



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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Making our position clear on fundraising

The PCFA urges its support group members to help clarify official fundraising activities to anyone confused about donations after recent disturbing press reports.

WHILE the Bunnings hardware stores across Australia will be helping local Prostate Cancer Support Groups to stage awareness and fundraising events across the Father's Day weekend – from Friday September 3 to Sunday September 5 – it has come to the attention of the Prostate Cancer Foundation of Australia that some other groups claiming to collect money for prostate cancer have confused many possible donors.

An article published in the *Sunday Mail* in Adelaide on July 27 reported that the charity license of doorknocking collector Cancer and Bowel Research Association – which claims that it represents "Prostate Cancer Australia" – has been suspended due to inconsistencies in its

Cancer group in court fight

NIGEL HUNT
ONE of South Australia's largest charities has launched Supreme Court action to have its license reinstated.
The Cancer and Bowel Research Association (CBRA) is seeking a judicial review of a decision made by Lippard and Gashling Commissioner Paul Whelan to remove the license of five high-profile charities under the association's umbrella.
The charities include the Cancer and Bowel Research Trust, Kala Cancer Research Trust, Breast Cancer Australia and Prostate Cancer Australia, which have collectively received millions of dollars a year in donations from the public.
CBRA initially sought an order compelling the Commissioner to decide on its license application. However, the Commissioner's review of its decision, made three days after the application, was the license.
CBRA made its application to be reinstated. Lippard and Gashling launched an appeal


• *Tearsheet from The Sunday Mail, 27/7/2010.*

financial reporting and director remunerations. The PCFA has nothing to do with the charities Cancer and Bowel Research Association or Prostate Cancer Australia, and has never received any money that the group may have collected.

The PCFA does not run door to

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

Central Australia Chapter



Prostate Cancer Foundation of Australia

- ### in brief...
- **INTRODUCING THE NEW LOGO:** The Central Australia Chapter of the Prostate Cancer Foundation of Australia has finally settled on its new logo – which will now be featured on every Prostate Supporter newsletter. For more information about the recent Central Australia Chapter Council meeting, see secretary Bryan Hearn's report on Page 10.
 - **CONTRIBUTIONS** from all Support Group members to the monthly Prostate Supporter newsletters are most welcome; please email items and images to Karyn Foster: karynfoster@adam.com.au

door collection campaigns, nor does the association operate in local shopping centres seeking donations. The PCFA urges all of its support groups to reiterate and clarify this position to anyone confused or querying the PCFA's fundraising activities.

To further clarify this issue, the PCFA Central Australia Chapter Council has endorsed and supports the offer by Bunnings stores across South Australia

and the Northern Territory to assist all local support groups wherever possible in spreading the message about men being active and sensibly managing their health to help combat prostate cancer.

Therefore, the PCFA urges all support groups in the chapter to contact their local Bunnings store to see what promotional and fundraising events can be organised for September.

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
EVENTSAUGUST 10
MEETING:

The next meeting of the Prostate Cancer Action Group SA will be an important double event; first, the Annual General Meeting and election of officers, followed by the normal monthly meeting. Both will be held in the upstairs meeting room at the Cancer Council SA, 202 Greenhill Rd, Eastwood, commencing at 5.30pm on Tuesday August 10. Entry is via the rear stairway.

All interested people are welcome to attend the Action Group meetings, and new members for the Action Group – from any of the Central Australia Chapter support groups – are greatly welcomed.

• 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>

Continuing to take our message to rural areas

Having a presence at rural field days has been a great success, as Action Group convenor Dean Wall reports.

FOLLOWING the outstanding success of our stalls at both the Yorke Peninsula farm field days and at the similar event in Lucindale, where we were able to distribute much information about prostate cancer and make personal contact with many rural men and their partners, it has been decided that the Action Group will also attend the Riverland field days.

These will be held in Barmera on Wednesday September 15 and Thursday September 16, and a team from the Action Group and the Murray Bridge support group will be in attendance.

The Action Group will attend such events around the State on a two-yearly rotation, with a site already booked for the 2011 Yorke Peninsula event, and attendance confirmed at Lucindale in 2012. We are also planning to attend the Eyre Peninsula field days at Cleve in 2012, with the possibility of holding a Prostate Cancer Awareness evening in Port Lincoln soon afterwards.

MT GAMBIER MEETING

AFTER lengthy (and still incomplete) planning, it's been agreed that a prostate cancer awareness event will be held in Mt Gambier on the evening of Wednesday September 8. We are very pleased to announce that Professor Villis Marshall will be our principal speaker on

HARBISON'S BLUE BARBECUE

The Lord Mayor of Adelaide, Michael Harbison is hosting a special barbecue in Victoria Square, Adelaide, on Tuesday September 7 from noon until 1pm (the public barbecue will extend through the afternoon)



to support Prostate Cancer Awareness Month. All our SA readers are encouraged to attend and, in fact, Karyn Foster could use a hand with a bit of tong work as she has never cooked a barbecue! If you wish to come along in a display of support please drop Karyn a line to RSVP so she knows how many sausages to order! Email her your reply at karynfoster@adam.com.au

prostate problems and prostate cancer. Following our usual format, there will also be a second principal speaker on issues affecting general health and lifestyle, then two prostate cancer survivors will outline their own experiences with the disease and the treatment regime they underwent.

Unfortunately, details of the venue, or the other speakers, are not yet confirmed.

MAN ALIVE!

OVER the past few years, the Man Alive! festival, held on the Semaphore beach foreshore each March, has arguably been the most successful event promoting men's health, with thousands attending annually. The Action Group has manned a stall at the event on every occasion and enjoyed a terrific response from people at

the event. It was therefore something of a shock to learn that late last year the State Government has discontinued sponsorship funding for such a widely successful and relatively cheap information vehicle. Consequently, the event was not staged in March this year.

However, over the past couple of months it has been determined that the event will proceed, sponsored by Centrecare, but not in the event-crowded month of March.

It will instead take place on **Sunday November 7**, and the Action Group has already applied for a stall at the festival site.

Any of our readers who are willing to spend an hour or two helping at this excellent event will be very welcome.

Prostate Cancer Support and Awareness: ADELAIDE GROUP

The dire truth of our diabetes dilemma within Australia

We don't tend to know too much about diabetes – and the truth about the far reaching influence of this disease in Australia will shock us, as Ian Fisk reports.

COMING EVENTS

AUGUST 16 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, starting at 7pm. The support group's August 16 meeting will feature a talk on Beyond Maturity Blues by Martin, a Council on the Ageing representative.

• 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

THE Adelaide Support Group's speaker for its July meeting was Tracey Burrough from Diabetes SA, who explained that pre-diabetes, also known as borderline diabetes, affects 16 per cent of Australian adults, while 274 people in Australia each day are diagnosed with diabetes.

People most likely to get pre-diabetes are overweight (especially around the waist), are physically inactive, have high triglycerides, high total cholesterol, low HDL cholesterol, have high blood pressure, have a family history of diabetes, have had gestational diabetes and may have had polycystic ovary syndrome.

Symptoms of Type 2 diabetes include thirst, frequency of urination, thrush, blurred vision, being tired and lethargic, infections that don't heal, itchy skin and irritability. What can you do? Lose 5-7 per cent body weight (or 5kg-10kg), reduce total fat intake to less than 30 per cent of total daily calories, do 150 minutes of physical activity per week, quit smoking, maintain healthy cholesterol/bp, reduce stress and limit alcohol intake (one standard drink per day for women or two per day for men, and aim for at least two alcohol free days each week).

Research shows that being physically active and following a healthy eating plan can reduce a person's risk of developing type 2 diabetes by as much as 60 per cent. Eat high fibre, low fat, low sugar, low salt and moderate serving sizes – with two fruits and five vegetables recommended.

Physical activity helps lower blood pressure, stress and cardiovascular risk, assists with weight control, improves blood glucose levels and sleep patterns, improves flexibility, lowers cholesterol, protects against arthritis and improves muscle strength and tone.

SOMETHING'S COOKING AT BUNNINGS:

The Adelaide support group will be at the barbecue outside the Mile End Bunnings store on Friday September 2, to help promote prostate cancer awareness. This operation will be much the same as it was last year, with Merlene Burdon of Bunnings doing the cooking and volunteers from our group assisting with the distribution of the cooked food and issuing prostate cancer information. If any members can assist on the day, please contact Ian Fisk on 8296 3350 – who will be at the store on the Thursday evening, giving a Men's Health Ambassador Presentation to Bunnings staff.



Tracey Burrough (above) delivered an interesting PowerPoint presentation to the Adelaide group.



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

City of Onkaparinga Prostate Cancer Support Group

COMING EVENTS

AUGUST MEETING: The support group met at 6.30pm on August 4 in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga. The guest speaker was Colin Ingham from Independence Australia talking about incontinence products.

• For more information about coming events, visit the City of Onkaparinga Support Group's dedicated website at www.pcsog.org

• Special thanks 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**.

Big barbecue season starts in sizzling style

Barbecues draw attentive crowds, as John Shields reports.

THE City of Onkaparinga Support Group admirably kicked off the national barbecuing season for prostate cancer support and awareness by hosting an all-day barbecue at Bunnings' Noarlunga store on Sunday August 1.

With a strong group of people attending the stall, it was a smart way to introduce the September partnership that will occur between Bunnings stores and local prostate cancer support groups around Australia.

The Onkaparinga group will also participate in this exercise at Bunnings on Friday September 3 – and other support groups wanting to be involved through

September should note that a handbook exists offering advice on how to run a barbecue event for prostate cancer awareness, obtained from the PCFA website at www.prostate.org.au

STORIES TO SHARE

IT WAS a pleasure to welcome Mark and Cynthia Reynolds and John Henderson to the support group's July meeting and it was good to hear the accounts of their prostate cancer journeys. It was especially pleasing to note these new members' enthusiasm in joining in with the other members during our round robin discussions.

NT NEIGHBOURS

THE Noralunga group's Central Australia Chapter

Council representative John Shields points out that his recent journey to the Northern Territory for a monthly council meeting reinforced the true value of support group fellowship.

While the Katherine Group is only small in number, they are very close to each other and keen to see the group grow.

The evening meeting was held outdoors in perfect weather with nibbles on the table and drinks ready when we sat down.

It showed the warmth and value of friendship that is shared among the community of support groups, and why it is vital that these groups continue to swell in number.

Whyalla Prostate Cancer Support Group

Successful launch of new Whyalla support group

FOLLOWING a very successful Prostate Cancer Awareness Day held in Whyalla on July 6, four of the PCFA Central Australia Council members – Jeff Roberts, John Baulderstone, John Shields and Bryan Hearn – returned to Whyalla soon afterwards for the launch of its local support group.

Widespread publicity preceded the launch event and nine new local members attended. Local

general surgeon Rosemary Hepworth was present to address the meeting and stressed the importance of the role that a support group can fulfill in the local community.

She spoke of personal experience working with breast cancer support groups in Africa.

Rosemary's presentation was followed by brief comments from the visiting Central Australia Council

members concerning what assistance can be provided to a new support group by the PCFA and the Central Australia Council.

Some information was also provided regarding the administrative processes currently operating within the Central Australia Chapter, and the leadership manual.

Volunteers were called for to establish the support group, and immediately

Terry O'Brien and Stan Oates indicated their willingness to take on the leadership roles. Contact details were exchanged and the new support group was subsequently launched.

Since this launch event, contact has been maintained with Terry and Stan, and it is hoped that affiliation with the PCFA Central Australia Chapter will be applied for in the very near future.

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Mitcham Prostate Cancer Support Group

The perils of packaged and processed foods highlighted

The “wisdom of the Solomons” is being threatened by packaged and processed food, as Mitcham Support Group deputy chairman Roland Harris reports.

FOR the July support group meeting, 28 members and visitors welcomed our guest Dr Graham Lyons, who was Mitcham Prostate Cancer Support Group’s first speaker five years ago. Dr Lyons did his PhD in Public Health, and works in plant science research at the Waite Institute. He has a particular interest in selenium, which is claimed to help men with hormone-resistant prostate cancer.

Dr Lyons firmly believes that good diet supplements, exercise and a healthy lifestyle are essential factors in cancer prevention. He claims that women taking tamoxifen together with selenium have better breast cancer outcomes than if just taking tamoxifen, because selenium targets drug-resistant cells.

He also promotes Nutritherapy, a promising new cancer treatment administered for a 20-day period.

Dr Lyons visited the Solomon Islands in 2009 with the ABC Landline team, investigating a dramatic increase in diabetes, cancers and heart disease. Thirty thousand years of traditional healthy diet had clashed disastrously with the imported processed food of our Western lifestyle.

“A lot of them think that if it comes in a packet from Australia or China, it’s better because it has been processed, packaged and is more prestigious than their local garden-grown food,” says Dr Lyons. “Of course, the opposite is the case. It’s often full of salt, fat and has been refined to the extent that most of the good things are taken out. It’s more economical to produce their own locally-grown foods for next to nothing, and they know how to do it.” Education is the answer, he says, but as in Australia, it’s a case of promoting fresh versus fast food. We presented Dr Lyons with a bottle of locally-grown shiraz, rich in anti-oxidants and even tastier than brussel sprouts.



Good numbers attended the Mitcham group’s July meeting to hear Dr Graham Lyons (below) speak on Nutritherapy.



BUNNINGS BARBECUE

DIFFERENT food fare will be presented by the Marion Bunnings barbecue between 7am and 2.30pm on Friday September 3.

The Mitcham support group members are encouraged to assist this event near the new Swimming Centre construction site. Proceeds will benefit prostate cancer research and the Mitcham support group.

COMING EVENTS

AUGUST 26 MEETING

The next Mitcham Support Group event will be held on Thursday, August 26, in the Colonel Light Gardens RSL club rooms at 4 Prince George Parade, Colonel Light Gardens, from 7pm. Guest speaker will be Geoff Coombe, speaking on the Do It For Life Program.

SEPTEMBER MEETING

The support group’s September meeting will feature a speaker from the Asthma Foundation.

The October meeting will have a group discussion among support group members.

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

Barossa Prostate Cancer Support Group

Linking with the Lions

An invitation to visit the local Lions club's facilities has proved most beneficial for members of the Barossa prostate cancer support group, as convenor Don Piro reports.

THE Barossa Valley Prostate Support Group held its July meeting at the Lion's Tinker Shed in Nuriootpa. Lions Clubs have undertaken a national program to assist the Prostate Cancer Foundation of Australia, and the Barossa Lions club contacted us and invited us to come along and meet some its members and other men who would be at the Shed, to discuss ways of working together to raise awareness about prostate cancer in the Barossa Valley.

The Tinker Shed has been funded by Lions to bring people of all ages together, to do such hands-on activities as leadlighting, woodcarving, pyrography (wood burning and drawing), wood turning, restoring and repairing old furniture, French polishing and other activities.

It is situated in the Barossa Village, whose elderly



Barossa support group members enjoying time in the Lions' Shed (from left): John Krahling, Peter Kent, Trevor and Margaret Miller, Don Piro, Max Hupfeld and Moss Munchenberg (from the Barossa Lions Club).

COMING EVENT

AUGUST 17 MEETING

- The Barossa Support Group meets on the third Tuesday of each month at Don Piro's home, 28 Kindler Ave, Nuriootpa. Please contact Don for further information on 8562 3359 or 0419 863 124.

residents also come over to the Shed for a day's craft activities. Moss Munchenberg advised our support group members that the facility is a general workshop where people can make things, spend time on their hobbies, or just potter about in the company of others.

The members of the prostate cancer support group thought this place offers a great way of connecting and meeting other men. We also discussed providing a guest speaker for the Lions meeting and may work together in a local activity in the future.

The prostate cancer support group members are in discussions about hosting a coffee morning in October, and a two-day conference with the Cancer Care Centre to highlight various complimentary therapies, possibly for later this year or in early 2011.

Murray Bridge Prostate Cancer Support Group

COMING EVENT

The Murray Bridge Support Group conducts monthly meetings at 7.30pm on the third Wednesday of each month, at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge. The next meeting, on AUGUST 18, will feature guest speaker Claude Minge, of Minge Funerals.

Smart system that provides local care

SIXTEEN members of the Murray Bridge Support Group braved a very cold night by listening to Kylie Cornish from the Rural City of Murray Bridge Council, who outlined details of the region's Home and Community Care program at our July meeting.

This scheme offers aged and severely disabled people assistance so that they can

continue living in their own homes. Services provided include: local transport – volunteers use their own vehicles to transport clients to medical appointments or essential fortnightly shopping trips, or transport to Adelaide and Mt Barker for medical commitments; domestic duties including vacuuming, washing floors and laundry assistance; home maintenance

and modifications – changing light bulbs, cleaning gutters, annual window cleaning and gardening (a small fee is required). Eligibility is subject to assessment by a care coordinator in the home and is measured against set criteria. Respite for carers is also available, and Kylie issued a plea for more volunteer drivers with their own vehicles to assist with local transport.

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

Prosper Darwin Prostate Cancer Support Group

When the rain stays away, everyone skips off to play

Ever conducted a meeting but most people went missing? Darwin group convenor Keith Williams reports on what can be achieved in such circumstances.

WE knew we would be struggling for numbers at meetings through most of this year's dry season, as all our support group's grey-haired pensioners toddled off to spend their hard-earned money on trips overseas and/or over the border. Still, we didn't foresee the "empty seats" disaster which struck at this month's meeting.

What made matters worse was that we had our first ever interstate visitor join the support group for the evening – Bruce Kinnersley, convenor of the support group in Geelong, Victoria.

Poor numbers notwithstanding, we had a very pleasant meal at the Wharf, and enjoyed Bruce's company and lively presence. Unfortunately, at meal's end our numbers shrank even further before reaching our meeting place, so we decided to adjourn to my home where we passed the time talking about various support group matters.

It was great to spend time with

Bruce (even though his footy loyalties are very suspect), and we hope to maintain links in the future. We would hope that any visitors to the Northern Territory will feel welcome to contact us, and ideally be able to meet with us.

CLINIC EXAMINATION

IT WAS great to have visiting Central Australia Chapter Councillors experience a guided tour of Darwin's Radiation Oncology Clinic.

I was interested when our tour guide Paula commented that the staff had been under considerable pressure to have the clinic's costs justified, and that they had been amazed and delighted by the considerable influx of people (mainly men) who have applied to have treatments done which they wouldn't travel south to have performed.

The result is that the clinic is much busier than had been estimated, and is justifying the cost of establishing a clinic in Darwin.



DINNER AT THE WHARF (from left): Bruce Kindersley, with Graeme and Chris Tierney.

COMING EVENT

The Prosper Darwin support group will next meet on **MONDAY, AUGUST 16**. 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.

BUNNINGS BARBECUE

CONTACT has been made with both the Bunnings stores in Darwin, and both are really on the ball for early September support events. Desired stocks of prostate cancer promotional material have already been ordered from the PCFA and arrangements made to have a stall in place for displaying these materials and making contact with passing traffic.

Both Bunnings stores will run a raffle and have collection tins scattered around the stores for some days. Our support group's capacity to run the stalls will be limited due to the absence of so many of our already small group. If anyone's in Darwin for a holiday around Father's Day, please contact me on 8981 4506 if you're willing to lend a hand.

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

• AN OLD MAN in his mid-eighties struggles to get up from the couch, then starts putting on his coat. His wife, seeing this unexpected behavior, asks: "Where are you going?" He replies, "I'm going to the doctor." She's concerned:

"Why, are you sick?" He looks defiant: "Nope, I'm going to get me some of that Viagra stuff."

Immediately the wife starts to haul herself out of her rocking chair and begins to put on her coat. He says: "Where the heck are you

going?" She answers, "I'm going to the doctor, too."

He's puzzled. "Why, what do you need?" She says, "If you're going to start using that rusty old thing, I'm getting myself a Tetanus shot!"

Payneham Prostate Cancer Support Group

Providing a beacon of hope

When prostate expert Dr Charles Myers contracted prostate cancer, his understanding of the disease and patients escalated, as Payneham Support Group coordinator Phil Davis reports.

THE July meeting of the Payneham Support Group featured a DVD presentation by world prostate cancer expert Dr Charles Myers, who spoke about advanced prostate cancer earlier this year in Sydney when he visited Australia.

Dr Myers aspires to provide each individual patient with hope, no matter how far the cancer has progressed. He mentioned that his treatment processes on some occasions can be seen as controversial, but statistically patients who are treated at his clinic survive far longer than the normal benchmark.

There is a growing group of men who he has treated with metastatic prostate cancer who have entered complete remission and are off toxic treatments. He endeavours to keep a patient alive while causing the least amount of damage.

In 1999, Dr Myers was diagnosed with locally advanced prostate cancer, which had progressed and was evident in his pelvic lymph nodes. Normally a curative approach is abandoned when a cancer is diagnosed at this stage. However, risking substantial side effects, which may have perilously impacted on his quality of life and even reducing his chances of survival, he elected to proceed with very aggressive therapy.

His aggressive treatment included radiation therapy to his prostate and lymph



World prostate expert Dr Charles Myers: His aim is to give prostate cancer patients hope.

nodes, a period of time on hormone therapy and other medications.

It appears that Dr Myers, in some sense, was just like every other patient with a fierce determination to survive, however he has an abundant amount of medical knowledge both in research and experience treating and managing patients afflicted with prostate cancer since 1969.

He mentioned that the treating physician is only one aspect of the process. Patients who have done much worse than expected are commonly those who are obese, sedentary and/or continue to consume red meat and cured pork products such as bacon. Those who adapt a lifestyle that includes a healthy diet and consistent exercise do better with an overall reduction from cancer deaths.

In his treatment of advanced prostate cancer, Dr Myers advocates use of appropriate medication sooner rather than

later. For patients to help themselves, he recommends a Mediterranean diet, fish consumption, weight loss and exercise, and other antioxidants including fish oil, red wine (not to excess) or another form of resveratrol, small amounts of dark chocolate, soy, curcumin, pomegranate juice or extract capsules, lycopene and when deficient in Vitamin D take a dose depending on deficiency.

From Dr Myers' experience, people who have appropriate medication and maintain a good diet, appropriate weight and exercise regularly not only improve their health and quality of life but the cancer is less likely to return. If it is advanced, the changes either decrease your PSA, slow the progression and in some case put the patient in remission.

For those patients who have had metastatic prostate cancer in which a remission has been achieved, Dr Myers on occasions has had trouble keeping them in complete

COMING EVENTS

AUGUST 17 MEETING:

The Payneham Support Group will meet in the Payneham RSL Clubrooms, 360 Payneham Rd, Payneham at 7pm on Tuesday August 17. The meeting will feature guest speaker, Dr Fariba BEHNIA-WILLISON, a gynaecologist who is an expert of difficult diagnostic 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@lifestylesa.net.au), Peter Woodrow (8263 5556) or Arthur Seager (8289 4180), or visit the Payneham Support Group's dedicated website at www.psapayneham.org

remission, and the individual patient will often mention he has had difficulty making those dietary changes.

Although my review of the speech is only one very small aspect, for a full appreciation I recommend all who have been diagnosed with prostate cancer, especially those with systemic disease, should not hesitate to view this DVD. We hope to have copies available for lending at our next meeting.

McLaren Districts Prostate Cancer Support Group

Receiving a clear message about help with hearing

The delicate matter of hearing loss and new methods of testing and assistance was explained in careful detail to the McLaren Districts Support Group, as Bryan Hearn reports.

AUSTRALIAN Hearing is a 60-year-old Federal Government program that claims to be the largest hearing provider in Australia, established to assist diggers returning from the war with hearing problems including tinnitus. The service is free for all seniors and pensioners and their partners, as well as indigenous persons over 50 years of age and children under 21 years of age.

Andrea Kanas, of Australian Hearing, Christies Beach, explained at the McLaren Support Group meeting in July how the ear actually works. It consists of three sections: the outer ear, which collects and directs sound into the middle ear, which consists of the ear drum and three bones, and a tube which extends to the back of the nose.

From this location, sound vibrations are magnified and sent to the inner ear, where two balancing organs – the cochlear and the vestibular – are located.

Sound consists of many different wavelengths, from short to long, which are collected by the outer ear and channeled to the middle ear, where the bones vibrate according to the wave length received.

These vibrations are forwarded to the cochlear,

which consists of a fluid and numerous very fine, minute hairs. Sound waves cause the fluid to pass over the hairs, which causes a signal to be sent via various nerves to the brain and we hear sound.

Loss of hearing can result from damage or blockage in the outer ear – wax or some foreign object. The middle ear can also become blocked in a similar way, or the eardrum can become perforated. The inner ear can be damaged from wear and tear, and aging. The main cause of damage is from continual exposure over a period of time to loud noise. Meningitis causes the minute hairs to stop growing or to become infected. Deafness can also be inherited

One in ten Australians suffer from some form of hearing loss; 50 per cent of people aged between 60 to 70 will regularly suffer from some form of hearing loss, 20 babies in 100 will also have a hearing problem, with 15 per cent still having a problem by the time they reach one year of age.

By the age of five years, most children will have suffered some form of hearing problem or infection. It was noted that where one in 10 non-indigenous people have a hearing loss problem, figures increase to seven in 10 for indigenous people.

COMING EVENT

THURSDAY AUGUST 19

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, August 19.

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

Tinnitus (ringing in the ears) is suffered by 20 per cent of the population. The depth of ringing varies and is commonly associated with damage from excessive noise. It cannot be cured but can be managed. Occasionally some form of tinnitus may be experienced following a specific sound event and in many cases will clear itself after a while.

Audiologists will not refer to a percentage of hearing loss, as they have no knowledge of the original hearing status to compare against. They will more likely refer to a loss either being mild, moderate, severe or profound. Tests can be undertaken that indicate the degree of loss and in which range this loss is occurring.

Hearing loss can result in strained relationships, frustration, embarrassment, isolation and depression, so it should not be treated lightly. People suffering hearing loss can be labeled as being rude or disinterested, and this only adds to other negative feelings

they may have.

Hearing aids can be structured to compensate for whatever area a hearing loss has been diagnosed. One of their major functions is to make soft sounds louder and maintain loud sounds at an acceptable level. Digital units are being developed which are becoming more and more effective and flexible in their use. They can be manipulated and adjusted via computers set up to undertake this function.

Wearers of hearing aids should expect significant improvement in their hearing in quiet environments and some improvement in noisy environments. Most aids are now worn behind the ear with a small tube carrying the sound into the ear.

Australian Hearing offers a free testing service and those attending are encouraged to bring along their partners to whom the testing program and the results will be explained as well as the patient.

CENTRAL AUSTRALIA CHAPTER COUNCIL

Council benefits from its big trek north

The trek from Darwin to Katherine enabled valuable contact between the Central Australia council and support groups, as council secretary Bryan Hearn reports.

AFTER briefly visiting Darwin, and enjoying a brief tour through its new Radiation Oncology Clinic, the Council members of the Central Australia Chapter drove to Katherine for the July chapter meeting. Upon arriving we enjoyed an outdoor evening meeting with five members of the Katherine Support Group. Local convener, Don Lockley, explained that their numbers were down as several members were involved in preparing for the Katherine Show a few days later.

The following day the Chapter Council met at the Knotts Crossing Motel conference room and was joined by the local sitting member Willem Weetra Van Holthe MLA.

A full agenda was worked through, including discussion about an awareness evening in Mount Gambier scheduled for September 8, with hopes to establishing a local support group. There were also requests for information about establishing support groups in Port Augusta and Gawler. There is no doubt

the word about the effectiveness of support groups is spreading.

Information from Bunnings stores has been forwarded to all Central Australia Chapter support groups about activities in September, being awareness activities or hosting barbecues.

All Central Australia Chapter support group members are to be informed of the need for nominations to fill three vacant Council positions, which will arise at the AGM and Chapter Conference in the Barossa Valley during October (Registration of Interest to Attend forms will be distributed to groups in the near future). Any member of any PCFA-affiliated support group is eligible to nominate for any of these vacant positions. Please forward expressions of interest to Chapter Council secretary Bryan Hearn at bk@chariot.net.au or phone 8323 7924.

The next Chapter Council meeting will be hosted by the Payneham support group on Thursday September 16.



Meeting with the Katherine Support Group.



The council get to work during the meeting.



Council and Katherine members enjoy dinner.

Alice Springs Prostate Cancer Support Group

COMING EVENTS

SEPTEMBER 26
Get ready and start training for the Stride-For-Health Annual Fun Run, which will depart from Olive Pink Botanic Gardens at 8am. Everyone can do it – you can also walk or push a pram.

Introducing a new era of fundraising

SINCE the Alice Springs Prostate Cancer Support Group was inaugurated two years ago, it has not been involved with fundraising – but things are about to change. The Central Australian Tourism Association has nominated our group to be the beneficiary of its 2010 fundraising, involving

a monster raffle and an auction at their annual awards night on September 24. Our members have donated \$5000 in value towards prizes and aim to sell \$6000 in raffle tickets. We are most indebted to the association, which expects to raise more than \$10,000 for the prostate cancer organisation. In

another piece of good news, the Lions club of Alice Springs, recognising that September is Prostate Cancer Awareness Month, is generously donating profits to our group from its two September barbecues at Mitre 10 Hardware. We will have a presence at these events to distribute Prostate Cancer leaflets.

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

Alice Springs Prostate Cancer Support Group

Cancer Council support in the territory has many faces

Sharon Gallagher, cancer support nurse for Central Australia, spoke to the Alice Springs group's July meeting about her diverse role, as support group convenor Murray Neck reports.

IN her third year at the Alice Springs office of the Cancer Council of Northern Territory, Sharon Gallagher provides a wide range of cancer related services that greatly benefits the community.

Her main focus is support and advocacy for those affected by cancer, and to their family and friends. This involves providing information and needs on treatment options such as surgery, chemotherapy and radiology, explaining side effects that may occur with these treatments and outlining what can be done to reduce their negative impact.

Sharon will also attend doctors appointments with those diagnosed with cancer, not only serving as a health professional who will explain what has been said by medical experts, but also acting as a support person and advocate for the patient.

She can provide the patient with further written information and endeavour to assist with treatment options and answer additional medical queries.

As a lymphedema therapist, Sharon uses massage, compression bandaging and kinesiology taping to help reduce the impact of lymphedema, as well as teaching the patient how to



Guest speaker Sharon Gallagher highlighted her diverse cancer patient support work during the Alice Springs Support Group's July meeting.

prevent problems occurring through specific exercises and self massage.

Her other focus is with cancer prevention, general health promotion and early screening processes. Sharon accomplishes her promotional work by encouraging a healthy lifestyle, providing education at workplaces, and by recommending that people attend controlled exercise classes at a gymnasium.

Health promotion and information stands are attended at Alice Springs, Tennant Creek and smaller outlying communities.

In every outback location there are usually a number of people who, often with without much

warning, have been diagnosed with cancer and must travel a considerable distance for specialist treatment. The PATS scheme provides travel and accommodation subsidises to help these people, but a few financially poor patients are unable to contribute any money towards the costs.

Through her many contacts, Sharon can direct these unfinancial patients in the direction of a community base organisation for assistance. Central Australia is a huge beneficiary of Sharon's skills, dedication and care.

The Cancer Council NT office is in Anangu House, Bath St, Alice Springs; for assistance, phone 08 8951 5881.

COMING EVENTS

AUGUST MEETING: The Alice Springs Prostate Cancer Support Group meets on Thursday August 12 from 6.30pm to 8pm in the conference room of General Practice Network NT, Skinner St, Alice Springs.

SEPTEMBER 9 MEETING: This will be held at the Town Council's Andy McNeil room, will be promoted to the general public. Guest speaker will be sports medicine physician Dr Geoff Thompson who will deliver a PowerPoint address on prostate cancer awareness.

EVERY WEDNESDAY Support group member and lifestyle fitness coach Noel Harris invites all support group members and interested persons to participate in his long-term, free exercise session "Stretch and Stride Sessions", held every Wednesday from 5pm at Rhonda Diano Oval, Head St, Alice Springs. The Spring program starts on September 1.

Redressing the great PSA test controversy of 2009

New revelations have emerged about last year's explosive international PSA testing findings, which will be one of the great discussion points during the 2010 Prostate Cancer Foundation of Australia Conference being held in the Gold Coast from August 6 to 8.

PSA testing entered into wider public discussion for all the wrong reasons last year, after the release of controversial findings from US and European research. However, now the National Cancer Institute in the US has admitted deficiencies in its earlier trial that found PSA testing promoted over treatment of prostate cancer and did not reduce mortality from the disease.

The US body has now endorsed a more recent Swedish study that has shown reduced over treatment risk and substantial benefit in terms of reduced mortality associated with PSA testing.

Unfortunately, such highly publicised confusion has reinforced the prejudices of some GPs against PSA tests, which is why the Prostate Cancer Foundation of Australia will use the national prostate cancer conference to shine adequate light onto the significance of the new findings – and the problems associated with last year's sensational reports.

While the PCFA does not endorse any outcomes, it is of great significance that the results of this recent research – which indicate that PSA testing does reduce mortality rates – are contrary to the earlier flawed research.

While the new report says 12 men need to be diagnosed in order to prevent one cancer death, Swedish scientists say they found that the risk of over-diagnosis was not as high as previously thought, and that “the benefit of prostate cancer screening compares favourably to other cancer screening programs”.

In the July 1 issue of *The Lancet Oncology*, Sweden's Hugosson and colleagues show that PSA testing reduces death from prostate cancer in some circumstances. They report that 14 years after randomisation, on an intention-to-

treat analysis, PSA testing almost halved the risk of death from prostate cancer (absolute risk reduction 0.4 per cent, from 0.9 per cent in the control group to 0.5 per cent in the screening group); the number needed to screen to prevent one death was 293, and number needed to diagnose or treat was 12.

These outcomes compare favourably with well-established screening programmes for breast and colorectal cancer and add further evidence to the outcomes of the European Randomised Study of Screening for Prostate Cancer (ERSPC). In the ERSPC study, at a median follow up of nine years, a 20 per cent decrease in prostate-cancer deaths was reported. The other screening study, Prostate, Lung, Colon and Ovarian cancer screening (PLCO) trial included 76,000 men, but reported no benefit. However in PLCO, contamination from PSA testing was significant, increasing from 40 per cent in year one to 52 per cent in year six, making this study very difficult to interpret.

There are, however, important caveats about the Göteborg study. The study is small, with 20,000 men, a significant proportion (11,852 of 20,000) of which have already been reported in ERSPC. The reduction in mortality (RR 0.56) is greater than that found in ERSPC (RR 0.80); why are there these differences?

There is a risk that subgroup analysis of the ERSPC has produced these significant results by chance, although the protocol and date of analysis in the Göteborg trial were predetermined. The follow-up is more mature in the Göteborg study and the outcomes at nine years were similar to those reported by ERSPC at that time-point. However, although the time since randomisation was 14 years, the median time since diagnosis was much shorter—

6-to-7 years for screened men versus 4-3 years in the control group.

These results are surprising because conventional wisdom suggests that time periods of about 10 years are needed to show benefit from early detection and early treatment. The median age in the Göteborg study was four years younger than in the ERSPC, which is important because younger men are likely to benefit more from early diagnosis than older men.

The PSA threshold was slightly lower in the Göteborg study than in ERSPC, although it changed over time (from 3.4 ng/mL to 2.5 ng/mL); in men younger than 50 years of age the PSA threshold must be less. The screening interval in the Göteborg study was lower (two years) than that of the ERSPC (four years).

Probably the most important points are the longer length of time since randomisation and the younger age at screening than in the ERSPC, in a national context of a low baseline rate of PSA testing before the study.

One important finding of the Hugosson study is that diagnosis of prostate cancer did not automatically result in men taking up radical treatment. About 40 per cent of men in the screening group were placed on active monitoring protocols; 28 per cent remained on these protocols. Moreover, the results show that in certain circumstances, PSA testing and early diagnosis reduces death from prostate cancer. It does not imply that PSA screening programs should now be introduced internationally.

Men should be aware of the benefits associated with the early detection of prostate cancer. Current programs that raise awareness and provide balanced information about the pros and cons of screening seem to be the right way forward.