hope and recovery Vol 2*. It's designed for people who care for a friend or family member with depression, anxiety or a related disorder. If you would like a copy, please contact our librarian Peter Kiley on 8382 1032.

BUNNINGS BARBECUE

ANOTHER barbecue will be held at Bunnings, this time on the Saturday and Sunday and we will also be allowed to sell soft drinks. Update a little later.

INFORMATION DAYS

CITY of Onkaparinga Support Group Patron, Councillor Artie Ferguson, is arranging for the group to have an information day at a surf lifesaving club.

WIDOWS WELCOME

WIDOWS are made to feel welcome at Support Group meetings. Notably, one lady has now taken on the leadership role at an interstate group.

Mitcham Prostate Cancer Support Group

Many ways to show your support

Smart organisation and planning are the keys to a successful year ahead for support groups, as Terry Harbour reports.

LIKE most support groups, Mitcham enjoyed a break over the Christmas and New Year period – but not before staging our customary social dinner for members and visitors at the Colonel Light Gardens RSL. About 28 people attended the group's closing event for 2009 and all experienced a very relaxed and social occasion.

February 25 is the date for our first meeting in 2010 and will centre around discussion and setting agendas for this year's meetings. These will vary between featuring guest speakers at some meetings, interspersed with meetings dedicated to general discussion on topics requested by members.

MAINTAINING OUR ASSETS

IN A RECENT email on budget setting, the PCFA's Paul Redman referred to "assets" held by support groups:

"All assets provided to or purchased by a volunteer group are the property and responsibility of the volunteer group. This especially applies to equipment supplied by the Australian Government

Volunteer Grants program, as the Foundation has signed a written agreement excluding itself from owning or keeping any equipment supplied via the grants.

"Maintenance of assets is the responsibility of the group – however the cost of maintenance can be included in a budget if insufficient funds exist within a group to pay these costs."

It is essential that support groups record their assets so that they can not only account for each item, but also the circumstances under which they are used. During the recent summer break, the Mitcham Support Group undertook this step and has completed its Assets Register, which will be reviewed annually.

SMART SUCCESSION PLANNING

IN LATE 2009, Terry Harbour was fortunate to attend a Prostate Cancer conference in Los Angeles, where he obtained a copy of the executive summary of a research document entitled "The Role of Prostate Cancer Support Groups in Health

Promotion". One of the key findings was that:

"... the success and longevity of PCSGs is reliant on effective leadership and management ... cohesive leadership, shared management and specific group facilitation strategies were integral to meeting the needs of attendees ... and commitment to the group."

A PDF document of this executive summary can be downloaded from: yananow.net/supportgroups then click on "support groups" in the window which pops up and you will see the appropriate link appear second on the list of URL sites.

John Shields, Chair of the City of Onkaparinga Support Group, has produced an excellent document addressing this issue, together with succession planning, which is presently before the Chapter Council. We all need to embrace this to ensure our groups go from strength to strength.

HEADING OVERSEAS

ON FEBRUARY 27, Terry Harbour and his wife are heading over to the UK for an

COMING EVENTS

FEBRUARY 25 MEETING

The next Mitcham Support Group event will be held on Thursday, February 25, in the Colonel Light Gardens RSL club rooms at 4 Prince George Parade, Colonel Light Gardens, from 7pm. For further details, please phone Terry Harbour on 8271 0513 or Jeff Roberts on 8277 3424.

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

extended holiday, and won't be returning to Adelaide until October 11. Terry has identified a number of support groups in England and will try to attend several of their meetings. He then intends to email reports for future *Prostate Supporter* newsletters on how the UK support groups operate.

Research findings and news items from around the world

RESEARCH SCIENTISTS at the University of Pennsylvania have reported a new antibody, F77, which recognizes and causes the death of prostate cancer cells. The antibody attacks the disease directly and helps the immune system identify and destroy cancer cells in patients with advanced, treatment-resistant

tumours. However it could also be used for patients in the early stages of the disease, doubling its benefit.

F77 is a monoclonal antibody which can be mass-produced in the laboratory by copying a single type of immune system protein. Like natural antibodies made in the body, they help identify and neutralise

invaders or sources of danger, such as cancer cells. This is done by latching on to a specific target molecule, or antigen.

With F77, the target is a fatty sugar only found on prostate cancer cell surfaces. Tagging F77 antibody could theoretically be used to detect the spread of prostate cancer.

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

Central Australia Chapter Council

Conference airs smart ideas to be shared around the nation

Frank discussion enabled national PCFA Chapter representatives to be challenged by new methods, as Central Australia Council secretary Bryan Hearn reports.

THE Prostate Cancer Foundation of Australia conducted a conference of Chapter councillors on January 28, with 19 representatives of the nation's five PCFA Chapters meeting at the Rendezvous Allegra Hotel, in Adelaide.

The meeting was facilitated by Paul Redman from the PCFA, with representation from the Central Australia Chapter, Queensland Chapter, NSW/ACT Chapter, VIC/TAS Chapter and WA Chapter. Each Chapter had four representatives, except NSW, which had only three present.

Each Chapter Chairman delivered a brief report on their group's particular activities, and detailed its history. Reports prompted positive discussion, with Chapter representatives gaining valuable insights on how to improve their own performance and procedures.

Roger Constable from Western Australia delivered a very interesting presentation on

how the WA Chapter Council makes use of a WIKIspace web site to facilitate their administration processes and to compile other valuable information for use by council members.

This presentation was of such interest to those present that a further brief session was held at the end of the meeting to discuss ways this WIKIspace website can be utilised by all chapters via the PCFA website

Paul Redman led a discussion on the roles of all Chapter Councils and individual councilors. All Chapters have a Chair and deputy chair, along with a secretary and treasurer, however some other roles identified are not consistent in all Chapters. These include a support group services coordinator, which currently exists in only two chapters, and a newsletter editor and a librarian in one Chapter. Queensland has an equipment officer on its Council, while three Chapters have web site coordinators – though not all

of these people are Chapter Councilors.

Nearly all Chapters use Chapter teleconferences either on a monthly or bi-monthly basis. Even though some Chapters have up to 30 members, these teleconferences are well organised and well supported by member support groups.

Paul presented to the conference a Central Australia Council paper prepared on the establishment of new support groups. This document details all of the steps necessary in the establishment process and also provides advice on how to achieve many of the matters listed. This document was well received and all Chapters requested a copy of the paper.

General discussion topics included how to maintain support groups, succession planning for all positions, how members can be retained and attracting new members.

Another topic discussed was the relationship between

support groups and the Ambassador program, which prompted spirited discussion and obviously needs a lot of work to improve the situation in some areas.

Commonality of purpose among Chapters was discussed, with an outcome being that each Chapter has been requested to form a small working party for identifying common areas of administration within their guidelines with other Chapter guidelines. Reports of these findings will be dispatched to the PCFA by the end of March, with a view to documenting common guidelines for all Chapters.

All those present felt the conference was worthwhile and should be repeated at least on an annual basis. Discussion was held as to whether the conference should be restricted to only four representatives from each Chapter or to include all Chapter Councilors, with costs and the availability of councilors in full time work also a consideration.

Murray Bridge Prostate Cancer Support Group

THE MURRAY Bridge support group will be changing its meeting days during 2010 – to the third wednesday of each month, at the same location. Also, the support group is now inviting **ALL** people who are living with cancer, their supporters and those interested to come along and hear interesting and informative speakers on subjects as cancer issues and benefits available for older people. Speaker at the group's March meeting is Ashleigh Moore of Cancer Voices SA, a local who has become an international speaker on cancer.

MONTHLY MEETINGS

The Murray Bridge Prostate Cancer Support Group conducts its monthly meetings at 7.30pm on the third Wednesday of each month, at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge. The next meeting will be in the New Year – on **WEDNESDAY, FEBRUARY 17**. For further details about the group and its meetings, phone support group chairman Ron Lehmann on (08) 8532 3277.

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

McLaren Districts Prostate Cancer Support Group

Speakers engaged to cover interesting range of topics

A diverse group of speakers planned for support group meetings in early 2010 will ensure stimulating and helpful discussion for members, as Bryan Hearn reports.

THE McLaren Districts support group's final presenter for 2009 was Rob Crouch from the Alzheimer Association of SA. One of the most important messages that Rob conveyed to members was that as we get older, our memory does suffer some losses and that we should not regard this as an early sign of Alzheimer's; it's just a part of the ageing process. An audible sigh went around the room as it would seem most of us have experienced this situation.

On December 17, 21 members and wives enjoyed a social evening where many stories and tales were exchanged. Convener Bryan Hearn thanked members for their support during the year, then delivered a brief summary of 2009 events and plans for 2010.

Refreshments for the evening were catered for by the hospital staff and were thoroughly enjoyed by all those present.

Planning for 2010 events is well under way, with speakers booked for the first three months.

At the group's February 25 meeting, representatives from the Public Trustee will attend to address members on the need for wills and what Powers of Attorney can achieve and how they can be initiated.

On March 25, our speaker will be a kinesiologist, who will speak on relaxation strategies and how to get to sleep more easily. Other matters to be covered in this presentation have the intriguing titles of "The Triangle of Health – an awareness of the three factors requiring balance

COMING EVENT

THURSDAY FEBRUARY 25

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, February 25. The guest speaker will be a representative of the Public Trustee talking about wills and power of attorney.

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

for good health", and "The Metaphysical Meanings of Prostate Cancer – awareness of further information to assist with personal change and healing."

On April 22, members will be presented with an Ambassadors presentation on prostate cancer and associated continence problems.

Speakers for the remainder of the year will generally be as a

result of specific requests from members.

It is hoped that a public Awareness Day in the major shopping centre at McLaren Vale can once again be arranged. When a date has been resolved with centre management staff, volunteers from our group's membership will be sought – and I'm sure we will have no difficulty securing enough members to staff the stall.

Barossa and Gawler Prostate Cancer Support Group

New direction

THE Barossa Prostate Cancer Support Group will commence the 2010 year with a social meeting of members and their partners at the home of Don Piro, 28 Kindler Ave, Nuriootpa, on Wednesday February 24, commencing at 2pm. Light refreshments will be provided.

Don has stepped into the support group coordinator role, previously done with great energy by Alan Hall for many, many years.

Alan will continue as a member participating in group meetings and take a much earned rest from the business side of the group.

COMING EVENT

FEBRUARY 24

- This first meeting for 2010 will be a social gathering held at the home of new group coordinator Don Piro, at 28 Kindler Ave, Nuriootpa (phone 8562 3359) on Wednesday, February 24, from 2pm. All members of the support group and their partners are invited to attend.

Don plans to broaden the scope of the group with the support of PCFA to become a general Cancer Support Group

in the Barossa Community and will be discussing this with the members about how to best approach the community.

Payneham Prostate Cancer Support Group

Building the chain of compassion

Support groups continually build valuable trust and knowledge sharing between prostate cancer patients and survivors, as Payneham Support Group coordinator Phil Davis reports.

RELECTING on the Payneham Support Group's first year of operation, I believe that 2009 was a very busy positive and interesting year. I was particularly impressed with the level of courtesy and respect shown by all at our monthly meetings. During the year we all enjoyed speaking with others who have walked the same path.

Prostate cancer patients that are helped by other survivors often reach out to pass on the support, creating a valuable continuance of support – simply described as a Chain of Compassion.

Of course men can and should talk to their doctor, but a survivor can be very helpful in a unique way. When considering treatment options we feel quite nervous, anxious and vulnerable, so to be able to talk with survivors about their experiences is most comforting and informative.

Attendees at support group meetings can gain reassurance about treatment options, reducing anxiety that

the path ahead will create. Before the advent of support groups, men continued their daily lives after treatment but experienced many post-treatment difficulties with very little information on how to handle the bladder, bowel and/or erectile problems.

These are the most common physical issues after treatments but there are also psychological problems that can arise. Androgen deprivation therapy can result in further physical and psychological challenges. As a result of treatment and post-treatment issues, lifestyle changes are often required to reduce distress and to cope with the side effects.

The Payneham support group, along with many others throughout Australia, assist many men and their carers, who are equally distressed by their situation.

As a result of the excellent speakers that the Payneham group listened to during 2009, we learned a great deal, and also drew comfort that South Australia has a host of world class health professionals.

As patients, want the very best treatment and care available and what we imagine may well become a reality within a few years.

This year we welcome new committee members Ian Milroy and Doug Day, and their fresh input will help stimulate new ideas to keep our group innovative, viable and relevant.

Our support group newsletters – which include articles of interest concerning prostate cancer trials and treatments – appear on the Payneham RSL website at www.payneham.rslsa.org.au

TREASURER IN MOTION

PAYNEHAM support group treasurer Arthur Seager again participated in the Tour Down Under Community Challenge Ride, and as a consequence he again appeared in the Messenger newspaper – featured on front page. Arthur is to be congratulated for his participation and positivity, standing tall as an excellent example to all people who have been diagnosed with cancer.

COMING EVENTS

FEBRUARY 16

MEETING:

The Payneham Support Group will meet in the Payneham RSL Clubrooms, 360 Payneham Rd, Payneham at 7pm on Tuesday February 16. Kevin O'Shaughnessy will speak about his research regarding how men cope with a diagnosis of prostate cancer, including when cancer returns after treatment.

MARCH 16: Professor Alfred Poulos, medical researcher, will speak on causes of cancer

APRIL 20: Survivor forum, including a meal and social evening.

• For more information, phone Phil Davis (82510939 classic100@lifestyleusa.net.au), Peter Woodrow (8263 5556) or Arthur Seager (8289 4180), or visit the Payneham Support Group's dedicated website at www.psapayneham.org

And now for something completely different ... a touch of humour

AN 85-year-old man was asked by his doctor for a sperm count as part of his physical exam. The doctor gave him a jar and said: "Take this home and bring back a semen sample tomorrow."

The old man reappeared at the doctor's office with the jar, which was as clean and empty as it was the previous day.

The old man explained: "First I tried with my right hand, but nothing. Then I tried with my left hand, but still nothing. Then I asked my wife for help. She tried with her right hand, then with her left; still nothing. She tried with her mouth, first with the teeth in, then with her teeth out; still nothing. We even called up Arleen, the lady next

door and she tried too, first with both hands, then an armpit, and she even tried squeezin' it between her knees, but still nothing."

The doctor was shocked. "You asked your neighbour?"

The old man replied: "Yep, none of us could get the jar open."

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REPORTS ON TREATMENTS

How sitting in a hyperbaric chamber can provide help

Hyperbaric oxygen therapy is explained by prostate cancer patient Peter Fairbrother.

IN early 2005 I was diagnosed with prostate cancer, detected by my GP after a regular check-up and blood test that showed an elevated PSA reading. I decided on a radical prostatectomy, though while the tumor was large and still within the prostate capsule, pathology tests showed that cancer cells had moved outside the prostate.

I had implants for six months to allow for healing after the surgery and to reduce my PSA level, then commenced a series of 40 radiation treatments. During and after these treatments I had attacks of diarrhoea, which reduced over time and are now rare. There was some occasional bleeding from the bowel and a colonoscopy revealed some radiation damage, though the bleeding ceased and has not recurred.

About 18 months after concluding radiation treatment, I began experiencing an increased desire to urinate associated with some pain and bleeding. This condition worsened over several months: I had to urinate every 30 minutes and was in considerable pain if I did not. The amount of blood passed also increased. A urine sample showed no bladder infection, though a cystoscopy performed by my urologist



Peter Fairbrother outside the hyperbaric chamber at the Royal Adelaide Hospital.

showed I had severe radiation cystitis, which is inflammation of the bladder.

My radiologist he had heard that overseas hyperbaric oxygen therapy had been successful in treating the condition. Useful information on this treatment was obtained on the internet.

I was then referred to the Hyperbaric Medicine Unit at the Royal Adelaide Hospital.

It had not been expected that cystitis would occur so long after the radiation treatments had finished however Dr. David Wilkinson, director of the unit, told me that it was not unusual for patients to present with symptoms many years after radiation treatments. He said scientific evidence shows hyperbaric oxygen therapy can help in treating bowel symptoms which may arise.

Hyperbaric oxygen therapy is usually associated with treating decompression illness (the “bends”) but is now used to treat several other medical and surgical conditions. The unit has two chambers: A smaller chamber holds two to four patients, while a larger chamber (6m long, 3m wide and 2m high) holds more.

Treatments consist of sitting on comfortable reclining chairs in a chamber wearing a cotton track suit (to prevent static electricity) and a clear plastic helmet attached to the oxygen supply. Pressure inside the chamber is increased, causing deep breathing of pure oxygen and enables 10 to 15 times usual amounts of oxygen dissolved in the blood.

Before treatments, a patient’s ears are examined to check for any eardrum problems.

Eyes are also checked. A nurse remains in the chamber throughout the treatments to advise how to clear your ears and to keep a general check on patients. Most spend the time reading or have a nap. A short break in the middle of the treatment sessions enables cups of tea or coffee and biscuits to be passed through a special lock in the chamber. There is a toilet in the chamber but I used a condom drainage system (Uridome) that overcame my need to use the toilet.

I received 40 daily treatments, each lasting for two hours. After about 20 sessions the bleeding ceased. A month after I finished the treatments, I stopped using the drainage system and no longer had the desire to frequently urinate. It is now 23 months since treatment finished and bleeding has not recurred.

Breakthrough radiation facility in Darwin is near completion

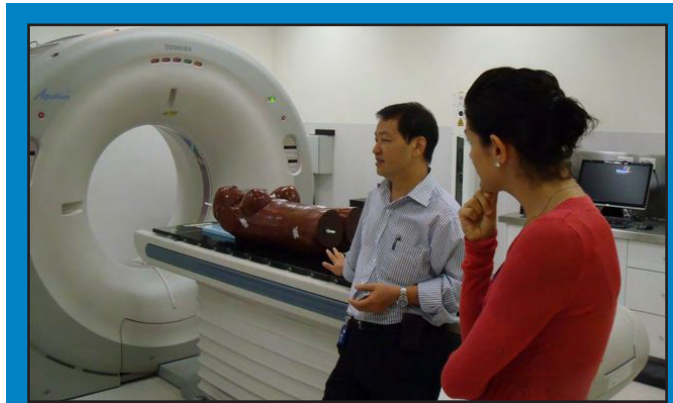
Keith Williams recently visited the world's newest state of the art Radiation Oncology Unit.

IN December, I was contacted by Giam, who several readers would recognise as a senior Radiation Therapist at the Royal Adelaide Hospital, who invited several members of the Prosper Darwin support group to have a pre-opening tour of the new radiation oncology unit being prepared in Darwin.

Dr Michael Penniment, a senior radiation oncologist at the Royal Adelaide Hospital, had suggested that we be given the opportunity to make this special visit in recognition of our efforts over the years to see this dream realised.

On December 11, eight members of the group were given a total inspection of a final "work in progress". Giam has been appointed the practice manager of the unit, which is being operated by a private company for the Northern Territory Health Department and the RAH. Dr Penniment is the director of this company. This arrangement is necessary to give the unit the freedom necessary to manage staff and equipment control effectively.

After years of procrastination and political footballing, the Territory finally accepted (with a lot of federal money)



Giam (above, centre) shows off Darwin's new Radiation Oncology Unit to Darwin Prosper Support Group members.



the responsibility for the construction and operation of the new unit, with RAH as its operator to continue a long and very strong link between the hospital and the Territory.

Senior public servant Paul Tyrrell, who has a justly deserved reputation for making things happen, has indeed made things happen swiftly. The unit will be commissioned and operating by March, about 14 months ahead of schedule.

The set-up is absolutely mind-boggling with its comprehensive equipment and philosophy. It will feature two of the latest Swedish radiation machines, with a capacity of serving up to 800 patients each year.

With an estimated pool of

250 to 300 Territorians likely to be using the unit, it seems that there will not be a waiting list for local patients to use the facility.

At this stage it isn't envisaged that the unit will generate sufficient income to be self-maintained, though there are possible consumer targets across northern Australia and into Asia.

While the unit will be fully professionally, staffed and able to do all except the rarest forms of radiation therapy, it is totally linked electronically to the RAH, so that immediate consultation and troubleshooting services from the Adelaide unit is available.

As the Darwin support group toured the building, we

were amazed at its size and complexity, and the number of people, mostly IT experts, who were beavering away setting everything up.

It takes about nine months to calibrate all the machinery and to get everything in operating condition – and long before our visit was over, it was easy to see why.

While our group saw one treatment machine (it made the one used for my treatment 12 years ago look positively archaic), we also saw the room for a second machine that has not yet been installed.

Giam says that if a machine is shifted by even 1mm, it has to be either re-calibrated, or replaced (at a cost of \$2.5 million), so their foundations are "very deep".

Perhaps the most amazing – and pleasing thing was the expressed philosophy of the unit, with the staff aiming to make it as accessible and welcoming to the community as possible. They even want interested people to drop into the unit at any time for a chat and cuppa – for which they will be looking to recruit a team of volunteers to help with this service.

Plans are in hand for Dr Penniment and Giam to visit Katherine, Tennant Creek and Alice Springs to promote the full use and support of this project – though I feel that perhaps they may have a hard time selling it in Alice, where a strong "Adelaide for the ailing" sentiment endures.

Alice Springs Prostate Cancer Support Group

Movember milestone

Reflecting on a busy 2009, the Alice Springs group took pride in its Movember fundraising, as convenor Murray Neck reports.

A RAINY night did not dampen the spirits of the 42 members, partners and guests who attended the Alice Springs Support Group's 2009 break-up on December 10 at the home of Murray and Barb Neck – an event that also celebrated the group's second year of service.

On welcoming everyone, Chairman Tony O'Brien reflected on the group's achievements for the year and the challenges for 2010 – the most important being the expansion of this group's Prostate Cancer Awareness Program in the town of Alice Springs as well as in the outlying districts.

In a special welcome

to the ladies, Tony said that their presence at our monthly meetings is not only welcomed but is also most valuable to group members.

The December gathering was a great opportunity to intermingle with new members and ladies.

Undoubtedly the highlight of the year was for our members to attend a combined dinner with Paul Redman and Councilors of the Central Australia Chapter during their visit to Alice Springs in August.

MOVEMBER RESULTS

THE 265 Mo Bros and Sistas (registered fundraisers) in Alice Springs raised \$42,725

through 46 teams for the 2009 Movember campaign.

Nationally the organisation raised \$20,203,564 through 128,560 registered Mo Bros and Sistas.

Globally, \$60 million has been donated for the fight against prostate cancer and depression in men. More importantly, as a direct result, male awareness of health issues has improved, with Movember helping to spread health messages to millions around the world.

Typical of the motivation of those involved comes from Chris, who pleads: "Help us to help our future generations. Change the face of men's health."

COMING EVENTS

FEBRUARY MEETING

The Alice Springs support group held its first meeting for 2010 on February 11 with Megan Scott as guest speaker, dietician at the Alice Springs Hospital, who gave general dietary tips and advice for post surgery recovery from radiotherapy and chemotherapy.

MARCH MEETING: The Alice Springs support group will meet on Thursday March 11 from 6.30pm to 8.00pm in the Conference room of General Practice Network, Skinner Street, Alice Springs. Jayne Treagust, chemotherapy nurse from the Alice Springs Hospital, will speak of her role in patient treatment and recovery.

Darwin Prosper Prostate Cancer Support Group

Maintaining meetings is crucial

Amid a season of change, the Darwin Group is reaching out to more people, as convenor Keith Williams reports.

THE Prosper Darwin Support Group had its traditional Christmas Dinner at Fisherman's Wharf on December 1 – the only time we have ever deviated from the second Monday of the month. This occurred because most members were leaving town early for family Christmases, but still wanted to be part of this happy occasion.

We enjoyed one of our biggest gatherings for this occasion, with 20 Territorians braving wild elements. Politician Gerry Woods, a very good supporter

of the group, dropped in to share some time with us, as did three new group members and their wives.

Contrary to the practice of most support groups, we met as usual during January. We believe it's important to keep constancy with meetings; it seems likely that any night of a missed meeting would invariably see new members would turn up, for the only time.

Even though reduced numbers were at the January meeting,

we still had an enjoyable time together, with discussion so good that we didn't even get around to viewing the planned DVD screening.

The Prime Minister dropped in during January to open Darwin's Radiation Therapy Clinic – two months before it can start operating.

For our February 6 meeting, we had Giam as guest speaker, the very impressive practice manager of the RT clinic.

For the March meeting, we plan to have Paul Tyrrell as a

COMING EVENT

The Prosper Darwin support group will meet on **MONDAY, MARCH 6**. The 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.

guest, the man who has brought the RT Clinic in 14 months ahead of schedule and who hopefully may have a few tips to pass on to us.

NEW ROCK CD BLASTS OUT THE PROSTATE CANCER MESSAGE

Beating the Prostate Blues gives rock band a hit idea

A former member of The Masters Apprentices rock band found a novel way to spread prostate cancer awareness after suffering his own prostate blues, as John Shields reports.

PETER Tilbrook – singer, guitarist, songwriter and one time member of legendary Australian 1960s rock band The Masters Apprentices – has recorded a great new CD of 19 original songs with his band The Party Cats, and is donating \$5 from every CD sold to Prostate Cancer Research.

Peter was diagnosed with Prostate Cancer about 15 months ago and had his prostate removed eight months ago. Davvo, The Party Cats' bass player, also went into hospital on the same day as Peter to have a procedure on his enlarged prostate.

Both Peter and Davvo have enjoyed complete success – and now they want to make as many men as possible aware of the benefits of early prostate cancer detection.

One of the featured songs on the CD is titled *The Prostate Blues*. “To my knowledge there has never been a commercial song written about the prostate,” says Peter. The catchy rock song tells the story of Peter's prostate journey to date and delivers a great reminder to all men over the age of 40 to have their prostate checked regularly.

The music for this CD was deliberately written to target the baby boomer population because the men in this group have a greater risk of getting prostate cancer, or having other prostate-related problems.

The boomer generation



Peter Tilbrook and Davvo of The Party Cats, ready to rock for prostate cancer awareness at the Piccadilly Cinema on Saturday March 6.

fondly remember The Masters Apprentices, which had many hit records between 1967 and 1970, including *Turn Up Your Radio*, *It's Because I Love You*, *Living in a Child's Dream*, *Elevator Driver*, *Linda Linda*, *Bridgette*, *Merry Go Round*, *Undecided*, *Buried and Dead* and *5-10 Man*.

Peter joined The Masters Apprentices early in 1967 during their hey day, when they were playing to huge crowds of 90,000 at the Myer Music Bowl in Melbourne.

The Masters were inducted into the ARIA Music Hall of Fame in 1998.

The title track of the new Party Cats CD is called *Let's Go To The Movies* – a catchy song that Peter wrote to hopefully engage the cinema industry to assist in the project.

Peter conducted a meeting in

Adelaide with the marketing manager of Wallis Cinemas in December 2009, who agreed to sell the CDs at the ticket box or candy shops at all Wallis cinemas: Mitcham, Piccadilly North Adelaide, Mt Barker, Noarlunga, Chelsea and Wallis Gepps Cross Drive In.

Wallis Cinemas has also created a screen slide, advertising that copies of the *Let's Go To The Movies* CD can be purchased in the theatres – with part proceeds going to prostate cancer research.

Peter's idea for this song was that baby boomers are strong supporters of cinemas – and they also happen to be in the high risk category for prostate problems, so combining the two seemed like a good plan.

The Party Cats are having an official CD launch on Saturday March 6 at the beautiful

Piccadilly Cinema complex on O'Connell St, North Adelaide. The Party Cats will play songs from the CD for about 30 minutes before Johnny Depp's new movie *Alice in Wonderland* in 3D is screened.

Tickets to the CD launch can be purchased from the Party Cats at any of their gigs or through their website www.thepartycats.com.au in the merchandise section.

You can purchase a copy of *Let's Go To The Movies* CD at any Wallis cinema, the Capri Cinema at Goodwood, or from The Party Cats gigs each week (for details, see the band's gig guide on their website).

• **Help the cause by placing a small, neat counter display box – each holding 16 CDs – for sales to assist in raising money for prostate cancer awareness.**

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