

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

JUNE 2012

Volume 5: Number 5

New prostate nurses start but more are needed

Prostate Cancer Foundation of Australia has commenced its ambitious program to fund specialist prostate cancer nurses, but more are needed across Australia.

THE recently launched Prostate Cancer Specialist Nursing Service will provide a reliable central point of contact that guides men through every stage during and after their cancer diagnosis and treatment.

With generous initial funding from Movember Foundation, PCFA will be placing 13 nurses in metropolitan and regional hospitals across Australia. PCFA's goal is to now grow the service and expand into other city and regional areas where there is the greatest need.

PCFA Prostate Cancer Specialist Nurses are trained to work alongside medical teams – oncologists, radiotherapy doctors and urologists – to co-ordinate

care plans for patients, and to give men clear and accurate information so they understand at each step of their prostate cancer journey what is happening to them. The nurses are also an important link to other available community support services.

While this is encouraging, it is also very expensive – it costs \$120,000 to equip, train and place one PCFA nurse for a year. If PCFA is going to really make a difference to the increasing number of men being diagnosed with prostate cancer, this number of skilled nurses must be extended across the country, catering to everyone affected by prostate cancer.

Ideally, PCFA would like to place up to 120 nurses

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



Large crowds attended the grand 1912 The Event ball at the Adelaide Convention Centre in April, to celebrate the 100th anniversary of the RMS Titanic's historic launch. Highlights of the period costume party included a spectacular replica of the ship's bow, made entirely from inflated balloons (pictured above). After the event, PCFA's SA representative Karyn Foster attended a thank you function held by the ball's organising committee and was presented with a cheque for \$10,000 as part of the event's proceeds, which has been forward to PCFA.

nationally, which sounds like an ambitious target but even funding one more nurse in a regional area will make an enormous difference.

At present, PCFA Head of Fundraising and Marketing Lisa Cheng is trying to raise

\$350,000 by 30 June, to help immediate plans for boosting the number of trained prostate cancer nurses. Anyone keen to make donations should contact PCFA by Freecall 1800 220 099 or visit the website www.prostate.org.au.

• **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

Actions speak loudly in the company of words

An exciting round of high-profile awareness events has introduced prostate cancer information into new communities, as David Merry from the Action Group reports.

A MOST informative prostate cancer awareness night held at the Mt Barker-Hahndorf Golf Club on May 22 was addressed by Dr Richard Wells, a specialist urologist at the South Terrace Adelaide Clinic.

Dr Wells, who also consults at the Royal Adelaide Hospital and for the Adelaide Hills Community Health Service at the Mt Barker Hospital, presented a thorough overview of prostate cancer for the audience and discussed treatment options for the disease, stressing the need for patients to be attended by consultants experienced in the specific treatment option they decide upon.

He advised of the need to seek alternative opinions, to assure the patient that they have chosen the most appropriate treatment option available for their situation.

After Dr Wells spoke, the Action Group presentation was supported by Dean Wall and Bruce Morrison (from the Masonic Mens' Health Group) who spoke of their journeys through diagnosis and treatment.

The next speaker was Sue Tulloch, a physiotherapist working with the Adelaide Hills Community Health Service, who gave an excellent presentation on prostate cancer and exercise.

Sue directs a men's group through a gym class program, followed once a month by a prostate cancer support group meeting.

The visiting prostate cancer survivors among the audience certainly regret that we don't reside in this region, enabling us to join Sue's program. Her success in building muscle mass through exercise has been most impressive.

There were 75 people present at this awareness evening, including Central Australia Chapter Councillors and members of the Murray Bridge Support Group.

It was notable that Dr Wells made a point of speaking one-on-one with many of the audience at supper time.

From the survey forms returned at the close of the meeting, it appears that 13 men expressed interest in joining the Adelaide Hills Support Group, making it a most successful event.

Under the direction of Sue as convenor, they will be assured of a most supportive engagement with the support group.

GETTING READY TO VISIT PORT LINCOLN

THE Action Group's next Awareness presentation will be held at the Ravensdale Sports Complex, 40 Stamford Tce, Port Lincoln, on Monday

June 25, from 7.30pm until 9.30pm.

Jeff Roberts is working closely with the Rotary Club of Port Lincoln members, and he will also be supported by Action Group members Ray Power and Ian Fisk.

The key speaker for the evening will be urologist Dr Darren Foreman, providing an overview of prostate cancer.

Port Lincoln Health Services will also provide an overview of the local health services that are available, and – as usual – the Action Group will present two prostate cancer survivors who will speak about their particular journeys.

Advertising for the evening will be extensive, with items scheduled to appear in *The Port Lincoln Times* on June 14 and 21, plus an editorial piece.

There will also be four TV advertisements, while ABC West Coast and 5CC radio AM and FM have agreed to include the event among their community announcements.

In further support, the Port Lincoln Rotary Club members are distributing promotional flyers throughout the city and regional towns.

It is many years since the Action Group has held an information night in this area and we look forward to

COMING EVENTS

JUNE 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, June 12.

- 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.pcagsa.org.au or phone David Merry on 8270 2227.

a good attendance. If anyone is interested in attending this special Port Lincoln information event, please register your interest by phoning Greg on 0439 882 440.

McLaren Districts Prostate Cancer Support Group

Picking up dental health tips to make you smile

As a crucial part of our health care, teeth and dentures need more care than we usually provide, as McLaren Districts support group president Bryan Hearn reports.

COLD, wet and windy weather on the evening of May 24 certainly affected the number of members who attended the McLaren Districts Prostate Cancer Support Group meeting, although those present enjoyed an informative talk by guest speaker Adrian Baggio, a dental prosthetist who spoke on dental care but more particularly on the care and manufacture of dentures.

The basic role of a dental prosthetist is to prepare dentures and other dental requirements upon request from dentists. Adrian also provides on-site fitting of dentures for the public at his clinic, as well as preparing custom-made mouth guards for sports teams.

Anybody with a Medicare Health Care card or pension card, or is seriously ill and requires dental care, can ask their GP for a referral to Adrian's clinic via the Medicare Dental Scheme, a bulk billing system that bears no cost to the patient. DVA patients, war widows and Legacy members are included in this scheme.

Adrian spent quite some time providing members with advice on the care of dentures.

Dentures should be removed after each meal, then rinse both the mouth and dentures



Simple denture care will ensure your smile doesn't fade.

COMING EVENT

MONTHLY GROUP MEETING: JUNE 28

- The McLaren Districts Prostate Cancer Support Group will conduct its next meeting on **Thursday June 28**.
- 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.

with water, or drink water after meals to help keep the mouth clean. This is particularly important if you wear a partial denture.

Dentures should be removed overnight and are best stored in a denture bath – a small container with fresh, cold water – as dentures should

not be allowed to dry out. The “bath” should be rinsed daily. Gums should be brushed quite vigorously to stimulate blood flow and keep the mouth healthy.

Dentures should be brushed both morning and night, best done over a container of water so the dentures won't break

if they are dropped. Cleaning should be done with a soft brush (the softer the better) and soapy water. Toothpaste is not recommended as this may scratch the dentures' polished surface. A scratched surface can provoke gum irritation or house a fungal infection.

If a fungal infection is contracted, the dentures should be disinfected once a week with a liquid solution containing chlorhexidine and then rinsed well under cold water. Regular cleaning with anything containing chlorhexidine should be avoided, particularly with partial dentures containing metal frames, as this will have an adverse effect and may discolour the dentures.

Dentures should be relined every 18 months to two years, because jawbones shrink with age. After fitting new dentures, a legally enforceable six-month period enables any adjustments to be completed free of charge to the patient.

As a part of Adrian's presentation, members were provided with a tour of his laboratory and surgery – located adjacent to our meeting room at the McLaren Vale Hospital. Members were very impressed and have requested a further presentation from Adrian on general dental health.

Innovative Prostate Cancer fundraising efforts

Taking mates on a fundraising drive – through the Outback

Some prostate cancer survivors are choosing to spread the message nationally about having regular prostate checks – and having a great fun time while they're doing it.

FIRED UP by a quest to spread the word about older Australian men needing to have annual prostate checks, a quartet of Queensland prostate cancer survivors have packed a mobile information booth into their car for a novel fundraising drive – to Birdsville and Beyond.

It's not just any old car, either. Their 1977 Oldsmobile Delta 88 left Brisbane on April 14, and has already rolled through their primary destination of Birdsville (on May 12).

The quartet have since



travelled through country SA, passed through Adelaide and delved further south to pass through Mount Gambier and are now in southern Victoria, with more adventures and fundraising still to come.

You can follow their progress throughout their three-month trek via their Facebook page: [Birdsville and Beyond](#).



ABOVE: Dave Marsh and his cheery companions show off the mobile prostate cancer fundraising booth they are hauling around Australia.

TOP LEFT: The lads inside the 1977 Oldsmobile, bound for Birdsville and Beyond.



Yorke Peninsula's champion sausage roll chef David Phillips (left) presented with his award by Peter Phillips.

Sausage roll chefs cook up a sizeable sum for prostate research

ALL manner of inventive community events are being held to help raise funds for prostate cancer research, as typified by Moonta Bay's Peter and Jo Phillips hosting the 2012 Copper Coast Sausage Roll Masters Competition on May 5. A big field of 37 entrants from South Australia's Yorke

Peninsula and beyond entered the competitive cook-off with their secret home-made sausage roll recipes, from which David Phillips was judged the winner, just ahead of the Moonta Meals on Wheels team. The popularity of this event meant that almost \$600 was raised for PCFA.

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

- Two old blokes had been friends for many decades. Over the years, they had shared all kinds of exciting travels and adventures, although lately their activities had become limited to meeting a few times a week to play cards. One day, they were playing cards when one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time, but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is." His mate stopped and glared for at least three full minutes; he just stared and glared at him. Finally he said, "Just how soon do you need to know?"

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

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Pulling focus on a need for multidisciplinary solutions

A cohesive approach to prostate cancer diagnosis and treatment is crucial in achieving the aim of restoring good quality of life for patients – as the Adelaide Prostate Cancer Support Group's Jeff Roberts reports.

THE May meeting of the Adelaide Prostate Cancer Support Group featured a general discussion among members and a viewing of a very informative DVD – a presentation by Dr Phillip Katelaris from the Prostate Cancer Rehabilitation Centre in Sydney.

Dr Katelaris has been a very consistent spokesman on critical prostate cancer issues over many years and this very interesting talk covered many aspects of combatting prostate cancer.

He stressed the importance of a multidisciplinary approach to diagnosis and treatment, emphasising that the aim should be the return to a good quality of life for the patient.

He outlined that the fundamental goals of treatment are to:

- Cure the cancer
- Preserve continence
- Preserve potency
- Support the man and his wife

Dr Katelaris outlined treatment decisions, and mentioned there has been a reduction in mortality in recent years.

Recovery after surgery is an important and delicate area for prostate cancer sufferers, and support groups can play a critical role in rehabilitation. The sharing of advice and information, together with the camaraderie and support of group members is of critical value to recovering prostate cancer patients.

He went on to discuss incontinence, and the importance of pelvic floor exercises to help in this area was stressed.

He outlined surgical options for overcoming urinary infections, such as the implanting of a urinary sphincter and different types of urinary slings that are now available.

Dr Katelaris concluded with a segment on erectile dysfunction. This is a very thorough and informative DVD presentation, and all

support group members are urged to obtain a copy and view it.

A WELCOME DONATION FROM A SUPPORTER

DURING the past month, a very generous donation to the Adelaide support group was received from Murray. He is unable to attend meetings and wanted to send a “token of appreciation for the work you all do and for keeping me on the mailing list”. We extend a very warm thank you to Murray for this recognition and support.

In other matters discussed at the monthly meeting, Jeff as chairman informed members about various events and meetings taking place around South Australia, including prostate cancer awareness events at Mount Barker and Port Lincoln. Support group members were then asked to update their health situation if they wished, and some interesting discussion followed.

COMING EVENTS

JUNE 18 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 June 18 meeting will feature a presentation by Dr Nathan Harten, director and exercise physiologist at iNform Health & Fitness Solutions, about the benefits of exercise on ADT.

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

Port Pirie Prostate Cancer 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, phone group coordinator Allan Manfield on 08 8632 1324.

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

Murray Bridge Prostate Cancer Support Group

Expert continence advice can help prevent accidents

The Murray Bridge Prostate Cancer Support Group continues to benefit from meeting medical helpers within the local community, as secretary Max Klenke reports.

THE Murray Bridge support group held its monthly meeting at the usual meeting place – Our Wellbeing Place, 108 Swanport Rd – on May 16, with 17 members present to hear a presentation from guest speaker Amanda Mouvet.

Amanda, who is based at the Mt Barker Health Centre, spoke to us on continence issues, and she decided to have a little fun with her rather delicate subject of urinating and defecating by calling it Prioritising Pee & Poo.

Amanda works with both adults and children, and especially enjoys helping children overcome their problems, such as bedwetting.

She offered tips for elderly people who have an urge to go to the toilet too frequently, saying they should try some mild exercises such as moving their toes in an upward position or flexing their knees, as this kind of exercise gives the brain some distraction from frequent urges.

We should drink enough



Trevor Muirhead presents Amanda Mouvet with gifts of thanks for speaking to the Murray Bridge group.

water so that our urine is a light yellow colour. Drinking no later than 1.5 hours before going to bed may help reduce the urge for frequent toilet visits during the night. Stress can also be the cause of minor leakage, so efforts to relieve stress can have the additional benefit of solving urination issues.

Bowel problems may be helped with the way people sit on the toilet. Raising the feet on a resting device (a Yellow Pages phone book is an ideal size) and also

leaning slightly forward can help make a successful motion easier.

This was a very educational and enjoyable talk, after which support group chairman Trevor Muirhead thanked Amanda and presented her with our usual gifts of a certificate and bottle of white wine.

REMEMBERING OUR FRIEND DAVID MOAR

TREVOR Muirhead informed the meeting that support group member David Moar had passed

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, JUNE 20.
- For more information about the group, phone group president Trevor Muirhead on 8569 1342, or group secretary Max Klenke on 8532 1936.

away since our last meeting, and expressions of sympathy had been sent to his family.

In other business at the meeting, the Prostate Awareness meeting at Mt Barker Golf Club Rooms was discussed briefly along with plans for seven members to attend, and Doris Klenke reported on the Central Australia Chapter council meeting.

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.

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

Alice Springs Prostate Cancer Support Group

Benefits from sharing treatment experiences

Another successful support group forum enjoyed great input – including from Murray Bridge visitors Ron and Bronwyn Lehmann, as deputy convenor Murray Neck reports.

THE group forum meeting conducted in May by the Alice Springs Support Group followed the format of previous meetings that have been devoted to members speaking of their various prostate cancer treatments. Surprisingly, though, while only 10 members spoke, they covered a wide range of treatments, including radical prostatectomy, brachytherapy, breast cancer, turp, lymph node surgery and a sling implant, radiotherapy, chemotherapy and the impact of various drugs.

Post-treatment recovery varied considerably between these speakers but most stated that they had not been adequately briefed to cope with the side effects resulting from the treatments. In some cases the emotional problems were considerably more serious than their physical recovery.

The speakers felt that, to a degree, the medical profession and available literature had underplayed the extent and duration of the side effects.

While most of these survivors are now philosophical about their journey and can openly talk about their experiences, they say that time has been

COMING EVENTS

JUNE MEETING: The Alice Springs Prostate Cancer Support Group will meet on Thursday June 14, from 6.30pm to 8pm in the conference room of General Practice Network NT, Skinner St, Alice Springs. The guest speaker is Eric Tikoft, a respiratory nurse from Alice Springs Hospital.

GO-KART PATRON'S DAY: On Sunday June 3, the support group will help run a club barbecue, bar and our own prostate cancer information marquee, profits will be shared with the junior Go-Kart club.

JULY MEETING: To be held at the Alice Springs Desert Wildlife Park on Sunday July 15, from 11.30am to 2pm. This will be a mid-year social barbecue for members, families and friends.

SUNDAY JUNE 24: This will be the first monthly prostate cancer awareness information stand presented at the Todd Mall Sunday Markets, from 10am to 3pm. We require volunteers to assist who feel confident speaking to the public about prostate cancer. Please phone Murray Neck on 08 8952 3550.

TENNANT CREEK VISIT: Support group convenor Ian Wagner and a small party will travel north to present a prostate cancer information and awareness stand at the Annual Tennant Creek Show on Friday July 13.

• For more information about the support group, 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.

a great healer – and added that a joke now and again also helped.

They emphasised that networking and bonding that came from attending support group meetings was an important ingredient of recovery. The positive-thinking members

who attend meetings as observers (they represent 50 per cent of the Alice Springs support group membership) are very interested contributors who are able to help spread crucial information and awareness.

Locally, many men who

undergo prostate cancer treatment, quite often as a matter of urgency, have little knowledge of what is about to confront them – and the problem appears to be part of a nationwide trend. For various reasons, these patients are either not aware of the existence of a Prostate Cancer Support Group or have not made positive contact with a support group. Perhaps we all need to rethink the way we deliver our awareness message, to embrace a larger percentage of men in the region that our support group serves.

On the subject of pelvic floor exercises, the speakers expressed varying degrees of satisfaction from performing this exercise, but all agreed that it was beneficial – especially those who rated this as a priority for their recovery.

Ron and Bronwyn Lehmann contributed with their experiences from the Murray Bridge Support Group, which reflect very closely with those discussed at this forum. While they enjoyed the meeting, we feel they were pleased to be travelling further north to the warmth of the Kimberleys after experiencing zero nightly temperatures in the Red Centre.

Limestone Coast Prostate Cancer Support Group

Reaching out to inform the community in many ways

The Limestone Coast support group has been engaging with diverse groups – from ex-servicemen, to hardware shoppers, to Angel Flight pilots, as Richard Harry reports.

DURING April, the Limestone Coast Prostate Cancer Support Group was asked to do a presentation for the Royal South Australian Regiment Association. With about 30 RSARA members present, the PowerPoint presentation “Prostate Cancer: What you need to know” was shown, followed by a description of two vastly different prostate journeys taken by Angelo Landa and Richard Harry.

As most of the people present were in the 50-plus age bracket, the many and varied questions asked were very pertinent. This was followed by a sausage sizzle supper.

At our support group’s May meeting, Graham Hinze introduced Mark Forster, a local sawmill owner and member of Angel Flight, as a guest speaker. Angel Flight provides free air transportation to patients in need of medical treatment at distant hospitals, and Mark explained how he worked towards getting his pilot’s licence, then upgrading it to fly the aircraft he bought that can accommodate Angel Flight passengers.

Mark explained how Angel Flight, based in Queensland, sends emails to its pilot members when a flight is required close to their location. Angel Flights are done at no cost to the passenger, provided they meet



ABOVE: The support group display at Bunnings Mount Gambier with (L-R) Richard, Max, Bruce and John.

BELOW: Support group members at the RSARA clubrooms, with Angelo Landa in background beside the PCFA banner.



certain criteria. Angel Flight pays for aircraft fuel, although the aircraft owner covers other running expenses. At a group committee meeting a week after Mark’s presentation, it was decided to present Angel Flight with a cheque for \$500 from our support group.

Bunnings Mount Gambier held a Community Day on Saturday May 19 to coincide with Volunteers Week – the first such event since the store opened several years ago. Although only about 10 organisations were invited,

the event should be repeated next year on a larger scale. The Limestone Coast support group had many willing hands to assist over the four-hour event, and many people who visited our information stand were known to group members, so valuable personal contact was made.

Support group member Doug Redman invited Paddy O’Rourke, a 54-year-old with Prostate Cancer, to present an afternoon chat at the Blue Lake Golf Club – and although this was not a normal meeting,

RECENT EVENTS

THE Limestone Coast Prostate Cancer Support Group held its June meeting in Coonawarra Hall. PCFA National Chairman David Sandoe and his wife Pam spent the previous weekend in Coonawarra, and attended this monthly meeting and lunch afterwards. Also present were some representatives from the Coonawarra Vignerons Association, who presented a \$10,000 cheque to PCFA via David.

- For further information about the Limestone Coast Prostate Cancer Support Group and its July meeting, please phone Graham Hinze on 8737 2779.

a good gathering of 12 men were present.

Paddy gave a brief outline of his journey, explaining that his cancer has escaped beyond the prostate and is now in his bones. It was a very positive talk about his experience to date and although similar to the problems of some group members, it was also very clear that each individual has their own set of problems to overcome.

Gawler Prostate Cancer Support Group

New group makes immediate contact with local residents

The new Gawler support group introduced itself to the public with a strong showing at a local community event, as support group facilitator Lynton Carle reports.

ON Saturday May 5, the Playford City Council conducted an event called The Fit Element at the Elizabeth City Centre – and the new Gawler prostate cancer support group saw this as the perfect opportunity to introduce itself to the local community.

Lynton and Leslee Carle from the Gawler Prostate Cancer Support and Awareness Group were assisted at their information booth by members of the Action Group of the PCFA Central Australia Chapter.

Together, these volunteers distributed a large amount of resource material about prostate cancer to interested people attending The Fit Element.

This event was aimed at promoting a healthy lifestyle, with particular emphasis on men's health, and showcased



FROM LEFT: Lynton Carle from the Gawler support group, with David Merry and Bob Wood from the Prostate Cancer Action Group, working together at The Fit Element event outside the Elizabeth City Centre.

the many resources that are available that will help people achieve this goal.

It was a most appropriate activity to help create more awareness of the incidence of prostate cancer in Australia, especially by providing men and their partners or carers

with practical and informative resources which can be used to help them understand this condition. The literature handed out is equally valuable as a guide to help men who have been diagnosed with prostate cancer through the many treatment options and support networks available.

• The Gawler Prostate Cancer Support and Awareness Group has been formed to support men diagnosed with Prostate Cancer – and their partners and carers – during the stressful and confusing time immediately after diagnosis and after treatment.

Anyone is welcome to attend the Gawler support group meetings, which are held in the conference room at the Gawler Health Service facility (21 Hutchinson Rd, Gawler East, phone 8521 2000) at 7pm on the first Tuesday of each month.

The next meeting will be held on July 3.

Contacts for more information about the Gawler support group can be obtained from Lynton Carle (phone 8524 4086) or Kylie Fotheringham (phone 8521 2080).

Barossa Prostate Cancer Support Group

• THE Barossa Valley Prostate Cancer Support Group is planning to have several interesting guest speakers within the next six months – including Dr Bob Such, politician and prostate cancer survivor; David Searle, a soldier who will share his Iraq placement experience; and Dr Denby Steele, a well known urologist. The Barossa support group invites other support groups to come and listen to our guests, and dates for talks presented by these interesting speakers will be advertised in the Prostate Supporter newsletter.

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 at Bill Pink's home, 20 Old Sturt Highway, Nuriootpa, on Tuesday June 19 from 2pm-4pm. For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359.

Mitcham Prostate Cancer Support Group

Here comes the sun - but just how much is enough?

Too much exposure to the sun puts us at risk of skin cancer, yet too little sunlight leaves us with a Vitamin D deficiency. Finding the right balance to ensure good health can be a very tricky matter, as Mitcham support group's joint-chairman Roland Harris reports.

THE Mitcham Prostate Cancer Support Group welcomed Dr Bruce Wauchope to its May meeting. He is the Senior General Practitioner with Molechecks Australia, located within the Bedford Medical Clinic at Clovelly Park.

Dr Wauchope spoke to the Adelaide Prostate Cancer Support Group in November 2011, and it is worth searching through archived online editions of Prostate Supporter at www.pcagsa.org.au/pages/supporter.html to revisit Ian Fisk's excellent report in the February 2012 newsletter. It provides a detailed summary of Dr Wauchope's very interesting and quite arresting PowerPoint presentation.

Our relationship with the sun is fraught with risk: Too much sun exposure can cause sunspots, which can develop into skin cancers. However, too little sunlight leads to Vitamin D deficiency, which then needs to be supplemented by a daily capsule, as directed by your doctor.



Dr Bruce Wauchope:
Sending a clear warning that early melanoma detection saves lives.

Because we try to juggle a balance of obtaining optimal sunlight exposure for our good health, Dr Wauchope instilled in our group the message that it is important for regular skin checks to be performed by trained melanographers on all moles located on the body.

Abnormal features that identify even a small mole as

a potential melanoma risk are not visible to the naked eye.

Magnifying glasses and headsets can only inspect the outer skin surface at 10 times magnification, compared with the Molemax dermoscopes used by trained melanographers, that can achieve up to 30 times magnification. These instruments also enable a clear and thorough viewing of the cell structures beneath the skin, taking digital images of skin and abnormal moles

which are saved for future comparison after a later visit.

Early detection saves lives. Melanoma is the most common cancer in the 15-to-45-year age group, and the second most common cause of death in that age group.

We thanked Dr Wauchope with a bottle of McLaren Vale shiraz (rather than a cleanskin).

For further information, visit www.molechecks.com.au or phone 8277 6457. No referrals are necessary.

COMING EVENT

JUNE MEETING

The Mitcham support group's fifth meeting for 2012 will be on Thursday, June 28, featuring guest speaker Luke Bain, who is Men's Health Consultant for Man Alive.

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

WHYALLA PROSTATE CANCER SUPPORT GROUP

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.

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

A helpful list identifies who's who among the medical staff

The search for more prostate cancer information uncovers useful items, as Onkaparinga group chairman John Shields reports.

THE City of Onkaparinga Prostate Cancer Support Group had a very enjoyable May meeting, with everyone happy to share their prostate cancer journey and talk about their general health. We also watched an excellent 65-minute DVD on new advances in the treatment of advanced prostate cancer, presented by Dr Manish Patel.

After clearly explaining what advanced prostate cancer is, Dr Patel covered a broad range of subjects: Robotic surgery; 3-D conformal radiotherapy machines; not all prostates are the same; radiation doses that are too high can damage nearby structures such as the bladder and rectum; adding hormones to radiotherapy for patients with localised advanced prostate cancer; treating patients with a rising PSA; the natural history of progression following PSA recurrence after radical prostatectomy.

See support group librarian Peter to borrow a copy of this very informative DVD.

PATHWAYS FOR NEW PROSTATE PATIENTS

WE HAVE found very helpful information on the US TOO Prostate Cancer Education and Support website that gives a brief description of the duties performed by various physicians and allied health professionals.

This list will be of great interest to men who have been newly diagnosed with prostate cancer, together with their partners and families, to help them choose the right specialists and health professionals as they embark on their prostate cancer journey.

Urologist: A physician specialist and surgeon who treats the urinary system and male reproductive system, and may administer hormone therapy as part of cancer treatment.

Radiation oncologist: A physician specialist who uses internal and external radiation therapy to treat cancer.

Medical oncologist: A physician specialist who treats cancer with medications such as hormone therapy or chemotherapy.

Pathologist: A physician specialist who identifies diseases by studying cells and tissues from a biopsy that the urologist may have taken.

Anaesthesiologist: Physician specialist who gives pain medications, as needed, to increase your comfort level especially during surgery.

Physician assistant (mainly in the US): A health care professional licenced to practice medicine with physician supervision, who conducts physical exams, diagnoses and treats illnesses,

orders and interprets tests, assists in surgery and can write prescriptions.

Nurses: Provide high level medical education and assistance to patients and their families. They are a knowledgeable resource for information about areas including treatment options and symptom management.

Therapist: Can provide patients and their families with assistance in balancing emotional and physical needs as diagnosis, treatment, side affects and the road to recovery are faced.

Social worker: Provides patients and families with the psychosocial support needed to cope with prostate cancer. A social worker is able to advise caregivers, counsel patients and help plan for patients' needs after discharge by arranging at-home services such as Meals on Wheels and oxygen equipment.

Nutritionist: Helps plan a diet that will promote healthy eating habits to improve your comfort level and aid in recovery.

OUR INDOOR BARBECUE

AFTER SOME juggling of arrangements, Jules kindly arranged for our mid-year "barbecue" to be held in the dining area next to the Noarlunga Hospital shop on Sunday June 3. As a consequence, instead of the

COMING EVENT

JULY 4 MEETING:

The Onkaparinga Support Group will conduct its regular monthly meeting in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga, on Wednesday July 4 from 6.30pm.

- For more information about the group and its activities, visit the City of Onkaparinga Support Group's website at 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.**

actual barbecue everyone brought along their own food ready to eat, with the support group providing sweets.

We plan to hold our end-of-year barbecue at Peter and Christine's home on the first Sunday in December – weather permitting, otherwise we will go to the hospital dining area again.

Prostate Cancer riders get dirty all night long

Rather than just compete in a taxing 24-hour endurance bike race, a team of riders from Shannons Insurance decided to use the event as a platform for prostate cancer awareness and fundraising.

Shannons Insurance staff members Jeff Hughes, Joel Mobbs and Don Plush, along with Cristian Varela, competed in the Bike SA Kona “Dirty Weekend” 24-hour mountain bike race on May 5 and 6 – with their ultimate aim being to raise funds and awareness for prostate cancer research.

Team Shannons competed in the category for teams of four males, and was required to run over a 13km circuit of tough mountain bike single track and fire roads at Fox Creek in the Adelaide Hills. With plenty of rocks and trees to negotiate, each team had to complete as many laps as possible in the 24-hour period. One rider from each team needed to be on the course at any given time, with riders racing throughout the night.

“It is a bit of a surreal feeling riding through the forest in the dark of the night with only your bike headlights to show you the way,” said Joel Mobbs. “Sometimes you wonder if you are still on the right track.”



ABOVE: Jeff Hughes in action during the Bike SA Kona “Dirty Weekend” 24-hour mountain bike race.

RIGHT: Team Shannons under the race’s start/finish arch at the end of 24 hours.

Not satisfied with merely completing the event for the personal challenge, Team Shannons also chose to raise money for Prostate Cancer

Foundation of Australia. “The race was a tough challenge, but not as tough as the challenge that many Australian men face who have prostate cancer,” said Jeff Hughes.

He noted that in the 24 hours that his team was racing, nine Australian men would have died due to prostate cancer.

The team raised more than \$1300 for PCFA through the Suncorp Brighter Futures website.

At the end of the race, Team Shannons had completed 26 laps, which placed it 13th outright in a field of 128 starters – and it was placed 9th in its category of 27 teams.

This was a great result for the team, summed up by Don Plush, who said “It was a top effort by the boys for us to get into the Top 10.

“We would especially like to extend a huge debt of thanks to our friends, families and colleagues who supported us and PCFA.”

