

Central Australia Chapter



Prostate Cancer Foundation of Australia

PROSTATE SUPPORTER

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

www.prostate.org.au

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The chapter prepares for important conference

THE Central Australia Chapter will conduct its third annual conference at the Arkaba Hotel in Adelaide on November 18 and 19. The event will be opened on the morning of the 18th by South Australia's shadow minister for health, Dr Duncan McFetridge.

The conference will feature workshop sessions and presentations on oncology, palliative care and other crucial health issues, although more time will be allocated for group interaction between the attending delegates, so that they can get to know each other better and foster greater interaction between support groups.

The conference will be preceded by a meeting of the existing chapter council on November 17.

Conference presentations and training sessions will be followed by the chapter's annual general meeting and

council elections, and chapter chairman Malcolm Ellis is especially pleased that the election for councillors has attracted more nominees than available council positions.

This is the first time that contested elections for these positions will occur – which is a good sign that interest and participation in support group activities is especially high.

A good example of this was the strong show of support from volunteers to attend the 2011 Yorke Peninsula Field Days at Paskeville, from September 27 to 29.

Twenty two support group people (some working on more than one day) manned the site, handing out a large range of promotional items, with carry bags helping us to distribute about 3500 brochures to interested members of the public.

Support group members also reported that they had many interesting discussions with

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



Bob Robinson and Bryan Hearn on hand at the PCFA information stall at the Yorke Peninsula Field Days, with Malcolm Curtis on the other side of the table.

people attending. Malcolm Ellis was pleased that the prostate awareness message seems to be having an effect at this event. He estimates that only about 4 per cent people were aware of prostate cancer when PCFA first attended, but he now believes at least 30 per cent of people at the Field Days this year had some recognition of prostate cancer.

Even with anecdotal evidence such as this, it's evident that these type of events are an excellent way of promoting prostate cancer awareness.

Please note that the next Action Group meeting will be held on Tuesday, October 11 at the Cancer Council SA building, 202 Greenhill Rd, Eastwood, at 5.30pm.

• **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

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

City of Onkaparinga Prostate Cancer Support Group

Local supporter leaves a big legacy for research progress

It was heartwarming to learn that the late Brian Newell's trust is providing crucial research equipment, as Onkaparinga support group chairman John Shields reports.

THANKS to two major donations, a new highly sensitive instrument is helping two different groups of researchers find revolutionary new means of testing and preventing prostate cancer – and has been instrumental in making this possible.

Southern Health news reports that the equipment – a new \$62,500 Corbett Rotor-Gene 6000, which is used to precisely measure how many times a particular DNA sequence or gene is present in a sample – has been funded by the Brian and Maxine Newell Foundation for Prostate Cancer Research, in addition to a donation from Smiling for Smiddy.

The purchase of the equipment was enabled by a \$31,000 donation from the Newell Foundation, which has been a long-time supporter of prostate cancer research at Flinders Medical Centre, in memory of the late Brian Newell.

(Several members of the City of Onkaparinga Prostate Cancer Support Group attended Brian Newell's funeral in November 2003, which was reported in the group's very first Newsletter. This report can be found online at www.pcsog.org)

Associate Professor Pam

Sykes and her team at Flinders Medical Centre will use the Rotor-Gene machinery to determine whether this research can specifically benefit prostate cancer. This will happen through measuring the genetic changes in prostate cancer-prone mice after they are exposed to low doses of radiation.

The research team hopes to show that low doses of radiation can kill pre-tumour prostate cells and therefore prevent cancer from forming, in addition to, or in replacement of, androgen ablation therapy.

NEW AMBASSADORS PRESENTATION

AT THE support group's September meeting, before a group of 15 supporters, Central Australia Chapter Chairman Malcolm Ellis presented details of the new Ambassador Speakers Program, which appears to be much more focused on prostate cancer than its predecessor.

Beyond this report, Malcolm gave an interesting and informative talk about prostate cancer, its treatment options and side effects. Members certainly enjoyed the opportunity to ask questions during the presentation, and I feel this would be a very advantageous presentation for any support group.

If you know of a group that would benefit from a presentation such as this, please ask them to get in touch with Malcolm.

BARBECUE SUCCESS

Once again, the support group staged a successful barbecue at the Noarlunga Bunnings store on Saturday, September 3, and our sincere thanks go to all who responded to our call for help that has made this an excellent fundraiser for our support group.

City of Onkaparinga Mayor Lorraine Rosenberg was a big help by slicing a good supply of onions for us, and our sincere thanks go out to her. Our head man, Peter, had the onerous task of erecting the gazebo but proved that he was the right man for the job.

Special thanks go to Peter and Sybil for helping to raise \$189.40 by selling our blue pins. Thanks for contributions on the day also go to Malcolm, Beverley, Phyllis, Norman, Ian, Cathy, Rhett, Jordan, Shane, Colin and Gina. Everyone's combined efforts helped us to raise \$1268.

Some more good news is that Bunnings plans to build another store in Seaford, and this will reduce the demand on the Noarlunga store from groups wanting to have a fundraising barbecue – and this should also assist the

COMING EVENT

NOVEMBER MEETING:

The next City of Onkaparinga Prostate Cancer Support Group meeting will be at 6.30pm on Wednesday, November 2, held in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga.

- For more information about meetings and coming events, visit the City of Onkaparinga Support Group's website at www.pcsog.org

- Special thanks go to our support group's generous 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.**

McLaren Districts Support Group to have its own annual fundraiser.

Our local Commonwealth Bank branch has also held a barbecue to raise funds for prostate cancer.

McLaren Districts Prostate Cancer Support Group

Simple, frank discussions steer group on right track

A forum discussion – even among a small number of participants – produces unexpected benefits, as McLaren Districts support group president Bryan Hearn reports.

FOLLOWING the McLaren Districts Prostate Cancer Support Group meeting in August, I informed members that no guest speaker had been organised for our September meeting, so we resolved to try something different. It was agreed by all present that we would have a “round table forum” with all members contributing.

This was readily agreed to by all present, but as I was on the Gold Coast for a training course, letters informing members of the meeting went out a week later than usual.

Our September 22 meeting was held at our regular venue, but to my disappointment only

COMING EVENT THURSDAY OCTOBER 27
• The McLaren Districts group will next meet on **Thursday October 27** at 7pm in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale.

four other members arrived for the forum. Apologies had been received from another four regular group attendees.

The members present decided to hold our forum as planned – and I can report that it turned out to be one of the best nights the group has had since its inception four years ago.

Between us, we discussed a whole raft of topics, including the history of our working lives, family histories and the different homes and locations where we had lived.

Of course we also spent time discussing our various medical conditions, treatments and outcomes.

Our normal meetings commence at 7pm and generally most members have left by about 8.30pm – but on this particular night we were still chatting away at 8.45pm, and nobody could explain where the time had gone.

Our discussions were frank and open, and I’m sure we all learnt quite a bit about each other that we had no idea

about before this evening. I’m sure we now all have a certain degree of additional respect for each other as a result of the frank exchange during this forum.

My thanks go to the support group members who attended and made this evening the success that it was.

To those who couldn’t make it, I urge you to attend at the next forum meeting that we hold, as I can assure you we will be doing this type of event again.

Valuable Victor Harbor Rotary donation

DAVID Baker, one of the principles of leading Adelaide firm Baker Young Stockbrokers, is also a PCFA Ambassador and recently donated his time to visit Victor Harbor and deliver a talk about prostate cancer for the Rotary Club of Victor Harbor.

It was especially appropriate that this occasion, designed to raise awareness about the disease and current treatments, prompted the generous Rotarians at the meeting to then make a

donation of \$500 to PCFA, which will aid research into prostate cancer. The photograph at left shows Rotary Club of Victor Harbor chairman David Kelsey, David Baker and club president Graham Ewens, presenting the cheque.

The bottom photo shows Neville Willis, secretary John Cunningham, president Graham Ewens and David Baker sharing an amusing moment while answering some questions from the audience.



Meet the people within PCFA

Presenting the three-year plan to aid support groups

John Friedsam, the new Manager Support Groups, offers this greeting and update to everyone in PCFA's network of support groups in the Central Australia Chapter.

DURING my initial six weeks with PCFA, I travelled around the country to meet many of the chapter councils and, where logistically possible, stopped to visit a few support groups, to get a sense of how these groups are operating across the country.

On September 15 and 16, I had the great pleasure of meeting with the Central Australia Chapter Council, along with the Mount Gambier Prostate Cancer Support Group in Mount Gambier.

I would like to extend a big thank you to the chapter councillors and the Mount Gambier support group members for such a warm welcome.

After speaking with many group leaders and chapter councillors across the country, I have been asked to share a bit more about my background and vision for where we are going.

As was mentioned in a recent PCFA newsletter, *Prostate News*, I came to Australia in 2001 from the US to pursue study in applied psychology (counselling) and my flatmate – and long-time friend – soon became my wife, and I have been here ever since. Yes, another story of an Aussie and a Yank getting hitched.

We have settled in Sydney, have a daughter, two dogs and



"In my work, I am passionate about supportive care in oncology and have concentrated on cancer communications, group work and the management of supportive care service delivery programs."

John Friedsam, PCFA Manager Support Groups

two cats – in other words, a full house.

In my work, I am passionate about supportive care in oncology and have concentrated on cancer communications, group work and the management of supportive care service delivery programs.

Support Groups are, arguably, one of the largest providers

of psycho-social supportive care delivery hours for men diagnosed with prostate cancer – as well as their partners, families and friends.

Therefore, support groups can and do have a very important role to play in the overall suite of services for anyone affected by prostate cancer.

Just as in any company,

the overall success of a group is strongly attributed to the leadership – a fact supported by research. Hence, we are moving to a new phase to help bring support and training to group leaders in PCFA-affiliated groups across the country.

Better support, resources and information for group leaders results in better support, resources and information for all the men, women and children affected by this disease – and that's what we are all here for!

We are fortunate to have received very generous three-year funding from Cancer Australia to assist us better support the existing network of PCFA support groups, and to strategically grow this network throughout the country.

In the first year, we will be doing a lot of work behind the scenes, developing training packages and resources; by year two (July 2012 to June 2013), we will be able to start rolling these out, although you should start seeing signs of improved service delivery in year one.

I look forward to working with all of you over the coming years as we embark together on this exciting journey to foster and improve PCFA's important support group network around Australia.

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Paul's journey continues - across Europe by bicycle

Anything's possible for prostate cancer survivors with a sense of adventure and filled with determination, as Ian Fisk reports.

PAUL Ferrett, a long-time member of the Adelaide Prostate Cancer Support Group, gave a presentation at our September meeting, showing photos of his 35-day cycling trip to Germany and France in May/June 2010. Unfortunately numbers were down on the evening due to four regulars not being there – though at least Pam looked after the rest of us with name tags and supper. Thanks Pam.

The presentation was especially interesting to me as I knew all of the cyclists that took part on Paul's trip, having been on a few local and interstate rides with them in the past.

Paul originally sent me two lines summarising the trip, but then backed it up with a 14-page diary written by one of the tour members!

In summary, they flew from Adelaide to Frankfurt via Singapore on the way over to Europe, and departed from Paris on the way back.

They all took their bikes with them. These were fold-up models, 'Bike Fridays' and imitations. They also took panniers, tents, sleeping bags, mattresses, tools, cooking implements and a vast collection of other things necessary to sustain them on their journey.

There was no support vehicle so they had to carry everything they needed. Most evenings



Adelaide support group presenter Paul Ferrett with some of the gear he carried on his bike around France, including his tent, sleeping bag and stove.

were spent in camping grounds.

Some of the places they visited included Frankfurt, Mainz (home of the Gottenburg printing press), Worms, Ruizheim, Seltz, Strasbough, Colmar, Besancon, Dole, Chagny, Cluny, Chattillon, Charavines, Vizille and finally Bourg D'Oisans.

Paul showed us many of his and his cycling colleagues' photos (via computer and video projector).

They rode on the many bike tracks and back roads available in Germany and France, keeping away from major roads and busy town centres. His diagnosis of prostate cancer certainly has not slowed Paul down.

It was a terrific, inspiring presentation, for which we

thank Paul greatly for sharing the trip with us.

ANOTHER SUCCESSFUL EVENT AT BUNNINGS

THANKS go to our group members – Carl Hopkins, Paul Ferrett, Jeff Roberts, Pat and Julian Delpin and Ian Fisk – who came to the Bunnings barbecue on September 2 at Mile End.

It was another great success, as all the sausages, onions and most of the drinks went – in addition to a lot of information about prostate cancer being passed on to customers visiting the stall.

The amount raised is not yet known. We pass on special thanks to Merelene and Tyson at Bunnings Mile End for their efforts to support this terrific endeavour.

COMING EVENTS

OCTOBER 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 October 17 meeting will feature a general discussion, videos and recordings.

In November, Dr Bruce Wauchope of Bedford Medical Centre will tell us how Digital Skin Examination (by MoleMax) is much better than a DRE!

• For more information about coming events and a detailed archive of support group activities, visit the Adelaide Support Group's dedicated website at www.psaadelaide.org or contact organiser Ian Fisk by phoning 8296 3350, or send email to info@psaadelaide.org

Murray Bridge Prostate Cancer Support Group

Prescribing different remedies

Explaining complementary medicines proved enlightening for the Murray Bridge support group, as Max Klenke reports.

LOCAL pharmacist Blake Crossley was a welcome guest speaker at the September meeting of the Murray Bridge Prostate Cancer Support Group.

This was Blake's second visit to our group, and this time he informed the group of 19 members present about a broad range of complementary medicines available, including herbal remedies, acupuncture, chiropractic methods and others.

Blake said about 60 to 70 per cent of people may use these methods at some time, and that they are quite beneficial – however, he stressed that we should talk to our GPs before

using these remedies, as they may cause allergic or adverse reactions with other prescribed medications we may already be using.

These alternative medicines and treatments can be useful to help lower cholesterol, or even serve as anti-inflammatory aids. Something as simple as green tea can provide help as it has a lot of anti-oxidants.

Blake answered a large number of questions from the group members, who took great interest in his talk. Max Klenke thanked Blake and presented him with a certificate and a bottle of red wine.

Treasurer Richard Parsons

COMING EVENT

• The Murray Bridge support group conducts monthly meetings at 7.30pm on the third Wednesday of each month, at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge. The next meeting is on WEDNESDAY OCTOBER 19.

(who has recovered well from his recent illness) presented the group financial report, which included a healthy intake of \$826 gross receipts from our recent sausage barbecue held at Bunnings' Murray Bridge store.

Correspondence was then dealt with. Ron Lehmann spoke about survey forms received concerning our prostate cancer, to be filled out by group members.

Trevor Muirhead spoke about the coming prostate cancer

fundraising concert being held at Concordia College on October 9, and gave information about the Central Australia Chapter Conference, being held on November 18 and 19 at the Arkaba Hotel. Murray Bridge can have three delegates at the conference, and Trevor Muirhead, Dr Sanjee Martin and Max Klenke, with their wives, have been appointed.

Attention was also drawn to the Cancer Voices SA cycling event being held on October 1 and 2.

Limestone Coast Prostate Cancer Support Group

A busy September broadcasts the prostate cancer message

THE Limestone Coast Prostate Cancer Support Group has been very busy during September – starting with our group conducting a barbecue at Bunnings in Mount Gambier, on September 2. Almost all of our members attended at various times during the day to assist, and Bunnings presented a \$100 donation to our group.

The following Friday, Commonwealth Bank conducted another barbecue in front of the bank, and once again we had a good roll-up of members to hand out prostate cancer information and talk to people about their experience with prostate cancer. All funds from this event were remitted to PCFA Sydney.

On September 14 our group held a special meeting and welcomed the Central Australia Chapter Council as our guests.

The following day, the council held its own meeting and three observers from our group were in attendance.

Pirtek held a barbecue on September 16, and while its workshop is in an area with almost no foot traffic, \$400 was raised – and every person attending knew the reason for the barbecue and were more than willing to take information from our members. These funds were also sent to PCFA Sydney.

To top off the month, the Woodlands (retirement village) Social Club held a barbecue on September 18. With the men cooking the meat and the ladies supplying salads it was a slap-up feast. Our group was presented with a cheque for \$500 from the social club.

The Limestone Coast group's next

meeting will again fall out of our regular sequence, although we will have David and Pam Sandoe coming to our region to attend the Coonawarra Vignerons Cabernet Celebrations, where a barrel of wine will be auctioned with proceeds going to PCFA. The following day, David and Pam will talk to our support group.

Further information on this event will be in next month's Prostate Supporter newsletter. It's an event our group is looking forward to with great anticipation.

The Limestone Coast 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

Alice Springs Prostate Cancer Support Group

Benefits from busy month

A hectic September schedule has seen the Alice Springs Prostate Cancer Support Group focus on fundraising, awareness events and a farewell, as Murray Neck reports.

THE Lions Club of Central Australia – which has been a strong supporter of the Alice Springs support group – advised us that the proceeds from their two Saturday morning sausage sizzles, held at local Big O Mitre Ten Hardware Store, will result in a \$800 donation to the support group.

Support group members also attended these barbecues, providing information leaflets and talking with those lured by the inviting aromas. We were encouraged to learn that many

COMING EVENTS

OCTOBER MEETING:

The Alice Springs Prostate Cancer Support Group will meet on Thursday October 13 from 6.30pm to 8pm in the conference room of General Practice Network NT, Skinner St, Alice Springs. The guest speaker will explain the functions of the lymphatic system, disorders that can be caused by prostate cancer and certain treatments, and consequences.

men were having regular prostate cancer tests.

Noel Harris, a fitness guru and strong member contributor to the support group since its

inception, was farewelled at the September meeting. He has retired to timber country in the west.

Our new group convenor

Ian Wagner has been using his boundless energy and organisational ability since taking over his new position.

FUTURE GUEST SPEAKER

IN NOVEMBER, visiting urologist Dr Mark Lloyd will give an overview of the prostate, prostate cancer and various treatments. There will be a meeting date change to accommodate his scheduled visit. In December, an end-of-year gathering will be organised for members, partners and special guests. Details will be advised soon.

A new prostate cancer support initiative

Ashley celebrates SA's tall poppies

A new project aiming to herald the achievements of prominent South Australian men will have the added attraction of raising funds for prostate cancer support.

BRITISH-BORN and South African-raised, Ashley Knoote-Parke now calls South Australia home and is busy trying to change an unfortunate way that we identify ourselves. She loves tall poppies and hates it when others try to cut down people who have achieved success.

“I want to celebrate success, make a song and dance about it, to tell the world how great we South Australians are,” says Ashley.

As a boutique publisher, she has produced two volumes of Footprints, books that celebrate the physical brilliance of SA and, in the first of her Boardroom series,

she pulled focus on the success of more than 50 extraordinary women who call SA home.

Now she is looking for 100 men who are not afraid to be praised – so they can be featured in the second of her Boardroom book series, *BBQ to Boardroom*.

“I’m looking for men who’ve made a difference in their field – the unsung heroes,” she says.

Prostate Cancer Foundation of Australia will be the primary beneficiary of this project, so as well as singing the praises of truly deserving men, it will be benefiting a cause that can assist every man in our community.

Ashley is urging all men



Tall poppies who have committed to this new book project are Dale Elliot, pictured with publisher Ashley Knoote-Parke on his knee, while behind them are (from left) Terry Lindblom, Graham Bubner, Nick Duffield, Bill Vis and Maurice Henderson.

or their supporters to nominate for possible inclusion in the book, or phone bbqtoboardroom.com and Ashley on 0403 944 199.

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

Prostate Cancer Support Groups in action during September

Barbecue bonanza



Above: At Bunnings Mile End, the Adelaide support group's barbecue team and Bunnings helpers were in high spirits, with Pam, Julian, Tyson, Merlene and Ian.



Above and right: The Onkaparinga support group's barbecue held at the Bunnings Noarlunga store got a big thumbs up from a large group of helpers, on hand to feed a steady crowd throughout the day.



Above: Staff from the Hanson Institute and firemen from the Metropolitan Fire Service working the PCFA barbecue held outside the Royal Adelaide Hospital.



ABOVE: Murray Bridge Prostate Cancer barbecuers in action at Bunnings Murray Bridge. (From left) Ron Lehmann prepares the sliced bread; (centre) Mike Kluge, Terry Little and Alan Cook at the barbecue; (right) Margarer Parsons gets ready to serve.

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Prosper Darwin Prostate Cancer Support Group

Praise for those who pitched in to help - especially the sick

A fantastic effort from volunteers ensured the success of some important public awareness events, as Prosper Darwin group convenor Keith Williams reports.

THE Darwin Prosper support group's planned guest speaker for September – Trent Farebrother – unfortunately had to defer his keenly awaited presentation until November, although we were very fortunate that a fabulous replacement became available at the last moment.

This was Sharon Gallagher, the Cancer Council's new cancer support nurse. She graced our meeting with a very informal but extremely interesting and informative conversation about her background and the responsibilities of her newly-created position.

Sharon, in fact, already has a strong connection with prostate cancer support groups, having previously been the cancer support nurse in Alice Springs.

Due to her familiarity with the Alice Spring's group before she migrated north, Sharon was very comfortable with a quality support group such as ours.

Sharon made such a positive impression that upon realising that we had a spare spot in our

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.

Central Australia Chapter Conference delegation for next month, it was suggested by the group that Sharon could be added to make up the numbers.

It's great that she will be able to provide benefits commensurate with fellow cancer help worker Jill Naylor, who attended the 2010 chapter conference.

Therefore, in typical Top End fashion, we are giving all you lucky people from the Central Australia Chapter who will be attending the conference a chance to meet and impress Sharon.

BARBECUE UPDATE

IT'S NICE to report that the group was involved in very successful Bunnings activities, despite a few bumps in the road.

While exact figures are not yet to hand, it looks as though we should finish up with about \$1000 from events staged at Darwin's

two Bunnings stores. I have to acknowledge that in large measure, this was due to champion barbecuers Graeme and Cynthia, who decided that the staff-run raffle wasn't doing well enough, took it over and stayed all day to see it through to a successful conclusion.

It's also pleasing to note that the main prize – a very nice portable barbecue – was won by a couple who are long-time, active members of our support group, and who may have sold themselves the winning ticket while they were working on the stall. It couldn't have happened to two nicer or more deserving people.

Even more importantly, everyone in the group handed out literally hundreds of prostate cancer brochures, which hopefully will be kept by each recipient as insurance, should that rainy day ever come along.

A WELCOME HELPER

FINALLY, I offer the inclusion of this heart-warming story, to illustrate just how inclusive our support group members are.

One of our group members can't get to meetings but in response to a mention in our newsletter of the Bunning's activity, rang and offered his services. I allocated him a spot on the roster with a few other experienced hands, and thought that I had fully briefed him on where to go and what to do.

On the appointed morning, he went to the Darwin store and fronted up to the sausage sizzle, only to see a lively school group in full swing.

Deciding that he must have gone to the wrong store, he drove 20km to Palmerston. At the sausage sizzle area outside that store, he met a slightly under-strength environmental group. So, after realising that he had arrived on the wrong day, he still rolled up his sleeves, took a spot at the barbecue station and became a green activist for the morning.

How's that for showing the true spirit of a Prostate Supporter!

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

A man approaches a young woman in a shop and says, "I can't find my wife. Can I talk to you for a few minutes?" The puzzled woman ask why. "Whenever I talk to a woman with breasts like yours she appears out of nowhere."

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Mitcham Prostate Cancer Support Group

Use it or lose it is how to keep pelvic floor muscles

A highly informative DVD helped members to learn important aspects of pelvic floor muscle development, as Mitcham support group member Terry Harbour reports.

THE September meeting of the Mitcham support group had a surprise guest speaker who provided the group with great insight – thanks to swift planning by group member Jeff Roberts.

When Vicki Rutter was too ill to speak on pelvic floor exercises, Jeff acquired the DVD of Associate Professor Pauline Chiarelli from the School of Health Service at the University of Newcastle, explaining incontinence and pelvic floor exercises.

In this informative DVD, Professor Chiarelli explains the physiology of the bladder, prostate, pelvic floor muscles (PFM) and the urethra, and how they all need to work together – issues easily understood by the audience.

In relation to PFM, she explained that as we grow older, all of our muscles (generally) become weaker – and the pelvic floor muscles are no exception. She emphasised the old adage of “use it or lose it” about performing strengthening exercises for the pelvic floor muscles.

In explaining the methodology for exercising the PFM, she introduced the methods of two patients – Max (he uses a hand mirror to check he is doing the exercises correctly) and George. Each patient had different problems with



Associate Professor Pauline Chiarelli.

incontinence and Professor Chiarelli used an ultrasound to demonstrate the correct way to squeeze or tighten the pelvic floor muscles as part of the exercise program.

With the assistance of volunteers, we were shown a few variations for exercises; sitting against a wall with legs bent and tensing, to lift the penis and scrotum and holding for six seconds – repeating this exercise 10 times. The other method is to be on hands and knees, and relaxing the tummy and pelvic muscles, then tightening the pelvic muscles and holding for six seconds – repeating this routine 10 times. After you have become familiar with this exercise, the holding process is increased to 10 seconds.

The other area that Professor Chiarelli covered was the “KNACK” – the ability for holding on or squeezing your

COMING EVENT OCTOBER MEETING

The Mitcham support group's next meeting will be held on Thursday, October 27. 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.

Our guest speaker for the night will be Dr Raghu Gowda, senior radiation oncologist at the Royal Adelaide Hospital.

Our last meeting for 2011 will be on November 24 – and following tradition, it will be a social dinner, held at Racquets Bistro, South Rd, St Marys, commencing at 7pm. If you haven't already advised of your attendance, please contact Terry Harbour by phoning 8271 0513 or email harbour@adam.com.au

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

pelvic floor muscles before doing an activity such as lifting groceries from the trolley to the car, coughing or sneezing.

Therefore, the exercise is: squeeze, lift a weight, relax; squeeze, cough, relax. In this way you are training your muscles to do what they are intended to do at the right time, and you are unconsciously doing exercises as part of your daily living. Again, she reinforced the need to “use it or lose it”.

Professor Chiarelli finished by saying it is appropriate to keep a score card of your

exercises and improvements. You should try hard and consistently, and if you don't see improvements over a reasonable period of time, you should seek advice from a health professional.

Discussion among the support group followed the DVD, and it was interesting that a number of our group indicated they had not been advised of these exercises by their health professional – and I only became aware of what pelvic floor muscle exercises were from attending the Mitcham Prostate Cancer Support Group!

Port Pirie Prostate Cancer Support Group

Gentle touch brings relief

A few simple demonstrations of Bowen Technique healing therapy made a telling impression on members of the Port Pirie support group, as Richard Kruger reports.

PORT Pirie Prostate Cancer Support Group recently welcomed Brenton Kupke as its guest speaker – a registered nurse who practises Bowen Therapy.

After calling for volunteers with any disorder, he treated several sufferers during the group meeting, giving some of them welcome relief.

Bowtech, the original Bowen Technique, is a gentle form of body healing in which very subtle moves are performed over muscles and connective tissue.

Unlike many other hands-on therapies, the Bowen Technique does not use forceful manipulation.

A unique skill of the Bowen practitioner is the “tissue tension” sense, which allows practitioners to discern stress built up in muscles and other soft tissue.

The Bowen Technique addresses not only the musculoskeletal framework but also the fascia, nerves and internal organs.

The body’s integrated



Guest speaker Brenton Kupke performs some gentle Bowen Technique healing therapy on a volunteer from the recent Port Pirie support group meeting.

response improves circulation and lymphatic drainage, and aids in the assimilation of nutrients and elimination of toxins.

The Bowen Technique was developed in the 1950s by the late Tom Bowen from Geelong, a celebrated therapist who regularly treated more than 13,000 patients each year.

In 1974, Tom Bowen invited Oswald Rentsch and his wife Elaine to study with him and document his work. The couple honoured their promise to Bowen

by starting to teach the technique in 1986.

Since then, more than 25,000 therapists worldwide have taken Bowen training. All Bowen training is based on Bowtech.

The original Bowen Technique is considered appropriate for anyone from pregnant women to newborn babies, through to the frail and the elderly.

It can assist recovery from many conditions, from traumatic injury to chronic illness, depending upon each individual’s capacity to

heal. No adverse side effects have yet been reported.

The technique should be considered for back pain and sciatica, digestive and bowel problems (including IBS), ear-ache, ear infections and migraines, fibromyalgia, chronic fatigue syndrome.

It also helps skeletal issues such as knee, ankle and foot problems, menstrual and hormonal irregularities, neck or shoulder problems, groin pain, pelvic tilt and uneven leg length, respiratory problems and hay fever, RSI, carpal tunnel syndrome and tennis elbow, among many other sports and accident injuries.

COMING EVENT

• 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, phone group coordinator Allan Manfield on 08 8632 1324.

BAROSSA PROSTATE CANCER SUPPORT GROUP

COMING EVENT: OCTOBER 18 SUPPORT GROUP MEETING

- The next meeting of the Barossa Valley Prostate Cancer Support Group will be held from 2pm to 4pm on Tuesday October 18, at Don Piro’s house, 28 Kindler Ave, Nuirootpa. Please contact group coordinator Don Piro for further information on 8562 3359 or 0419 863 124.
- Please note that meetings are usually scheduled on the 3rd Tuesday of each month at this time. Please contact Don at the above number for more information.

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

Taking the prostate message onto prime time television

Prostate Cancer Awareness month started strongly in Adelaide, with local television broadcasting a strong message for men to be more vigilant in being tested for prostate cancer.

A REPORT by Paul Makin screened on Channel 7's *Today Tonight* program in early September marked the start of Prostate Cancer Awareness Month – and the message emphasized how dire the consequences of the disease are, highlighting that more than 3000 men are dying from prostate cancer each year.

“In this country, we have one of the highest rates of prostate cancer in the world,” said leading Adelaide urologist Dr Peter Sutherland, who was interviewed for the program.

“We don't need to be losing all these men. There are more men dying of prostate cancer than there are women dying of breast cancer. It is a very serious health issue for this nation.”

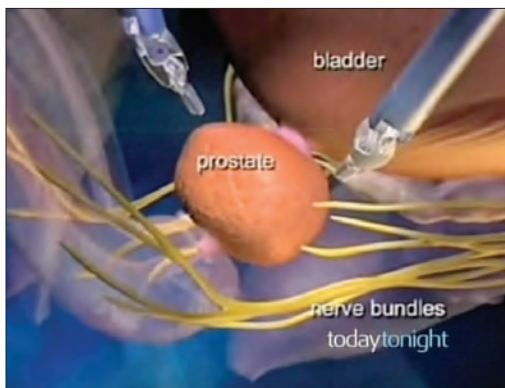
Paul Makin declared that it is now time for men to stop doing the “blinkered, blokely thing” and urged them to go and get their prostate checked.

“Unfortunately an awful lot of these men at risk are missing the boat,” said Dr Sutherland. “Their disease is often found after it can be cured. We are then watching these men slipping away and dying as a result of this disease.”

Anthony Foundas, was not one of them. He was diagnosed with prostate cancer at the age of 40. “I



The Channel 7 report on prostate cancer examined surgery and research, including interviews with patient Anthony Foundas (above left) and researchers Luke Selth and Maggie Centenera (below right). Screen shots courtesy of *Today Tonight*.



actually felt better than I had for a long time when I was diagnosed,” he said.

However, his tests showed the presence of three tumors – and traces of the disease came through a long family history. Anthony's father, and three of his uncles have all been diagnosed with prostate cancer.

Anthony had robotic surgery to remove the tumors, was released from hospital within 24 hours and was on his feet again in six weeks. He now views his

fortunate surgery result as a life changing experience.

“I have a nine-year-old son, and I make myself more available to him now. I don't think it is anything to fear, especially if you detect it early enough.”

At the Dame Roma Mitchell Cancer Research Laboratories at the University of Adelaide, prostate cancer researchers Luke Selth (recipient of a Movember Young Investigator grant) and Maggie Centenera both have family members who

have been diagnosed or died from the disease.

As a consequence, the research work has very personal significance for them; as Luke explains, it's more than just an intellectual pursuit.

“It is a hard slog at times with this type of research, and it seems slow at times – especially when you see men dying from this disease,” said Luke, “but that's the goal, to find the keys that lead to a cure. That's what we're aiming for.”