

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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Such a big voice calling for change

Beyond local support groups, there are other prominent prostate cancer voices reaching the wider community – including an outspoken South Australian MP.

SOUTH Australian Member of Parliament Dr Bob Such has been a strong and very vocal advocate for prostate cancer awareness – a consequence of him having been diagnosed with the disease and treated six years ago.

In a recent interview published in Adelaide newspaper *The Advertiser*, Dr Such told reporter Jill Pengelley he has become a men's health ambassador and delivered a speech in Parliament that mentioned, among other things, incontinence, impotence, Viagra, rectal exams and penile implants.

Part of the problem, Dr Such says, is that men are too embarrassed to tackle their health issues head-on. "Macho man is dead man, hence the need for changes in the way we approach men's health," he says.

Dr Such, now aged 66, was at the Speaker's desk in Parliament House when he got the call from

his doctor in May 2005 telling him he had cancer. "It's a bit like being hit by a train," he says. "It's pretty emotional, but it's better than winning the lottery when you find out the cancer hasn't spread."

He had been having regular blood tests to monitor his prostate specific antigen levels.

Dr Such then had a radical prostatectomy and recounts a slow but successful recovery. "What I've been trying to do since my experience is to push State and Federal governments into preventative health," he says.

"In terms of awareness, prostate cancer is still not in the league of breast cancer. You've got 200 organisations speaking for breast cancer and for prostate cancer there's only a couple.

"I see it as my role as an MP who's been through this to be a campaigner for awareness and action and for more research."

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



ABOVE: Dr Bob Such has been trumpeting the call in Parliament for greater prostate cancer awareness.

Picture: Courtesy of The Advertiser.

in brief...

- THE DISBANDING of the Payneham Prostate Cancer Support Group at the end of 2010 is an unfortunate situation, as meeting attendances were strong, though insufficient numbers of volunteers were prepared to help run the group. Former Payneham group members who still want to attend monthly meetings should be aware of other metropolitan groups that will gladly welcome them – especially the Adelaide support group (see meeting details on Page 5) or the Mitcham support group (see meeting details on Page 10).
- CONTRIBUTIONS from all Support Group members to the monthly Prostate Supporter newsletters are most welcome; please email items and images to Karyn Foster: karynfoster@adam.com.au

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

Taking action across the region

COMING EVENTS

APRIL 5

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, April 5. 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>

Planning meetings have mapped out a dense year of prostate cancer awareness activities, as Action Group convenor David Merry reports.

THE Prostate Cancer Action Group has very big plans for 2011. A schedule of awareness meetings and information opportunities were discussed at our first group meeting for 2011, held on February 8. It is also pleasing that a close relationship with the Central Australia Chapter Council will result in joint activities and involvement.

The first prostate cancer awareness meeting for this year will be held on Wednesday March 9 under the auspices of the Gawler Men's Health Initiative, with the indefatigable Professor Willis Marshall featuring as guest speaker. The meeting will be held in the Gawler Uniting Church Hall, Tod St, Gawler, from 6.30pm to 8.30pm. Professor Marshall's stimulating speaking manner will ensure a thorough and informative presentation. Further details of this event are available from Kylie Fotheringham at the Gawler Health Foundation (0459 837 259).

A Riverland awareness presentation will be held on March 28 at the Berri Hotel. The Lions Club is sponsoring



At the Central Australia Chapter meeting in November, Jeff Roberts presented a cheque for \$450 to PCFA Central Australia Chairman Malcolm Ellis on behalf of Action Group members Bill and Marilyn Toop. They raised these funds through The Red Dress Run, a fun run event conducted by the Adelaide Harriers and Harriettes.

this meeting, at which Dr James Aspinall will be the featured urologist speaker. Further details of this event are explained on the Action Group website.

We continue to plan for a meeting in Adelaide's western suburbs during this year, and also a meeting in Port Lincoln.

An information stall will again be staffed at the Paskeville Field Days on Yorke Peninsula from September 27 to 29, and also at the Mt Barker Show on Saturday March 26. Information outlets are also being negotiated for the

Bordertown Show on October 1 and at the Port Elliott Show on October 8 and 9.

A stall at the Karoonda Farm Fair on April 1 and 2 will be manned by the Murray Bridge Prostate Cancer Support Group.

Prostate Cancer Ambassador Men's Health talks can also still be offered – contact David Merry at djmerry@adam.com.au for more details. Such talks were given during February to the Flinders University U3A group and the Brighton Uniting Church Men's Group.

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

• AN AMERICAN decided to write a book about famous churches around the world, starting in Orlando, Florida. On his first day, he noticed inside a church a gleaming golden telephone mounted on the wall with a sign that read: "\$10,000 per call".

The curious American asked a nearby priest what the telephone was used for. "It's a direct line to

heaven and for \$10,000 you can talk to God."

At his next stop, visiting Atlanta cathedral, he saw another golden telephone with the same sign under it. A nun told him that it was a direct line to heaven and that for \$10,000 he could talk to God.

He travelled all across America, Europe, Japan and New Zealand, observing the same golden

telephone and sign displayed in every church.

He concluded his tour in Australia and saw a gold telephone in the first church he entered, though the sign under it read: "40 cents per call". He asked why the rate was so cheap here.

The priest smiled and said: "You're in Australia now. This is God's country – it's a local call."

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McLaren Districts Prostate Cancer Support Group

Drug dependency a big problem facing all ages

So often segregated as a youth issue, drug dependency is a problem that stretches across society – with many troubled victims having become addicted to prescription drugs taken initially as pain relief, as McLaren group president Bryan Hearn reports.

THE McLaren Districts Prostate Cancer Support Group met for the first group meeting of 2011 on February 24. Our guest speaker was local practitioner Dr Rhys Henning, who spoke about pain management.

Dr Henning is well known in the local area, having practiced here as a GP since 1980. Since 1994, he has become involved in the treatment of pain management and the development of drug dependency programs, which he administers through the McLaren Vale Hospital.

There is a perception that drug dependency is restricted to mainly young people, though Dr Henning commented that he had patients that he was treating aged 60 years and older. Many drug dependency problems present as an addiction to prescription drugs – often initially prescribed for the treatment of pain and associated discomfort including mental health problems.

Codeine phosphate is one such drug. This is contained in many drugs prescribed to control drug dependency but if mishandled by the patient it can become extremely addictive.

Efforts are being made to overcome the practice of “doctor shopping” by patients. A system is being developed where all GPs will have an electronic history available of a patient’s visits to other GPs and the drugs prescribed to them. However, there are privacy concerns with such a system and these are being worked through. It is also hoped that such a system will help stem the flow of prescription drugs onto the black market.

Throughout Australia, there are currently



about 40,000 people on opiate substitution programs, mainly methadone, but there are at least another 100,000 requiring entry into such a program.

In South Australia, there would be about 3000 to 3500 individuals on such a program but there are only about 60 practitioners who can prescribe the methadone treatment.

Some pain medications apparently may not actually control pain but allow a patient to undertake more activities, thereby still improving their quality of life. Hypnosis is a very good way of treating some patients suffering from ongoing pain or a drug dependency but success rates are static at about 50 per cent of patients treated. This may seem a poor return but when compared with treatment via drugs, hypnosis outpaces drugs by 3:1 and the use of more serious drugs by 4:1.

When dealing with patients within the final 12 months of a diagnosed terminal

COMING EVENT

THURSDAY MARCH 24

- The McLaren Districts group will next meet on **Thursday March 24** with a 7pm meeting in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale. The guest speaker will be Dr Peter Sutherland, who will be speaking on robotic prostatectomys.
- Phone support group president Bryan Hearn on 8323 7924 or 0410 539 274 to confirm your attendance at this next support group meeting.

illness, practitioners may prescribe as much methadone or other drugs as required. This is as a result of specific government policies, however for patients suffering from pain under other circumstance there is no such documented policy.

Many drugs used over a lengthy period can produce various side effects, including diarrhea and ulcers, and may produce some cancers. There is no evidence that such lengthy treatments are successful in curbing ongoing pain.

At the conclusion of the presentation, Dr Henning responded to questions from members that prompted further discussion. The session was well received by members, and it went much longer than any previous group meeting over the past three years.

Meet the people within the family of Support Groups

High praise for a long-time servant of the community

Alan Hall recently stood down as convenor of the Barossa Prostate Cancer Support Group - but his work to establish and maintain this group remains greatly respected by his peers. Alan was presented the Max Gardiner Award from the PCFA at the 2010 Central Australia Chaper Conference and was Barossa Council's Citizen of the Year in 2004.

MY earliest memories are dominated by sand and sea, as our family home on the Esplanade at North Brighton had an untouched sandhill on the southern side and the beach was my playground.

In those years we had plenty of space and freedom, though in 1946 the coast was battered by cyclonic winds that destroyed the Glenelg jetty and removed the roof from our house.

I was a prefect at Prince Alfred College, became rather focused on sport and represented the school in cricket, football and athletics, but eventually passed Leaving Honours, which led me into Adelaide Teachers College.

After obtaining a Teachers Certificate, I went to the Galga School in the Mallee for four years, then to Lucindale, then Yankalilla, where I met a pretty Infant class teacher, Joy Nordback. We were married in January 1963 and enjoyed a few weeks honeymooning before taking up teaching positions at Loveday, where we shared about 75 children.

A year later, I was appointed deputy principal at Lucindale Area School and Joy resigned to raise our young family. Gillian and Tim arrived during our three years at Lucindale



Alan Hall, at home among native plants in the Barossa.

and Phillip was born after we moved to Oakbank Area School, where I was deputy and acting principal across three years.

My next appointment was three years at Moonta, where I discovered some productive fishing spots and enjoyed the Cornish heritage. I was then principal at Millner School in Darwin, and we enjoyed two very busy years, taking advantage of the opportunities to travel in the Top End, East Timor and Penang (where we were on Christmas Day, 1974, when Cyclone Tracey wreaked havoc in Darwin).

It was more than 10 years before we saw Darwin again, but a photo of our house taken days after the cyclone

suggested that we would have spent a very rough night with our three young children.

My final appointment was to Nuriootpa, where I spent 17 years until retiring in 1991. While life in the Barossa was usually quiet and peaceful, there was some excitement in 1983 when a big flood included Nuriootpa Primary School as one of its victims.

Sport has always been an important part of my life, firstly as a player and coach of junior teams in cricket and football, and later as a lawn bowls player. I also spent a few frustrating years trying to play golf. I collected a couple of Mail Medals in football and am a life member of the Angaston Bowling Club. Most

importantly, however, are the friendships that I have formed through participating in sport and the rewards stemming from team endeavours.

My brush with prostate cancer in 1996 has been the most significant event in my retirement years, leading to my involvement for the past 15 years with the support group movement.

This activity has been punctuated by many losses, both among those in our group and other leaders in the support network, though the rewards have been great too, stemming from friendships formed and the knowledge that I have been able to provide some help for people in desperate need of knowledge, friendship and understanding.

As I slow down after shedding most of my community commitments, I look forward to spending more time with our six lovely grandchildren – two in the Barossa, two in Port Lincoln and two in Mt Isa.

I'll also have more time to spend with my lovely wife, who has been very patient through it all. Perhaps, too, I may have the chance to enjoy a few more of the great red wines that I get exposed to through living in the Barossa Valley!

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Prostate Cancer Support and Awareness: ADELAIDE GROUP

An expert helps us to better understand lymphatic system

The importance of a healthy and properly functioning lymphatic system is critical to our wellbeing – especially for prostate cancer patients, as Ian Fisk reports.

COMING EVENTS

MARCH 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 March 21 meeting will feature a talk on *Medicines and You, and Healthy Sleep* by a speaker from the Council On The Ageing (COTA SA).

• In April, Ray Nicholson will speak about his cancer experiences and the Cancer Care Centre. The May speaker is to be advised, but June will feature Kevin O'Shaughnessy speaking on supportive care for men and their partners.

• For more information, visit the Adelaide Support Group's dedicated website at www.psaadelaide.org or contact Ian Fisk by phoning 8296 3350, or send email to info@psaadelaide.org

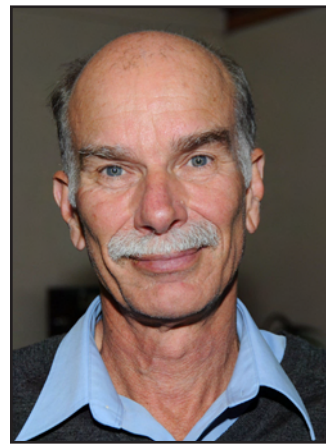
THE Adelaide support group's guest speaker for its February meeting was Professor Neil Piller, a lymphologist, team leader of the Lymphoedema Assessment Clinic at Flinders Surgical Oncology and co-author of *The Lymphoedema Handbook: Causes, Effects and Management* (2002).

Professor Piller specialises in clinical and experimental research on primary and secondary lymphoedemas and oedemas, their assessment, treatment and management. He is a regular contributor to Australian radio and TV broadcasts on health-related issues, a frequent presenter and speaker in Europe, the UK, New Zealand, Australia and Asia, and has published and presented over 300 articles, including in *Lymphology*, *the New England Journal of Medicine*, *Australian Doctor* and *Medicine Today*.

Wikipedia explains that the lymphatic system is the part of the immune system comprising a network of conduits called lymphatic vessels that carry a clear fluid called lymph unidirectionally toward the heart.

Lymphoid tissue is found in many organs, particularly the lymph nodes, and in lymphoid follicles associated with the digestive system, such as the tonsils.

The system also includes all



Professor Neil Piller was guest speaker at the Adelaide group's February meeting.

the structures dedicated to the circulation and production of lymphocytes, which includes the spleen, thymus, bone marrow and the lymphoid tissue associated with the digestive system.

The study of lymphatic drainage of various organs is important in the diagnosis, prognosis and treatment of cancer.

The lymphatic system is responsible for carrying cancerous cells between the various parts of the body in a process called metastasis.

Intervening lymph nodes can trap cancer cells but if they are not successful in destroying cancer cells, the nodes may become sites of secondary tumours.

Professor Piller's talk was

assisted by a PowerPoint presentation complete with diagrams and short video segments showing patients with lymphoedema and illustrating how the system works.

He described the lymphatic system as the body's sewage system. Prostate cancer patients can have their lymphatic systems compromised by the removal of lymph nodes through surgery, and by radiation damaging the lymph vessels.

The professor handed out an arm/leg exercise and deep breathing program, recommending that the exercises be performed five times each at five occasions per day. This will help clear accumulated fluids from the tummy and chest area, and allow the lymph fluid to better drain from your legs.

To help remove fluid from the feet, one should start a massage in the upper leg, always moving the hands towards the upper chest, and slowly continue massaging down to the feet.

There is very little publicity about our lymphatic system, which made Professor Piller's talk very informative and fascinating.

I can highly recommend that other prostate cancer support groups invite Professor Piller to speak for them. Please phone him on 8204 4711 for more details.

Research findings and news items from around the world

Sharp canine sniffing may help cancer detection

A DOG has the ability to sniff out human urine samples of men with prostate cancer, according to European researchers. Study leader Dr Jean-Nicolas Cornu, of Tenon Hospital in Paris, reports that a Belgian Malinois shepherd dog was trained in 24 months to be able to discriminate between control urine believed to be cancer-free and urine containing biomarkers for prostate cancer.

Cornu and colleagues obtained urine samples from 66 patients referred to an urologist for

elevated either prostate-specific antigen or an abnormal digital rectal examination. All patients underwent prostate biopsy and the two groups were compared: 33 patients with cancer and 33 presenting negative biopsies.

Cornu reports the dog completed all the runs and correctly designated the cancer samples in 30 of 33 cases. Of the three cases wrongly classified as cancer, one patient was re-biopsied and prostate cancer was diagnosed. The sensitivity and specificity of

the dog tests were both 91 per cent.

The study, published in *European Urology*, affirms that prostate cancer patients' urine contains biomarkers (volatile organic compounds) and that dogs can be trained to detect these with a significant success rate. The study suggests that further identifying of these biomarkers could lead to potential useful screening tools.

• Source: *United Press International* 9/2/11



Simon Buckley, right, pictured with his riding mate Todd Barry in Adelaide during their epic round-the-world fundraising ride for prostate cancer.

Tragedy sours brave fundraising quest

SIMON Buckley, a 32-year-old motorcycle rider who was on a round-the-world motorcycling quest with his riding buddy Todd Barry to raise funds and awareness for prostate cancer, was tragically killed in a road accident in Argentina on March 10 last year. The duo passed through Adelaide in May 2009 as part of this great journey, and their presence was featured in the local press – and the Prostate Supporter newsletter.

AAP reported that Simon suffered a rear tyre blowout, causing him to be thrown from his bike. Cruelly, the duo were only a few weeks short of completing their year-long journey. Simon is remembered fondly for his work promoting the motorcycle club Rumble Riders, which spread information on prostate cancer among biking enthusiasts, and for giving public presentations through Australia, Asia, Europe and the Americas.

Imaging could detect early cancers

NANOTECHNOLOGY may offer doctors a non-invasive way to detect early stages of cancer and also help monitor treatment.

Researchers at Stanford University School of Medicine demonstrated the new approach using “smart” targeted carbon nanotubes to zero in on cancer cells in living mice.

This is followed by laser

scans of the animals in which the nanotubes absorbed the laser energy and released ultrasound waves to highlight the locations of the tumor cells. “This imaging modality allows us to see things we’ve never been able to see before,” says study author Adam de la Zerda, a doctoral student in Stanford electrical engineering.

The technology takes

advantage of a “photoacoustic effect,” a physical phenomenon in which light hits an object and is converted into sound.

Shining light on an object heats it up, says de la Zerda. “Think of a black car parked in the sun. The car warms up, and the metal expands. Later, the cooling, shrinking metal makes little “tink” sounds.

“We shine light on a nanotube

and listen to the ultrasound waves coming out of it.”

The technique is faster and costs less than an MRI scan and requires no ionizing radiation like a PET-CT scan. Its ability to look 5cm deep into the body would make it helpful for looking at tissues in the breast or prostate gland.

• Source www.healthday.com

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City of Onkaparinga Prostate Cancer Support Group

Information for new group members is vitally important

COMING EVENTS

APRIL MEETING:

The next City of Onkaparinga Prostate Cancer Support Group meeting will be at 6.30pm on Wednesday, April 6, 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

• 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**.

The ability to provide advice to new cancer sufferers is the greatest attribute of support groups, as John Shields reports.

THE February meeting of the City of Onkaparinga Support Group welcomed new members Mathew and Mary. Our round robin discussion gave Mathew and Mary the opportunity to ask our members about the various treatment options for localised prostate cancer and some outcomes. We hope that we were helpful in forwarding useful information and look forward to hearing Mathew's report on his course of action during March.

BUNNINGS CASH BOOST

MONEY raised for our group at the Bunnings barbecue amounted to \$731 and has been deposited by the PCFA treasurer into the Central Australia Chapter Account, along with money raised by other support groups and the Action Group. This will be deposited in support group accounts during March.

The total amount raised for the Central Australia Chapter by Bunnings, working in conjunction with all of our support groups, was \$3575.15 and our sincere thanks go to Bunnings for their generosity.

At the first barbecue event the Onkaparinga group held at Bunnings, we raised \$1601.50, making a total



Fundraising fun takes many forms – including the donation of lovely prizes for our annual Christmas raffle. The big teddy, donated by the Willunga Lions Club, was gratefully won by Chené Kiley.

donation of \$2332.50. A letter of thanks has been sent to Milena at Bunnings Noarlunga Warehouse, thanking her on behalf of our group and reconfirming our desire to have another barbecue there later this year.

RESEARCH HELP

KEVIN O'Shaughnessy was guest speaker at our March meeting. Kevin is conducting research into an appropriate psychosocial support intervention for men facing prostate cancer recurrence as part of his PhD studies at the University of South Australia. If you are willing to be involved in some research, he would value your input.

Ideally, Kevin would like to record an interview, either individually or as part of a group, regarding your thoughts about trialing the use

of a prostate support nurse for men facing a recurrence of their cancer (similar to breast care nurses but specialising in the long-term support of men with prostate cancer).

Kevin wants to know if you think this is appropriate support. Do you think men would value a prostate support nurse? If you had a recurrence, would you use a nurse? Would wives and partners benefit from having a nurse to talk to? Would you pay for the service? What support do you think you might need?

Kevin only recently received ethical approval for this phase of the project, and there is a small window of opportunity to get some further support funding. If you can help, phone Kevin ASAP on 8297 0033 or 0412 17 3617, or email Kevin. O'Shaughnessy@unisa.edu.au

Whyalla Support Group

The new Whyalla Support group meets on the first Tuesday of the month. Contact Terry O'Brien (08 8645 1310) or Stan Oates (08 8644 0591) for details.

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

Barossa supports cancer care day

A public workshop about cancer care greatly benefitted from the combined input of several well organised cancer groups, as Barossa group convenor Don Piro reports.

THE Barossa Valley Prostate Cancer Support Group is delighted to have supported the recent Cancer Care Centre workshop in Nuriootpa. The group was part of a complementary therapy workshop with the Cancer Care Centre of Unley, which had speakers and presentations on nutrition, herbal medicine supported by scientific research on the value of nutrition, diet and naturopathic supplements to assist cancer survivors on their journey.

Belle McCaleb, a naturopath, registered nurse and counsellor, gave an informative and valuable session on how diet, food groups and supplements can assist the body when undergoing treatment. I would recommend her as an excellent speaker at any of the prostate cancer support group meetings.

Belle was clear, concise and factual, with her presentation examining the



Pictured, from left: Don Piro, Reinhold Kohler, Alan Hall and John Krahling of the Barossa support group with Kevin Turner, general manager of the Cancer Care Centre - Unley.

myths and contradictions of herbal medicines, supporting her information with sound research. The workshop also had speakers discuss their personal stories, the Pathways program at the Cancer Care Centre, and meditation and its benefits. The Barossa group provided

representatives who spoke informally to guests about reiki, reflexology, labyrinth walking meditation, tai chi and chi gong exercises that assist the body. The Barossa Area Fundraisers for Cancer also provided food, tea and coffee, and participated in the workshop.

COMING EVENT

FEBRUARY 15 MEETING

- The Barossa Support Group will be meeting at the Gawler Uniting Church Hall, Tod St, Gawler, from 6.30pm to 8.30pm on Wednesday March 9, to hear Professor Willis Marshall speak on Prostate Cancer issues.
- Please contact Don Piro for further information on 8562 3359 or 0419 863 124.

Murray Bridge Prostate Cancer Support Group

AGM introduces a new committee

The Murray Bridge support group enters its second year of operations with fresh energy introduced to the committee, as group secretary Richard Parsons reports.

THE Murray Bridge Prostate Cancer Support Group held its second Annual General Meeting on February 16, at which these people were elected to office for 2011:

- President: Trevor Muirhead.
- Vice President: Ron Nance.
- Secretary/Treasurer: Richard Parsons.
- Caterers: Doris and Max Klenke.
- Auditor: Sandra Burgess.

The members passed a special vote of appreciation for the work done by Ron Lehmann as president in 2010 and for

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 MARCH 16 will feature a talk by local pharmacist Blake Crossley, who will field questions after his talk. The evening will finish with tea, coffee, biscuits – and friendly chat.

his efforts since the formation of the group in late 2009.

After AGM business was completed, members held frank discussions about their experiences with prostate

cancer and treatments they had undergone. These varied from surgery, brachy therapy (which is now funded by the Federal Government), radiation therapy and alternative preventative remedies.

It was recognised that all patients should be presented with the various options for treatment, because what is effective for one person may not be suitable for others.

The appointment of prostate nurses was considered the most effective way to achieve this outcome, as doctors can't always devote sufficient time to explain all the various alternatives to patients.

Several people present who have not suffered from prostate cancer were thus able to learn much from those who had been through a long journey.

Prosper Darwin Prostate Cancer Support Group

Radiation Oncology Unit keeps members informed and aware

The benefits of a close relationship with the NT Radiation Oncology Unit is having great benefits at group meetings, as Prosper Darwin group convenor Keith Williams reports.

IT has been a busy and positive month for the Prosper Darwin Support Group. Secretary Graeme Tierney reports that the monthly meeting attracted a pleasing attendance of 14 people (I was in Sydney and Adelaide on a mix of Health Consumer and prostate cancer support group business):

“As we had guest speakers for this meeting, we went straight to the presentation by Giam, the NT Radiation Oncology Unit’s practice manager, who was assisted by radiation oncologist Dr Sid Baxi. Their presentation was about Intensity Modulated Radiation Therapy (IMRT). Giam and Sid supported their talk with a PowerPoint display and went through different therapy treatments:

- Linear Accelerator.
- Brachytherapy LDR and HDR.
- Proton EBRT (very new).
- Particle Radiation (which does not penetrate past a point, and none are present in Australia yet).

“This presentation was very informative and I am sure it was of great interest to all who attended. Giam advised us how the NT Radiation Oncology Unit has progressed and what their future objectives are.

“He also spoke of a new treatment called IMAT (the radiation machine revolves instead of the present five-



Alan Vinegrad and wife Margaret are pictured dining out with Pat and Keith Williams at the Darwin Wharf Precinct during their recent holiday visit. They were able to camp in the Williams’ spacious backyard during this trip – a space that our esteemed Chapter Vice-Chair has indicated he may also be hoping to occupy during the coming northern dry season.

COMING EVENT

The Prosper Darwin support group next meets on MONDAY, MARCH 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.

directional). It was especially interesting to note how treatments and X-rays have progressed in recent years. There were also general questions from the group to round out a very successful evening.”

RECOGNITION REQUIRED

SEVERAL weeks ago, the widow and a son of a former group member who succumbed to prostate cancer almost six years ago presented me with \$245 which Michael, the son, had raised under aegis of the 2010 Movember Appeal. A first year graduate teacher, he raised the money mainly through speaking to a staff meeting – an act to serve

the memory of his father who had been helped greatly by the Darwin support group. Michael explained that he was raising the money so the support group can continue its important activities, and the staff responded very generously.

I felt that as this money was raised in conjunction with Movember, it should be forwarded to them, which I did – but I added a strong plea that Michael’s wishes be granted (I also asked that he be thanked and receive a receipt as well). Sadly, the Movember people seemed to find this request too difficult to grant and ignored the family, who I know were very disappointed

with the outcome. I now regret this foray into “political correctness”, although I did point out to the family that under the new agreement with Movember, our support group could well benefit in the long run.

NATIONAL ASSISTANCE

ON A HAPPIER note, it is very satisfying to report the outcome to a help request by two members of the Limestone group during the February Chapter Teleconference. They wanted information about slings from anyone who has experienced them, and have been given valuable assistance through the national network.

I was able to contact Alan Vinegrad, a friend from the Queensland Chapter, who is very experienced and was willing to talk to the two men. I was unaware that he had undergone the treatment – so this contact proved very helpful indeed.

Mitcham Prostate Cancer Support Group

AGM attracts record numbers

The strong commitment of group members to the Mitcham support group has provided a heartening start to the new year's activities, as Roland Harris reports.

THE Mitcham support group's Annual General Meeting held on February 24 posed a vital question about the sustained enthusiasm of group members: If four months had passed since the previous group discussion in October, and three months passed since 35 members and their partners enjoyed our annual dinner at Racquets Bistro, how many would be inclined to attend the AGM?

We were pleased to have 24 members present (a record number for an AGM), with apologies from Russell and Joy, and we welcomed Bill as a visitor.

At the start of the meeting, Dennis informed us of his treatment program, followed by John's financial report. Then the group's 2010 Chairman Terry Harbour handed the meeting over to

Jeff Roberts, who conducted the election of officers for 2011. The appointments are as follows:

- **Joint Chairmen: Terry Harbour and Roland Harris.** We had agreed in advance for Terry to handle the administration side of the group, which fits in with his existing duties at the Central Australia Chapter and the Support and Advocacy Committee. Roland will chair monthly meetings and write the Prostate Supporter reports. To cover the absence of either chairman during the year, all emails to the Mitcham group should be directed, where applicable, to both Terry and Roland.
- **Group Treasurer: John Baulderstone.**
- **Group Minutes Secretary: Graeme Bradley.**

MARCH MEETING

The Mitcham support group's next meeting will be held on Thursday March 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 8.45pm. Guest speaker for the March meeting will be Sonia Mackay from BrightSky Australia, promoting specialist healthcare products.

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

- **Meeting welcomer: Dianne Baulderstone.**

- **Group librarians: John & Dianne Baulderstone.**

The support group's literature and other items are now stored at the monthly meeting venue in a new locked cupboard, thanks to the RSL.

We thank past and continuing officers for their efforts in the smooth running of our support group, and expect that 2011 will promise variety and good information for all our members and guests – especially the April 28 meeting that will feature a talk from Dr Peter Sutherland!

CENTRAL AUSTRALIA CHAPTER COUNCIL MEETING

Council sifts through diverse business

THE Central Australia Chapter Council meeting held at the Arkaba Hotel on January 20 opened with Chairman Malcolm Ellis presenting recently retired CA Chapter Councillor Dean Wall with a PCFA Certificate of Appreciation for all the work Dean has undertaken over his many years of involvement with prostate cancer support.

Efforts are still being made to wind up the defunct previous "Association" but this is

proving difficult as it requires enough people to convene the requisite meeting. This matter will hopefully be resolved in the near future.

Sadly, the Payneham support group has ended, though funds and equipment held by the group have been forwarded to the CA Chapter Council and will assist new groups affiliated with the PCFA.

A bench paid for by the Alice Springs group has been installed at the Darwin Oncology Unit

– and is already of great benefit to visitors at the centre.

Efforts are being made to streamline the reimbursement of claims process – to have all groups make claims via the CA treasurer, who will submit one consolidated claim to the PCFA. It will, in turn, credit the CA bank account with the appropriate amount for further distribution by the CA treasurer. Groups will be kept informed about this proposal.

It is important to note that

members of support groups on support group activities are covered by a PCFA volunteers insurance policy. However if any individual support group is an incorporated body, that group must take out its own insurance to cover members; PCFA insurance only covers members of affiliated groups.

Interest has been received in establishing new support groups in Port Augusta, Gawler, Berri and Port Lincoln, and will soon be acted on by the Chapter.

Alice Springs Prostate Cancer Support Group

Welcoming arrival of a new convenor

The Alice Springs group prepares for a busy year ahead with a new convenor, as support group chairman Tony O'Brien reports.

AT the Alice Springs support group's first meeting for the year, important matters of discussion included the stepping down of club stalwart Murray Neck from the group convenor position, a role that Murray has diligently held since the club was founded more than three and a half years ago.

Well-known Alice Springs personality and support group member Ian Wagner has graciously accepted the challenge of stepping into Murray's big shoes. Special appreciation here is made for Murray's family and good lady Barbara, who have worked with us and provided fantastic input and support.

Fortunately, Murray remains a valuable member of the

Alice Springs group, though he reckons it's time for a younger bloke to hold the reigns. (It's interesting to note that Murray is in his 80s and the younger bloke, Ian, who is taking his place, is nearly 70.)

Our group continues to grow stronger every month, with more than 80 members within the fold at last count. Sadly, however, one group member, Noel Harris – who is well-known as Mr Fitness and has been hosting popular stretch and stride sessions – will be moving west in the near future to be closer to family.

Noel is one of those guys who, in his mid-60s, still runs every day, advocates barefoot running on grassed ovals and is an excellent sports masseur. We all wish good luck to Noel

and offer our thanks for your valuable input over the years. Noel is fully aware of the difficulty of getting us older blokes to exercise and has been known to give us a bit of stick when we don't listen.

As we are aware, one of the main goals of the group is to provide information and support to both the men and their ladies in times of need – particularly through the early education of younger blokes faced with prostate cancer.

At the most recent group meeting, we had a chap in his early 40s who has been diagnosed with prostate cancer and will soon be travelling south to have treatment. For a young family man to have this dreadful situation present itself is truly sad news – but we will

COMING EVENTS

MARCH MEETING:
The Alice Springs Prostate Cancer Support Group will meet on Thursday March 10 from 6.30pm to 8pm in the conference room of General Practice Network NT, Skinner St, Alice Springs. Lawyer John Stirk is our guest speaker, talking about legal matters relating to getting old and what is necessary to have in place.

certainly be there for him. It shows that the old adage of prostate cancer being an old man's disease is certainly far from the truth.

In other matters, the club is actively rolling along, with guest speakers addressing subjects such as incontinence and other important health issues facing both men and women.

CENTRAL AUSTRALIA CHAPTER COUNCIL MEETING

Special meeting provided few answers on future direction

ASPECIAL Council meeting was convened on February 17 to consider a proposed restructure of the PCFA, followed by a meeting of all five Chapter Chairs from around Australia and a SAC meeting the next day.

As it turned out, a National Board meeting took place at the same time to discuss the same topic, and therefore restructure proposal details were not available to the

DIARY DATE: MARCH 17

The next meeting of the Central Australia Chapter Council is in the Arkaba Hotel Boardroom at 10.30am on Thursday March 17. Observers are most welcome and are invited to contribute when Chapter president Malcolm Ellis opens the floor for comment. For more information, please phone Malcolm Ellis on 8326 5588 or 0416 268 601.

Council. One major topic that was expected for discussion by Chapter Chairs was an attempt at "normalising" all

administration and guidelines within the various Chapters.

The Council meeting did resolve to hire a storage unit

at the U-Store-It depot at Clovelly Park, for holding PCFA literature before being distributed to CA member support groups as requested.

It was also resolved that the secretary obtain 1000 special PCFA donation envelopes for distribution at funerals; however, only 200 envelopes are currently left. These are now available for any support group members that require them.

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

A NEW PUBLIC INITIATIVE TO HELP RAISE PROSTATE CANCER AWARENESS

South Australia's Biggest Sausage Sizzle

NATIONAL
PHARMACIES



safm
2011



Prostate Cancer
Foundation
of Australia

Be part of SA's Biggest Sausage Sizzle and raise awareness of men's health issues. Host a sausage sizzle on either April 7, 8, 9 or 10 and raise funds for The Prostate Cancer Foundation of Australia to help find a cure.

Come on everybody! National Pharmacies member, man, woman or kid, grab your tongs, fire up the BBQ and set to sizzle! Visit www.nationalpharmacies.com for more information.

Adding sizzle to our slogan

Entertaining? Yes! Fun? Definitely! Worthwhile? Absolutely! Appealing to blokes through barbecues is a winning formula for spreading the prostate cancer message.

THE challenge is on to create South Australia's Biggest Sausage Sizzle – a local initiative of National Pharmacies, SAFM and Channel 7, which have joined forces to raise awareness and much-needed funds for cancer research through the Prostate Cancer Foundation of Australia.

The big sizzle will raise funds through the sale of \$20 barbecue kits, which will include registration for the event at National Pharmacies. Customers can also assist with fundraising by purchasing \$3

Prostate Cancer blue ribbons.

The aim of SA's Biggest Sausage Sizzle is to raise awareness of men's health issues – especially prostate, bowel and testicular cancer. So we are asking everyone involved in prostate cancer support groups – and their friends – to host a barbecue on April 7, 8, 9 or 10, to help make this event a giant success.

SAFM, Channel 7 and National Pharmacies will work to promote the event on air, in store and online, spreading the word far and wide. Media personalities Craig, Hayley and

Rabbit from SAFM and Mark Soderstrom from Channel 7 will be actively involved.

The Adelaide Crows are also on board and are going to turn AAMI Stadium blue for its home match against Fremantle on Saturday, April 9 – with PCFA support groups being allowed to sell Prostate Cancer blue pins in the car park before the match.

To get the best results from this opportunity, Karyn Foster needs volunteers to assist on match day – and by helping out, each person will receive a free pass to the game.

Admission passes are available to the first 20 people who make themselves available.

Help to make this event a landmark success by registering now at your local National Pharmacies store, or www.nationalpharmacies.com.au

Also, tune in to SAFM and Channel 7 to see and hear commercials which have been created especially for us.

• For further information or to offer your services as a volunteer, please call Karyn Foster on 8231 6339 or email 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