

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

APRIL 2011

Volume 4: Number 3

Experienced hand at the PCFA helm

Introducing Dr Anthony Lowe, who has been appointed the new CEO of the Prostate Cancer Foundation of Australia.

Dr Anthony Lowe joins the Prostate Cancer Foundation of Australia at a time of significant developments, including new service and resource offerings for Australian men diagnosed with prostate cancer, and for health professionals.

Before joining the PCFA, Dr Lowe was chief operating officer and company secretary at the National Breast Cancer Foundation, where he implemented online registration and social network fundraising for NBCF's Pink Ribbon breakfast campaign, started a data-driven direct mail program, new customer relationship management and website content management systems, and implemented new financial reporting that resulted in NBCF being a finalist in the PwC Transparency Awards in all three years since their inception.

Importantly, he restructured the NBCF investment portfolio, resulting in reduced investment



ABOVE: Dr Anthony Lowe.

fees and reduced investment risk, and he led the team to design and implement website and customer relationship management system for Register4, Australia's first online community for volunteer breast cancer research participants.

Previously, Dr Lowe held senior executive positions in the financial services industry, in Australia, the US and UK, ultimately becoming an executive director and Asia Pacific business group leader for Mercer Wealth Solutions.

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



we NEED more barbecues...

• **THE FANTASTIC** Prostate Cancer fundraising and awareness opportunity that is South Australia's Biggest Sausage Sizzle – a giant community event being promoted by National Pharmacies, SAFM and Channel 7 – will be held over four days, from April 7 to April 10, but we **URGENTLY** need a lot more participants to show our sponsors that this cause is worth supporting with even more enthusiasm in coming years. **ENCOURAGE** all your friends to register their own barbecue event at National Pharmacies, or register your barbecue online at <http://www.everydayhero.com.au/event/southaustraliasbiggestsausagesizzle> Do your bit to help raise funds for the PCFA and make this big Sizzle a huge success (see full details on Page 12).

• **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

His strong track record of developing business strategy, driving revenue growth and implementing change helps to build organisational capacity and operational outcomes.

PCFA National Chairman Graeme Johnson says the organisation will rely heavily on Dr Lowe's leadership to

ensure prostate cancer and those affected by it continue to receive vital resources, support and government assistance.

"The PCFA is privileged to have the experience and expertise that Dr Lowe brings, particularly during this time of expansion and vital development," says Mr Johnson.

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

Being active at regional shows

COMING EVENTS

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

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

Public awareness of prostate cancer is occurring at a grassroots regional level, as Action Group convenor David Merry reports.

WHILE the Men's Health Ambassador Speaking program is "on hold" at present, in the process of being re-designed and re-launched, the Action Group has considered additional opportunities to spread the awareness message beyond the public meeting format that has been used so successfully in the past, and is still on the agenda for the future.

Our first foray into the country show circuit was at the Mt Barker Show on Saturday March 26, when Bill Wood and David Merry manned an information stall. This was a successful event that was well received and provided many



Bill Wood and David Merry at the the Mt Barker Show.

opportunities for a one-on-one discussion.

It was interesting to be told by many people at the show of their experience and treatment

for prostate cancer, and to receive their support.

Later this year, we also plan to have stalls at the Bordertown and Port Elliott shows.

Central Australia Chapter Council Report – filed by secretary Bryan Hearn

A FULL complement of councillors and many observers attended the Central Australia Chapter Council meeting at the Arkaba Hotel in Adelaide on March 17, including Terry O'Brien from Whyalla and Graeme Higgs from the PCFA. It was announced that the new CEO of the PCFA is Dr Anthony Lowe, previously the COO for the National Breast Cancer Foundation. While much talk has indicated possible restructuring of the PCFA, nothing will happen until Dr Lowe meets with the national board and SAC members.

The Central Australia Chapter has arranged to deal with more matters on a local level rather than always refer to the PCFA Sydney office for a decision.

All group expense claims must now be forwarded to CA council treasurer John Shields, who will then forward claims to Sydney for one bulk reimbursement. On receipt, John will disperse the funds to various groups. The chapter bank account is being transferred from the Australian Central Credit Union to the CBA, as the

Credit Union has no facility for making electronic transfers of funds.

Attempts are being made at the SAC level to establish a set of national guidelines for the administration of all chapters. A draft version will be released soon for comment from all members, groups, conveners and councillors.

Council chairman Malcolm Ellis reported that a new website will soon be launched, encompassing all the existing websites and with links to many others. All chapters will have their own pages within the new website and members will also be able to access many research papers as they are released. Ian Fisk reported that the Central Australia Chapter website is now up to date, with all council meeting minutes listed.

Progress is being made to establish new support groups at Berri, Port Augusta, Port Lincoln and Gawler, with recent contact from an interested party in Victor Harbor. Intended stalls at Field Days later this year include Paskeville, Bordertown and Mt Barker, with a proposed awareness event

planned for Adelaide's western suburbs and a possible fundraising and awareness concert by the Adelaide Male Voice Choir.

Graeme Higgs was able to explain a proposed new scheme where the PCFA will pay for prostate cancer nurses to be employed in specific hospitals around Australia.

Graeme will also investigate why several member groups are still awaiting delivery of their group pull-up banners, along with other items of equipment, and will forward copies of prostate cancer community TV advertisements to CA Chapter members for use on country TV stations. And with only 200 funeral donation envelopes remaining, Graeme will take up the matter of reprinting copies with PCFA, as this is an important fundraising and awareness initiative.

Members should be aware that three council positions will become vacant at the CA Chapter AGM and replacements will be sought. Every member of an affiliated support group is eligible for election as a Central Australia Chapter councillor.

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or visit the website www.prostate.org.au

McLaren Districts Prostate Cancer Support Group

Urgent funds needed to replace da Vinci robot

The ground-breaking work of Dr Peter Sutherland in Adelaide's robotic prostatectomy program needs crucial new funds, as McLaren group president Bryan Hearn reports.

DR Peter Sutherland, head urologist and leader of the robotic prostatectomy program based at the Royal Adelaide Hospital, delivered a fascinating presentation to an attentive group of 20 McLaren Districts support group members, who met at the McLaren Vale Hospital for their March meeting.

Dr Sutherland went to Los Angeles in 1984 for training, then returned to SA where he performed open prostatectomies until about 2005. However, he observed several problems with the procedure and began looking for an alternative method of treatment.

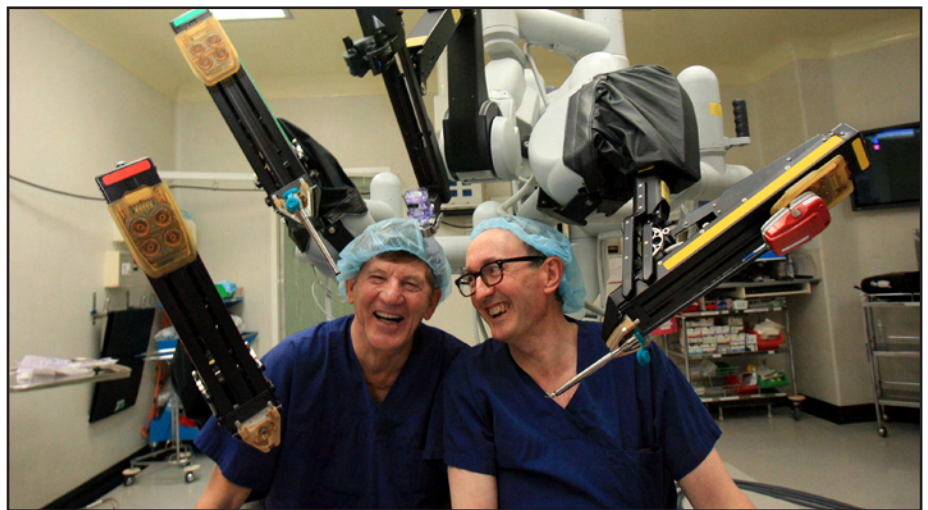
At this time a patient inquired about robotic treatment being performed in Melbourne. Contact was made with the head of the program in Melbourne, Tony Costello, and eventually treatment was arranged for this patient.

Dr Sutherland attended and observed the robotic prostatectomy operation – and was impressed that positive pressure was maintained within the body cavity, which greatly helped reduce bleeding. He noted the fine instrument accuracy also reduced the potential for internal damage.

He returned to SA later the same day and rang Melbourne two days later, enquiring about the progress of the patient – only to be told he had flown home to SA the day after the operation.

Soon after, that patient – Gordon Pickard, the owner of Fairmont Homes – met with Dr Sutherland and wrote out a cheque for \$3 million to buy a robotic machine for use in South Australia.

After going back to the US for training in robotic techniques, Dr Sutherland set up a team in the RAH. Since then, Dr



Gordon Pickard (left) with Dr Peter Sutherland and the da Vinci robot.

Photo: Courtesy of The Advertiser.

COMING EVENT THURSDAY APRIL 28

- The McLaren Districts group will next meet on **Thursday April 28** 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 local Real Estate agent Deb Tucker, speaking on the benefits and pitfalls of home downsizing.

Sutherland has undertaken about 900 such operations, making him the national leader and placing him in the top 25 international practitioners. He now delivers training in robotic techniques locally and overseas.

Support group members were shown a video of a robotic prostatectomy operation, with Dr Sutherland providing commentary. This was fascinating, especially for members who had been through this same procedure – one who had it performed only six weeks earlier.

The da Vinci robotic machine based at the RAH is due for replacement soon, but the SA Government has given no indication whether it will fund this outlay. It is hoped that all support group members

will discuss this situation with their local members of Parliament, urging them to urgently make the funding available for such a replacement machine.

From pre-op procedures to patients going home, this operation takes about 23 hours – with the actual operation taking an average 160 minutes. The estimated cost for each patient is about \$4000, as opposed to costing anywhere between \$8000 and \$18,000 per patient for an open prostatectomy.

Patients are housed in a ward dedicated to those who have received robotic procedures, which include some other cancer treatments as well as some gynecology patients.

Prostate Cancer Support and Awareness: ADELAIDE GROUP

COMING
EVENTS

**APRIL 18
MEETING:**
The Adelaide
Prostate Cancer
Support Group
meets on the
third Monday of
each month in the
Park View Room
of the Fullarton
Park Centre, 411
Fullarton Rd,
Fullarton, starting
at 7pm.

The April 18
meeting will feature
Ray Nicholson
speaking about his
cancer experiences
and the Cancer
Care Centre.

• The Adelaide
group's May
17 meeting will
feature a general
discussion, and the
June 20 meeting
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

More to your medicine than you may presume

Good sleep and medicines are of great importance to us all – but how much do we really know about them? Ian Fisk reports.

AS a retired teacher and deputy principal, Council On The Ageing Senior Voice volunteer peer educator Loretta McFarlane has had years of experience speaking to groups – and her talks on Medicines and You, and also Healthy Sleep provided a mine of interesting information. It was only a pity that a rather small audience was in attendance to hear her at the Adelaide Support Group's March meeting.

Loretta explained information in handouts produced by the National Prescribing Service (www.nps.org.au), which is an organisation that enables people to make better decisions about medicines and medical tests, leading to better health and economic outcomes.

She reiterated the important belief that we all must be proactive and responsible for our own health: it is not a responsibility that can be delegated elsewhere. And, importantly, you should always discuss your medicine options with health professionals.

Herbal medicines are not as stringently controlled as conventional medicines, and many overseas medicines are not manufactured to the same strict standards as those made in Australia, so consumers must be wary of medicines purchased over the Internet.

You should always advise your doctor of what herbal



Guest speaker Loretta McFarlane shed new light on medicines at the Adelaide group's March meeting.

medications you are taking, as there may be interactions between herbal and conventional medications. It can also be advantageous to talk to your regular chemist, who will be aware of what medications you are on and their make-up.

Always check the active ingredients of what medicines you are taking. Generic medicines should have the same active ingredients, but may use different fillers. Read the labels to understand this (and the drug's possible side effects).

It's a good idea to write all your medications down on a list, to keep in your wallet or purse. This list should include the name of each medicine (by active ingredient or brand name), strength, what it is for, how much is used and when, special instructions,

date started and when to stop or review. Blank lists for this task are available from NPS (including online) and St John's Ambulance.

Healthdirect (www.healthdirect.org.au) has a free call number 1800 022 222 for 24-hour health advice, answered by registered nurses that are specially trained in the use of sophisticated computerised decision support systems to provide safe and consistent assessment and advice.

For more information on the Council on the Ageing visit www.seniorsvoice.org.au Helpful websites relating to sleep issues include www.sleepoz.org.au, www.sleep.org.au, www.msdc.com.au, www.reconnexion.org.au and www.sleepservicesaustralia.com.au – and these organisations have toll free numbers or 1300 numbers with local call costs.

Prostate Cancer Support and Awareness: ADELAIDE GROUP

HOW TO ENCOURAGE HEALTHY SLEEP PATTERNS

The second part of Loretta McFarlane's engaging presentation to the Adelaide support group focused on sleep problems, which are very common. Here are several tips she passed on to help ensure a good night's sleep:

- Medicines, including herbs and other natural remedies, should only be used for a short time. Using medicines for a long time can increase sleep problems or you may become dependent on pills to sleep. Long-term medicines use can also increase the risk of accidents and falls.
- CDs are available to help you sleep. Loretta demonstrated to us Rest Well Sleep Well: Relax and Prepare for a Perfect, Restful Sleep by Carmen Warrington and David Jones (available from the ABC Shop).
- Try to go to sleep and wake up at the same time each day.
- Be as active as possible during the day and spend time outdoors.
- Getting outside in the sun from 7am to 9am can help reset your biological clock.
- Reduce the amount of caffeine you have each day. Avoid caffeine-containing drinks after lunchtime, such as cola, tea, coffee, cocoa and energy drinks.
- Avoid naps during the day. If you do nap, keep it to 20 minutes and before 3 pm.
- Avoid smoking and drinking alcohol in the evening.
- Avoid heavy meals, exercise or working on the computer late in the evening.
- Relax for 30 minutes before going to bed. Try soaking in a warm bath.
- Don't eat, work, watch television, read or discuss problems in bed.
- Ensure you are comfortable and that your bed is in a quiet, dark environment.
- If you're too hot or cold in bed, it will be harder to sleep.
- Don't stay in bed if you are awake for more than 20 minutes. Go to another room and do something relaxing.
- Don't go to bed with a problem – write a list and put those problems in a box.
- Good sleep habits may take some time to develop. Keep practising these tips to get the most from your sleep.

'1912 THE EVENT'
cordially invite you to commemorate the
CENTENARY



Cocktail Reception
Tuesday 31st May 2011 .. 6pm

Promenade the magnificent ADELAIDE ARCADE
Relive the excitement as the World's Largest Moving Object glides from Gantry No. 5 ... into Belfast Lough ... and so to history!
Be Amazed at the spectacular backdrop to our theme created by a National Team of Balloon Artists.
Be Entertained and sup on old fashioned delights!
All Funds raised support our Beneficiaries



Bookings: \$35 pp
www.1912theevent.com info@1912theevent.com
130 Gilles Street Adelaide 5000
1300 664462 08 8232 9102

An extravagant gala cancer fundraiser we have ALL been invited to attend

THE Prostate Cancer Foundation in SA is very busy with fundraisers at the moment, and here is an opportunity for us all to participate.

We are all invited to a unique event – a cocktail party launching a much larger event for 2012, marking the anniversary of the sinking of the Titanic. The cocktail party will be held in the Adelaide Arcade from 6pm on Tuesday May 31, and tickets are available for \$35 from www.1912theevent.com.au or phone 1300 664462, or 08 8232 9102 to make a booking.

Breast cancer is also a beneficiary of this fundraising venture, so it would be good to get as many people along as possible to also wave the prostate cancer flag and bring this disease into the forefront of people's minds.

In addition to the cocktail function, a promotional and fundraising stand promoting the 2012 event will be open in Adelaide Arcade from Monday May 30 to Friday June 5, between 9am and 5pm – and also at the cocktail function on Tuesday May 31, from 6pm to 8pm.

Karyn Foster needs assistance to man this stand, so it is suggested that each local support group take a day and establish a roster with their members.

The breast cancer people will again be present at the promotional and fundraising stand, so it is imperative that PCFA SA also has a strong presence. Can a representative from each group please contact Karyn on karynfoster@adam.com.au to secure their day.

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

Berri Prostate Awareness Event

Raising awareness in the Riverland

The Action Group's efforts to encourage more support groups has gained traction in the Riverland, as Jeff Roberts reports.

A PROSTATE Cancer Awareness Evening held at the Berri Hotel on Monday March 28 proved to be a highly successful event.

An excellent attendance of approximately 160 people heard Dr James Aspinall, the visiting urologist to the Riverland area, give a very clear and concise overview of prostate cancer.

Other speakers at the event were PCFA support group members Malcolm Ellis, Ian Fisk and Jeff Roberts (who was MC for the evening), with Allan Dand (local Lions President), Rae Winter (Country Health SA) speaking

about the PATS Scheme and Larissa Jones, who spoke about a Medical Bus Service.

The event was sponsored by the Lions Club of Berri and the PCFA Central Australia Chapter, and was presented by the Action Group.

Particular mention should be made of the great work performed by the president of the Lions Club of Berri, Allan Dand, in promoting this evening.

As a consequence of his hard work, it now seems there are good prospects of a local support group being formed. Outcomes will be featured in coming Action Group reports.



Photographed at the Berri awareness evening are (from left) Rae Winter, Jeff Roberts, Larissa Jones, Dr James Aspinall, Allan Dand, Malcolm Ellis, Ron Lehmann and Ian Fisk.

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.

Limestone Coast Prostate Cancer Support Group

Wives meet to discuss aspects of living with prostate patients

ON February 21, the wives of the new Limestone Coast Prostate Cancer Support Group's male members held a meeting of their own, to talk about the female aspects of having a partner who has had prostate cancer.

Twelve women attended this meeting and, from reports, found it very beneficial. They have now decided to meet again in a similar format during May.

At the support group's March meeting, our guest speaker was Shane Jones from Mt Gambier Community Health. He works in the area of mental health and spoke

briefly about issues surrounding emotions, grief and loss, guardianship, domestic violence, anxiety and depression. Shane's presentation was well accepted by the 18 people present at the meeting.

Our next gathering of the support group will be a social barbecue at Penola on Sunday, April 10 – and please note that this is not our normal meeting date.

Although the Limestone Coast is a new support group, it is getting good numbers attending, though like many rural groups it is having difficulty in getting medical specialists to speak at meetings. Many

visiting medicos tend to fly in and out of the region on the same day.

The Mt Gambier Library is presenting health displays promoting World Health Month during April and the Limestone Coast Prostate Cancer Support Group will have a display there on Sunday, April 3.

The support group conducts its regular meeting at the District Council of Grant offices on the first Tuesday of the month at 7.30pm.

For further support group details, contact Richard Harry by email: richardharry@bigpond.com

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

A tragic golfer has been slicing off the tee at every hole. He finally gives up and asks his long-suffering caddy if he has seen any obvious problems, to which the caddy replies: "There's a piece of crap on the end of your club." The golfer picks his club up and cleans the clubface, at which point the caddy says, "No, the other end."

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

Useful information to help asthma clients breathe easily

Respiratory health problems can be improved by understanding how to give assistance, as Richard Kruger reports.

MARY Clark, a respiratory nurse with Out Of Hospital Strategy (OOHS), addressed the Port Pirie Prostate Cancer Support Group meeting in March about asthma and respiratory diseases.

Asthma is a greater health issue than many of us would presume: two million Australians have asthma, with 1 in 6 children having asthma and 1 in 9 adults having asthma. More alarming still is that 2 in 5 asthmatics live with a smoker.

Mary has been working in South Australia's mid-north as an asthma nurse for a long time and in December was appointed to the Port Pirie Regional Health Scheme, funded through OOHS. The aim of this scheme is to help people with respiratory illnesses manage many of their problems at home. This has decreased accident and emergency presentations by 10 per cent, reduce hospital admissions and the length of stay in hospital.

Mary works with clients through one-on-one contact, telephone follow-ups and home visits. Clients fill out a trigger form, which is given to doctors who formulate a plan on how to deal with the stress side of asthma and teaches clients how to manage their symptoms, to use medication

properly and assess the severity of attacks.

Many asthma patients do not use their medication correctly. Mary strongly recommends the use of a spacer, which she says is a much more efficient and quicker way to get medication into the lungs.

She also explained how carers or anyone coming across someone having an asthma attack can help: Administer the 4x4 treatment. Sit the patient upright, keep them calm and don't leave them alone. Give 4 separate puffs of a blue reliever puffer, then ask the patient to take 4 deep breaths from the spacer after each puff of medication, then wait 4 minutes. If no improvement, repeat this procedure. This can continue until improvement or medical assistance arrives.

Mary also mentioned the dangers of smoking with respiratory conditions and how to obtain help in quitting the habit. She suggests that when trying to quit, smokers should put aside the money spent on cigarettes for three months, then buy something nice as a reward before putting the remaining money saved into general expenses.

Mary also helps people deal with other ailments triggered because of respiratory disease, such as cardio-vascular troubles and diabetes.



Respiratory nurse Mary Clark (centre) pictured with Port Pirie support group members John Fetherstonhaugh and Jeannette Valente.

Mary also works with schools, pre-school children and sporting clubs from Koolunga in the south to Yunta in the east, to help spread the word about dealing with asthma.

Many questions followed her talk: What can we do to help? If somebody has moderate breathing problems, get them to purse their lips and put a little fan about arm's length away, to help get air into their lungs.

Mary was asked to comment about the large number of asthmatics in Port Pirie. She says the condition is not very well managed and she plans to change this by educating clients to perform more diligent self-management. Within 12 months, she hopes to see a difference in the number of asthma problems.

When asked about exercise with asthma, she said that exercise-induced asthma can be managed well, by performing warm-up and cool

COMING EVENTS

The Port Pirie Prostate Cancer Support Group conducts monthly meetings (from February to November) at 7.30pm on the first Tuesday of the month at the BHAS Bowling Club, Halley St, Port Pirie.

• For further details, contact group coordinator Allan Manfield on 08 8632 1324.

down exercises. If an attack occurs while exercising, the person should stop exercising and use 4 x 4 steps.

When they have recovered, start exercising again. If walking, she suggests taking extra puffer medication before starting the walk.

Barossa Prostate Cancer Support Group

Offering support to other groups

THE Barossa Valley Prostate Cancer Support Group has been out supporting other local prostate cancer support groups. The photo shows some of our members visiting Gawler to hear Professor Willis Marshall give an excellent talk on a prostate patient's journey and the questions that men ask him as a doctor and later enjoying the supper provided by the men of the Uniting Church group. The group will also head to Karoonda to help the Murray Bridge group at the Karoonda Farm Fair. Many thanks to the guys who have helped by travelling to support other groups; such support is appreciated, and it was a great to see so many come along.



Pictured after the recent Gawler meeting (from left): Gawler Fatherhood Program Coordinator Aaron Phillips, Alan Hall, Max Hupfeld, Barry Searle, Gawler Health Promotions Officer Kylie Fotheringham, Rudolph Dubsy, Don Piro, Chris Glaetzer, Reinhold Koehler, Trevor Miller and Robert Reimann.

Photograph: Ian Fisk

COMING EVENT

APRIL 19 MEETING

• The Barossa Support Group will be meeting at Don Piro's house, 28 Kindler Ave, Nuriootpa, from 2pm to 4pm on Tuesday April 19.

• Please contact Don Piro for further information on 8562 3359 or 0419 863 124.

Alice Springs Prostate Cancer Support Group

Will paves an easier way

Leading Alice Springs lawyer John Stirk explained the basics of making a will to support group members, as Murray Neck reports.

AT its most simple, a signed will makes life easier for our families and gives us some control over what we accrued through a lifetime. This is what Alice Springs lawyer John Stirk (also an inaugural observer member of the Alice Springs Prostate Cancer Support Group) explained at the support group's March meeting.

A will is a document that expresses your wishes to be actioned after your death, and it must be witnessed by two people who are not beneficiaries of your estate.

If you don't have a will, your family can apply to a court for Letters Of Administration, which allows for your assets

to be distributed according to a formula settled by legalisation.

In your will, you need to appoint an individual (or a corporation such as the Public Trustee) to get probate from the court. This person is the executor, responsible for ensuring that your wishes as stated in your will are carried out. It is therefore important to select someone you trust; also choose a back-up executor in case the first person is unable or unwilling to accept the task.

The executor has the responsibility of compiling the list of assets, paying any outstanding accounts and then distributing the balance to the beneficiaries.

Having selected an executor, you must decide how to distribute your estate. You can make specific distributions of real or personal property to people, or you can deal with your estate as a whole and simply make gifts in varying shares to various beneficiaries.

In many cases where people are married, their spouse will be both executor and the beneficiary.

However, the possibilities are infinite and for this reason, a lawyer is often involved in advising and drafting a will.

Additionally, lawyers can advise on such complex matters as superannuation, family companies and trusts.

COMING EVENTS

APRIL MEETING:

The Alice Springs Prostate Cancer Support Group will meet on Thursday April 14 from 6.30pm to 8pm in the conference room of General Practice Network NT, Skinner St, Alice Springs. Our guest speaker will be new support group member Peter Hollingsworth, aged 42, who recently had a prostatectomy – and his positive attitude is inspirational. Don't miss this meeting.

As your circumstances change over the years, it is worth reviewing your will, to ensure that it meets your desired outcomes.

Prosper Darwin Prostate Cancer Support Group

Support group welcomes back chums and stragglers

It's comforting to note that people in need make a beeline for strong prostate cancer support groups, as Prosper Darwin group convenor Keith Williams reports.

THE Prosper Darwin Support Group's March meeting program included the screening of a very interesting and inspiring DVD of an *Insight* program called Cancer Survivors. Celebrity participants in this interesting program included Simon O'Donnell, Wayne Swann and the ex-CEO of the Cancer Council Alan Coates, who received some very harsh criticism from Swann.

The support group's April meeting will be chaired by Annette W. This shift in duties is part of a very welcome growth in load-sharing of group responsibilities, with some serious interest being shown by a potential Council and SAC representative.

Another person of interest to attend the meeting was yet another "sleeper" member, who had attended a meeting last year, tucked the necessary details away, and "awoke"

COMING EVENT

The Prosper Darwin support group next meets on MONDAY, APRIL 11 and our special guest will be Jill Naylor, a senior staff member from the Cancer Council. Jill will be telling us of her experiences when she attended the 2010 AGM/Conference, and looking at ways in which our support groups can work even better together.

- **The Prosper Darwin 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.**

when he was finally diagnosed as having prostate cancer.

This just goes to prove that apparently one-off contacts with people at group meetings should never be regarded as a locked and bolted gate.

On the reverse side of this, for the first time in the Darwin support group's history there seems to be a trend for people to come only until their needs have been met, and then drop out.

I know that this is quite common in most groups, but until recently, it has never been a pattern in our group – and we will keep an eye on things to see how this unfolds.

It was great to see our support group stalwart Albert G walk back into a meeting, after he had been very ill in the Palliative Care Hospice. He is now back home with a Christian Outreach group and they are looking after him like royalty.

The three Northern Territory Support Groups had their first "mini tele-conference" for 2011 during March, and these are very valuable and enjoyable occasions for all of us.

We are always learning from each other, and receive a sometimes necessary boost in morale from the others. The Katherine group in particular, has a very hard row to hoe.

During this meeting, Murray Neck from Alice Springs passed on the information that a mini Queensland invasion was in progress – namely a visit from caravanning Gympie group members, Graeme and Cynthia.

After Alice Springs, this couple were hell-bent for the cultured climes of Darwin, and duly forewarned, I issued strict instructions for them to check into my caravan park, where they can be kept under surveillance.



Ram raises \$900 at South-East Auction

LEIGH CLIFFORD, proprietor of Gowan Brae Poll Dorset sheep stud at Furner in the South-East of South Australia, selected Ram #50 as a donation for the Prostate Cancer Foundation of Australia. An auction for prime livestock has been held annually on this property for more than 20 years – and after some spirited bidding, Ram #50 was sold to a local grazier for \$900. This rather unique way of offering a donation came about after a lifelong friend of Leigh's was diagnosed with prostate cancer. The auction has certainly helped increase awareness about prostate cancer in this rural sector – especially to those farmers that attended the auction.

Mitcham Prostate Cancer Support Group

Continuing with continence

After impressing the Adelaide group last year, a continence product specialist also proved to be of great interest to the Mitcham Support Group, as Roland Harris reports.

THE Mitcham Prostate Cancer Support Group welcomed Sonia Mackay from BrightSky Australia as guest speaker at its well attended March meeting – a heartening reaffirming of support after the record number of attendees at the group's AGM in April.

Sonia visited the Adelaide support group last November and made a similar presentation to the Mitcham audience, which was appreciated with similar interest and enthusiasm.

As Ian Fisk's report in the November 2010 edition of Prostate Supporter explained, BrightSky Australia 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.

For our support group, Sonia gave a show-and-tell presentation of many continence products. A folder of information was also handed out to all, including 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.

Following her absorbing presentation, Terry thanked her with a box of chocolates.

At this interesting support group meeting, we were pleased to welcome 23

APRIL MEETING

The Mitcham support group's next meeting will be held on Thursday April 28. 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 April meeting will be Dr Peter Sutherland, Head of Urology at the Royal Adelaide Hospital, who will talk about updates to current prostate cancer treatments available in South Australia, including robotic surgery.

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

members, including new couple Dennis and Barbara.

Our finances are certainly in safe hands and John's financial report with income/expenditure statements were accepted without question.

General business items included promoting the Cancer Council's Relay For Life event on April 9 – and if you are interested in participating, please phone Jane Wilkinson on 0413 095 022.

City of Onkaparinga Prostate Cancer Support Group

MAY MEETING: The next City of Onkaparinga Prostate Cancer Support Group meeting will be at 6.30pm on Wednesday, May 4, 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 to our sponsors: **Southern Primary Health Morphett Vale, Port Noarlunga-Christies Beach RSL Sub Branch, Cartridges Now Christies Beach, The Original Open Market and The City of Onkaparinga Council.**

Research help required

THE March meeting of the City of Onkaparinga Support Group featured guest speaker Kevin O'Shaughnessy, who 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, 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). Do you think this is appropriate support? Will men 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

Murray Bridge Prostate Cancer Support Group

Pharmacist explains the details of drugs - down to the last drop

The Murray Bridge support group learned that different brands of prescription drugs do not necessarily have the same contents, as group secretary Richard Parsons reports.

THE Murray Bridge Prostate Cancer Support Group had a talk from local pharmacist Blake Crossley at its March meeting that embraced a broad discussion of medical issues. Blake built this discussion around recent TV advertisements saying that people should better understand why they are taking a particular medicine, its side effects, risks and benefits.

He pointed out the importance of best practice guidelines in administering medicines and consumer education. He explained why a doctor may prescribe a particular brand of medicine as distinct from a generic brand: Both may contain an identical quantity of a particular kind of active ingredient, though the inactive filler/stabiliser could vary. A patient may be allergic to some fillers, so therefore a doctor will purposely prescribe a named brand only.

A company that develops a new drug holds an exclusive 15-year licence to manufacture that drug before other companies can produce a generic version of that drug. Generic medicines are tested for their effectiveness before being released by the Therapeutic Authority.

An important function of a pharmacist is to guard against the risk of patients overdosing, through taking two or more similar drugs, which would lead to hospitalisation.

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 group meeting on APRIL 20 will feature a talk by Rosalie Donhardt, who will speak on incontinence aids. As usual, the evening will finish with tea, coffee, biscuits – and some friendly chat.
- Please note that the Murray Bridge support group now has its own postal address. Please send correspondence to: PO Box 880, MURRAY BRIDGE, SA, 5253.

Blake explained the advantages of patients having medications in Webster-Pak. With this form of packaging, a pharmacist inserts tablets into individual blisters labelled by day and time covering a week. Scripts are retained by the pharmacist, who contacts the doctor when a new round of medication is required. This eliminates unnecessary visits to the doctor and ensures more reliable medication.

Blake advised patients to ask questions about prescribed medicines, to ensure they have the full facts about them. Most medicines come with a list of possible side effects but Blake believes patients should not be overly upset by this list as few will suffer adverse effects.

Pharmacists will explain the use of drugs – particularly when the patient is starting a new medication – including

the correct dosage, when it should be taken, and with or without food. Blake advised that medicines should be kept in a cool and dry place, away from children. A translator service is available when required.

OUT-OF-DATE MEDICINES

DRUGS deteriorate over time and manufacturers will not guarantee their effectiveness after the use-by date printed on the packaging. These expired medicines should be returned to the pharmacist for correct disposal.

Although a pharmacist can see from their own records what a patient has taken, difficulties arise if the patient shops around to obtain medicines from different places. A national system of tracking common medication records is being developed to overcome

this problem. It is important to know that pharmacists focus on medicines – not what treatment the doctor has prescribed.

THE FUTURE OF PRESCRIPTIONS

A CHANGE can be expected with prescriptions in the next five years, with the introduction of a system titled E-HELP, where health details of a patient's treatments, including medications, will be available to medical practitioners, paramedics and pharmacists – but not to the general public. A doctor will generate E-scripts (by means of bar codes) to be accessed by the pharmacist, with feedback automatically returned to the doctor.

Currently pharmacists are required to send script details to Medicare for control against over-prescription and over-usage.

At the conclusion of this very interesting talk, consensus among our support group declared that we will ask Blake to return and continue this very interesting discussion.

KAROONDA FARM FAIR

SEVERAL Murray Bridge Support Group members readily volunteered to man a stall at the Fair on Friday April 1 and Saturday April 2. We thank them greatly for their willingness to be involved, and to give our support group a valuable presence at the community event.

PROSTATE CANCER BARBECUE SEASON IS APRIL 7 TO 10

South Australia's Biggest Sausage Sizzle

NATIONAL
PHARMACIES



safm
107.1



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.

Time to fire up your barbie

South Australia's Biggest Sausage Sizzle, sponsored by National Pharmacies, SAFM and Channel 7, is almost upon us, so get yourself and your friends registered to host a barbecue and help make this event a huge success for prostate cancer awareness.

NATIONAL Pharmacies have received lots of registrations for SA's Biggest Sausage Sizzle, but want even more participants to make this prostate cancer promotion a runaway success. Please encourage your family, friends, neighbours and workmates to register their own barbecue for this event on April 7, 8, 9 or 10.

SAFM and Channel 7 have been airing Sausage Sizzle advertisements and the breakfast team on SAFM have recently featured several interviews on the topic of men's health, as has Michael Keelan

on his 5AA radio program.

More than 30 National Pharmacies stores are involved, selling \$20 barbecue kits, which include registration for the event, and \$3 Prostate Cancer blue ribbons.

You can also register your barbecue online at <http://www.everydayhero.com.au/event/southaustraliasbiggestsausagesizzle>

To lead by example, SAFM and Channel 7 will be hosting a giant public barbecue in Victoria Square adjacent to the tram stop (opposite the Hilton Adelaide) from 11.30am to

1.30pm on Thursday April 7.

Craig, Haley and Rabbit from the SAFM breakfast show and Mark Soderstrom (the quartet featured in the picture above) will be cooking up a storm with players from Port Power. We will cater for several hundred people, so come along and bring your friends.

We would especially like to thank the valuable support for this project from National Pharmacies, SAFM, Channel 7, The Adelaide Crows and Port Power – as well as generous donations from Bakers Delight, the Master Butchers Association, Australian Meat

Industry Council, Passing Out Distribution and Schweppes.

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 for two hours before the match.

• **MORE volunteers are needed – and remember that each volunteer gets a free pass to attend the Crows game. Please call Karyn Foster on 8231 6339 or email karynfoster@adam.com.au to officer your services.**

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