

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](http://www.prostate.org.au)

FEBRUARY 2011

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## Changes at the helm of the PCFA

Andrew Giles, the CEO of the PCFA, has resigned and will leave his post this month. He has passed on this message of thanks to his staff and to support group members.

**A**FTER more than six and half years, I have decided that it is time to move on from the Prostate Cancer Foundation of Australia.

I have had the honour of leading this organisation from a very modest start in the old shop front in Lane Cove, Sydney, with four part-time staff and an income of just over \$1 million. We have taken an enormous leap to our current level, with the equivalent of 20 full-time staff, offices in Perth, Adelaide, Sydney, Melbourne and Brisbane, and income of just over \$15 million per year. It has been an amazing journey.

When I joined PCFA, there were just 48 support groups. Today there are more than 110 and the number continues to grow. Importantly, awareness about prostate cancer among the general public has risen dramatically thanks to our national campaigns, starting with Be A Man in 2005, up

to Surviving Prostate Cancer Could Happen to You in 2010.

The work and commitment of our Ambassador speakers has been extraordinary in raising awareness across Australia. Perhaps most significantly, PCFA now runs a world class research grant project that is the envy of many of our national and international collaborators.

I can't list all the people who have helped me in my journey at PCFA, but I would like to acknowledge my Chair, Graeme Johnson, and my Deputy Chair, David Sandoe, for their passion and commitment. I would also like to acknowledge all of my staff, both past and current, who have been fantastic and passionate believers in the mission of the PCFA.

The greatest legacy I leave the PCFA is the fact that we are a truly national organisation: One organisation funding and co-ordinating research, support and awareness. One organisation

Newsletters can also be read online at [www.pcagsa.org.au/pages/supporter.html](http://www.pcagsa.org.au/pages/supporter.html)



**ABOVE: Departing PCFA CEO Andrew Giles (right) will be missed for his input in shaping prostate cancer support in South Australia. He is pictured above with SA Premier Mr Mike Rann at the Adelaide launch of Blue September prostate cancer promotional activities in 2009.**

balancing (better than most) the needs of consumers with the needs of researchers, donors and corporate partners.

As a farewell comment – can I say that now, more than ever, we

need to unite in the fight behind the banner and brand that is the PCFA, and make sure that the organisation's new CEO is welcomed and supported in this vital role.

### in brief...

- 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](mailto: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](http://www.prostate.org.au)

## New national magazine aimed at coping with cancer

# Cancer survivor tales required

AUSTRALIAN Consolidated Press has partnered with the Chris O'Brien Lifehouse in Sydney to produce a national magazine that will be targeting everyone living with cancer. The magazine, with a working title of **Life Support: A Guide for Every Australian Living With Cancer**, will contain sections covering from cancer diagnosis to treatment, support, palliative care and living beyond cancer. It aims to present many real stories from patients, carers and family members, discussing their stories and including resources for support, assistance and expert opinions.

The first publication is due on newsstands from April 2011, a 100-page heavyweight format "mook" (a cross between a magazine and book). Success of this magazine could result in this being published either annually or bi-annually.

ACP is seeking people interested in contributing to the case study sections in the magazine, to be interviewed and photographed for articles. There are approximately 30 different case studies, on a variety of topics, including:

- People talking about how they felt when they were given their diagnosis.
- A family group to talk about sharing the news of a diagnosis amongst themselves (how the cancer patient felt about delivering the news, and other family members about receiving the news).
- The experience of being involved in a clinical trial, and a medical professional involved in cancer research.
- What it's like to go through various treatments and procedures: chemotherapy, radiation therapy, biological therapies, surgery, a bone marrow transplant and hormonal therapy.
- A single, female cancer patient who has made plans regarding her future fertility.
- A couple who made fertility plans during a cancer treatment and who now have a child or children.
- A patient or relevant therapist who has used acupuncture to help manage sleep and fatigue-related side-effects.
- A carer who nourished a loved one or

a cancer patient who relied on some wonderful recipe during treatment – and is willing to share that recipe.

- Using aromatherapy to help manage aches and pains.
- Someone who suffered hair loss and is choosing to go boldly bald, or chooses to wear a wig.
- Using some sort of complementary therapy to help with issues of sexuality or intimacy, or a relevant therapist who assists patients.
- A couple to talk about the impact cancer had on their relationship; and a set of siblings.
- To talk about life with an amputation.

We are hope the publishers will include sections on erectile dysfunction and incontinence subsequent to treatment for prostate cancer.

People interested in volunteering for these interviews should forward their details directly to **Fiona Rawson** by email: [FRawson@lifehouserpa.org.au](mailto:FRawson@lifehouserpa.org.au)

## South-East donation surprise

COLLEAGUES from Kimberly-Clark Australia's Millicent Social Club presented the PCFA's SA representative Karyn Foster with a cheque for \$14,000 in December last year.

"This was a great Christmas bonus for the PCFA and we were absolutely thrilled to accept such a wonderful windfall," says Karyn, who enjoyed afternoon tea at the KCA facility in the South-East and received a giant cheque.

"These cheques are actually legal tender but I did wonder how I was going to push it through it through the cashiers window. Thankfully I departed with a normal size cheque."

Karyn was able to tell the Kimberly-Clark team that research facilities based in Adelaide are breaking new ground in prostate cancer developments, making SA proud international leaders in this field of endeavour.

The PCFA has recently made significant inroads in the South-East, with an important new Support Group being formed in Mt Gambier. so hopefully we will see all sorts of regional events and activities in the future.

Karyn reinforced the fact that men in rural and regional Australia have a 21 per cent higher prostate cancer mortality rate than men in capital cities, as they tend to be



**Karyn Foster (centre) receives the generous donation at the Kimberly-Clark Australia facility in Millicent.**

reluctant to visit the doctor for check-ups. If detected in the early stages, prostate cancer is often treatable and curable. She encouraged men to take responsibility for their own health and that talking to their doctor about prostate cancer should be a priority on every man's check-up checklist.

KCA Social Club Secretary Beccy Field was instrumental in getting Karyn to Millicent and introducing her to the mainly male colleagues of her group. In fact, of the 600 workers at Kimberly Clark, more than 90 per cent are male, with an average age of 46. Just our demographic!

McLaren Districts Prostate Cancer Support Group

# Encouraged by demand for more support groups

Reflecting on the highlights of local PCFA activity in 2010, McLaren Districts group president and Central Australia Council secretary Bryan Hearn reports on the impressive emergence of strong community involvement in South Australia's north.

As the consequence of significant interest from the local northern community of South Australia, a very successful Prostate Cancer Awareness Evening was held in the Port Augusta Golf Club on November 16 – and strong feedback from this event has signalled more than enough enthusiasm to establish a permanent support group in the Port Augusta area.

The awareness evening had been widely advertised through South Australia's mid-north and at least 100 people attended the meeting, organised through the combined efforts of the Port Augusta Rotary Club, Port Augusta Apex Club and Port Augusta Lions.

Central Australia Council Chairman Malcolm Ellis and wife Bev, and Council Secretary Bryan Hearn and wife Kay attended the meeting, along with five members of the Port Pirie Support Group, which was greatly appreciated.

Rotarian Paul Smith, who convened and hosted the evening, introduced the audience to Dr Richard Wells, from South Terrace Urology, who provided a general overview of prostate disease.

Dr Wells regularly performs prostatectomies via the DaVinci robot surgery process and his presentation included fascinating video footage of an actual operation, showing images inside the patient.

Paul related his prostate cancer journey and Graham McHalton told of his experiences following brachytherapy treatment. His most vivid memory was waking up in the recovery room with a radioactive sign prominently displayed



**ABOVE: Dr Richard Wells delivered a strong presentation at the Port Augusta Prostate Cancer Awareness night in November, which was attended by more than 100 people at the Port Augusta Golf Club (below).**



over his hospital bed. Malcolm Ellis spoke about the function of the PCFA, the Central Australia Chapter and local support groups.

Jenny Hobbs from the SA Government Health Department spoke about the "Do It for Life" program, which revolves around SNAPS: Smoking, Nutrition, Alcohol, Physical activity and Stress.

## COMING EVENT

### THURSDAY FEBRUARY 24

- The McLaren Districts group has not conducted a meeting since November 2010, as our December gathering was as a barbecue held in the grounds of the McLaren Vale RSL. As many of our members are also in the McLaren Vale Neighbourhood Watch group we combined the December meeting with their annual BBQ as well. About 35 people attended and a good time was had by all.

- Our group's 2011 program commences on **Thursday February 24** with a 7pm meeting in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale. Guest speaker will be local Dr Rhys Henning speaking on pain management

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

All these factors affect our lifestyle and we can improve matters before problems start occurring.

During supper, verbal feedback indicated how well the meeting had been accepted by the local community – indicating that a strong support group could commence in Port Augusta some time soon.

Meet the people within the family of Support Groups

# Discussions teach youth about prostate cancer

Drew Champion helped to care for his granddad Charlie, who died at home from metastatic prostate cancer. So for his Year 12 English Communications studies at St Mark's College, he wanted to interview someone and learn what it was like being on the receiving end of prostate cancer diagnosis, treatment and living with the disease.

He wrote to the Port Pirie Prostate Cancer Support Group, and group member Richard Kruger agreed to be interviewed by Drew. The following text contains excerpts from Drew's assignment.

**I**N my interview with Richard Kruger, I asked him several questions relating to his experience with prostate cancer. Richard gave very detailed answers to my questions and I have learned a lot about testing procedures and gained an insight to how impacting this cancer can be.

Fortunately, there is a lot of support for cancer sufferers. Talking to Richard made me aware of the good work that organisations like the Cancer Council, Greenhill Lodge and support groups do to support those who have to face cancer.

From my first question, I gained an understanding that Richard was possibly like many other people in regards to the test needed for his diagnosis.

He explained how his doctor suggested a Digital Rectal Examination, or DRE. His response was: "Being a red-blooded Aussie male, I said 'I don't think so' and that was that – for the time being."

But once Richard found that he had prostate cancer, he had to undergo a series of tests which all occurred in Adelaide. There were CAT scans, MRI



**Drew Champion (left) during his interview with Port Pirie Support Group Member Richard Kruger.**

scans and Gamma Ray scans, all of which fascinated the technical mind of Richard. He went on to explain to me how the gamma ray scans worked by indicating whether there was cancer in his bones.

He also explained how the radiotherapy treatment worked, as it was "all a big question mark" for him before he began the process.

I found out that it isn't just a simple process and that it is very precise and quite involved. Richard was amazed at how multiple appointments

could be arranged at the drop of a hat, so that reduced considerably the number of 500km round trips required to Adelaide.

Richard spoke highly of the Cancer Council and Greenhill Lodge, which accommodated him and his wife, Marie, through his eight weeks of treatment at zero cost, apart from meals.

I have the impression that Richard was quite calm and collected about his diagnosis.

The most helpful resource to Richard was accumulated

knowledge and explanations of the disease and treatment, as he felt that he could handle having the cancer without people having to pity him. If he was unsure about his treatment, he could rely on his doctor to fill him in on what he wanted to know.

The extensive amount of information available from libraries, the Internet and support groups also helped Richard understand the treatments that he was going to undergo, and the things that he was going to experience.

Overall, it seems that Richard has learned a large amount from his experience with prostate cancer and now he is healthy and fit, and back to his usual life.

I am grateful that Richard was prepared to share his experiences with me.

I now know much more about the diagnosis and treatment of prostate cancer, thanks to him.

If there is one lesson that I have learned from talking to Richard, it is this; every man over 50 should get a PSA blood test today. Don't put it off, delaying it can be fatal.

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Prostate Cancer Support and Awareness: ADELAIDE GROUP

# Helping raise our familiarity with continence care products

A detailed presentation and demonstration of health care consumer goods kept the Adelaide group in touch with new product developments, as Ian Fisk reports.

## COMING EVENTS

**FEBRUARY 21 MEETING:**  
**The Adelaide Prostate Cancer Support Group meets on the third Monday of each month in the Park View Room of the Fullarton Park Centre, 411 Fullarton Rd, Fullarton, starting at 7pm. The meeting will feature Professor Neil Piller as guest speaker, from the Flinders University Department of Surgery: School of Medicine.**

• **The support group's March meeting will feature a talk from a person from COTA (Council of the Aging), focusing on *Medicines and You and Healthy Sleep*.**

• *For more information, visit the Adelaide Support Group's dedicated website at [www.psaadelaide.org](http://www.psaadelaide.org) or contact Ian Fisk by phoning 8296 3350, or send email to [info@psaadelaide.org](mailto:info@psaadelaide.org)*

THE Adelaide support group's final meeting for 2010 – held in November – featured a very interesting presentation and product demonstration from Sonia Mackay of BrightSky Australia.

BrightSky Australia (formerly called ParaQuad NSW healthcare products, and still a part of charitable not-for-profit organisation ParaQuad NSW) is a leading source of everyday and hard-to-find specialist healthcare products.

The company promotes itself as a one-stop-shop for continence, wound care, nutrition, respiratory and other home-based therapies, offering direct delivery of more than 3500 products to homes and facilities Australia-wide.

Sonia did a show-and-tell presentation of many of BrightSky's continence products. A folder of information was also handed out, which included an information sheet on continence products for men.

Of particular benefit to support group members, many of the samples that were shown were given to the audience to take home.

In other end-of-year business, only very few of the Adelaide group members joined the Mitcham support group at its enjoyable Christmas social dinner at Racquets Club, St



Sonia Mackay from BrightSky Australia was guest speaker at the Adelaide group's November meeting.

Marys during December. Those who did attend greatly appreciated being invited.

Sadly, Ross Daniels was an apology at our final 2010 events as he has not been well. Hopefully he will be better in 2011 and well enough to attend meetings again.

In January, we lost a long-time member of our group, John Bailey. Our sympathy goes to John's widow Jenny and family.

## ELECTIONS AND ANNUAL GENERAL MEETING

THE Adelaide Support Group's February 21 meeting will be our AGM, where all positions for committee and leadership roles need to be filled. All help and nominations from interested participants will be most appreciated.

The scheduled speaker for the February meeting is Professor Neil Piller from Flinders University Department of Surgery: School of Medicine. His primary areas of involvement are medicine and medical research. I found a 2010 presentation by Professor Piller fascinating, and am sure our group will learn a lot from him speaking on lymphoedema and also about the body's amazing lymphatic system.

Our March 21 meeting will feature a Council of the Aging talk on *Medicines and You and Healthy Sleep*, while the April 18 meeting will have Ray Nicholson talking about his cancer experiences (including prostate) and the Cancer Care Centre. Ray has spoken to our group in the past, giving an inspirational presentation.

# Working to support friends travelling the same journey

Having come through his own prostate cancer journey, **JEFF ROBERTS** explains why he invests so much time and energy in local prostate cancer support groups – a dedication that has earned him the PCFA's Max Gardner Award for services to prostate cancer awareness.

**W**HILE I'm certainly not recommending a diagnosis of prostate cancer as a means for changing lifestyle, in my case there have been some favourable aspects to the diagnosis. Following the removal of my prostate early in 1999, my PSA level has been undetectable—a situation which I sincerely hope continues.

I am very grateful to the expertise of my GP and urologist, and appreciate that surviving prostate cancer has opened new avenues of activities and introduced me to a new circle of friends. However, a major downside is that several of those friends are no longer with us.

I was born in Adelaide and have lived in South Australia all my life. My early years were spent just north of Adelaide at the small town of Windsor, where my father was the local schoolteacher. Although only 65km north of the CBD, there was no power in the area during the 1940s and living conditions were fairly basic. Still, these were very enjoyable years.

Both my parents were very keen on sport and encouraged me to be involved. I played a lot of tennis, table tennis and some football, although there was no local team. Dad was a keen reader of sport in general and I avidly read his various books and magazines, particularly

about cricket. Travelling from Windsor to Gawler High School meant about a 12-hour day, though in 1951, we moved to Roseworthy, which was much closer to school.

I was called up for National Service in 1955 and spent five months in the air force at Laverton, near Melbourne. I enjoyed this period although I was always glad for Australia's sake that I never had to defend our Country. I started work shortly before my National Service training and was in the work force for 45 years, mainly in the finance industry.

Theban and I married in 1966 and we have two sons, and now three grandchildren. I retired from the work force in 1998 and was already involved in several volunteer activities.

As a member of the South Australian Cricket Association, I saw an opportunity to apply as a tour guide at the Adelaide Oval and was duly accepted. I have been a lifelong follower of cricket and it is rather frightening to think the first match I saw at the Adelaide Oval was 65 years ago with Don Bradman captaining South Australia. I have conducted these tours for nearly 13 years, currently with 17 other volunteers, and have derived a great deal of pleasure showing people aspects of the beautiful Adelaide Oval.

Eight months after retirement



**Jeff and Theban Roberts photographed in Monet's Garden at Giverny near Paris, 2008.**

I was diagnosed with prostate cancer and Theban and I attended our first Support Group meeting 12 years ago this month. Shortly after, we joined the Prostate Cancer Action Group and this started a substantial involvement in prostate cancer support and awareness.

Last year I was fortunate to be awarded a Max Gardner Award from the PCFA. While this award is greatly appreciated, it would not have occurred without the tremendous assistance received from Theban. She has been with me at virtually every Support Group/Action Group meeting I have attended, plus Awareness Meetings, Field Days and Men's Health Expos over the past 12 years. She has also made an outstanding contribution to prostate cancer

support and awareness during this period.

We currently attend three Support Group/Action Group meetings each month and I am a committee member of the PCFA Central Australia Chapter. Some of my other volunteer work includes:

- Joining the Flinders Branch of the University of the Third Age in 1998, and volunteering in the office for five years (I remain an active member).

- In 2000, I became a volunteer with the Cancer Council SA (then the Anti-Cancer Foundation) and remained so for nine years.

- Membership of the Eden Hills Combined Probus Club for the past 10 years, serving on the committee for four years, including as President in 2007.

- Theban and I have also been members of a walking group for the past 23 years and attend a gym regularly.

In the years that have followed my diagnosis, I feel that one of the more significant aspects to emerge is the increased importance now placed on a healthy diet and lifestyle. This applies not only for general good health but especially if you are facing a diagnosis of prostate cancer. I believe everyone's aim should be for a lifestyle that ensures maximum quality of life – for as long as possible.

## City of Onkaparinga Prostate Cancer Support Group

### COMING EVENTS

#### MARCH 2 MEETING:

The next City of Onkaparinga Prostate Cancer Support Group meeting will be at 6.30pm on Wednesday, March 2, held 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](http://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**.

# Benefits of the group getting back together

Support groups have instantly rekindled the warmth of good fellowship this year, as John Shields reports.

THE City of Onkaparinga Support Group held its first meeting for 2011 in the Noarlunga Hospital Boardroom on February 2, providing a great opportunity to catch up and renew friendships after the holiday break.

It enabled us to have a round robin discussion, to talk about our own prostate cancer journeys. This is especially valuable for any support group visitors trying to make up their mind about certain treatment options, and are eager to hear what other men and their partners have experienced after undergoing treatments.

This was the first group gathering since the Christmas barbecue in early December – another very enjoyable occasion which confirmed that our members enjoy a

break from the formal meeting format at the Noarlunga Community Hospital. It was good to see members of the Willunga Lions Club attend our Christmas function, and we extend thanks to them for joining with our members to provide great prizes for the raffle – and we appreciate the Lions Club's generosity in allowing us to use their great facility at Willunga.

#### LIBRARY ADDITIONS

EACH SUPPORT group recently received from the PCFA a copy of the latest edition of Localised Prostate Cancer, to be added to their libraries. Like the previous edition, this is very informative and helpful to anyone who has just been diagnosed with prostate cancer and is considering treatment options.

#### IDEAS FOR NEW FATHER'S DAY FOOTY EVENTS

LAST YEAR, John Shields suggested a Blue Footy Day to raise awareness about prostate cancer, but this was considered to be too big a project requiring too many volunteers to be effective at a major footy match.

Instead, John now suggests a focus on country football: Support Group members living in country areas can get involved to help raise Prostate Cancer awareness throughout Central Australia.

Conducting this on Father's Day in September would give rural support groups plenty of time for planning.

It would be great to hear what other support group members think of this idea.

## Prostate Cancer Action Group

THE Prostate Cancer Action Group last met in November and digested the success of our involvement in the Man Alive event held at the Semaphore foreshore on November 7.

This was a brilliant day with an excellent crowd and was most rewarding for the eight Action Group members involved. There were many opportunities for one-on-one discussions with men and their wives to communicate our essential message. The whole event was exceptionally well managed and we look forward to continuing our involvement in 2011.

Several public information events are planned for this year. We aim to hold an

information night in the Western suburbs, and sponsorship by a service club, men's group or council would be welcome.

News from the Newell Foundation late in 2010 was gratifying. The successful Rail 2 Rocket Tagalong outback event organised with the Coromandel Valley Rotary Club raised \$20,000 for prostate cancer research, enabling the Foundation to give \$31,000 to the Flinders Medical Centre.

This grant has gone towards the purchase of a Corbet Rotor-gene 6000 to progress the research of Professors Pam Sykes and Greg Barritt. Pam's research suggests low dose radiation has the potential to protect

against prostate cancer, while Greg is looking at the possibility of stimulating calcium entry through specific pores in the walls of prostate cancer cells to destroy them.

Ambassador Speakers in the Action Group continue to offer local talks. The Power-point program is being updated but funding for further speaking events has ceased. Hopefully in the next issue more positive news can be reported.

**The Action Group next meets on Monday February 21 in the upstairs meeting room at the Cancer Council SA offices, 202 Greenhill Rd, Eastwood, at 5.30pm.** *Reported by David Merry.*

## Barossa Prostate Cancer Support Group

# Cancer care experts in the Barossa

Renewed enthusiasm has the Barossa support group staging more valuable prostate cancer promotional and educational events for 2011, as group convenor Don Piro reports.

THE Barossa Valley Prostate Cancer Support Group is holding its first meeting for 2011 at 6.30pm on Tuesday February 15, at Don Piro's home – 28 Kindler Ave, Nuriootpa. People attending the meeting are asked to bring a plate of finger food to share for supper.

All people are welcome at the group meetings. Please phone Don on 8562 3359 to make your interest known if you would like to come along.

The Barossa group already has a few interesting activities planned during the year to help raise awareness of prostate cancer issues in the community.

On February 26 and 27, the Cancer Care Centre from Unley will be coming to the Barossa Valley and showcasing its activities at the Nuriootpa Soldiers Memorial Hall, Murray St, Nuriootpa, from 9.30am to 4.30pm on both days.

The first day's activities – on Saturday February 26 – will feature a host of inspirational guest speakers and displays,



**PICTURED ABOVE:** Trevor Miller (left) with Vicki Hutchison, manager of Library Services, Barossa Valley, and Don Piro proudly show off a display at the library to raise awareness of Men's Prostate Health for November 2010. More engaging promotional events are being planned for 2011.

while at the Sunday presentation people can book sessions for practitioners to do massage, reflexology, juicing and nutrition instruction and health discussions. We would love all support group members and their friends to come along to both days of this important cancer care showcase.

The Barossa Prostate Cancer Support Group is also planning another men's health promotion event for later in the year – possibly in June – with funds provided by the Men's Tanunda Club Lunch group.

More details of this event will be provided later in the year.

## COMING EVENT

### FEBRUARY 15 MEETING

- The Barossa Support Group will be meeting at Don Piro's home – 28 Kindler Ave, Nuriootpa – from 6.30pm on Tuesday February 15. Please contact Don for further information on 8562 3359 or 0419 863 124.

## Murray Bridge Prostate Cancer Support Group

# Preparing for another busy year

THE Murray Bridge Support Group ended 2010 on a high note – despite a couple of members mistakenly thinking we were disbanding, as notices promoting the meeting indicated it was the Final Meeting: unfortunately the words “for 2010” were omitted.

We still enjoyed the company of 27 members and partners, and were joined by members of the Central Australia Chapter – also Richard Harry and his wife from the new Mt Gambier 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 will be an AGM on FEBRUARY 16.**

who came to observe how our group operates.

At this meeting, group chairman Ron Lehmann outlined some of our activities during 2010 and referred to plans for 2011. Following the short meeting, all present enjoyed finger food and liquid

refreshments, with plenty of time to socialise and exchange ideas.

## BOXING DAY BARBIE

FOLLOWING the success of the barbecue stall at Bunnings in September, our support group arranged another one

on Boxing Day – using the occasion to promote our activities. Hopefully Bunnings will again make their store available to us in the future.

## KAROONDA FARM FAIR

A PROMOTIONAL SITE has been booked at this annual fair, being held on April 1 and 2. It is expected that farmers and others from a wide area will attend, affording us the opportunity to promote our support group and our aims of educating about prostate cancer.



## Alice Springs Prostate Cancer Support Group

# Yet more plans for expansion in 2011

The Alice Springs Prostate Cancer Support Group hopes to spread its awareness message further in 2011, as Murray Neck reports.

THE Alice Springs Prostate Cancer Support Group's final meeting for 2010 was a buffet dinner held at the Alice Springs Golf Club on the evening of December 9. This Christmas dinner celebration for members, partners and special guests was a time to relax, socialise with friends and say thank you to supporting organisations from across the community.

Reflecting on the year's highlights, support group chairman Tony O'Brien praised the highly successful meetings addressed by Associate Professor Pauline Chiarelli of Newcastle University and Dr Geoff Thompson, sports physician of Darwin. He also thanked our guests, the presidents of both Rotary and Lions Club, who were the first two community organisations to contribute financially towards our group's running costs.

Tourism Central Australia's CEO Peter Griggs and his two associates Letetia Polychronopoulos and Amy Sabadin were warmly applauded by the audience and presented with bottles of sparkling wine and Big Bloke's Red. Two months earlier, they had presented our group with a monster cheque for \$16,550 – the results of TCA members' yearly fundraising for a local organisation.

Group membership increased during the year by 50 per cent to 78 members and reflected the success of our awareness presentations.



From left: Letetia Polychronopoulos, Murray Neck, Peter Griggs, Tony O'Brien and Amy Sabadin at the giant cheque presentation.

At our early meetings in 2011, we will ask members for their thoughts on how we can best get our awareness message to the many, mostly younger men of our community who we have not yet reached.

We think our statement that "Prostate Cancer is no longer Secret Men's Business" has had some effect, as a number of women have sought information on behalf of their men, and several women now attend monthly meetings. Ladies are always welcome and their contribution at meetings is appreciated and respected.

Now that we are well funded, planned awareness presentations in both Tennant Creek and Yulara will be implemented – as soon as it cools down!

### COMING EVENTS

#### FEBRUARY MEETING:

The Alice Springs Prostate Cancer Support Group will meet on Thursday February 10 from 6.30pm to 8pm in the conference room of General Practice Network NT, Skinner St, Alice Springs. Please make a diary note that the Alice Springs Support Group meets on the second Thursday of each month.

- ON 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". These are held every Wednesday from 5pm at Rhonda Diano Oval, Head St, Alice Springs.

## Mitcham Prostate Cancer Support Group

### FEBRUARY MEETING

The Mitcham support group's first meeting for 2011 will be held on Thursday February 24. The group meets on the fourth Thursday of each month at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45p.m. The February meeting will include the AGM, general discussion and feature the screening of a DVD. All are very welcome to attend – including partners, friends and those who are just seeking information.

- For more information on events and group activities, visit the Mitcham Group's dedicated website at [www.psamitcham.org](http://www.psamitcham.org)

The Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99 or visit the website [www.prostate.org.au](http://www.prostate.org.au)

## CENTRAL AUSTRALIA CHAPTER COUNCIL MEETING

# Council calls for more publicity

The final Central Australia Council meeting for 2010 identified more areas of fund-raising and awareness initiatives that need promotion, as Chapter secretary Bryan Hearn reports.

**T**HE Central Australia Chapter Council met for the last time in 2010 at Murray Bridge on November 18, with all councillors present (except Dean Wall) and we welcomed the convener of the recently formed Limestone Coast Support Group, Richard Harry, and his wife Heather. A few members of the local Murray Bridge group also joined us during the meeting.

Concern was expressed by several councillors at the lack of publicity being given in South Australia to a range of prostate cancer-related programs and fund-raising initiatives, particularly those of a national nature. This, and a range of other matters will be taken up by the Chairman at the forthcoming SAC



Retiring Central Australia Chapter Councillor Murray Neck (right) receives a certificate of appreciation for his work from Council Chairman Malcolm Ellis.

meeting, called specifically for identifying any problems and concerns prevalent within support groups.

One matter which will involve all support groups is how some degree of “commonality” can be achieved between the five chapters across Australia, and what guidelines should be used to administer all councils and

support groups throughout Australia. All support groups are requested to consider our current chapter guidelines and suggest any necessary changes to Council secretary Bryan Hearn: bk@chariot.net.au

A change to guidelines about tenure of service for councillors was made at this meeting and details have been forwarded to

all support group conveners.

The Chairman presented retiring councillor Murray Neck of Alice Springs with a PCFA Certificate of Appreciation on behalf of all Central Australia Chapter members for his involvement and commitment to the group.

Jeff Roberts presented the Chapter with a cheque for \$450, raised through The Red Dress Run – a fun run event organised by Bill and Marilyn Toop in conjunction with the Action Group and the Adelaide Harriers and Harriettes.

In an effort to assist the development of newly formed support groups at Whyalla and Mt Gambier, it was resolved that each group will be provided with \$500 from Chapter funds.

## Port Pirie Prostate Cancer Support Group

# Demanding answers to our dietary habits

Being challenged by guest speakers gets the audience actively participating in a meeting, as Richard Kruger reports.

**W**HEN I heard dietician Kylie McKay speak at the Port Pirie Prostate Cancer Support Group meeting in November, I was a little surprised. I thought that we would be asking her all of the questions but she immediately went on the attack and quizzed her audience about food groups, good and bad foods and recommended quantities.

Only when she got wrong answers or got them stumped did she come in with the correct

information. I have come to realise that getting an audience to think through things for themselves is probably better than information overload – this way you only have to remember the things you didn't know.

Kylie explained why the sodium in salt has an affinity for water, and that too much can lead to hardening of the arteries. Cholesterol, too, was explained, as was the ability of margarines containing plant



Dietician Kylie McKay and Port Pirie Support Group coordinator Allan Manfield at the support group's November meeting.

sterols in reducing cholesterol uptake.

A good turnout of 32 people heard Kylie, and she left the door open for future contact if further dietary information is required. I never cease to

be amazed at the variety and caliber of guest speakers at these meetings, provided due to the dedication of the group's two main stalwarts, Allan Manfield and support nurse Nicola Champion.

The Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99 or visit the website [www.prostate.org.au](http://www.prostate.org.au)

## Prosper Darwin Prostate Cancer Support Group

# Our support group family is there to share good – and tough times

Keeping the support group in close contact during the holiday season provided many unexpected benefits for members, as Darwin group convenor Keith Williams reports.

THE Prosper Darwin support group finished off 2010 with a very happy and relaxed meal at our favourite venue, the Wharf Precinct. Fortunately – and unlike most other support groups – we continued to meet through the holiday season, even though several members are away, and the value of this was demonstrated in January when we were able to meet and “absorb” a new member, whose commitments mean that he would usually find it difficult to attend our monthly meetings.

We also tried but were unfortunately not able to touch base with our Lord Mayor, who was being operated on for prostate cancer while we enjoyed our Christmas dinner, though he didn't disclose his condition until January.

Still, at that time were able to capitalise on his public statement by getting a very prominently displayed Letter to the Editor in the local press, which drew plenty of comment – and attracted the new member to our support group meeting.

The Lord Mayor is now on our list for future recruiting – a most handy ally as he is also the head of Darwin's Cane Toad Catcher's army. (Actually, I think that prostate cancer sufferers are harder to catch than cane toads.)

Among serious matters decided at the January group



**Darwin support group members enjoying their pre-Christmas meal at the Wharf Precinct: (from left) Albert Goodrich, Gerry Wood (MLA), Ray and Annette Weir, Pat Williams, Chris Tierney, Keith Williams, Graeme Tierney, Otto and Janine Sutter, Allan McEwen, Nola and John Smith.**

## COMING EVENT

**The Prosper Darwin support group next meets on MONDAY, FEBRUARY 14. 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.**

meeting were to confirm the presence of our good friend Giam, from Darwin's Radiation Oncology Unit, and the unit's new Radiation Oncologist, at the group's February program.

The group also aims to try staging another major public meeting this year, but shifting it to August.

We have also given some thought to changing the group's name from Prostate to Multi-Cancer Support Group. The reason for this is that stalwart group member Peter

recently underwent a very successful operation for bowel cancer, and his impending operation was noted in our group newsletter.

A few days after reading this, another group stalwart Terry was diagnosed with the same problem. He is still weighing up his treatment options, as he has other health complications and needs to work out a quality of life balance. Our thoughts and support will be right there with him during the process.

The value of a support group, especially in a remote location

such as Darwin, was strongly demonstrated in both these cases and also for our unofficial mascot, Albert Goodrich, who has had a spell in hospital.

Two of these men don't have family in Darwin, and for them the support group serves as an extended family; and importantly this “family” has responded with frequent emails, phone calls and visits to all three men.

It's also a pleasure to report that Allan McEwen and Graeme Tierney have rescheduled their busy lives to relieve a couple of critical straws off the support group convener's back. Still, while the convener is delighted to report that his nose is now clear of the grindstone, no reasonable offer of more help to run the support group will be refused.

## A touch of humour

**MORE money is currently being spent on breast implants and Viagra than on Alzheimer's research. This means that by 2040 there should be a large elderly population with perky boobs and huge erections – and absolutely no recollection of what to do with them.**

A NEW BOOK INSPIRED BY PROSTATE CANCER SUFFERERS

# Discussing sex after surgery

It's the great unspoken frustration that affects many men after prostate cancer treatments. Now a new book discusses the sexual desires and frustrations of men in this situation.

SEX therapist Bettina Arndt's new book, *What Men Want – In Bed*, is all about why sex matters so much to men. More than 150 men kept diaries for her, talking about what it is like to live with a constant sparking sexual energy – relentless, uncontrollable, all-consuming.

These men's painfully honest, confronting and often quite hilarious stories explain their quest for sexual adventure, their secret delights, longings, frustrations, their fears and their intense joy in making love.

It was learning about men's bumpy sexual journey following prostate cancer treatments that inspired Bettina to conduct this new research.

In her previous study on mismatched desire, she'd been fascinated by how different couples deal with the impact of the cancer treatments on their sex life – some mourned the loss of erections and struggled with the new ED treatments while others gave up, or else moved onto a whole new approach to lovemaking.

So the heart of this new book is about erections – looking at how couples cope when the man's sexual equipment lets him down, particularly after prostate cancer treatments.

The diarists write about the wondrous new drugs that are offering many a second chance. They explain what it is like to pop the little blue pills, or inject their best friend, or cope with a pump-up penis.

Extraordinary his-and-hers diaries reveal how partners



Learning about men's bumpy sexual journey after prostate cancer inspired Bettina Arndt (pictured above) to commence fresh research for her new book *What Men Want – In Bed*.

react to this bumpy journey, showing the fallout when a man seeks a new lease of sexual life when his wife just wants him to hang up his spurs.

The men selected by Bettina have written with extraordinary candour about these deeply personal experiences. They talk about their fear that their nookie days are over: "This is not living this is just existing," wrote one.

They share their joys at the miraculous new erection treatments: "The first time was amazing. It felt like I was 20 again. This is the best thing since sliced bread – but much dearer."

Readers also hear from women keen to see their men put out to

pasture: "I love my husband but I believe I have earned a rest." "A chemically induced penis is not my idea of pleasure. It makes me feel used."

There are also comments from women who are devastated when their men withdraw from sexual contact: "I felt rejected, undesirable and unfeminine. I was a weeping mess most days."

It isn't easy coaxing a reluctant partner while using treatments that take time to kick in. "I've lost track of the number of times I've popped a little blue pill only to find her fast asleep."

Men and also their partners reveal all about negotiating this difficult life passage. The

author says these stories serve as an inspiration to others sharing the same journey. And *What Men Want* provides a vital update on all the sexual issues faced by couples in these circumstances.

Bettina Arndt draws on her 30 years' experience as a sex therapist and social commentator to reveal all the latest research and advice to help couples maintain physical intimacy – teaching men and women to walk in each other's shoes and to better understand each other's fears and frustrations.

• *What Men Want – In Bed*, by Bettina Arndt, is published by Melbourne University Press (RRP \$34.99).

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