

Central Australia Chapter



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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Chapter conference to pave the future path

The PCFA Central Australia Chapter Conference in October will give support group members new insights to prostate cancer treatment, as Paul Redman reports.

THE Prostate Cancer Foundation of Australia will be hosting the second annual Central Australia Chapter Conference on October 15 and 16 at the Novotel Barossa Valley Resort. This important information sharing and networking event will help delegates take back the latest information on prostate cancer treatment and patient assistance to their support groups.

The key speakers will be Dr Grant Buchanan, PCFA Researcher of the Year, detailing the progress of his prostate cancer research being undertaken in South Australia, and Dr Peter Sutherland will speak on current prostate cancer treatment issues.

Other interesting speakers will include Virginia and Rhonda speaking about Continence

Management as you've never heard it before – both factual and very funny – and Rob Nankivell from the Aged Rights Association SA will explain the rights of the elderly.

A terrific location has been secured at the picturesque Novotel Barossa Valley Resort at Rowland Flat, and registrations commence at 4pm on Thursday October 14 for travellers outside the Barossa region.

Registration forms must be completed by prospective delegates and their partner by October 8 and sent to Paul Redman, either by email (predman@prostate.org.au), fax (02 9438 7099) or by post, to Prostate Cancer Foundation of Australia, PO Box 1332, Lane Cove, NSW, 1595. For any conference questions, please contact Paul on 1800 220 099.

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



A PICTURE IN SPRING: The Novotel Barossa Valley Resort will provide Central Australia Chapter conference delegates with a luxurious setting surrounded by wildflowers in bloom and vineyards showing the first signs of budburst. Resort facilities are complemented by the adjacent 18-hole Tanunda Pines Golf Course.

• **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

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
EVENTSOCTOBER 12
MEETING:

The next meeting of the Prostate Cancer Action Group SA will be held in the upstairs meeting room at the Cancer Council SA, 202 Greenhill Rd, Eastwood, commencing at 5.30pm on Tuesday October 12. Entry is via the rear stairway.

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

Action-packed month

Members have provided great support for a busy month of activities, as new Action Group chairman David Merry reports.

THE Prostate Cancer Action Group has enjoyed a busy month, which started with the Fathers' Day barbecues. In conjunction with Bunnings stores at Kent Town and Modbury, Action Group members manned stalls associated with the Bunnings staffed barbecues. Raffle prizes were donated by Bunnings and while inclement weather was disappointing, raffle sales contributed to the group's funds.

MT GAMBIER SUPPORT

THE ACTION Group was grateful for the local support of the Mt Gambier Rotary Clubs – particularly Ray Herbert and the excellent venue at Tenison College, supported by a staff member – that contributed to the success of the recent awareness

evening, which is reported more fully in the story below.

FIELD DAYS SUCCESS

THE RIVERLAND Field days on September 15 and 16 were attended by nine Action Group members (and some partners) over the two days. There was an excellent response from the 20,000 people who attended the event and the stall manned our group was busy distributing promotional items and discussing awareness issues.

The good weather and an ideal position for the stall resulted in a great deal of satisfaction for the effort put in by the group members.

Attendance at the event was certainly worthwhile and follows on from the very

successful Field Days attended at Paskeville and Lucindale.

FUNDRAISING CHEQUE

AT THE September 6 meeting of the Coromandel Valley Rotary Club, the Treasurer of the Brian Newell Foundation, Graeme Rodda handed over a cheque for \$20,000. This money will be forwarded to the Flinders Medical Centre Research Foundation for the use of the team undertaking prostate cancer research. This amounts to \$100,000 now raised by the Foundation.

The organisers of the Rail 2 Rocket trip – Rotarian Don Ward and Foundation member Terry Crabb – are now keen to plan yet another Outback venture to contribute additional funds.

Effective awareness event

A successful Awareness Evening at Mt Gambier should lead to the formation of a new support group, as Bryan Hearn reports.

EXTENSIVE advertising throughout the South-East resulted in at least 160 people attending a Prostate Cancer Awareness Evening in Mt Gambier on September 8. Convened at Tenison Woods College by the combined Rotary Clubs of Mt Gambier, Mt Gambier West and Mt Gambier Lakes, the meeting was hosted by Rotarian Ray Herbert and featured Central Australia Councilors Malcolm Ellis and wife Bev, John Baulderstone, John Shields, Jeff Roberts (who also acted as MC) and Bryan Hearn with wife Kay.

Speakers included local church minister Garth Wotton, who spoke of his prostate cancer journey and radical prostatectomy operation, Bryan Hearn, who described his journey via brachytherapy treatment, and four representatives from the Mt Gambier Community Health Service: coordinator Tony Potts, continence advisor Julie Thornley, cancer care coordinator Julie Campbell and senior dietician Belinda Carpenter, who spoke of the work her team of three dieticians undertake in the South-East region.

Urologist Professor Willis Marshall delivered a very informative presentation on prostate cancer and its effects, taking the point of view of an imaginary patient as opposed to a doctor. He highlighted a series of questions regularly asked by patients, then provided the relevant answers from a doctor's perspective.

The evening concluded with Central Australian Chapter Chairman Malcolm Ellis providing a brief overview of how support groups are administered and how the Central Australia Chapter fits into the national approach to

support for prostate cancer. From the 74 evaluation forms returned at the meeting, nine people indicated they would be interested in establishing a local support group, with another 22 people indicating that "maybe" they would become involved.

After the meeting, the audience was invited to share supper with the organisers and speakers, and their feedback indicated how well the evening had been accepted.

Enthusiasm to establish a support group in Mt Gambier prompted a group formation meeting at 7.30pm on Thursday October 7 at the Commodore on the Park Motel, Mt Gambier.

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

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Members rally for busy month of barbecues and public events

September – being Prostate Cancer Awareness Month – was a very busy time for many members of the Adelaide prostate cancer support group, as Ian Fisk reports.

COMING EVENTS

OCTOBER 18 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 October 18 meeting will feature a talk from Dr Lloyd Evans, who will speak on his locum experiences on Thursday Island and Torres Strait Islands.

NOVEMBER MEETING: The Adelaide Support Group Nov 15 meeting will feature a presentation by Sonia Mackay of BrightSky specialist healthcare products. Also in November there may be a shared social dinner with the Mitcham Support Group (to be confirmed).

• 2011 Feb and March meetings have been organized. See www.psaadelaide.org for details.

• 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 Bunnings Mile End barbecue on Friday September 3 involved several group members, and unfortunately it was not good weather wise. The rain gradually increased in intensity as the day wore on, then the wind came up later in the afternoon, and the gazebo shelter we were in leaked. Nevertheless, Merlene Burdon cooked away and was helped to serve the food and collect money by volunteers Pat and Julian Delpin, Ian and Pam Fisk, and Carl Hopkins. Thanks to all for their efforts, especially Merlene from Bunnings.

The previous evening, Ian Fisk gave a Men's Health Ambassador Presentation in the store. He also had to leave the Mile End event early Friday afternoon to go to Pinnaroo for another barbecue in aid of the PCFA (for which \$100 will be donated the PCFA as a result of funds donated) and to give another Men's Health Ambassador Presentation.

Several Adelaide group members also attended Lord Mayor Michael Harbison's PCFA barbecue in Victoria Square on September 7, organised by Karyn Foster.

Ian also gave an Ambassador Presentations in Clare on September 8, at Trott Park on September 23 and at Angaston on September 27.



September's guest speaker Dr David Evans.

Several of our members also attended the Barmera Field Days on September 15 and 16 manning the PCFA stall handing out brochures and other information, while WHK (www.whk.com.au) had a PCFA barbecue at the field days.

Our September support group meeting was well attended, with several visitors and people who had not attended since meetings moved from the Burnside Hospital.

At the meeting, several men spoke of their frustration in obtaining information from their specialists, with a visitor from Victoria saying he had waited a long time between diagnosis and treatment. Those experiences emphasize how important it is to be proactive and obtain a second or third opinion. It is difficult to know what questions to ask when one is unfamiliar with what the possible treatments

and side effects are. By learning as much as possible about health challenges, you can make educated decisions on what to do. While it is more difficult to obtain information if you don't have Internet access, the Cancer Help Line 13 11 20 of the Cancer Council can be very helpful.

Our guest speaker, Dr David Evans, gave a great presentation on Prostate Cancer From a Pathologist's Point Of View, with many slides showing many normal and cancerous prostate tissues. Please see April-May 2010 issue of Prostate Supporter (Vol. 3, No. 4) for Roland Harris's summary of David's presentation at the Mitcham support group. David had just started a seven-week external beam radiotherapy treatment program, so has an intimate interest in Prostate Cancer. He was thanked for his efforts with a bottle of antioxidant red.

**COMING
EVENTS****NOVEMBER 3
MEETING:**

The next City of Onkaparinga prostate cancer support group meeting is at 6.30pm on Wednesday, November 3 in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga.

• For more information about coming events, 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, Cartridges Now Christies Beach, The Original Open Market** and to the **City of Onkaparinga Council**.

Radiology discussion puts us in the picture

The different steps of radiology treatment were explained to support group members, as John Shields reports.

RADIATION ONCOLOGIST Dr Phuong Tran gave a very interesting power-point presentation to the September meeting of the Onkaparinga support group, giving a talk about radiation treatments and their affects.

The important steps start with the patient getting to know their doctor and carefully planning for the treatment.

Usually an X-ray will be taken while the patient lies under a machine known as a Simulator, then these X-rays will be examined and the doctor will mark them in the places where the patient is to receive treatment.

Sometimes small tattoos will be made to mark the edge of the radiation therapy field on the patient's skin. Then a set-up is done to make sure the

treatment is delivered exactly as designed during simulation.

There is no pain in this process as it is just like getting a photograph taken, however the patient must go back for treatment each weekday for six weeks until the treatment is completed.

Dr Tran has agreed to be guest speaker for other prostate cancer support groups, and it will be good if groups take advantage of this generous offer.

OTHER BUSINESS

WE welcomed Brian and Anne Crosbie and Dave Orr to our meeting, and after reading and tabling correspondence, including the declaration of support group delegates to the PCFA international conference held in August, our chairman handed over to Malcolm

Ellis, Chairman of the Central Australia Chapter, who spoke of concerns that he has about the future directions of the Ambassador Program.

BUNNINGS BARBECUE

ONKAPARINGA support group members joined with Bunnings for their barbecue on Friday September 3 and also took the opportunity to attend the store on the Saturday to hand out Be A Man Pamphlets and sell our PCFA Blue Prostate Cancer Pins and the PCFA Stickers. We enjoyed two great days.

Paul Redman, PCFA Support Group Services Manager, has assured our support groups that monies raised at the barbecues at Bunnings stores across Australia will be deposited in the relevant support groups' bank account.

Lord Mayor sizzles in September

THE South Australian Board for the Prostate Cancer Foundation of Australia, the University of Adelaide and Lord Mayor Michael Harbison saluted International Prostate Cancer Awareness Month.

The Lord Mayor helped at a public barbecue and major awareness event in Victoria Square. Other awareness activities included blue-lighting iconic buildings around the country, with Bonython Hall selected in Adelaide. The SA Board assembled for a function hosted by KPMG. This group of prominent South Australians have assembled to champion the cause of

Prostate Cancer, and include Professor Villis Marshall as Chair and real estate supremo Michael Brock as Deputy Chair, hotelier Peter Hurley, lobbyist Nick Bolkus and football identity Steven Trigg. This board incorporates a previous body - Prostate SA.

Villis Marshall said: "Adelaide has a long history of educating world-class Australian researchers and we are proud to be able to raise awareness of Prostate Cancer among the community. Hopefully we can eliminate this insidious disease through future study and research supported by fundraising, awareness and support programs."



Russell Gardiner and his cycling mates enjoy a sausage from Lord Mayor Harbison.

Mitcham Prostate Cancer Support Group

Providing easy respiration without any desperation

We can breathe easy knowing that the Asthma Foundation of SA can provide respiratory help when we need it, as Mitcham Support Group deputy chairman Roland Harris reports.

INTRODUCING our guest speaker at the Mitcham Prostate Cancer Support Group's September meeting, I mentioned a memorable TV interview with one of Australia's centenarian WWI veterans. He was asked how had he managed to live so long? His reply was simple: "I kept breathing."

Breathing is something we can take for granted, but Clara Tait, Health Education Officer at the Asthma Foundation warned our support group not to be complacent.

One in five people over 40 years of age has COPD – Chronic Obstructive Pulmonary Disease – which is a progressive lung disease that makes breathing difficult.

It is disturbing to note that COPD and asthma are two leading causes of death in the world, mostly linked to smoking, exposure to dust and air pollution.

Clara's talk was supported

ASTHMA FIRST AID

STEP 1: Sit the person upright, stay calm and attend.

STEP 2: Without delay give four separate puffs from a blue Reliever [Ventolin] via a spacer device, four breaths per puff.

STEP 3: Wait four minutes. If little or no improvement, then repeat steps 2 and 3.

STEP 4: If still no relief, call an ambulance on 000. Don't drive the person to hospital.

by a PowerPoint presentation and a display of medicinal products available to assist easy breathing. Clara can be contacted at the Asthma Foundation of SA, 300 South Rd, Hilton, phone 8238 9300.

VALE WALLY

WE NOTE with sadness the

passing of Wally Taylor, who was a foundation member of the Mitcham Support Group, along with his wife Beryl, in 2005. A card of condolence was sent to Beryl, who expressed her appreciation in a card which was read to the group.

In other support group news, Henry told of good progress six weeks after his "open radical". Jeff Roberts informed us of the successful Awareness Evening at Mt Gambier and the Riverland Field Day at Barmera on September 16.

The formation of new support groups in regional cities of SA is an exciting work in progress, and Jeff – our very own Max Gardner Award recipient – deserves our admiration for his tireless work.

On the home front, six support group members assisted at the Marion Bunnings barbecue on September 3, which was a rain-, wind- and lightning-affected event!

COMING EVENTS

OCTOBER 28 MEETING

The next Mitcham Support Group event will be held on Thursday, October 28, in the Colonel Light Gardens RSL club rooms at 4 Prince George Parade, Colonel Light Gardens, from 7pm. The meeting will have a group discussion among support group members.

NOVEMBER MEETING

The support group's November event will be our Annual Dinner, which will be held on November 25. Venue details will be provided at the October 28 support group meeting.

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

A very valuable free public lecture

PROSTATE CANCER will be the next subject in the spotlight for the Royal Adelaide Hospital's continuing series of Health in Men Toolbox Meetings.

Professor Villis Marshall will conduct the presentation from 1pm to 1.30pm on October 22 in the Robson Lecture Theatre on Level 1 of the Eleanor Harauld

Building Royal Adelaide Hospital (to download accurate directions, go to www.rah.sa.gov.au/rahmap).

Light refreshments will be provided. To register your interest in attending, please phone Health Promotion on 8222 5193. The event is kindly sponsored by Pfizer Australia.

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

Barossa Prostate Cancer Support Group

Support group decides to Reach Out in 2011

Prostate cancer support groups with small memberships can't perform every awareness task but good opportunities still arise, as Barossa group convenor Don Piro reports.

THE September meeting of the Barossa Valley Prostate Support Group saw the members discuss the annual report required for the Chapter Conference and plans for 2011.

We decided on a theme of "Reaching Out" to the community next year by developing posters about our support group, having regular advertisements in the local and cinema media as a way of connecting with other cancer survivors, and continuing to build our network of speaking with individuals who have

COMING EVENT

OCTOBER 19 MEETING

- The Barossa Support Group meets from 2pm to 4pm 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.

been recently diagnosed. We recognise that many men may not want to attend a support group meeting but still need information and connection to others who have travelled on the cancer road.

The meeting also discussed the recent radio broadcast on

ABC Radio National about the sexual health and activity of those men who have had prostate cancer surgery and treatment. This topic can be a difficult one to address, as men may feel challenged, embarrassed and not wish to discuss this in a gathering

with other men but went well within our group.

It was wonderful to know that many of our members are participating in the Cancer Council's Relay for Life program on November 5 and 6 in Nuriootpa.

The support group is in the early stages of organising its Christmas break-up dinner on Friday November 19, with a 6pm arrival at the Company Kitchen, 27 Valley Rd, Angaston. Please RSVP or make enquiries to Don on 8562 3359 before Nov 12.

Murray Bridge Prostate Cancer Support Group

Explaining conference outcomes

THE Murray Bridge Support Group attracted 21 members and supporters to its September meeting to hear our chairman, Ron Lehmann, report on his attendance at the Prostate Cancer Foundation of Australia International Conference, held at the Gold Coast Convention and Exhibition Centre during August.

Ron found the venue to be excellent and the speakers from Canada, the United States and Australia were first-class. The seating arrangements for the two dinners proved ideal for the exchange of ideas, with representatives from most states being among the 10 diners on each table.

The theme of the conference

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 OCTOBER 20.

was Advancing the Quality of Life and topics raised at the seminars and sessions included depression and its causes (the main one being the loss of rectile function, its effects on the marriage and the man's confidence, as well as incontinence problems). Ron observed that all questions at this session were treated sensitively.

A common problem following the diagnosis of prostate cancer is the lack of knowing

what lays ahead, mostly due to doctors not having sufficient time in appointments. However, in the eastern states there are specialist prostate nurses who can spend several hours with patients explaining alternative treatments and potential problems.

Support groups and individuals are now encouraged to push for the appointment of more prostate nurses. The benefits to be gained could be similar to those experienced

with breast cancer nurses. It was encouraging to hear that researchers in the US feel they are on track with new drugs to cure early diagnosed prostate cancers. Currently there are some side effects associated with them, but these are being gradually overcome.

Some pertinent details outlined by a dietician included the avoidance of eating burnt meat and not smoking.

On the positive side, it was recommended that 30 minutes of moderate exercise be undertaken each day. Benefits can be gained from the intake of Omega 3 from plants and eating a variety of coloured fruits and vegetables. Many other foods were also recommended.

Prosper Darwin Prostate Cancer Support Group

How to support men confused by so many treatment choices

Helping men wrestling with decisions is a crucial support group task, as Darwin group convenor Keith Williams reports.

THE grass has grown significantly as we endure the wettest Dry Season in my lengthy stay up north – though grass hasn't grown under the feet of a busy Prosper Darwin Support Group during the past month.

During the week before our September meeting, I had two contacts from the Cancer Council linking me with potential members. One client was having difficulties in getting around the complex issues involved in coming to the best treatment decision.

The other person – forwarded by one of our support group members who doubles as a Prostate Cancer Peer contact, at the Cancer Council – was becoming very confused by the abundance of information on the Internet, some promising near miracle cures. He was also under some pressure to “Get on with it” from fellow members of an informal support group (they have nothing to do with the PCFA, though several of the men have

had prostate cancer). Both men and their wives spent time with me, and seemed to be helped considerably by our discussion. I stressed with both men that they clearly had time to make the best decision for them, and consequently to positively own the outcome of their treatment.

On support group meeting night, both these couples attended, plus another couple who had had contact some time ago with a member.

After phone contact 18 months earlier, another “qualifier” turned up – the only problem being that he was so keen to get to the meeting that he cut a tight bend in his car and chopped out a tyre.

With these extra attendees we had a very good meeting, which featured a member's impressions of the national conference and some very good sharing discussions.

On September 24, some of our support group took part in the Cancer Council's Relay



Darwin support group members during the Survivor's Lap of Honour at the Cancer Council's Relay for Life.

COMING EVENT

The Prosper Darwin support group will next meet on **MONDAY, OCTOBER 11**. 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.

For Life (the Survivor's Lap of Honour). It was again a great occasion, and it was a thrill to see that the Radiation Oncology unit entered a team, led by the redoubtable practice manager Giam.

Despite having spent considerable time rounding up our quota of Darwin people for the Chapter Conference in October, only one other member of our group is able to attend. So with Paul Redman's

encouragement, I was able to arrange for the practice manager of the Radiation Oncology clinic and a senior staff person from the Cancer Council to attend.

While it would have been preferable to have a full quota of support group members, I am sure that exposing these people to our Chapter gathering will have many positive spin-offs for Darwin's prostate cancer patients.

2010 CANCER SURVIVORS CONFERENCE – A REPORT BY IAN FISK

• THE FIRST Cancer Survivors Conference was held at Flinders University on September 11 and featured quite a few interesting sessions – all which can be downloaded from the Cancer Voices website. Prostate Cancer did get several mentions but not enough in my opinion! One figure

in the Diet and Cancer session by Dr Richard Le Leu, research scientist at Flinders University, clearly showed that Prostate Cancer had the highest cancer incidence in Australia. Another graphic in his presentation from the World Cancer Research Fund International showed that

an appropriate diet can help prevent Prostate Cancer by 10-to-20 per cent of the time. For other many cancers, diet had a much more significant influence. Unfortunately, some presentations were rushed due to time constraints, but it was a worthwhile day.

Payneham Prostate Cancer Support Group

Robotic surgery explained

Fresh from extensive training in the US, Dr Jimmy Lam talked about advanced laproscopic surgery techniques, as Payneham Support Group coordinator Phil Davis reports.

AT THE Payneham Prostate Cancer Support Group's September meeting, we were extremely privileged to have as our guest speaker Dr Jimmy Lam, one of two urologists to have received a grant from the Australasian Urological Foundation for furthering his skills in laproscopic urology at the Cleveland Clinic in the United States with Professor Inderbin Gill.

Dr Lam initially spoke about prostate cancer in general terms, informing us that the PSA test as an indicator is not completely reliable, as about 25 per cent of males are within the normal PSA range but still have prostate cancer. He said it is therefore essential that men have digital rectal examinations.

He also spoke about the often debated and sometimes controversial issue of screening for prostate cancer within the community.

In recent years, two randomised studies indicated a survival benefit for men who were screened and diagnosed, with a 31 per cent reduction in mortality.

If younger men are screened between 40 to 49 years and their PSA is 0.6 or higher, or if they are screened between 50 and 59 years and their PSA is 0.7 or higher, there is 3.5 times increased risk of developing prostate cancer over the next 25 years.



Dr Jimmy Lam making his presentation at the Payneham support group's September meeting.

It was evident during his presentation that Dr Lam has a special interest in minimally invasive laproscopic surgery.

He spoke about the Da Vinci robotic laproscopic surgery method, which has similar techniques to conventional laproscopic surgery.

However the operation is performed by the surgeon from a remote console which provides 3D vision with greater magnification and precision.

The surgeon has his face buried in the console, working the robot's arms with remote controls. Advantages of robotic surgery include:

- **It is less invasive and doesn't result in as much trauma as open surgery.**
- **It requires a shorter stay in hospital.**
- **There is considerably less blood loss during the**

procedure, with lower transfusion rates.

- **Less post-operative discomfort.**
- **The catheter is generally needed for less time than for conventional surgery.**
- **A patient becomes more mobile in less time, with quicker recovery time.**
- **Greater precision and surgical accuracy, with a more precise view.**

Dr Lam mentioned that robotic surgery does not compromise outcomes but may be more dependent on the surgical experience of the physician.

Each patient has to be assessed individually after obtaining as much information from the clinical exam, biopsy, imaging and other anatomical changes.

COMING EVENTS

OCTOBER 19 MEETING:

The Payneham Prostate Cancer Support Group will meet in the Payneham RSL Clubrooms, 360 Payneham Rd, Payneham, at 7pm on Tuesday, October 19.

The meeting will feature guest speaker Margaret Gibbings from Stroke SA.

• 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@lifestylea.net.au), Peter Woodrow (8263 5556) or Arthur Seager (8289 4180), or visit the Payneham Support Group's dedicated website at www.psapayneham.org

• Dr Jimmy Lam's clinical rooms are at 89 Strangways Tce, North Adelaide, and he can be contacted by phoning 8239 9100.

McLaren Districts Prostate Cancer Support Group

Feeling more informed about Reiki treatment

A presentation and demonstration of Reiki healing treatment to the McLaren Districts Support Group surprised many in the audience, as Bryan Hearn reports.

THE Japanese healing practice of Reiki (pronounced Ray-Key) was the subject of a very informative presentation to McLaren Districts Prostate Cancer Support Group members for their September meeting.

Christine Sinclair, proprietor of local business Mother Earths Ash Tree, and her student Natasha Kearslake explained that Reiki stands for “Life Force Energy”, which is within all of us and can be transmitted between us, or transferred from a person to an object.

Reiki was developed by Dr Mikao Usui in the 1920s but not practiced widely in Australia until the 1990s. Explaining Reiki, he said: “There are no skills required, just an open mind and a loving heart”.

It is literally a hands on treatment, but is non invasive and helps to de-stress recipients, being described as relaxing yet stimulating and safe. It is well suited to people of any age, being equally effective on children as on the elderly. Natasha actually delivered short Reiki sessions to several of group members, all reporting good results.

Christine explained that energy levels in the body are affected by the delivery of Reiki. Central to the Reiki philosophy is that emotions build up and eventually are manifested in some form of physical ailment. Reiki helps relieve these emotional pressures, reducing the likelihood of ensuing ailments. There is no scientific proof of such an effect, but many recipients will testify to the positive results and outcomes of such treatment.

Christine delivers a treatment by placing her hands in an appropriate location on the patient’s head and over 45 minutes



slowly works her way down to their feet. Other practitioners may adopt the reverse process, or lay their hands over one place.

Reiki energy channeling follows an ancient process of tuning the body to a higher vibration. Reiki is not a religion, cult or organisation and does not conflict with medical treatments but simply adds, benefits and works with all practices of healing.

It was explained that anybody can deliver Reiki – transferring energy from themselves to another – but training enables a practitioner to deliver it in more effective ways.

Natasha said she discovered Reiki as she was undertaking a science degree at university. She didn’t believe anything unless it could be proven in a laboratory

COMING EVENT

THURSDAY OCTOBER 28

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, October 28. Guest speakers will be local Chemmart pharmacist Con Kassapis and Gail, one of his staff members, talking about the role of a chemist in the local community. Both have spoken at group meetings previously and have been very well received.

Con is a great supporter of our local support group. For most of September, has had a Prostate Cancer display in his pharmacy, with brochures, books, DVDs and other materials supplied by our group being made available to the public. The staff have also been running a raffle, with funds raised to be donated back to the support group. We thank Con and his staff for their support and commitment.

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

but is now convinced of the effectiveness of Reiki and is now working to obtain her own qualifications.

In her business, Christine also provides information on feng shui, crystal treatments and mediation.

CENTRAL AUSTRALIA CHAPTER COUNCIL MEETING

Interest in more support groups

The final Central Australia Council meeting for 2010 identified more areas keen to start support groups, as Bryan Hearn reports.

THE full contingent of councilors were present for the final Central Australia Chapter Council meeting for 2010, which took place at the Arkaba Hotel in Adelaide on September 16. David Merry was also present as the new Chairman of the South Australian Action Group, having taken over this role from Dean Wall.

A full agenda resolved several outstanding matters, including the Chapter Business Plan. As no volunteers have filled various roles within the plan, these positions have been taken by various Councilors, and a final version of the plan been forwarded to all support groups.

Final arrangements for the



The Central Australia Chapter Council meeting in full swing at the Arkaba Hotel in early September.

chapter's annual conference were resolved, with all details to be forwarded to support groups soon by the PCFA's Paul Redman. By now, all groups should have been provided with a proposed agenda for the upcoming AGM and the Chapter program for the period

November 2010 to October 2011.

Reports were delivered on the very successful Mt Gambier Awareness evening that may lead to the creation of a new support group in the region. Requests have also been

received from members of the public in Port Augusta and Gawler for assistance to set up new support groups.

Councilor Murray Neck from Alice Springs reported that Central Australia Tourism has made up to \$15,000 available to the support group, which will be used to set up additional support groups in Tennant Creek and Ulara in the future.

With such positive interest, it is hoped that at least 20 support groups will be listed within the Central Australia Chapter by the end of next year.

At the conclusion of the meeting all Councilors were introduced to the newly appointed Community Sales Consultant for Bright Sky, Sonia Mackay, who will soon be contacting all group conveners.

Port Pirie Prostate Cancer Support Group

Learning more thanks to interesting speakers

Interesting guest speakers bolster support groups, as Richard Kruger reports.

MEMBERS of the Port Pirie Prostate Cancer Support Group and visitors to their meetings have been delighted to hear many interesting presentations from guest speakers – and the September meeting, which featured Colin Ingham from Independence Health Solutions, was no exception.

The audience was informed that clients recovering from various prostate cancer treatments sometimes experience continence problems. Colin explained

and demonstrated several products that his organisation can provide to help in this matter.

What surprised many people was that that an allowance is available to people requiring continence products. The Continence Aids Payment Scheme is administered by Medicare and currently provides \$489.95 per annum (it is indexed). Eligibility is for people who are aged five years or older and have permanent and severe incontinence due to an eligible neurological

condition, or have permanent and severe incontinence caused by another eligible condition (provided they have a Centrelink Pensioner Concession Card).

To qualify, an application form must be signed by a health care professional; general practitioners, medical specialists, continence nurses, community nurses, physiotherapists and occupational therapists. More information is available on the Internet; try Googling "Continence Aids Payment Scheme" and "Independence Health Solutions".

After the presentation to the

support group – and while many enjoyed coffee and the scrumptious supper that is always provided by the ladies of Port Pirie and Baroota – several people inspected the merchandise samples that Colin presented.

It is a credit to both Allan Manfield, the support group chairman, and Nicola Champion, the Cancer Care-Palliative Services Coordinator for Community & Allied Health Services Division, Port Pirie Regional Health Service, that the support group consistently has such interesting and varied guest speakers.

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



Guest speaker Dr Geoff Thompson captivated a large audience – and enticed new group members – the Alice Springs Support Group’s September meeting.

What men should know

Specialist sports physician Dr Geoff Thompson talked about prostate cancer as a medico and a survivor, as Murray Neck reports.

HE is well known among injured athletes as the Medical Director of the biennial Alice Springs Masters Games since 1986. Many Territorians also know him as a physician who takes a great personal interest in encouraging men to monitor their health through regular check-ups particularly in relation to their prostate.

It’s clear that the popularity of Dr Geoff Marshall is also significant in the local community, as his talk at the Alice Springs’ support group’s September meeting drew 51 attendees – from which 14 men applied for membership of our support group.

Geoff has developed a most informative PowerPoint presentation on what every man should know about prostate cancer. He speaks quite gently, and with a touch of spicy humour in easy to understand terms, and commands complete attention from his audience.

Statistics show that prostate cancer is the most common cancer in Australian men today. One in 10 men will eventually have it, 20,000 will

be diagnosed annually and 3300 will die from it annually – which is one Australian male every three hours.

The risk factor of getting it escalates with age. From age 40-49 it is 1 in 1000; age 50-59 12:1000; age 60-69 45:1000; age 70-79 79:1000; and age 80-89 105:1000, which is more than 10 per cent of males in this age bracket.

If a near relative has had prostate, breast or ovarian cancer, then through your similar genes you have an increased risk factor. Lifestyle factors such as obesity, inactivity and a high fat diet increases your risk – which also means that an active lifestyle reduces your risk of cancer.

With the understanding that early testing results in early detection of prostate cancer, Australia’s leading urologists and the Prostate Cancer Foundation of Australia now recommend that men should have their first test at the age of 40 instead of age 50, which was the earlier recommended age. It seems that prostate cancer is being detected in

men of a younger age and it is most likely that lifestyle and environmental changes are contributing factors.

Geoff’s audience of survivors and observers agreed that the vast majority of men know almost nothing about their prostate and prostate cancer until they are suddenly diagnosed with it.

This situation is very slowly changing as the number of support groups and awareness programs expand, as the media gives the subject more space and as men start talking more about it.

He said men need to know where their prostate is, what it does and, most important of all, what happens and what are the consequences when it mucks up.

There is a wealth of information – much of it made available through support group libraries and information pamphlets which are constantly being upgraded.

The treatment path is not always clear, as there are many factors contributing to the recommendation of your

COMING EVENTS

OCTOBER MEETING:
The Alice Springs Prostate Cancer Support Group meets on Thursday October 14 from 6.30pm to 8pm in the conference room of General Practice Network NT, Skinner St, Alice Springs.

SPECIAL MEETING:
On OCTOBER 28 Associate Professor Pauline Chiarelli, who is one of Australia’s leading continence authorities, will address our support group at the General Practice Network from 6.30pm to 8pm. What a windfall!

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.

medical specialist. Geoff’s advice is that if a surgeon is required, just ensure that he is good and experienced.

Finally, we are most pleased that Dr Thompson has offered his services for another prostate cancer awareness presentation next year.

Getting to know you better

Who are the people behind the Prostate Cancer Support Group network? To launch a series of profiles, we introduce Central Chapter public relations co-ordinator Karyn Foster.

ALMOST 1000 people across South Australia and the Northern Territory receive the Prostate Supporter newsletter every month, as it is distributed to interested individuals, Support Groups, Health and Community workers, medical staff, doctors and, in some cases, the media. While we see many familiar names repeated in the newsletters – especially those generous enough to address or assist support groups and their activities – many of these people aren't widely known to support group members. Therefore, to help personalise the newsletter and give the support group community a more human face, we'll be presenting profiles of contributors every month. Karyn Foster will start the ball rolling ... and watch this space next month for our illustrious editor David Sly – then it's your turn to submit your stories!

I was educated at Highgate Primary, then Presbyterian Girls College and then Scotch College, where I really came into my own – boys, sport ... sport, boys – but also managed to fluke becoming the first female Head Prefect (some would say “bossy at birth”). While waitressing to keep body and soul together, I completed a Bachelor of Arts at Adelaide University, then a post graduate accountancy degree at Flinders University, but decided on a change in career direction and worked for two years in the public relations, promotions and publicity department at Myer SA.

Following this, I took up the post of public relations manager and fundraiser at the Queen Victoria Hospital. After a successful two-year stint at the hospital, where I achieved all goals set for me, I decided, some 25 years ago, to branch out and create my own PR company – Foster PR. I decided if it wasn't a success, I could just settle down with my new husband, Mr Foster, and have babies – but I never got around to the babies bit. About eight years ago, I merged business entities with a colleague, Sue Hill, and Foster Hill PR and Marketing was born. This year, I decided



Karyn Foster at McLaren Vale with her dearly departed Valentine.

to focus on Prostate Cancer, after having a bumper few years with this exceptional bunch of people.

My knowledge and experience in PR is broad as it is extensive. During 25 years at the helm of Foster PR, I turned my hand to most facets of the business.

Clients included many big business names: Foster's, Coopers, The Hardy Wine Company, Orlando, St Hallet, Geoff Merrill, Geoff Weaver, Bollinger Champagne, Pol Roger, Moet and Chandon (noticing a trend here?), The Hilton Hotel, Hayman Island, Club Med, Barossa Novotel (another trend). I've worked with Dame Kiri Te Kanawa, Michael Crawford, Tom Jones, Rod Stewart, Joe Cocker, Chris Isaak and John Farnham. Real estate is a great love and as well as renovating six properties over the past 25 years, I have worked with AV Jennings, First National, David Smallacombe and Sarah Homes.

As well as a strong commitment to my

clients, I have worked on numerous boards and for numerous charities, including the Red Cross, Save The Children Fund, Flinders Medical Research Foundation, Variety Club and the Australian Paralympics Federation. I have served on the SA Wine Press Club for more than 25 years, with McLaren Vale Grape Wine and Tourism, and Rob Gerard's Quarter Club that has raised funds for both the Olympic and Commonwealth Games Appeals.

Despite not having children, I made up for it by serving as chair of the biggest children's festival in the Southern Hemisphere – Come Out. My writing commitments have included a monthly shopping column (surprise!), weekly travel column, home building column and gardening columns for the Sunday Mail and a weekly restaurant review for Rip It Up magazine.

In this time I've managed to work my way through not only Mr Foster and Mr MacGillivray (have settled with Mr Gaité for now) but numerous step-children (and am still on good terms with them, even though I think their dads are drop-kicks). My one constant has been my dogs – Valentine and now Woolfgang; very vicious guard-dogs in the guise of miniature dachshunds.

My other constant is my love of all things rural. After trying life in Meadows and Macclesfield, I'm now in McLaren Vale with about 60 kangaroos, half a dozen koalas and a flock of sulphur-crested cockatoos. My hobby is collecting all things rusted and rural (is there anyone with a Sunshine harvester they need out of their front yard?) and an extension of that is my Farm Art. I've just had my sixth exhibition, and as everything in my collection is now sold out, I'll have to start again.

I'm planning a trip to India with my mum in November, and I welcome the challenge of working more with the Prostate Cancer Foundation of Australia, embracing it as my new family!