



Prostate Cancer
Foundation
of Australia

PROSTATE SUPPORTER

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

www.prostate.org.au

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Convention to show the road ahead

The recent release of the PCFA sponsor's prospectus for the international conference in August has presented details of several speakers who will deliver keynote addresses.

WITH the theme of Advancing Quality of Life, the Prostate Cancer Foundation of Australia's second international conference at the Gold Coast Convention and Exhibition Centre from August 6 to 8 will bring together leading Australian and international speakers, and showcase the latest developments in prostate cancer research, management, health promotion, treatment and support.

The conference will have designated streams for scientific research, clinical developments, support group instruction and healthcare professional training.

Key international speakers so far confirmed for the event include:

- **Dr John Mulhall**, a microsurgeon and specialist in sexual and reproductive medicine from Memorial Sloan-Kettering Cancer Centre. Dr Mulhall is the author of the

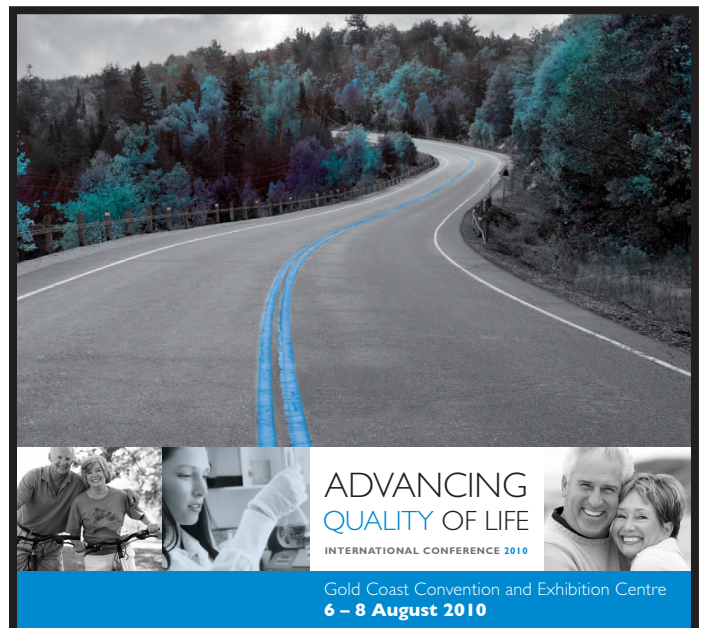
recently released book *Saving Your Sex Life: A Guide for Men with Prostate Cancer*.

- **Dr Peter Scardino**, a surgeon who is the head of the Prostate Cancer Program at the Memorial Sloan-Kettering Cancer Centre, who along with other colleagues has pioneered the use of statistical models to predict the natural progression of prostate cancer and how it will respond to treatment.

- **Mr Virgil Simmons**, founder of Prostate Net in the US, whose innovative approaches to health promotion (using barbers and other networks to convey health messages) have been used as models in many countries, including Australia.

The combined meeting of the Australian Canadian Prostate Cancer Research Alliance and the Australian Prostate Cancer Research Centre, Queensland, will also be convened as a satellite to the main conference.

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



PAVING THE WAY: The Prostate Cancer Foundation of Australia's second international conference at the Gold Coast is being held from August 6 to 8, 2010. If you are interested in attending, please check the website and register now at www.prostate.org.au

in brief...

- **THE next meeting for the Royal Adelaide Hospital's Health in Men series will be on Friday April 23, from 1pm to 1.30pm, in the RAH's Robson Theatre, with Phillip Crowley presenting a talk titled: "Men and Alcohol". Could interested attendees please make sure you email your RSVP to rah.healthpromotion@health.sa.gov.au or phone RAH Health Promotion on 8222 5193 before April 20 for catering purposes. Judith Van Kessel**

- **CONTRIBUTIONS from all Support Group members to the monthly Prostate Supporter newsletters are most welcome; please 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

Prostate Cancer Action Group

COMING EVENTS

APRIL 13 MEETING: The Action Group will conduct its next meeting in the upstairs meeting room of the Cancer Council SA building, 202 Greenhill Rd, Eastwood at 5.30pm on Tuesday April 13. At present, entry is through the front door on Greenhill Rd. All interested people are welcome to attend.

MAY MEETING: The Action Group will meet in the same venue, at the same time, on May 11.

• 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>

Large crowd at Lucindale

Jeff Roberts reports on a very successful showing by the Action Group and supporters at the Lucindale Field Days.

THE visit to the Lucindale Field Days on March 19 and 20 proved to be a great success. Nine Action Group and Support Group members travelled to Lucindale, and enjoyed two excellent days with good weather and a well positioned site in the Lifestyle Pavilion.

We distributed about 3500 brochures and promotional items in a supply of carry bags, which proved both helpful and popular.

The response was very favourable in most cases – with a significant number of men saying they were having tests or were about to have one.

A highlight of our presence at Lucindale was a \$1000 cheque presented by the local Lions club to Ray Power, representing the Action Group. All of our group were extremely pleased



LEFT: Max Leak of the local Lions Club and Ray Power after the \$1000 cheque presentation, with the Lucindale stall below. Photos: Ian Fisk



with the outcome and those attending this type of event for the first time expressed great satisfaction in being involved.

MT GAMBIER AWARENESS

AN awareness evening being sponsored by the Rotary Club of Mt Gambier West, with the support of other Rotary Clubs in Mt Gambier, is now likely to take place in either May or June – the date being uncertain

because the availability of a urologist as a keynote speaker is yet to be confirmed. The Prostate Cancer Action Group and the PCFA Central Australia Chapter will be involved.

Mt Gambier is the largest rural city in South Australia and we are hopeful of a very successful event that will result in a support group being formed in the area.

Port Pirie Prostate Cancer Support Group

Outlining program benefits

THE Home Medicine Review Program was the subject of a talk at the March meeting for the Port Pirie Prostate Cancer Support Group. To help highlight this issue, guest speakers Irfan Hashmi, pharmacist at the Risdon Pharmacy in Port Pirie, and Puneet Malothra, a pre-registration pharmacist, informed the group members about this program, how to access it, how it worked, and the various

benefits it offers. Photographed at right after the group's March meeting are Support Group member Roy Mezzino (left) with Irfan Hashim (centre) and Puneet Malothra (right).

For the Port Pirie Group's April meeting, the guest speaker will be Karen Coleman, a naturopath, who will be talking to the group on What is Naturopathy?



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Prostate Cancer Support and Awareness: ADELAIDE GROUP

COMING
EVENTS

APRIL 19 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 will feature Geoff Coombe speaking on Do It for Life, an SA Government Department of Health Program.

• 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

International expert put us in the picture

Medical imaging continues to make huge leaps in progress with expanding capabilities, as Ian Fisk reports.

ROB George gave a fascinating presentation on medical imaging to the members of the Adelaide Support Group during their March meeting. Rob gave a similar presentation at the Mitcham support group meeting in August 2009, for which Terry Harbour wrote a very comprehensive summary of the presentation in the August – September Prostate Supporter (Volume 2: Number 8) on page 5, so please refer there for details. (Please note that all Prostate Supporter issues are available for download from our website).

Unfortunately the meeting



Rob George

had to vacate the room by 9pm, otherwise Rob could have kept going for hours, and all would have stayed! Though he is now retired, Rob remains full of enthusiasm about imaging

and appreciates the wonderful assistance that images offer in treating most parts of the body.

There is continuing progress in the quality of images becoming available, newer hardware with more sophisticated software, demonstrated on such TV programs as *RPA*.

We were privileged to have such a knowledgeable speaker of international renown. Rob remains president of the International Society of Radiographers, and returned only days before our meeting from a recent international conference. There is a link to a detailed CV on our website.

Secret Men's Business: A Prostate Poem read to the Adelaide Group by Gordon Weston

Dick came down from the country
To see a specialist bloke
It was to do with his prostate
To him this was no joke
Secret mens business they called it
The bowling club's skipper told him
It's to help us blokes with problems
And it's really nothing grim
Skipper gave him good advice
Pick out someone small
With tiny little fingers
When you have to face the wall
He found this doc with small hands
But first you peed in a pail
They also timed how long it took
But that's another tale
Now drop your daks, face the wall
He thought this rather queer
But when he put his finger in
It brought more than a tear
Get dressed he said when finished
Poor Dick was still in shock
You'll have to go to hospital
To fix this piddle block
You've got to have a thing called turp
To fix your trouble mate

Don't worry about a single thing
We don't do it through your date
The day arrived and off he went
He had visions of his fate
But everyone was lovely
Until it was too late
They put him in the stirrups
They think i'm having a kid
Then they put him out to it
No more secrets can be hid
He woke up sometime later
With nurses all around
For he was in recovery
He wondered what they'd found
They took him back to his room
Something felt odd and funny
They'd put in this catheter
He now had a mobile dunny
He drank water by the bucket
Thank god he had that drain
If he had to piddle all of that
His bladder would surely strain
The colour was the nurses test
Claret was their choice
But when it changed to pink rose
It was the time to rejoice

The thing with tubes still in me
It was a flaming trap
If you hooked it on the door knob
It stopped you in your tracks
They took it out at midnight
The catheter my friend
But when they finally pulled it out
It seemed it had no end
It seemed so long my throat felt dry
And the nurse said with a smile
You'll have to grin and bear it
It's a lot less than a mile
He had to piddle on his lonesome
But they had to check the stream
Now all's ok you can go home
Dick thanked the wonderful team
Dick's back at his bowls club
He can piddle up the wall
Members look on with admiration
Cos he's really having a ball
Now don't be worried; I've had it twice
And i have blood tests yearly
So don't be scared for if you don't
It could cost you dearly

COMING EVENTS

APRIL MEETING:

The City of Onkaparinga Support Group met at 6.30pm on APRIL 7 in the boardroom at Noarlunga Community Hospital, with Kathriye Strassnich from the Cancer Council of South Australia talking about Staying Healthy After Cancer.

MAY 5 MEETING:

The City of Onkaparinga Support Group will next meet at 6.30pm on May 5 in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga.

• For more information about coming events and archives listing 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 Morphett Vale, Port Noarlunga-Christies Beach RSL Sub Branch, Cartriges Now Christies Beach, The Original Open Market** and to the **City of Onkaparinga Council**.

New leadership manual continues to take shape

Valuable feedback is helping an important PCFA leadership manual near completion, as John Shields reports.

IN my continuing effort to complete the PCFA Central Australia Chapter Leadership manual, I recently had the opportunity to sit with Jules van Kekem, a social worker, and carefully scrutinise every page of the manual.

It was certainly good to examine the content from a professional person's point of view, and while I felt I had trimmed all of the fat off the document, there were still some areas that needed tidying.

I greatly appreciate Jules' time and the interest he has shown in this important project.

Don Piro, convenor of the Barossa Prostate Cancer Support Group, sent through the first feedback regarding the draft version of the leadership manual and has given an encouraging appraisal, together with some good suggestions on how the manual can be streamlined and improved.

This is exactly what the Central Australia Chapter Council has been hoping for and my own personal thanks go to Don for his valuable insight.

Ironically, Don – a Bowel Cancer survivor who has been informed about prostate cancer thanks to Alan Hall and has now taken on the responsibility of being the new convenor of the Barossa Support Group – has worked previously with Jules van Kekem on men's health projects.

Don says that he has long been

interested in Men's Health and has run men's groups in his profession as a social worker and counsellor. Don has also been involved in Professional National Associations and has previously helped out with constructing similar types of manuals and guidelines as part of a steering committee.

The first step forward after we have taken all the feedback into due consideration and reached a final agreement about the content and presentation of the leadership manual, will be to ask Ian Fisk to put it on the Central Australia Chapter Website for observation and discussion – which is another of the suggestions that Don Piro has made.

I have since separated the segments with the latest information about the PCFA, the Central Australia Chapter, the SAC and the Action Group, as this made the manual too cumbersome. I will now present this in a folder for the library, and the edited Support Group Leadership Manual will be tabled at the next Central Australia Chapter Council meeting in Whyalla on May 20.

NOTABLE VISITOR

AARON Eichner, a fourth year physiotherapy student at the University of South Australia, was a welcome visitor to the support group's March meeting. Aaron is currently doing a health promotion project in the Adelaide Hills region, where he

is designing an exercise group for men in the area who have Prostate Cancer.

Aaron observed our support group in action and asked many questions to help provide him with a better understanding of the needs of men with prostate cancer, and to find out our thoughts on how an appropriate exercise program should be run.

Aaron was keen to get as much information as possible and found that several of us would be happy to be part of a similar project here in our local area. He also found that we have a sense of humour and are aware of our limitations. We wish Aaron well with his project and his future as a physiotherapist.

MURRAY BRIDGE VISIT

I WAS fortunate to be driven to Murray Bridge by PCFA Support Group Services Manager Paul Redman for an evening meal, then the Murray Bridge Support Group meeting, before conducting the Central Australia Council Chapter meeting the following day.

Guest speaker at the support group meeting was Ashleigh Moore, chair of the advocacy group Cancer Voices South Australia, who held our undivided attention by telling us about his and many other people's experiences with cancer, and explained his role as an Advocate. It was an inspiring speech, and is recommended for all support groups.

Mitcham Prostate Cancer Support Group

Continence convenience

The range of continence aids keeps progressing, as Mitcham support group deputy chairman Roland Harris reports.

THE second meeting of the Mitcham Group for 2010, which attracted 25 attendees, featured Rosalie Donhardt as our guest speaker, a continence nurse with Disability SA. Rosalie highlighted the importance of good bladder and bowel habits, the need to drink plenty of water, to look after pelvic floor muscles and, if necessary, to seek help from a doctor, physiotherapist or continence nurse if you are experiencing any difficulties.

She recommended a reduction of caffeine and alcohol intake, two items that may upset your bladder. It's worth noting that instant coffee has less caffeine than brewed coffee, and tea has less than coffee.

Rosalie then showed samples of continence products, which challenged her professional reserve as Roland "modelled" a range of pads, blankets and other items.

The members noted that a vast array of new continence aids has appeared on the market since many of them were diagnosed with prostate cancer. Rosalie can be contacted at the Continence Resource Centre, 11 Blacks Rd, Gilles Plains, from 9am to 5pm, Monday to Friday.

Continence Awareness Week is held during the first week of August each year.

AUDIO INVESTMENT

GROUP treasurer John Baulderstone – beyond

presenting a gift with thanks to the support group's retiring auditor John Francis – mentioned that \$34 had been spent on purchasing two new booster speakers for our laptop supplied by the PCFA: other support groups may take note of this worthwhile investment.

Jeff Roberts spoke briefly on the recent Lucindale Field Days information stall, which distributed approximately 3500 brochures and promotional items. He also promoted a Men's Health Expo at Aberfoyle Park on March 27, announced a proposed awareness evening at Mt Gambier, and promoted the informative new book *Advanced Prostate Cancer – A Guide For Men and Their Families*.

COMING EVENTS

APRIL 22 MEETING

The next Mitcham Support Group event will be held on Thursday, April 22, in the Colonel Light Gardens RSL club rooms at 4 Prince George Parade, Colonel Light Gardens, from 7pm. Guest speaker will be pathologist David Evans, talking on Prostate Cancer from a Pathologist's point of view.

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

A postcard from the United Kingdom ...

Some walnuts a day keeps cancer away

Terry Harbour from the Mitcham Support Group is currently abroad and has sent this interesting item about prostate cancer news in the UK.

ALTHOUGH my wife Pat and I have been in England for nearly a month, I have not yet had an opportunity to visit any local support groups. However, I have seen plenty of support initiatives in supermarkets and newsagents for prostate cancer, through the sale of such items as pens and key rings.

I have also seen several articles specifically about prostate cancer in the *Daily Mail* newspaper, a national publication with a readership of millions.

A *Daily Mail* article on March 23 was

titled: Snacking on walnuts "helps to prevent prostate cancer". This article claimed that eating a handful of walnuts each day could keep prostate cancer at bay. Research had shown that snacking on the nuts can cut the size of tumors and slow their growth.

The research was carried out at the University of California, and although the experiments were on mice, the researchers believe the results are also relevant to humans. The researchers advise that men should add about 14 shelled nuts to their

daily diet for optimal health. Specifically, they found that feeding on walnuts resulted in smaller and slower growing tumors.

The article advocated that walnuts should be part of a balanced diet that also includes lots of fruit and vegetables. Diet modification is of great interest in prostate cancer prevention, particularly as it involves men taking action to support their own health. And where have we heard that statement before?

In the UK, prostate cancer is the most common cancer among men and the second highest killer. Annually about 35,000 new cases are diagnosed, with 10,000 deaths recorded each year.

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

PCFA Central Australia Chapter Council

Training opportunity

The key issue of training more cancer support group leaders is being addressed, as Bryan Hearn explains in his Central Australia Council Report

FIVE Central Australia Chapter members went to Melbourne to attend a two-day Consumer Advocacy training course, held over the weekend of March 13 and 14. Those who attended were Ian Fisk (Adelaide group), Trevor Muirhead (Murray Bridge group), Murray Neck (Alice Springs group), Peter Woodrow (Payneham group) and Bryan Hearn (McLaren Vale group).

Also present at the course were another 13 attendees from various types of cancer support groups around Victoria and two attendees from Tasmania. About half of the 20 people present were from PCFA Support Groups.

The training was organised by Cancer Voices Victoria, facilitated by the Health Issues Centre and hosted by Cancer Council Victoria. The PCFA was a major funding provider for the weekend course.

Ian Roos, representing Cancer Voices Victoria, was a major presenter, along with Tere Dawson from the Health Issues Centre. Other people also presented single addresses on particular topics, such as carer's issues. Indeed, during this presentation two ladies staged an "interview" of each other, acting as a carer and a social worker, then reversing their roles as they discussed each of their personal situations. One had cared for her husband over several years until his death; the other spoke of problems encountered with



Pictured, from left: Ian Fisk, Trevor Muirhead, Murray Neck, Peter Woodrow and Bryan Hearn at the recent Advocacy Workshop in Melbourne.

a teenage daughter suffering from a very particular type of cancer.

Some other topics covered as part of the training included:

- **Consumer participation**
- **Sharing experiences and learning from each other**
- **Cancer awareness**
- **Making the most of committee membership**

Participants also took part in group activities focused on Setting Up an Advocacy Plan and Developing an Individual Advocacy Work Plan.

The entire weekend was well organised, well presented and very informative. I would recommend it to anybody who has the opportunity to participate in the future.

INFORMATION DAYS

The Central Australia Chapter Council held its most recent meeting at Murray Bridge on March 18 at Our Wellbeing Place. Also in attendance

were Paul Redman from the PCFA, five councillor's wives and seven members from the Murray Bridge Prostate Cancer Support Group. (Two councillors were absent as a result of other commitments.)

On the previous evening, the Murray Bridge Support Group had held its regular group meeting, with many Central Australia Chapter Councilors attending as guests.

This practice of inviting members of local support groups to meet and be involved at Central Australia Chapter Council meetings continues to be well received and well supported by local members – best illustrated than by the fact that Murray Bridge convener Ron Lehmann was elected to fill a casual vacancy on the CA Chapter Council for the remainder of this year.

During this meeting, a final decision was made on the logo to be adopted by the

CA Chapter, comprising a map of Australia with the geographical area covered by the CA Chapter highlighted in a contrasting colour. Also displayed will be the floral emblems of NT and SA. A final design is expected in the very near future.

After the successful recent awareness day in Whyalla, efforts will be made to convene an initial support group meeting there. Plans to hold an Awareness Day in Mt Gambier are progressing well.

Three CA Council positions will come up for election at the CA Chapter AGM in October. As per current guidelines, incumbent members will not be eligible for re-election, so new faces are required – either male or female, with or without any prostate cancer related problems, but nominees must be a member of a Central Australia PCFA affiliated Prostate Cancer Support Group.

PCFA fundraising developments in SA

Suggesting a fresh way to draw funds and supporters

Adelaide's top flight business community has been approached to be part of a new fundraising and support web for prostate cancer awareness in South Australia.

TO achieve the Prostate Cancer Foundation of Australia's vision of getting more South Australians informed about prostate cancer, a special Champions Program is being developed as an important step to expand the network of supporters working with the organisation.

During March, public relations executive Karyn Foster unfolded a PCFA initiative designed to reach more leaders in business, government and community organisations, with all of these sectors being encouraged to get actively involved in PCFA support.

The simple act of networking through the Champions Program has been promoted as offering a multitude of benefits to the broader community, from improved health outcomes to increased awareness and more fundraising opportunities.

In launching a number of different Champions Programs, the PCFA is asking people to consider nominating for a group that they may have an interest in, or affinity with:

- Business Champions – A proven behaviour change program that sees leaders in the business community championing the prostate cancer cause.
- Business Development Champions – Working with the PCFA to promote sponsorships as being attractive to the business community.
- Government Relations Champions – Accessing government at local, state or federal levels will provide a very useful vehicle to help put in a good word for the PCFA and its concerns.
- Board Champions – The PCFA needs to create a new Board in SA, which would help oversee the creation and management of the Don't Lift A Finger campaign, a major fundraising concept that involves a minimum of work.

This newsletter will keep all prostate cancer support groups informed of significant Board and business development announcements within the Champions Program.

It is expected that Champions



Karyn Foster presents a fresh concept in prostate cancer funding support through a Champions program to an assembly of leading Adelaide business people.

involved in this program will take appropriate opportunities to spread the PCFA vision to their professional and personal networks.

Karyn Foster will administer the Champions campaign and assist with all Board

requirements, as well as continuing to assist with the PCFA's SA and NT newsletters.

Karyn can be contacted by email (karynfoster@fosterhill.com.au) or by phone, on 08 8231 3555 or 0417 733 447.

THE LIGHTER SIDE...

These are actual Call Centre conversations. Customer: I've been ringing 0800 2100 for two days and can't get through to enquiries. Can you help?

Operator: Where did you get that number from, sir?

Customer: It was on the door to the Travel Centre.

Operator: They're our opening hours.

• A man making heavy breathing sounds from a phone box told a worried operator: "I haven't got a pen, so I'm steaming up the window to write the number on."

Payneham Prostate Cancer Support Group

Examining variables in cancer

Understanding cancer is easier to comprehend by breaking down the many variable elements that affect the disease, as Payneham Support Group coordinator Phil Davis reports.

THE Payneham Support Group was privileged to have Professor Alfred Poulos speak on the causes of cancer at its March meeting. The widely respected former Chief Medical Scientist at the Adelaide Women's and Children's Hospital (now co-managing director of Biolipids, an Adelaide biotechnology firm) has been involved in researching genetic diseases and the role of dietary fats and oils in our health.

Professor Poulos emphasised that our bodies have wonderful mechanisms which may protect us from developing cancer, though certain risk factors are known to increase the likelihood of developing cancer – from increasing age and our immediate living environment to our genetic makeup.

We are all born with a particular gene disposition, some 23,000 genes, and a slight variation in a gene or genes may trigger a cell to become abnormal and cancerous. Research at this stage appears to indicate that some of the gene abnormalities may be inherited and passed down from generation to generation. Hence some families have a greater likelihood of developing a certain illness or a particular cancer.

He mentioned that identical twins have the same genes and if one develops cancer or some other serious illness, it

doesn't necessarily mean the other twin will also develop the same illness. Therefore it would appear that there has to be a combination of factors at work for cancer.

RADIATION

RADIATION is a carcinogen, so the larger the dose of radiation received, the greater the risk of developing cancer. Professor Poulos mentioned that medical procedures such as CT scans only expose patients to very small amount of radiation. However, too much sun exposure (radiation from UVA and UVB) increases your risk to of developing skin cancer.

CHEMICAL

THERE are many chemical contaminants, which we get exposed to just going about our daily lives. Different occupations can expose us to a variety of chemicals; dry-cleaning, mining, fire fighting and agricultural workers to name just a few. Professor Poulos spoke about some of the more common pollutants, being asbestos, benzene, formaldehyde, tobacco, a high alcohol intake, residue of pesticides, insecticides, fungicides and fertilisers, industrial waste and chemicals, mercury, lead and arsenic, growth hormones, antibiotics and preservatives.

INFECTION

SOME viruses are linked to

certain cancers, such as human papilloma virus and cervical cancer. He spoke about XMRV Virus (Xenotopic Murine Leukemia Virus), which may contribute to prostate cancer, and Simian virus 40 (SV40) which is a virus that infects several species of monkeys and typically does not cause symptoms or disease. However in 1961, when hamsters were injected with SP 40 it resulted in some tumours. As a result, SP40 was withdrawn from polio virus vaccine. Research is ongoing in assessing if SP 40 is harmful to humans.

DIET

PROFESSOR Poulos spoke about the difficulty of drawing conclusions regarding diet. He advised calorie restriction to help reduce incidence of cancer, and avoid saturated fats, high consumption of meat, salt, barbecued or fried food, processed food, chlorinated water and a low fibre diet. His recommendation is to enjoy a simple diet with an abundant amount of different vegetables and fruits, along with fish, flaxseeds, soy and other legumes. Exercise, meditate and have good family and community support.

This is only part of what Professor Poulos said at our meeting. For more detailed information of this topic, read Professor Poulos's book, *The Silent Death*, that he published in 2005 and has received some excellent reviews.

COMING EVENTS

APRIL 20 MEETING:
The Payneham Support Group will meet in the Payneham RSL Clubrooms, 360 Payneham Rd, Payneham at 7pm on Tuesday April 20. The April meeting will include a Survivor Forum, and will also be featuring a meal and social evening for attending group members.

MAY MEETING:
The support group meeting on May 18 at the Payneham RSL Clubrooms will feature Grantley Day delivering a talk on cancer and depression issues.

• For more information about the Payneham Support Group – or for a helpful chat about your prostate cancer issues – please phone Phil Davis (8251 0939 classic100@lifestyle.sa.net.au), Peter Woodrow (8263 5556) or Arthur Seager (8289 4180), or visit the Payneham Support Group's dedicated website at www.psapayneham.org

McLaren Districts Prostate Cancer Support Group

Learning to keep mind, body and spirit in balance

The practise of a kinesiologist can teach us much about releasing stress and resorting better balance to our lives, as Bryan Hearn reports.

FIONA Cross is a kinesiologist, dealing with body energy moving along predefined lines, known in other similar systems as “meridians” and “chi”. Any blockage in these lines can give rise to problems with the relevant organ. Such blockages can be released by acupuncture using needles and by acupressure as in kinesiology – and Fiona explained to the March meeting of the McLaren and Districts Support Group.

Fiona started her presentation by involving us all in a five-minute “Switch On” program – a series of simple and easy to understand exercises, designed to stimulate communication abilities, muscle release, organisation, focus and co-ordination skills, as well as having an overall calming effect. No strenuous effort was required, though we enjoyed a few laughs as some members got their hands confused with their knees.

Mental Fitness was discussed and how it can be achieved via regular exercise designed to release muscle tension and encourage the flow of spinal fluid to the brain, which stimulates comprehension and other facilities.

We learnt about ESR – emotional stress release – and were shown how to deal with it, to help with present, past



and future problems. As an exercise, we were asked to identify a problem and to notice how we felt about it. We then placed our fingers in strategic locations on our foreheads, applying some light pressure and closing our eyes while engaging in some deep, regular breathing for about a minute. We were asked to rate our feelings from 0 and 10 before and after applying the pressure; many members indicated a reduced number that signified a drop in their stress level.

ESR can also help relieve simple physical pain, if the pain site is held simultaneously with the ESR points on the forehead. Breathing deeply while holding the points is part of the treatment.

We were shown how to lightly massage our ears, starting at the bottom and pushing up towards the top to “switch off” and help us get to sleep.

We were told that after three rubs we would start to yawn – and several of us did just that! Reversing the rubbing on the ear, from top to bottom, is a “switch on” technique.

Creating a good environment is essential to ensure a good night’s sleep. Cut out caffeinated drinks such as tea, chocolate or coffee (decaf is OK) during an afternoon. Sleeping with a TV on can greatly affect sleep patterns. Create a haven by having candlelight in the bedroom, and a few drops of lavender oil in the bath, on your pillow or on your ears will help relieve headaches.

At night, if you find your mind is constantly working through problems, write down these thoughts on a bedside note pad; once you’ve finished this task, take the notepad to another room then ignore it and return to bed. If you can learn to focus on feeling

comfortable, sleep should come easily.

Fiona spoke about the triangle of life, with mental and emotional events on one side, structural and physical on another side and biochemical and physical on the third side. All sides need to be kept in balance.

Fiona attended a recent seminar presented by Dr Ian Gawler and passed on a few of his tips: Vitamin D is recommended, embracing a hobby is good for balancing your life, attending support group meetings helps to maintain social connections, meditating for about 30 minutes at three times each day is good for healing prostate cancer (10-20 minutes a day is good for prevention), deep breathing oxygenated the blood system (which cancer greatly dislikes) and – curiously – hot peppers and chilli are recommended.

COMING EVENT

THURSDAY APRIL 22

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, April 22. The guest speaker will be Malcolm Ellis, Chairman of the PCFA Central Australian Chapter, who will deliver an Ambassadors presentation to members.

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

Albert christens Darwin's new CT scanner linear accelerator

The latest equipment is now available for treatment of Darwin's prostate cancer patients, as Keith Williams reports.

ON THE morning of Tuesday March 23, Albert Goodrich set in train processes for a monumental event in the Northern Territory – he disappeared headfirst into Australia's newest CT scanning linear accelerator.

Having started his chemotherapy treatment at the new Radiation Oncology Clinic in Darwin, Albert was the popular choice among the staff to be the first patient to head into the accelerator, for treatment on lymph nodes.

It was very appropriate that this first treatment was performed on a member of the Prosper Darwin Prostate Cancer Support Group, whose work has been recognised as one of the critical factors in the long, protracted but eventually successful battle to have the clinic established in Darwin.

Media coverage of this landmark first treatment has been excellent, with both Albert and Dr Michael Penniment (the project's senior radiation oncologist) interviewed on ABC radio, and Albert (both in and outside the Accelerator) will feature in a segment on ABC Stateline, screened on Good Friday, April 2.

Albert cannot speak highly enough of the centre's staff and the total care he is receiving. He explained the tremendous emotional benefits of getting

to know all the staff in the local facility, as opposed to meeting just a few people at the much bigger clinic in Adelaide.

He was most impressed when the special cancer dietician was called in to advise him on ways to arrest his slow loss of appetite and weight. And he was ordered to keep in close touch.

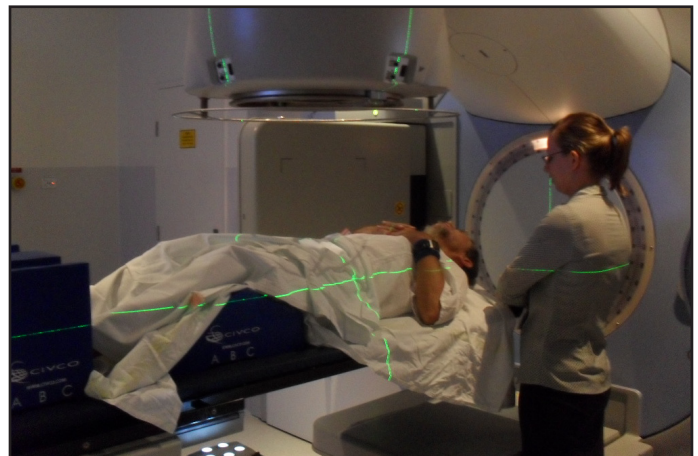
During his radio interview, Albert was asked to speak of the benefits of being able to stay in Darwin for treatment – for either a family man or a single person.

He spoke of the benefits of having his support circle still around him through his entire treatment, as opposed to being on his own in Adelaide (even though the PCFA Central Australia Chapter soon hopes to have a support structure in place for "out-of-towners" having treatment in other cities).

Albert also said it was very helpful for him to be able to have an early appointment, followed by a more swift return to work, so that he still felt useful and time wasn't hanging heavily on his hands. Albert also took the opportunity during his TV interview to mention his strong Christian faith, which he says is of crucial importance to him in his battle with advanced prostate cancer.



Albert Goodrich (shown before and during treatment) puts the new CT scanning linear accelerator to the test in Darwin's Radiation Oncology Unit.



COMING EVENT

The Prosper Darwin support group will next meet on **MONDAY, MAY 10**. 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.

Murray Bridge Prostate Cancer Support Group

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 on **WEDNESDAY, APRIL 21** and it is hoped that the guest will be a local solicitor, speaking on wills, powers of attorney and other legal items relevant to our group. Please bring along your questions.

• For further details, phone Ron Lehmann on (08) 8532 3277 or email bronron@aapt.net.au

Cancer Voices helps raise crucial issues for patients

An inspiring advocacy group does many varied things to help with problems facing cancer patients, as Ron Lehmann reports.

THE Murray Bridge Support Group's March meeting attracted 40 interested people, including some members of the Central Australia Chapter council and their partners, who attended to hear a speech from Ashleigh Moore, chair of Cancer Voices SA, a volunteer advocacy group that represents the interests of those affected by cancer.

Ashleigh mentioned the group's association with the Lance Armstrong Foundation. Ashleigh was invited to speak at the foundation's Livestrong Global Cancer Summit in Dublin last year.

Areas in which Cancer Voices is active are many and varied,

including raising awareness (through such groups as the Cancer Voices cycling team, which took part in the Mutual Community Challenge ride in this year's Tour Down Under), advocacy involvement (where cancer patients have received incorrect dose of radiation or drugs) and political action, where governments have restricted support, either through the cost of drugs, travel or carer support.

The number of questions asked was a reflection of an interesting and most informative talk. It was also gratifying to see new faces; including ladies from the breast cancer support group.

SPECIAL VISITORS

THE following day, the Central Australia Chapter council met at Our Wellbeing Place. Delegates from Darwin, Alice Springs and metropolitan Adelaide attended, along with PCFA national support group manager Paul Redman. Chairman Malcolm Ellis conducted the meeting (for more details, see the report on Page 6 of this newsletter).

Murray Bridge's Ron Lehmann was elected to fill a casual vacancy on the council. Several locals attended as observers. The meeting was followed by lunch, which gave our members an opportunity to speak with the visitors.

Barossa Prostate Cancer Support Group

Engaging with the local community on PC matters

ALAN Hall and Don Piro recently contributed a one-hour presentation at a Palliative Care Forum held in the Barossa Valley, organised by the Barossa GP Network. They discussed "Living Well with Cancer" and shared their personal cancer stories, struggles along that journey and their personal interests – particularly the Barossa Prostate Cancer Support Group.

Don and Alan also took part on a panel answering questions as cancer survivors, guiding people to resources that can

be accessed in the community. The forum addressed palliative care, death and dying, and identified what services are available in the community for those travelling with cancer at the palliative care stage. Don and Alan's presentation also focused on how people living with cancer can travel well.

KAPUNDA FARM FAIR

AT THE Kapunda Fair on April 16 and 17, the Barossa group will organise a stall, sharing PCFA resources with other community groups to discuss prostate health issues

COMING EVENT

APRIL MEETING

• The next meeting for the Barossa support group will be from 2pm to 4pm on Tuesday, April 20 at the home of Don Piro, 28 Kindler Ave, Nuriootpa. For more details, please phone Don on 8562 3359 or 0419 863 124.

with men and women. The intended combined support group coffee morning is still being organised.

The Barossa support group continues to meet on the third Tuesday of each month, with the most recent meeting attracting members and their partners to begin the 2010

year of activities, catching up with each other and learning what was happening in the association. The group has been contacted by several men recently diagnosed with prostate cancer and indicated their interest in attending a group meeting. We look forward to welcoming them.

A BOLD NEW PCFA FUNDRAISING VENTURE

Angove create new wine to drink to our health

A special wine release will help raise awareness of prostate cancer.

ANGOVE Family Winemakers recently signed an exclusive endorsement agreement with the Prostate Cancer Foundation of Australia, offering their support by releasing a special new wine – Big Blokes Red.

Angove Family Winemakers will be donating 50c from every bottle of Angove's Big Blokes Red sold in Australia to the PCFA.

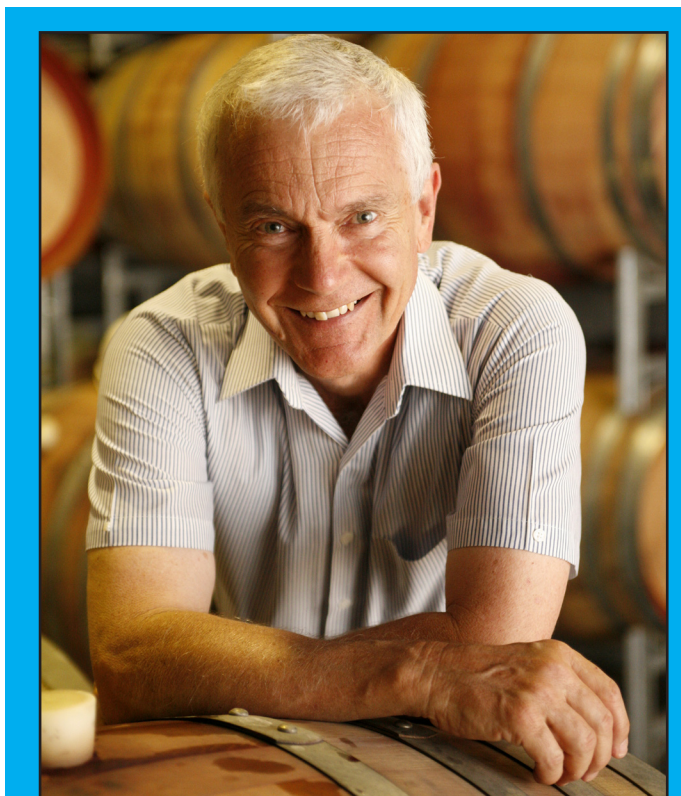
John Angove, chairman of Angove Family Winemakers, says the decision to join forces with the PCFA reflected the family-owned wine company's strong sense of community engagement.

"The launch of this wine gives us the opportunity to give something back to a cause that assists so many in our community. We all know people or have family members who have been touched by this disease," says John Angove.

"We feel strongly that the retail and restaurant trade and consumers will pick up on the cause and purchase this wine to help their mates."

Interestingly, this is not the first time Angove Family Winemakers has pitched in to help with PCFA activities, with a big team from the winery participating in last year's Movember fundraising drive.

The Prostate Cancer Foundation of Australia says money from the wine sales will assist with funding research into the cause, diagnosis,



John Angove, chair of Angove Family Winemakers.

prevention and treatment of prostate cancer. It will also help raise awareness about prostate cancer and provide support, information and advocacy to men and their families impacted by it.

"We are extremely proud to have formed an association with such a well respected, family-owned company like Angove Family Winemakers," says Andrew Giles, CEO of the PCFA.

"We hope that reminding Australian men even in small ways – like having a glass of wine with a mate at a barbecue

– 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."

The premium shiraz issued by Angoves for this fundraising venture is definitely a big blokes' wine and is sourced from premium vineyards in the Limestone Coast region of South Australia. Deep in colour, it has aromas of rich plum, redcurrant and licorice, and a soft silky palate with robust fruit richness – an ideal barbecue wine that lends itself



to most meats and fish. Big Blokes Red is priced to appeal to a broad section of consumers, costing \$15 a bottle.

Big Blokes Red will be launched in South Australia at the One Club Charity Challenge at Echunga Golf Club on Friday May 7. For further details email oneclub@connorholmes.com.au

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