

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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## Big Sam speaks out for prostate awareness

**Controversial football and television personality Sam Newman will be presenting a gala dinner in Port Lincoln this month – a significant fundraising event and profile booster for Prostate Cancer Foundation of Australia.**

**L**OVE him or hate him, Sam Newman never fails to make people sit up and pay attention – and when the former Geelong footballer and Channel 9 TV star is opening his mouth to speak up for prostate cancer awareness, this can only be a good thing.

Newman will be the star attraction of a special gala dinner being held in the Lincoln Ballroom at the Port Lincoln Hotel on Saturday May 12, from 7pm to midnight.

The event is being promoted as Get Schucked With Sam, cheekily playing on the fact that outstanding Port Lincoln

seafood will be a big feature of the dinner menu. Tickets at \$120 a person, which includes a three-course meal with drinks included, are available from the hotel by phoning 08 8621 2000.

Since Newman was diagnosed with prostate cancer in 2008, and subsequently had successful surgery, he has been a very vocal and valuable advocate for PCFA in helping to spread the message about men getting tested for prostate cancer – especially among the football community.

Proceeds from the Port Lincoln Hotel dinner will be forwarded to PCFA.

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



**Sam Newman will be using his celebrity appeal to help spread the prostate cancer awareness message at the Port Lincoln Hotel's gala dinner on Saturday May 12.**

This event will provide a timely bonus to help boost interest in prostate cancer support group activities – especially as it happens in the lead-up to a prostate cancer awareness event that South Australia's Action Group is

going to hold in Port Lincoln on Monday June 25 at the Ravendale Community Sports Centre. The Rotary Club of Port Lincoln is providing the major local support for this event, with assistance from the Port Lincoln Health Service.

**• 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)

# Maximum awareness action

Local support groups are working well with the Action Group to get the best results from awareness events, as David Merry from the Action Group reports.

**D**IRECT and indirect Action Group activities continue to roll on, including the provision of back-up support and involvement for Don Piro and the Barossa Support Group at the Kapunda Farm Fair in April.

On Saturday May 5, the group was also working with Lynton Carle and the Gawler Support Group at the City of Playford's The Fit Element Men's Health event, held adjacent to the Elizabeth Town Centre. Our presence provided a rewarding opportunity to help promote the Gawler Support Group.

Jeff Roberts has been most active in coordinating arrangements for the Mount Barker Awareness Night to be held on Tuesday May 22. Advertising has been distributed to local business houses, service clubs and community members. Press advertisements and community radio announcements have also been booked for the two weeks preceding the event.

The Mount Barker-Hahndorf Golf Club should prove an excellent venue for the night – and we are expecting the evening to give impetus to the relatively new Adelaide Hills Support Group.



Working on awareness stalls at the Kapunda Farm Fair were (from left) Barrie Searle, Don Piro, Kylie Fotheringham, Robert Reimann, Trevor Miller and Brian Schulz.

Photograph: Ian Fisk

Great assistance has been received for this event from the Adelaide Hills Community Health Service, which is taking registrations for the evening: phone 08 8393 1833. The Adelaide Hills Freemasons are also assisting.

An Awareness Night in Port Lincoln will take place on Monday June 25 at the Ravendale Community Sports Centre. The Rotary Club of Port Lincoln is providing the major local support for this event, with assistance from the Port Lincoln Health Service.

Since the inception of the Action Group in mid-1997, strong support to its activities has been provided by the

medical profession, which has in turn given the group and its work a high level of credibility.

For both coming awareness presentations, the visiting urologists to the local areas – Dr Richard Wells in Mount Barker and Dr Darren Foreman in Port Lincoln – have agreed to be principal speakers, for which we are most grateful.

An application for a site at the 2012 Riverland Field Days, being held on September 19 and 20, has been lodged and we expect the Riverland Support Group will assist us to present this information stall.

The Action Group monthly meetings are attended by

## COMING EVENTS

**MAY MEETING:**  
The next meeting of the Prostate Cancer Action Group SA will be held in the upstairs meeting room at the Cancer Council SA building, 202 Greenhill Rd, Eastwood, commencing at 5.30pm on Tuesday, May 8. Entry is via the rear stairway. New members to Action Group meetings are always welcome.

• For more information, visit the Action Group's dedicated website, with detailed archives containing newsletters, at the website: [www.pcgasa.org.au](http://www.pcgasa.org.au)

one of three Cancer Council staff who screen journals and media for articles that are pertinent to our interests.

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

• Three retirees, each with advanced hearing loss, were playing golf one fine Autumn day. As the weather began to turn, one remarked to the other, "Windy, isn't it?" "No," the second man replied, "it's Thursday." The third man then chimed in, "So am I. Let's forget the golf and go have a beer."

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McLaren Districts Prostate Cancer Support Group

# Discovering a politician's view about men's health

Having a local politician present at a support group meeting gave rise to a number of sharp questions, as McLaren Districts support group president Bryan Hearn reports.

It was with a great deal of pleasure that I was able to introduce Robert Brokenshire MLC as guest speaker at the McLaren Districts Prostate Cancer Support Group meeting on April 26.

Robert is well known as a past local member but now sits in SA's upper house as a member of the Family First party. This means the entire State is his constituency and we were extremely pleased that he could find time to come and talk to us.

Robert pointed out that as member of Family First sitting on the cross benches he was not concerned with power or glory derived from government. His party's role is that of a watchdog.

He indicated that his view of all legislation was to support and or amend good legislation and to reject or amend what they considered to be poor legislation regardless of its source.

Robert spoke about men's health issues in general and how he felt that nowhere near enough was being done to highlight this subject.

In his opinion, very little is being done in many rural areas, such as the McLaren Vale region, especially following a prolonged drought. He says that when this happens many



SA Family First MLC Robert Brokenshire.

farmers got together to discuss the state of their farms, but that discussion also leads to their personal health problems.

Yet when the drought broke, their attention has returned to their farms and its needs, while their health seems to have become of secondary concern.

A lot of discussion among the meeting was also focused on the need for strategic planning in regard to local population growth and the associated services.

Apparently, it is planned that in the near future the population of the southern areas around Victor Harbor and its environs will be increased, with 150,000 new residents, but nothing exists to improve the current problem regarding roads leading from Adelaide to that area.

This developed into a discussion on local transport problems and in particular the recently commenced flyover at the junction of Victor Harbor Rd with Main Rd, McLaren Vale.

It was very interesting to note that apparently Victor Harbor Hospital is currently working at almost full capacity.

The question needs to be asked what will happen with this facility as the local population expands.

## COMING EVENT

### MONTHLY GROUP MEETING: MAY 24

- The McLaren Districts Prostate Cancer Support Group will conduct its next meeting on **Thursday May 24**.
- The meeting will start at 7pm in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale. For further information, phone support group president Bryan Hearn on 8323 7924.

## PCFA National Lobbying for Prostate Cancer Developments

# Fresh data inspires new bid for national PSA guidelines

PCFA is leading a call for development of national guidelines on prostate cancer care following latest European study results that show the Prostate Specific Antigen (PSA) test cuts deaths by 21 per cent.

PROSTATE Cancer Foundation of Australia welcomes new evidence of reduced prostate cancer deaths in men screened for prostate cancer. As a consequence, the organisation is calling for a full review of evidence and development of guidelines for prostate cancer care in Australia.

In March, the European Randomised Study of Screening for Prostate Cancer (ERSPC) released the analysis of 11 years of follow-up research data; featuring two years' more information than previously.

The ERSPC, which commenced in the 1990s and involves around 162,000 men from eight countries, reported a 21 per cent fall in prostate cancer deaths in men screened using the PSA test.

Importantly, the prostate cancer mortality difference between men who were screened and men who weren't became wider the longer they were followed up after screening began.

"These results add weight to previous results that showed a fall in prostate cancer mortality in men tested for prostate



**PCFA CEO Dr Anthony Lowe has been active in the media with efforts to draw attention to the need for new national guidelines on PSA testing.**

cancer," says the urological Society of Australia and New Zealand spokesperson on prostate cancer, Associate Professor Mark Frydenberg.

"Around 20,000 Australian men are diagnosed with, and 3300 men die from, prostate cancer every year.

"Currently men and their treating GPs receive differing opinions about the value of the PSA testing. Many doctors including prostate cancer specialists – are also concerned about the extent of treatment for prostate cancer and the side effects that can follow it.

"It would be timely to take stock now, with this new evidence, to bring all relevant information together and decide how our community can best control prostate cancer."

PCFA's Chief Executive Officer, Dr Anthony Lowe, says, "It is time to end the confusion around PSA testing.

"We are committed to encouraging and supporting a full evidence review and development of national guidelines for prostate cancer care that extend from men's decision making about testing through to care and support

for men grappling with post-treatment side effects."

Dr Lowe went on to say: "We will be talking to other health and health consumer groups about joining with us to examine the evidence and to reach consensus on evidence-based guidelines that will enable best practice and help clarify the position for Australian men."

Professor Bruce Armstrong of The University of Sydney's School of Public Health says: "This is exactly the action needed.

"The goal should be to ensure that the likely benefits of screening are maximised and the known associated harms are minimised."

According to the Australian Institute of Health and Welfare, prostate cancer is the most common cancer diagnosed in Australia. (This is published in *Australian Institute of Health and Welfare Cancer in Australia: An overview, 2008*. AIHW Cat.no. CAN 42. The data excludes non-melanoma skin cancers).

• **For more information about this issue, visit the website [www.prostate.org.au](http://www.prostate.org.au)**

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

- As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Highway One. Please be careful!" "Heck," said Herman, "It's not just one car. It's hundreds of them!"

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## Prostate Cancer Support and Awareness: ADELAIDE GROUP

# Admiring the work of an elite SA-based medical unit

Advances in innovative surgery performed by the Australian Craniofacial Unit in South Australia are inspiring to everyone interested in health care – as the Adelaide Prostate Cancer Support Group's Ian Fisk reports.

**A**FTER a little business (including a few jokes), the April meeting of the Adelaide Prostate Cancer Support Group featured a presentation by Rex Symonds, SA Field Representative with Craniofacial Australia.

Rex is a farmer's son, born in Crystal Brook and raised in the area between Mt Remarkable and Booleroo Centre. While working at Queen Elizabeth Hospital, he also studied Health Law at university, then was part of a team that put Flinders Medical Centre on the map. He retired in 2001 at the age of 56, worn out. After a month of retirement, he got bored and answered an advertisement for another job – a collector for the Australian Craniofacial Foundation.

He told the support group members of the Australian Craniofacial Unit origins, how in the early 1970s, a young surgeon, David David, was inspired by French surgeon Paul Tessier developing a multidisciplinary approach to the treatment and rehabilitation of World War II burns victims.

Professor David was fascinated and shocked that many of his mentor's patients were in mental hospitals – entirely sane but rejected by society because of their disfigurements and, in some cases, their inability to communicate. The opportunity



**Rex Symonds**

to create a new life for these mentally and physically incarcerated inspired him – and he also recognised the need for new surgical skills, new approaches to the planning of surgery and the need for the collective expertise of specialists working together as a team.

In 1975, after much lobbying to the State Government, the SA Craniofacial Unit was formed. In 1988 it achieved recognition as a centre of excellence and renamed The Australian Craniofacial Unit.

The unit operates from the Women's and Children's Hospital and the Royal Adelaide Hospital in South Australia. Its fundamental aim is to ensure that patients can assume a place in society with renewed hope and restored dignity. It provides a 24-hour emergency service in the case

of trauma victims and has the heaviest workload of any unit in the world. The workload is increasing at an alarming rate and research indicates this will increase as our world population continues to grow.

The unit functions as a multidisciplinary team incorporating expertise in clinical practice, research and education, and is recognised as one of the few units worldwide providing a holistic approach to address the multi-faceted needs of each patient.

The team now has experts from 20 different disciplines, including craniofacial surgery, anaesthesiology, ophthalmology, paediatrics, neurosurgery, cardiology, speech pathology, psychiatry, microsurgery, microbiology, respiratory medicine nursing, orthodontics, dentistry, ear, nose & throat surgery and counselling.

The Foundation requires ongoing financial assistance from the public to support the work done at the unit, as well as funding vital research and education programs.

More than 10,000 major operations have been performed by the unit in Australia and overseas, equally split between adult and child patients. Of the patients treated in Adelaide, 80 per cent are South Australian, 10 per cent are from interstate and 10 per cent are from overseas.

## COMING EVENTS

### MAY 21 MEETING:

**The Adelaide Prostate Cancer Support Group meets on the third Monday of each month in the Community Room of the Fullarton Park Centre, 411 Fullarton Rd, Fullarton, starting at 7pm. The May 21 meeting will feature a DVD presentation.**

• For more information and a detailed archive, visit the Adelaide Support Group's dedicated website at [www.psaadelaide.org](http://www.psaadelaide.org) or phone Ian Fisk on 8296 3350, or send email to [info@psaadelaide.org](mailto:info@psaadelaide.org)

Rex showed a DVD which included case stories of several patients that have benefited from the clinic – and he voiced his frustration that so many fraudsters falsely claim to be collecting for his organization and others.

It was a very interesting presentation. Rex was given a bottle of anti-oxidants for his use and presented with a cheque for the cause. For further information, visit [www.craniofacial.com.au](http://www.craniofacial.com.au)

## Murray Bridge Prostate Cancer Support Group

# Regular exercise is the key to stop muscle breakdown

The Murray Bridge Prostate Cancer Support Group was shown a simple series of exercises that could provide long-term benefits, as secretary Max Klenke reports.

**A**T the Murray Bridge Prostate Cancer Support Group meeting on April 18, Max Klenke had the pleasure to introduce Sue Tulloch, a physiotherapist working at Mount Barker, who lives in the Adelaide Hills and kindly arrived as a last minute speaker, as another guest was unable to attend.

Sue spoke and presented visual information about diseases and inflammation that leads to muscle breakdown, particularly in cancer problems. She says that two teaspoons of fish oil a day can help manage inflammation a lot. She also noted that obese men who have prostate cancer are generally worse affected with this problem.

Resistance exercise helps build muscle strength and improve quality of life, and Sue demonstrated a number of useful resistance exercises, focusing on the main points of using hand weights.

For example, she suggested using a 500g weight to start and gradually increase

the weight as you become stronger and fitter. Exercise two to three times a week, every second day; and exercises are slow (three seconds up and three seconds down).

For hands and arms, start with your arms extended in front, slightly down and just forward of the body, then lift slowly as high as is comfortable, hold for three seconds and then lower. Be sure to breathe normally all the time; don't hold your breath.

Sue then had us all doing sitting and standing exercises with our arms and hands on our chest, again counting three seconds up, then three seconds down. This exercise should be done every second day or three times a week.

We were told many other things, such as using an elastic band, looking a bit like a scarf. This can prove very helpful by standing on it and pulling the other end up. Stretch the band in front by your arms, but again count three seconds to stretch and three seconds to release.

It was a great demonstration, and support group president Trevor Muirhead presented the customary certificate of thanks and a bottle of white to Sue for her most enjoyable talk.

In other business at the meeting, Dirk Stegmeyer spoke about a Channel 7-TV presentation on the use of pomegranates – which is of significant local interest as there is a big pomegranate plantation at Mypolonga (up the Murray River, 15 minutes from Murray Bridge).

## KAROONDA FARM FAIR 2012 REPORT, by RON LEHMANN

THE information stand facilitated by the Murray Bridge Support Group and Action Group was well staffed on Friday March 30 and Saturday March 31, and we extend our thanks to all those who worked.

While this event's attendance figures at the stand were well down on 2011, the main reasons were because of the area we were in – which was same as last year, although the marquee had a heat-proof roof which

## COMING EVENT

- The Murray Bridge support group conducts its monthly meetings at 7.30pm on the third Wednesday of each month, at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge.

- The support group's next meeting will be held on WEDNESDAY, MAY 16.

- For more information about the group, phone group president Trevor Muirhead on 8569 1342, or group secretary Max Klenke on 8532 1936.

let little light in, making it look dark and dank inside and not at all inviting to enter.

This meant our passing traffic was down, but we still spread the word about prostate cancer to almost 300 people – although I'd estimate that we were avoided by more than 100 others, due to our positioning circumstances.

## Prosper Darwin Prostate Cancer Support Group

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. For further information, phone Keith Williams on 8981 4506.

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## Alice Springs Prostate Cancer Support Group

# Cancer care blossoms through the Territory

Guest speaker Dr Siddhartha (Sid) Baxi painted a clear picture of Northern Territory's prostate cancer care, as Alice Springs support group chairman Tony O'Brien reports.

**T**HE Alice Springs support group's usual monthly meeting date was changed to accommodate our guest speaker Dr Sid Baxi's regular scheduled visit to Alice Springs. Dr Baxi is a radiation oncologist specialist from the Alan Walker Cancer Care Centre in Darwin and he visits Alice Springs every six weeks to conduct radiation oncology clinics at Alice Springs Hospital.

The state-of-the-art Alan Walker Cancer Care Centre opened in Darwin during 2010, then radiation oncology clinics commenced in Alice Springs in February 2011.

Diagnostic and follow up services are centralised in Darwin and Alice Springs, meaning that patients with complicated cases may need to return to these centres even when their treatment is completed.

Magnetic Resonance Imaging (MRI), useful in the assessment of prostate cancer, has only limited availability in the Northern Territory. Indeed, Alice Springs has no MRI or bone scan facility, so these scans need to be done in Darwin.

In addition, patients who need positron emission tomography scanning must



Dr Baxi with continence nurse Jenny Pechey, Bill Pechey and Alice Springs Prostate Cancer Support Group committee member Sandra Clyne.

go to either Adelaide or Brisbane.

Dr Baxi's excellent and informative PowerPoint presentation gave members a striking insight about the equipment located at the Alan Walker Centre – the most up-to-date available in Australia. Dr Baxi explained radiation methods, planning, methods of isolation and the shape of radiations.

It's all about the machine and the picture it takes. This determines radiation planning, the method of isolation and shape of radiation with a radiation map to enable a specialist to reduce tolerance and locate the prostate to reduce side effects of treatment.

At present AWCCC has 38 staff (it commenced with only six in 2010) including seven specialists, nursing staff, radiotherapists, physicists and care coordinators. The centre

also teaches registrars from hospitals around the country, and Dr Baxi says the retention rate for those trained is very good. The centre has a capacity to treat 30 patients per day and see 375 new patients each year. Not all these patients are prostate cancer patients, as the centre treats several types of cancer.

Cancer patients who need to travel to Darwin for treatment are able to stay at Barbara James House, a purpose-built accommodation facility in Darwin catering for patients from Alice Springs and remote areas of the NT.

Dr Baxi stated that nurses play an important role in supporting, educating and caring for men affected by prostate cancer. Through generous PCFA support, the Royal Darwin Hospital will have the NT's first Prostate Cancer Specialist Nurse.

## COMING EVENTS

**MAY MEETING:** The Alice Springs Prostate Cancer Support Group will meet on Thursday May 10 from 6.30pm to 8pm in the conference room of General Practice Network NT, Skinner St, Alice Springs. This meeting will take the form of members forum and information night.

**A JUNE MEETING** will be held on Thursday June 14, and a mystery guest speaker has been arranged!

The July meeting will be a social event, with a barbecue. This event will possibly be held on a Sunday as a lunch function. Watch this space for further information.

- For more support group information, which usually meets on the second Thursday of each month, phone group chairman Tony O'Brien on 0438 530 366, or convenor Ian Wagner on 0409 534 950.

## Barossa Prostate Cancer Support Group

# Tips for cancer survivors to keep a positive attitude

The Barossa Prostate Cancer Support Group's Don Piro was recently invited to talk about living a positive life while enduring the emotional rollercoaster ride of cancer.

**D**ON Piro was invited to be a guest speaker at a coffee morning which brings cancer survivors, their families and carers together in a social atmosphere. Don talked to about 20 people at Connections coffee shop in Greenock, with good support from members of the Barossa Prostate Cancer Support Group.

Don reflected on his personal Stage 4, Bowel Cancer survivor story and the effect on his family and their experiences of his cancer journey. His talk covered several levels of emotions that happen to a person and their families on their cancer journey.

How do cancer survivors, their partners, carers and families live positively, particularly after treatment and surgery seem to be over, results are good, we think we are clear but then return to a merry go round of further tests, each time wondering "what if?"

How do we deal with our emotions, especially for each other, our children and grandchildren? Everyone has their own reactions and ways of dealing with it – and each different way is important.

Don, in describing this extreme rollercoaster ride, said that survivors can't just cling on as they continue undertaking treatment,



**Barossa support group member Don Piro (facing the camera) says his recipe for remaining positive and optimistic as a cancer survivor involves engaging in the things he loves doing – such a bicycle riding and participating in events such as the Tour Down Under.**

surgery, seeing specialists and doctors to help us live and survive longer. By doing this, their partners, friends and families are often flung around outside the rollercoaster car, feeling powerless and not knowing how to help us or cope or deal with their own issues and emotions.

When treatment is over, people often want us to get on with life, forget about what has happened and continue as if life is normal. But Don explained that is not the case for cancer survivors, as shock and trauma, stress, tension and anxiety can still be present. Feelings of anger and frustration can be played out, or survivors can easily slip into depression. A ripple effect still continues for all of us as we think "what if".

Denial can be a real survival technique as we attempt to get on with life, knowing that cancer has changed us forever. It is a bit like an earthquake; aftershocks can and do arrive that can still be quite damaging.

Don's talk was about recognising the courage required to deal with these issues. Sometimes we put on our "I'm OK now" mask, covering up our true feelings and anxiety so others don't worry. It is hard to live positively when fear is still present and we need to learn skills to do this.

Don reflected on his views about enjoying life in the present, not putting off dreams or avoiding things you might want to do. He

## COMING EVENTS

**THE Barossa Prostate Cancer Support Group meets on the third Tuesday of each month and will be sharing the venues around at different members' homes.**

**The next support group meeting will be on Tuesday May 17, from 2pm to 4pm, at Robert Reimann's home, 29 George St, Greenock. For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359.**

suggests having fun, laughing a lot, becoming involved, getting out and about, staying healthy, exercising, gardening, reading, listening to music, doing yoga, tai chi, chi kung meditating and enjoying that odd glass of wine.

Generally, do more things that help us stay positive. Attract and stay with people who are loving, supportive and positive. Recognise that we can have bad days, we won't always be at our best and that it's OK, because tomorrow will be better. It is all about attitude and a determination to live life today.



## Whyalla Prostate Cancer Support Group

# Working with other groups to expand the experiences

Changes to the Whyalla and Port Pirie support group calendars presented golden opportunities for support group members, as Whyalla group's Terry O'Brien reports.

**D**OCTOR Kym Horsell is a visiting specialist at the Whyalla hospital, and was a welcome guest at the March meeting of the local prostate cancer support group.

Arranged by Stan Oates (a support group member and patient of Dr Horsell), the meeting attracted a large crowd who questioned Dr Horsell on a range of issues.

Using his experience from medical practice and adding a number of related stories, Dr Horsell answered all the questions and thoroughly informed the group of latest practices and treatments for prostate cancer.

The question and answer session concluded with a discussion on types of



**Guest speaker Dr Kym Horsell, visiting specialist at Whyalla Hospital.**

medications and their effects.

Dr Horsell rounded out the evening with a summary of the data collection project he is currently involved in.

Group members were surprised at how much clinical and statistical information has already been gathered

from prostate cancer patient's records and reports.

The ongoing use of the information gained from this exercise will assist current and future practitioners in the field of cancer treatment.

With a change of date for this meeting to accommodate Dr Horsell's visit, five of the Whyalla group members were also able to attend the Port Pirie group's April meeting. Usually the monthly Whyalla and Pirie support group meetings are conducted on the same day.

This change in the routine provided the Whyalla members a good opportunity to meet with a peer group – which ultimately benefited the support groups from both sides of the Spencer Gulf.

## COMING EVENT

• The Whyalla support group meets at 7.30pm on the first Tuesday of each month, in Room 69 of the University of SA campus, Nicolson Ave, Whyalla Norrie. Contact Terry O'Brien (08 8645 1310) or Stan Oates (08 8644 0591) for more details. Everybody is welcome to attend these meetings – indeed, the wives and partners of group members are an integral part of this group, because any cancer affects the whole family.

## Research and news items from around the world

• Scientists say they may have found a key piece of the prostate cancer puzzle – in an ancient Egyptian mummy.

The mummy, an unnamed Ptolemaic man who died in his 50s circa 285-30BC, was “diagnosed” after digital imaging scans detected dense bone lesions on his pelvis and spine, which researchers claim are indicative of metastatic prostate cancer.

Besides being the second-oldest recorded case of the disease – the oldest is a 2700-year-old skeleton of a Scythian king in Russia – this discovery suggests that the cancer is a result of genetics, not the environment.

“Cancer experts are constantly trying to probe in hopes of answering the one question – when and how did the ailment really evolve?” says Dr Salima Ikram, a professor of Egyptology at the American University of Cairo and a member of the team that spent two years studying the mummy at Portugal's National Archaeological Museum of Lisbon.

“Living conditions in ancient times were very different; there were no pollutants or modified foods, which leads us to believe that the disease is not necessarily only linked to industrial factors.”

Scientists debating the genetics-environment question have previously

identified several inherited genes that seem to raise a man's risk for prostate cancer, although it was believed that those genes were responsible for only a small percentage of cases.

Other research has linked the disease to diet (specifically to red meat and dairy), exposure to pesticides and other toxins, and even what kind of birth control couples use. However, this new data from ancient Egypt indicates that there may be more to our DNA than previously thought.

“Findings such as these bring us one step closer to finding the cause of cancer,” says Dr Ikram, “and, ultimately, the cure.”

• Source: www.everydayhealth.com

## Mitcham Prostate Cancer Support Group

# Smart tips on how best to avoid a cardiac arrest

According to Wikipedia, the average human heart, beating at 72 beats per minute, will beat 2.5 billion times in an average 66-year life span. As Mitcham support group's 66-year-old joint-chairman Roland Harris reports, there are smart ways to keep it beating strong.

**T**HE Mitcham Prostate Cancer Support Group attracted 28 members and visitors to its April 26 meeting, which heard individual health reports, John's finance statement, and co-chair Terry praising Jeff for his vital role in the Action Group, which is planning awareness evenings at Mount Barker, Port Lincoln, Port Augusta, Clare and Yorketown.

Graeme gave us the sad news that long-term member Bryan Baker had passed away earlier in the week. A card of condolence has been sent to Lois and family. Vale Bryan.

Donna Mackereth also attended the meeting as guest speaker on behalf of the Heart Foundation. With the aid of a promotional video, she challenged us to "Recognise Your Heart Attack". It rarely conforms

### COMING EVENT MAY MEETING

**The Mitcham support group's fourth meeting for 2012 will be on Thursday, May 24, with guest speaker Dr Bruce Wauchope from Bedford Medical Centre (Molemax) speaking on Digital Skin Examination.**

**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.**

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

to the Hollywood version, where one dramatically clutches the chest, staggers around and collapses in a screaming heap on the floor.

The facts are alarming. In Australia there are 131 heart attacks each day. It means that heart disease is the nation's leading single cause of death, with more

than 23,600 Australian lives lost to this disease in 2008.

This is perhaps a "wake-up call" to those of us who have survived cancer in its myriad forms and may have the mistaken view that nobody seems to die from anything else.

In short, if you experience pain, pressure, heaviness

or tightness in the upper body, and as a consequence feel nauseous, dizzy, cold, sweaty or short of breath, then you should stop and rest – then talk. Tell someone how you feel, and if symptoms last 10 minutes or become worse, call 000 for an ambulance.

Paramedics would rather be called to 100 false alarms than have to tell loved ones there is nothing more they can do, according to the Heart Foundation.

Learn the warning signs by finding more information at the website [www.heartattackfacts.org.au](http://www.heartattackfacts.org.au) or call 1300 362 787.

Jeff reminded us of the importance of regular exercise and healthy diet. We thanked Donna with a \$50 donation to Heart Foundation, and a ticker-friendly pack of salt-free mixed nuts.

## Limestone Coast Prostate Cancer Support Group

### COMING EVENTS

The Limestone Coast Prostate Cancer Support Group will hold its next meeting on **Monday, June 4** at 10am in the Coonawarra Hall. PCFA National Chairman David Sandoe and his wife Pam will be spending the previous weekend in Coonawarra, and will be attending our monthly meeting and lunch afterwards. Also present will be some representatives from the Coonawarra Vignerons Association, to present a \$10,000 cheque to PCFA via David.

• For further information about the Limestone Coast Prostate Cancer Support Group, please contact Graham Hinze on 8737 2779.

**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)**

## City of Onkaparinga Prostate Cancer Support Group

# Support group libraries are stocked with vital information

PCFA materials supplied to prostate cancer support groups should be library items that every group member uses, as Onkaparinga support group chairman John Shields reports.

**A**LTHOUGH we were once again few in number, the City of Onkaparinga Prostate Cancer Support Group had a very enjoyable April meeting, with everyone happy to share information about their prostate cancer journey and talk about their general health.

The group also watched a DVD in which Dr Michael Izard explained Radiation Therapy for Prostate Cancer. On the film, Dr Izard addressed his audience by saying that he was also eager to field their questions. "What do you want to know from me?" he asked, and the crowd responded by asking about new developments, side effects (including Proctitis), suitability of patients, results and costs.

Dr Izard answered all of the questions in a way that was easy to understand, including many subsequent questions that were also relevant to the five main topics covered.

This information was a good follow up for support group members who had recently watched the DVD Chronic Radiation & Rectal Bleeding. Our support group librarian, Peter, now has these DVDs in our library, and they are both recommended viewing.

## BUNNINGS BARBECUE SET FOR AUGUST

MILENA from the Noarlunga

Bunnings store has confirmed that the Onkaparinga support group is booked to have a Sausage Sizzle fundraiser on Sunday August 26, which is the Sunday before Fathers' Day.

We will need all hands on deck to help set up early on the Sunday morning, and will also compile a list of our members who are happy to collect items needed from a supermarket, such as ice and drinks. We need to be aware that this will be a busy day and we will possibly need to go out during the day to replenish our supplies.

I have applied for the Council Temporary Food Permit and have sent a letter, together with the PCFA Public Liability forms, to Milena, who is the Bunnings Activities Organiser.

## SOUTHERN CANCER CLUB MEETING

DUE TO other commitments, such as medical appointments, illness and holidays, this group had 10 apologies with only five attending in April. Still, it was lovely to meet with group member Julie and we wish her well as she heads interstate.

Final arrangements for the club's Christies Family Day were organised.

The next Southern Cancer Club meeting will be on May 17, from 1pm to 3pm, in

Christie Downs Community House.

## OREGANO OFFERS CURIOUS CANCER CURE

SOME interesting published cancer information has been received with thanks from support group members:

- US scientists claim that oregano, a herb commonly used in pizza and pasta, could help cure prostate cancer. Laboratory tests on prostate cancer cells at Long Island University (LIU) showed that carvacrol, a component of oregano, induces apoptosis – a process that causes cancer cells to "commit suicide".

Previous research showed that eating pizza may cut down cancer risk, an effect widely attributed to lycopene, the pigment that gives tomatoes their colour. However, LIU researchers believe their study shows that oregano also may play a role.

Study leader Dr Supriya Bavadeker, presenting the findings at an experimental biology conference in San Diego, said "Oregano possesses antibacterial as well as anti-inflammatory properties, but its effects on cancer cells really elevate this spice to the level of a superspice like tumeric."

- Please note that this research finding is not yet proven, and is not endorsed by PCFA.

## COMING EVENT

### JUNE 3 MID-YEAR BARBECUE HAS BEEN CANCELLED:

The Onkaparinga group's mid-year barbecue, planned to be held outdoors at the home of Peter and Christine on Sunday June 3 at 11am, has unfortunately been cancelled.

The Support Group will instead conduct its regular monthly meeting in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga, on Wednesday June 6 from 6.30pm.

• For more information, visit the City of Onkaparinga Support Group's website at [www.pcsog.org](http://www.pcsog.org), or phone John Shields on 8382 6671, or Malcolm Ellis on 8326 5588.

• Special thanks go to our support group's generous sponsors: Southern Primary Health Morphett Vale, Port Noarlunga-Christies Beach RSL Sub Branch, The Original Open Market and The City of Onkaparinga Council.

## FUNDRAISING EVENTS THAT BUILD PROSTATE CANCER AWARENESS

## The Balls4Life concept keeps bouncing ahead

**B**ALLS4LIFE Foundation director Scott Matthews took on the biggest challenge of his life in October 2008. He wanted to make a difference in the world and created Kanoë4Kids to raise \$100,000 for Make-A-Wish Australia. He achieved this by paddling 2224km of the Murray River, from the Hume Reservoir to Goolwa over 42 gruelling days.

He succeeded in this challenge – and wanted to do more. In September 2009, his Kokoda “Trek for Charity” took 14 participants on a 96km expedition with all net proceeds donated to Make-A-Wish Australia and the McGrath Foundation.

Scott’s next step was to help build charity awareness and fundraising by selling signed sporting memorabilia on eBay. Two and a half years later, the Balls4Life Foundation was set up. It was a simple concept, where winning teams from each round would sign actual match balls and these are made available for public auction via [www.balls4life.com.au](http://www.balls4life.com.au), with net proceeds being donated to PCFA.

AFL Chief Executive Andrew Demetriou has been extremely supportive and all 18 clubs are on board. In 2011, the Balls4Life Foundation exceeded all expectations by raising more than \$40,000 for PCFA.

This success prompted additional support from Cricket Australia through Cricket Cares, Cricket Australia’s Community Action Program. A stump from each of this summer’s Vodafone Test Series was signed by the Australian cricket team and donated to the Balls4Life Foundation. These were auctioned via the website, with \$3500 in proceeds donated to PCFA.

The Foundation is now determined to bring other sporting codes on board and is appealing for any pieces of sporting memorabilia to be donated for auction.

Follow the Foundation on Facebook and Twitter, and register your interest at [www.balls4life.com.au](http://www.balls4life.com.au) to make a bid on an AFL match ball signed by your favourite players throughout the 2012 football season.



LEFT: PCFA-SA’s Karyn Foster, decked out in PCFA gear, shares the love with RAA’s Crash Test Dummy at the Boileau Adelaide cycling event in March. More than 4000 cyclists participated – and PCFA was present at the finish line to distribute information about prostate cancer.



Free

Central Australia Chapter



## Prostate Cancer Awareness Evening

Tuesday May 22nd 2012

Key speaker: Urologist  
Dr Richard Wells BMBS, FRACS (Urology)

Topic: An Overview of Prostate Cancer

Prostate cancer survivors speak about their own experiences

Ms Sue Tulloch (Physio)  
Adelaide Hills Community Health Service  
Prostate Cancer & exercise

Time: 7.30p.m. – 9.30 p.m.

Where: Mount Barker-Hahndorf Golf Club  
Bald Hills Road, Mount Barker

Contact: To register phone Adelaide Hills Community Health Service 8393 1833

All are welcome to attend

The evening is sponsored by Prostate Cancer Foundation of Australia Central Australia Chapter with assistance from Adelaide Hills Community Health Service, Adelaide Hills Freemasons and conducted by the Prostate Cancer Action Group (S.A.) Inc. [www.pcagsa.org.au](http://www.pcagsa.org.au)

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