

Central Australia Chapter



Prostate Cancer Foundation of Australia

# PROSTATE SUPPORTER

Newsletter of the Prostate Cancer Support Groups of South Australia and Northern Territory

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

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

## PCFA obtains support from strong allies

The Federal Government and AFL have both recently pledged significant support for Prostate Cancer Foundation of Australia programs.

**I**N a significant win for prostate cancer support in Australia, the Federal Government announced in the May Budget that it will provide \$4 million over three years for Cancer Australia to support Prostate Cancer Foundation of Australia.

This welcome funding measure will help deliver a new support program for men with prostate cancer.

The funding will be used to develop support kits and self-management aids for those diagnosed with prostate

cancer, as well as providing information and support for families and carers.

This measure also provides seed funding to develop PCFA's support group network.

PCFA chief executive officer Dr Anthony Lowe extended his thanks, on behalf of the organisation, to David Gregory and Andrew Wilkie for their outstanding effort in obtaining this funding from the Government.



Photo by Matt Turner: Courtesy of The Advertiser

### AFL stars keep their eyes on the ball

• Port Adelaide Power captain Domenic Cassisi (left) and Adelaide Crows captain Nathan Van Berlo are not about to fumble this ball – because it represents an important new fundraising and promotional initiative for prostate cancer awareness. Working in conjunction with the AFL and PCFA, the Balls4Life program is auctioning match balls autographed by the winning team from every AFL game for the remainder of this season. For full details of this exciting SA-driven program, please see the report published on Page 12 of this newsletter.

• **CONTRIBUTIONS** from all Support Group members to the monthly Prostate Supporter newsletters are most welcome; please email items and images to Karyn Foster: [karynfoster@adam.com.au](mailto:karynfoster@adam.com.au)

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

## Prostate Cancer Action Group

# No stopping awareness events

## COMING EVENTS

**JUNE 14 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, June 14. Entry is via the rear stairway.

Please make a note on your calendar that the July meeting is on July 12.

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

## The Action Group continues its planning of prostate cancer awareness evenings, as Action Group member Jeff Roberts reports.

THE Action Group is continuing to work in conjunction with the Central Australia Chapter to arrange a strong prostate cancer group presence at regular awareness events, such as public awareness presentations, men's health events, Field Days, rural shows and fund-raising concerts.

The main purpose of this work is to spread information on prostate cancer as widely as possible throughout the community.

There is presently some delay to proposed awareness evenings at Port Lincoln and in Adelaide's western suburbs. In fact, a function in Port Lincoln may need to be delayed until early 2012, although we still intend to forge ahead. Other

events that are already planned to take place are:

- An initial Support Group meeting at Berri in June or July.
- Presenting a stall at the three-day Yorke Peninsula Field Days in Paskeville, held from September 27 to 29. This is South Australia's largest Field Days event with an expected attendance of about 50,000 people.
- A concert by the Adelaide Male Voice Choir to raise funds for prostate cancer. Efforts are currently being made to confirm a venue, with a likely date in early October.
- Support group volunteers will be attending the Bordertown Show on Saturday, October 1, helping to spread prostate

cancer awareness with an information stall.

The Action Group is even looking forward to 2012, with an accommodation booking having been made for the South East Field Days at Lucindale on March 16 and 17.

It was pleasing to see Action Group members join with several other Support Group people in attending a Men's Health & Well Being Forum at the Adelaide Entertainment Centre on May 28 (see more details in the Adelaide support group report on Page 5 of this newsletter).

We would be delighted to see new members joining the Action Group – and as you can see from the above event details, you certainly won't be bored.

## Barossa Prostate Cancer Support Group

# Members inspired by informative DVDs

THE Barossa Valley Prostate Cancer Support Group recently received a series of informative DVDs about prostate cancer and related men's health issues from PCFA. After viewing the Men's Health Seminar and Rural Health DVDs, group member Robert forwarded this glowing review.

"I found both of these DVDs extremely interesting, being a survivor of prostate cancer 12 years ago," says Robert.

"Back then, in 1999, very little information was accessible

about the follow-up health issues of my radiation therapy and its side effects – namely a bleeding bowel and erectile dysfunction. These two DVDs give especially good insight into erectile dysfunction.

"Sydney Adventist Hospital prostate cancer support group leaders David and Pam Sandoe give some very good advice, relating experiences and help for couples to cope with life after prostate treatments.

"The CD featuring the ABC's Life Matters talkback forum was very informative, as it

brought out into the open many real-life problems and experiences from callers.

"These issues were ably handled by the panel of doctors – and especially by Bettina Arndt, who has had many years' experience in sex

therapies for women, and is now concentrating on men and their partners. Her injection of humour into the topic is well received, and will help to relax any man who is feeling awkward about discussing this subject."

## COMING EVENT JUNE 21 MEETING

- The next meeting of the Barossa Valley Prostate Support Group will be at the home of group president Don Piro, who lives at 28 Kinder Ave, Nuriootpa, from 2pm to 4pm on Tuesday June 21.
- Please contact group coordinator Don Piro for further information on 8562 3359 or 0419 863 124.

## McLaren Districts Prostate Cancer Support Group

# How do your investments get put to work in the market?

McLaren Districts support group members were treated to a brief look into the complicated world of finance and the stock market. McLaren group president Bryan Hearn reports.

It can be a great puzzle understanding the complex work of high finance and economics, which is why support group members benefited greatly from a very thorough explanation of the financial market during the McLaren Districts group's May meeting.

This very informative presentation was delivered by Russell Skinner from the Goolwa office of Retireinvest, one of Australia's largest financial planning and investment advisory companies, with more than 100 offices around the country.

Our guest speaker should have been Bruce Hale from Retireinvest's McLaren Vale office, but unfortunately he was involved in a serious car accident a few days previously. We wish Bruce a speedy recovery to full health.

We also greatly thank Russell for generously stepping in as a last-minute replacement speaker.

Russell commenced his presentation with a brief overview of the Stock Exchange and how it works in Australia. About eight million individuals or groups throughout Australia directly involve themselves or engage a broker to buy and sell stocks and shares.

In 1997, the stock exchange became "demutualised" and came under private ownership. It now operates just like any other business with an eye to making a

### COMING EVENT THURSDAY JUNE 23

- The McLaren Districts group will next meet on **Thursday June 23** 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 Peter Collin from The Chocolate Box in McLaren Vale. Peter will be talking about the history of chocolate and will also be reciting some bush poetry that he has written.



profit for its shareholders and directors.

Stock prices can be affected by a whole range of things, including demand, general economic conditions and even extreme weather events.

Stocks can be bought and sold in many different ways – though about 95 per cent of first-time investors fail if they attempt to conduct their own portfolio without

some professional assistance or input from a mentor.

We discussed the proposed merger or take over of the Australian Stock Exchange by the Singapore Stock Exchange and generally agreed it would not be a good thing for a foreign interest to become part owner of our stock exchange.

We entered into considerable discussion about the global financial crash in 2008 and the origins of the term "bankster". It was interesting to learn that the FBI had been warning the US government for some time about the pending financial disaster, yet nothing was done. A lack of relevant regulation was available under which the government could act.

As Australia has much stricter regulations in place, we avoided having similar consequences to the crash in the US. Attempts are now being made in the US to put in place much stricter regulations that will hopefully prevent a similar occurrence of economic meltdown in the future.

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

An elderly man wobbling along the footpath as he walks is stopped by the police around 1am and asked where he is going at such a time of night. The man replies: "I am going to a lecture about alcohol abuse and the effects it has on the human body". The police officers are mightily surprised. "Really? And who is giving that lecture at this time of night?" The man replies: "My wife."

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or visit the website [www.prostate.org.au](http://www.prostate.org.au)

## Meet the people within the family of Support Groups

# Prepared to take the chair so the support network survives

As chairman of the Central Australia Chapter Council, Malcolm Ellis leads a strong team of volunteers dedicated to maintaining a solid network of support groups.

**M**Y involvement in PCFA support groups stemmed from wanting to ensure that this very valuable network remained strong, visible and thriving in the community.

In 2006, the former association of South Australian prostate cancer support groups appeared in danger of collapsing. At a very poorly attended meeting in the Oxford Hotel, I volunteered to serve as chair. It needed someone to step up or the whole thing looked as though it was going to die. There was no way I was going to let that happen – but I really didn't know what I had got myself into.

Within 18 months, the association had reshaped as a new PCFA Chapter, and had also grown stronger. I volunteered to become the first chairman of the Chapter, and continue to hold that position – along with being the deputy chair of the SAC. In this time, we have seen the number of support groups in SA and NT grow significantly – and I'd like to see it reach 20 groups by the time I eventually step down from the Council.

I've thoroughly enjoyed my involvement with the support groups, and have been greatly rewarded by the wonderful people I've met. What we have achieved has only been through the efforts of the entire team, and I'd say they are the



**A very proud Malcolm Ellis with his great-granddaughters, Ellaa and Sarah.**

best group of men I've ever worked with.

I was born at Loxton in the Riverland in April 1939. Dad worked for South Australian Railways, which meant we moved around a lot. We lived in Terowie, Mannahill, Cockburn, Peterborough, Laura and Jamestown in the mid-north, Murray Bridge and Karoonda in the Mallee, and Poochera and Rudall on the west coast.

For two years I attended Marist Brothers' College in Mt Gambier, now known as Tennison Woods College. This proved especially significant for me when a prostate cancer awareness night in Mt Gambier, held at my former school, resulted in the formation of

the Limestone Coast Prostate Cancer Support Group.

My working life began with the SA Railways in Jamestown, then I was transferred to Adelaide Station when my parents moved to the city and Dad became station master at Mitcham. At the age of 18, I began work as a motor mechanic, then in 1960, I began three years in the army (CMF). I later served three years in the RAAF as a fireman, followed by a year stationed at Woomera, also as a fireman. I have also worked in many other different industries, including mining, transport, construction and factory work.

Being an avid cricketer, it was a blow when my cricket

playing was cut short after a serious motorbike crash, but I did enjoy 13 years as a cricket umpire, both in NSW and SA, and have coached and umpired school cricket teams.

In 1995, my father was diagnosed with prostate cancer; it was very advanced and he died two and a half years later. Because of this, my GP kept a careful watch on my health and did PSA tests. I was subsequently sent off to a urologist in 2005 when my regular PSA test came back with questionable results.

I had regular three-monthly blood tests for the next year, until suddenly the PSA reading doubled within three months.

Only four months later – after talking with my specialists, researching on the Internet and attending a support group meeting – I was in hospital having a radical prostatectomy.

The operation went well and I was soon home with very few side effects. However, about three years later the PSA levels began increasing again and we decided that radiation therapy was the best option.

Nowadays my work with PCFA and prostate cancer support groups is extremely rewarding but one of my main joys is spending time with my wife Beverley, kids, grandkids, great-grandkids – and Baxter, the dog!

## Prostate Cancer Support and Awareness: ADELAIDE GROUP

# Answering personal questions

Peer support remains an important aspect of the Adelaide support group's activities, as chairman Jeff Roberts reports.

THE May meeting of the Adelaide support group was a general discussion evening among members. These are very important types of meetings, as peer support should remain the main focus for prostate cancer support groups.

While the number in attendance was small, two new people were welcomed. Chairman Jeff decided on a variation of the format normally used and posed the following questions to each member (and their partners) on various stages of their cancer journey:

- Prior to diagnosis – had you been tested?
- What was your reaction to diagnosis, and your partner's reaction?
- Were you able to make an informed decision on treatment?
- What was the result of treatment?
- What is your current situation?



The crowd queue to enter the engaging forum on men's health at the Adelaide Entertainment Centre.

Despite the small number participating, this type of discussion seemed to work quite well and is recommended to other groups at similar meetings.

#### FASCINATING FORUM

IAN and Pam Fisk were unable to attend the May meeting, as they were on Norfolk Island, although Ian and several other SA support group members attended a forum on Saturday May 28 that addressed the topic: "What do you think about men's health and wellbeing?"

The forum was jointly hosted by University of South Australia, SA Health and Health Consumers Alliance of SA.

This was a wonderful opportunity for all to express their views on the topic, with enlightened input from men and women across a range of ages, ethnic backgrounds and health experiences.

It was therefore a good opportunity for prostate cancer survivors to push our barrow, asking for more to be done in our specific area of interest!

#### COMING EVENTS

**JUNE 20 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 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](http://www.psaadelaide.org) or contact Ian Fisk by phoning 8296 3350, or send email to [info@psaadelaide.org](mailto:info@psaadelaide.org)

## Murray Bridge Prostate Cancer Support Group

• **THE MURRAY BRIDGE** support group's May meeting involved a general discussion session. This proved so beneficial that it has been decided to hold this type of activity from time to time, to enable members to share their experiences with the rest of the group.

• **FUTURE ACTIVITIES:** 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.

Guest speakers, mostly from the local community, have been arranged for much of this year's program, with Barry Laubsch delivering a travel talk on June 15.

July 20: Cornelius van Dalen, homeopathy.

August 17: Nikola Thompson, diabetic nurse.

September 21: Blake Crossley, pharmacist.

October 19: To be advised.

November 16: Wendy Hall, dementia community educator.

- For further support group details, contact Trevor Muirhead (8569 1342) or Richard Parsons (8531 1021).

# Exchange of information to assist GPs and patients

A full Chapter Council agenda included details about how data from prostate cancer patients is collected and processed, as council secretary Bryan Hearn reports.

THE Central Australia Chapter Council meeting in the Arkaba Hotel on May 19 featured a large array of guests and observers, including PCFA's Graeme Higgs, SAC chairman David Gregory, Tina Gibson from Cancer Council SA, Karyn Foster – and even Terry O'Brien from the Whyalla support group, who called in for a short time on his way home from travels to Indonesia.

Dr Carole Pinnock AM was a special guest at the meeting and delivered a very informative presentation on Prostate Cancer Clinical Outcomes Collaboration. This explained how data from prostate cancer patients is collected and processed. Members were shown exactly what information could be provided to GPs relating to any particular patient, with this extract providing information relative to initial diagnosis, treatment undertaken and subsequent test results.

## ORGANISATION RESTRUCTURE

CONSIDERATION is being given to an overall restructure of PCFA from the National Board down. Group conveners were recently asked to comment on a proposed restructure of the Support and Advocacy Committee, although no information has been provided about other areas for restructure. Many staff positions within PCFA have new appointees and it will take time for them to become familiar with all details of their new roles, leading to some processing delays. However, things will improve swiftly and ultimately we will all benefit from these changes.

## REACHING CLOSURE

WINDING UP the previous association has been on the chapter council's agenda almost since the inception of the chapter. For a whole range of reasons this hasn't



**Dr Carole Pinnock**

yet occurred but a meeting has been convened on July 21 so that the necessary action will hopefully be taken by those responsible to end the former association.

## STORAGE UNIT

ALL GROUPS are reminded that the Central Australia Chapter now rents a storage unit, in which any surplus prostate cancer support group equipment and brochures can be stored. Any support group wishing to utilise this facility should contact any of the four key holders – Malcolm Ellis, Jeff Roberts, John Baulderstone or John Shields – to make the necessary arrangements.

The Central Australia Chapter has recently been supplied with a large number of PCFA funeral donation envelopes. These are stored in this unit and are readily available for use by all groups. It is suggested that approaches be made by support groups to local funeral homes to help publicise this fact.

## CANCER COUNCIL SUPPORT

TINA Gibson from Cancer Council SA addressed the meeting and provided details of her role within that organisation. She is working closely with the Action Group in establishing new groups and it is clear

that a determined effort is being made to establish a closer working relationship between Cancer Council SA and members of the Central Australia Chapter.

## NEW CONFERENCE DATES

SUPPORT group members should note that the date of this year's Chapter Conference has now been deferred to November 18 and 19, and will be preceded by the Chapter Council meeting on November 17.

As part of the conference, the Chapter AGM will be held during which three council vacancies will need to be filled. All members of support groups are eligible to nominate before the September 16 deadline. Remember that wives and partners are considered support group members and encouraged to nominate.

## HOSPITAL VISITOR OFFER

ALL groups – and especially rural groups – should remember that if a group member is attending Adelaide for treatment, they can contact John Baulderstone with their details and arrangements can be made for visits from local group members during their stay, should they be requested.

Similarly, if any members from Alice Springs, Katherine or anywhere else in Northern Territory are attending Darwin for treatment, please inform Keith Williams so that a visit from support group members can be arranged, should it be requested.

## NEW COMMUNICATION HUB

PLANS are underway to introduce a new PCFA communication hub. This is now being tested by a small number of members. Once it is fully operational, it will provide access to lots of information including meeting minutes and magazines.

# Expert takes members right to the heart of the matter

Alice Springs support group members were presented with a valuable overview to understanding our most precious organ – the heart. Murray Neck reports.

**G**LYNIS Cacavas, a cardiac educator with Healthy Living NT, based in Alice Springs, emphasises that the more we know about the miraculous working of the cardio vascular system, the better we will be able to grasp why it is so crucial to our very existence.

As guest speaker at the Alice Springs Support Group's May meeting, Glynis gave an easy-to-absorb illustrated PowerPoint address so that a very attentive audience could grasp specific detail of this important subject.

## CIRCULATION

THE HEART is a muscle whose function is to pump blood to all parts of the body. It is fed by its own blood supply from the coronary arteries, receiving oxygenated blood from the lungs into the left side of the heart that is then pumped around the body in red blood vessels (arteries) to trillions of minute cells.

It is here that oxygen and nutrients are swapped for carbon dioxide and waste products. The de-oxygenated blood is then returned to the right side of the heart, to be pumped back to the lungs to pick up more oxygen – and thus the cycle starts again.

The blood is normally pumped through the body at approximately 5 litres per minute, which equates to an amazing 7000 litres each day.

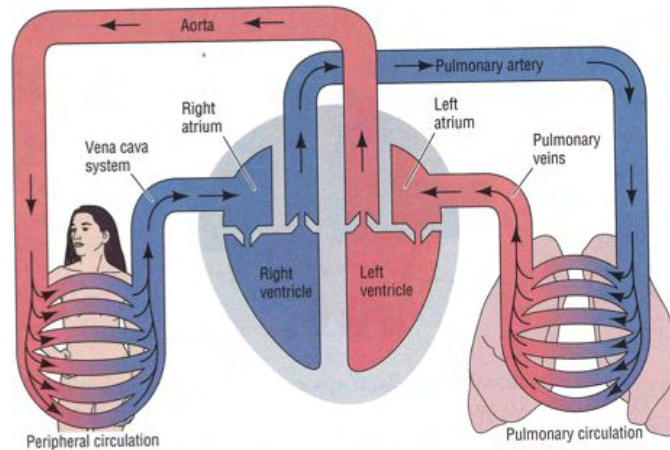


Figure 1-4: The heart as a pump.

A diagram from Garcia and Holtz depicting the blood flow of the heart and circulatory system.

## IDENTIFYING PROBLEMS

TROUBLES occur when fatty deposits travelling in the blood form plaque, which accumulates in the lining of the coronary arteries. Gradual plaque build-up results in restriction of the arteries and can compromise blood supply to the heart.

First symptoms of this may present as a temporary pain or discomfort, usually in the chest. If build-up continues, the problem develops into angina. This is indicated by tightness or discomfort in the chest that may go up to the neck, jaw and down the arms.

It can also cause shortness of breath, tiredness, dizziness, nausea, sweating, anxiety and palpitations. Physical exertion can exacerbate the situation, which is usually relieved by rest. Medication, in the form

of angina tablets or a GTN spray, may be needed as well.

A heart attack occurs when the plaque build-up or a blood clot almost completely blocks the blood flow in the coronary artery, causing damage to part of the heart muscle.

These symptoms are usually more severe than the pain or discomfort of angina. This is called a heart attack and can be confirmed by the person's history of symptoms, a blood test and an ECG.

## RISK FACTORS

SOME heart illness risk factors we cannot change, such as gender, family history and age. However, many other contributing factors can be attributed to lifestyle – smoking, cholesterol levels, high blood pressure, excessive weight, diabetes, physical inactivity, social isolation and

## COMING EVENTS

**JUNE MEETING:**  
The Alice Springs Prostate Cancer Support Group will meet on Thursday June 9 from 6.30pm to 8pm in the conference room of General Practice Network NT, Skinner St, Alice Springs. A guest speaker will talk on National Seniors Australia.

depression. It is within our power to change all of these.

Help is available in our communities, and in Prostate Cancer Support Groups. Do not delay seeking help from your GP or cardiologist if you have one, even if you feel you only have mild symptoms. Blood pressure, cholesterol and diabetes levels should be checked regularly, even if we presume we are in good health. Some of these just sneak up on us.

If you think you are too old, too lazy, or can't be bothered with kicking your bad habits, then think again. Healthy Living NT provides free education across NT for people with cardiac or diabetes conditions. The Alice Springs clinic can be accessed by phoning 8952 8000.

## City of Onkaparinga Prostate Cancer Support Group

# Time to learn from women

The role of women in prostate cancer support tends to be undervalued, although it's time to change recognition of their views and insights, as Onkaparinga's John Shields reports.

THE DVD *Men's Business Revealed*, provided recently by PCFA, was screened at the most recent City of Onkaparinga support group meeting, and it lived up to its name – providing a very revealing expose on sensitive men's health issues.

Although few in numbers at this meeting, the attending members had a good meeting and there was plenty of enthusiastic conversation before and after the DVD screening.

I would recommend this DVD to all people who are interested in Men's Health. The support group will be looking at the other two DVDs sent recently by PCFA at our July meeting.

## FORUM REPORTS ARE NOW AVAILABLE

THE RECENT forum "What Do You Think About Men's Health and Wellbeing?", held on May 28 in the Star Room at Adelaide Entertainment Centre attracted about 150 people, although I would have liked to see a bigger representation of ladies.

I know from personal

experience that ladies are not backward in coming forward when it comes to talking about Men's Health. Women spend a lot more time talking about their own and their families' health, and they often have a different perspective to men.

Perhaps organisers could arrange a day of only ladies talking about Men's Health and Wellbeing. It would be very interesting to compare the notes.

At the forum, a big team of people worked feverishly at recording every detail of the proceedings and a 17-page report was provided to us immediately after the last session of the day.

I will have some copies available at the support group's next meeting.

This report needs to be read by all of our members and friends, as well as our political leaders and all who are involved in our health care system.

The forum is a national research project looking to see if a particular meeting style (called deliberative democracy) is a useful way to listen to the views of people in the community.

The forum aimed to:

- Seek community views about men's health and wellbeing.
- Explore how health services for men can be improved.
- Provide a comfortable and safe space for people to talk about men's health.
- Research how a meeting style called "21st Century Town Hall Meeting" works.

The diversity of answers provided during the forum, which are reflected in the report, shows that this was definitely a very worthwhile exercise.

## WOMEN'S OPINIONS

ALL the matters mentioned in the excellent paper *Women Living With Prostate Cancer* are very important, and must not be ignored – though when I tried to introduce this to our support group back in April 1997, there was no interest in the concept whatsoever.

Perhaps each Chapter can conduct an in-depth survey of all members – male and female – to obtain a realistic response that we can include in our guidelines.

This would be a good topic to

## COMING EVENT

### JULY MEETING:

The next City of Onkaparinga Prostate Cancer Support Group meeting will be at 6.30pm on Wednesday, July 6, held in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga.

• For more information, visit the City of Onkaparinga Support Group's website at [www.pcsog.org](http://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.**

include on the agenda for our next Chapter Council meeting. Chapter Chairman, Malcolm Ellis, has already asked ladies to consider nominating to the Council to enable them to participate more actively in the meetings instead of being observers only.

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

• CONVERSATIONS at a computer phone-in help centre can stretch the patience of even the most mild-mannered computer operator...

*Tech Support:* I need you to right-click

on the Open Desktop. *Customer:* OK.

*Tech Support:* Did you get a pop-up menu? *Customer:* No.

*Tech Support:* Right-click again. Do you see a pop-up menu? *Customer:* No.

*Tech Support:* Can you tell me what you have done up until this point?

*Customer:* Sure. You told me to write click and so I typed out the letters – "c-l-i-c-k".



## Prosper Darwin Prostate Cancer Support Group



**KATHERINE CALLING:** (From left) Queensland travellers Cynthia and Graham Bryce with Katherine's Don Lockley, Keith and Pat Williams from Darwin at the Katherine public meeting. A good turn out enjoyed a very informative talk from Darwin-based radiation therapist Gian Kar - followed by a nice supper.

# A trip to Katherine proves that support is appreciated

Reaching out into areas far from the capital cities is vitally important in promoting prostate cancer support, as Prosper Darwin group convenor Keith Williams reports.

IT DIDN'T take long for the holiday gloss to rub off under the pressure of a rather busy month. For the Prosper Darwin support group's May meeting, Jill Naylor from the NT Cancer Council was our very interesting guest speaker. Jill talked about her very positive and enjoyable experience at the Chapter's AGM and Conference last year, saying that she had learnt a lot from the various guest speakers, and also through all the people she was able to mix with during non-meeting times.

Jill expressed a determination to forge even closer relations with our support group, and aims to investigate the possibility of the NT Cancer Council's psychologist to attending one of our group meetings as a guest speaker.

Interestingly, Jill says she has been quite inspired by the session on training

### COMING EVENT

**The Prosper Darwin support 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.**

opportunities in Victoria for specialist prostate cancer nurses, and that she was seriously looking at doing this course next year, hoping to move into active work as a prostate cancer nurse in the future.

I headed to Adelaide during the month for the regular Chapter Council meeting, which is always good value.

Our Queensland guests Graeme and Cynthia are still in town, having endured an accident on the way to Kakadu – from which they escaped unharmed, but their car and caravan were badly damaged. We all went to Katherine for a prostate cancer public awareness

meeting, which although was small numerically, had an encouraging response from those who attended.

Interestingly, we met another Queensland couple there who had been on a round-Australia tour but happily decided to remain in Katherine for the past 18 months – until the husband was recently diagnosed with prostate cancer, and is now due to go to Adelaide for treatment (he has family there). Therefore, the presentation in Katherine from Chief Radiation Therapist Giam Kar of NT Radiation Oncology was full of valuable information for them.

I firmly believe that it is important that we should be

able to support existing but battling small groups such as Katherine, and am very grateful to all those people in the Central Australia Chapter and the national scene, who make it possible.

Our support group secretary Graeme T is also off to Adelaide soon, but for heart surgery and not further prostate cancer challenges. We wish both Graeme and Chris a trouble free operation and rapid recovery.

Here's another example of the value of our support groups' regional and national networks. A call was put out from an SA group, which had a member facing the prospect of a clinical trial involving chemotherapy. I was able to link him with one of our members who had had chemo, and who talked with him from his palliative care hospice bed. So many, when asked, are more than willing to help.

## Mitcham Prostate Cancer Support Group

# A crash course on road safety for the years ahead

Having an automobile accident is all too common – and senior drivers are as high a statistical risk as young drivers. Mitcham support group joint-chairman Roland Harris reports.

THE Mitcham support group put aside medical matters for a while during its May meeting to discuss a topic dear to us all – motoring. Anna Woods from the Royal Automobile Association was our guest speaker, explaining that more than 580,000 South Australians have access to an Australia-wide road service fleet. It means we can rest easily, knowing we are covered no matter where we are, 24/7, depending on our level of RAA membership.

The mood for the night was set by a 1950s Goofy cartoon titled *Motor Mania*, in which Mr Walker is a kindly pedestrian who changes personality when he starts his car and becomes Mr Wheeler, the motorist. It only ran for seven minutes but showed how our baser instincts can take over in the anonymity of a steel and glass projectile. Of course none of these bad motoring habits applied to the 24 RAA members present at the meeting, but Anna's presentation reminded us that the complexity of today's traffic, road rules, road safety and our fitness to cope with it all is a growing challenge.

Most of our group are aged 60-plus and prefer (or can only afford) older cars, which can have a significant bearing on our road safety. Anna showed us a comparative chart of fatality age groups in SA, and while we correctly



## COMING EVENT

### JUNE MEETING

**The Mitcham support group's next meeting will be held on Thursday June 23. 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. The meeting will be a discussion night on prostate cancer issues.**

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

presumed that young people feature high in these statistics, so does our age group. We are more fragile, are often on a mix of medications, and rely on the limited view from mirrors if unable to turn our heads to check blind spots in our field of road vision. Anna showed us a video about a Road Rules Quiz, where Bob excelled. (I've only had one

minor road bingle in over 40 years but did surprisingly poorly!)

Other short videos screened to the group covered ANCAP safety rating for vehicles, and how health awareness is vital if older drivers wish to continue sharing the roads. We also learned that 40 per cent of mature-age drivers give up before they need to.

Your GP can assist with the physical aspects of your driving capabilities and the RAA Car-Fit Program can adjust your car to your personal needs. Then, if all else fails, there is Public Transport!

Driving cars certainly poses a dilemma for some of our older male group members in particular, who trust their experience and defensive driving habits to survive in and enjoy our old cars from the 1920s through to the 1970s. Safety belts are often impractical to fit, and "airbags" tend to refer to our cross-ply tyres.

Since the talk, I purchased a \$10 soft-cover book titled *The Driver's Handbook* from a local RAA office, and within 156 pages it tells you what you need to know to survive on the roads. So watch out Bob at the next Road Rules Quiz!

Limestone Coast Prostate Cancer Support Group

# New support group sizzles with its big wine industry donation

The best way to celebrate the presentation of a big financial donation to PCFA – this time through a new support group – is with yet another barbecue, as Karyn Foster reports.

JUST when prostate cancer’s SA public relations queen Karyn Foster thought she had attended her last barbecue for a while, one more sausage sizzle was necessary to celebrate a wonderful \$10,000 donation by the Coonawarra Vignerons Association.

This special sizzle was held in the Coonawarra at Katnook Estate Winery. Karyn and members of the new Limestone Coast Prostate Cancer Support Group enjoyed beautiful sausages from celebrated local butcher David Meeks, with bread from the marvelous Windara Bakery – and of course a few glasses of Katnook Estate’s finest wines.

Brett Sharpe and members of the Coonawarra Vignerons Association presented PCFA with \$10,000 raised at the 2010 Coonawarra Barrel Series 13 Wine Auction. The Barrel Series Auction is an annual event falling within the Coonawarra Cabernet Celebrations, with the barrels of wine that are auctioned representing the “best of the best” Coonawarra Cabernet



(From left): Karyn Foster and Ben Sharpe present the substantial Coonawarra Vignerons Association donation, before PCFA supporters join in the celebration.

## 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.

from the previous year’s vintage. The net proceeds from the highest selling barrel are donated to charity.

The *Border Watch* newspaper and Win TV were present to cover the lunch, which was attended by locals including representatives from such wineries as Balnaves of Coonawarra, Redman Wines, Hollick Wines, Lindemans,

Rymill Coonawarra and Patrick of Coonawarra.

The Limestone Coast Support Group was represented by chairman Richard Harry and his wife Heather, secretary Jenny Hinze and her husband Graham, and group member Doug Redman.

Richard Harry said: “The Limestone Coast Group is relatively new but there

has been a lot of interest and we continue to grow. The recognition and the contribution by the Vignerons is just marvelous.”

Karyn Foster said: “I thought it was really important to mark the end of the Sausage Sizzle program with a bang – and the presentation of a \$10,000 cheque followed by a barbecue with Richard from the Limestone Coast support group wielding the tongs certainly did the trick.

“My thanks also go to Heather Harry and Jenny Hinze for their friendly welcome and support.”

## New Gawler Support Group

• The new Gawler Prostate Cancer Support Group will conduct its first awareness meeting and general discussion in the Gawler Community Services Day Centre, at 6.30pm on Wednesday June 22. Phil Davis has kindly offered to chair this meeting. For further details, phone health promotion facilitator Kylie Fotheringham on (08) 8521 2080.

## Port Pirie Support Group

• 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.

## MAJOR PROSTATE CANCER AWARENESS ACTIVITIES IN ADELAIDE

# Having the balls to raise more awareness for prostate cancer

Fundraising initiatives for Prostate Cancer are ramping up in SA. First it was the National Pharmacies Sausage Sizzle in April, then the Titanic event in May. Now Balls4Life, a new national footy fundraising project, has been developed in SA, as Karyn Foster reports.

**S**OUTH Australia's Scott Matthews and his wife Kelly Nestor - a news and political presenter - are the brains behind a fabulous new initiative called Balls4Life that has won the support of both the AFL and PCFA.

The idea behind Balls4Life is that AFL supporters can now bid for and buy a game day football signed by the winning team, with all proceeds going to Prostate Cancer Foundation of Australia, to support men's health and raise awareness.

Balls4Life auction the match balls of all AFL games at [www.balls4life.com.au](http://www.balls4life.com.au) after they have been signed by the winning teams.

The Balls4Life program began this year with the blockbuster clash between Geelong and Collingwood at the MCG on May 13. That ball from that top-of-the-table blockbuster match which Geelong won in a thriller fetched \$4500 - the highest amount yet paid for a ball in this program, and a major contributor towards the \$13,000 collected by the end of May.

AFL Chief Executive Officer Andrew Demetriou says the program will continue through the remainder of the 2011 season. "Balls4Life aims to change the attitude of Australian men to improve

early detection of illness," says Mr Demetriou.

Balls4Life founding director Scott Matthews says, "Men too often put the health of others before themselves. Balls4Life has been created to turn that thinking around."

Prostate Cancer Foundation of Australia CEO Dr Anthony Lowe is delighted by this new fundraising and awareness development with such an important, high-profile partner as the AFL, which has the undivided attention of PCFA's target male audience.



"The Balls4Life Foundation and the AFL are to be congratulated for recognising prostate cancer as an important men's health issue, and for creating this initiative," says Dr Lowe. "We look forward to many Australians getting involved and bidding on match balls."

• To place your bids for signed AFL match balls, visit the website [www.balls4life.com.au](http://www.balls4life.com.au)



**S**OUTH AUSTRALIA'S Biggest Sausage Sizzle proved to be a fantastic prostate cancer awareness event, held between April 7 and 10. National Pharmacies, SAFM, Channel 7 and a large proportion of the South Australian public raised almost \$30,000 towards prostate cancer research thanks to this new event.

It also helped promote men's health issues within the community, with more than \$80,000 worth of airtime for the appeal on Channel 7 and SAFM, coverage in the National Pharmacies' *Vital Health* magazine, on FiveAA, in *The Advertiser* and *Sunday Mail*, and National Pharmacies stores given over to huge promotional displays for more than a month.

Financial support was also forthcoming from major National Pharmacies suppliers including Blackmores, Key Pharmaceuticals, Reckitt Benckiser, GlaxoSmithKline (Panedol Rapid) and Pitzner (Centrum). Promotion by third-party groups included Master Butchers Co-op, Australian Meat Industry Council, EJ Whitten Foundation, Henry Bucks, Bike SA, Everwright Tropics, Honeyweb, Exclusive Ticketing Company and American Chamber of Commerce.

Donation of stock by Schweppes, Bakers Delight, Mushroom Growers Association, Barossa Fine Foods and Slape Butchers was vital to the success of our Sausage Sizzle and helped make the project memorable and profitable. It's marvelous to be able to count on such great local businesses and organisations.

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