

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 Good Guys pledge to help prostate cancer awareness

A major retail chain in South Australia has pledged to help Prostate Cancer Foundation of Australia, offering a fantastic new awareness and fundraising avenue through its many customers.

THE Good Guys South Australia has recently announced that it will be adding Prostate Cancer Foundation of Australia as a recipient of funds from its local giving program through the 2012/13 financial year.

Funds received from the chain of electrical superstores will be directed towards the work PCFA does in South Australia.

Good Guys customers are given a token with every purchase made, either in-store or online, which are then placed into a series of token deposit boxes for a range of different charities and organisations – and from these a percentage of funds is given to local projects, according to

how many tokens their cause accumulates.

So, by placing these tokens in the PCFA chute within token boxes located in each Good Guys store throughout SA, the customers will be able to make sure a higher proportion of funding can be donated to PCFA.

Since 2006, The Good Guys Local Giving Program has raised more than \$4 million, which has resulted in more than 150 charity organisations around Australia receiving funds that assist essential programs, services and grassroots projects.

“We look forward to building this new relationship with The Good Guys, and will relish this opportunity to use their

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



token boxes to not only raise awareness about prostate cancer but also to encourage shoppers to donate their token to our worthy organisation,” said Karyn Foster, of PCFA South Australia.

The Good Guys focuses its local giving program on improving the health and wellbeing of the local community through projects such as PCFA, Jamie’s Ministry of Food Australia and many other local organisations.

“Men’s health has been pushed to the side for too long! With this ongoing partnership we want to help PCFA raise awareness of the dangers from this form of

cancer,” said Vince Santoro, proprietor of The Good Guys store at Edwardstown.

The Good Guys also supported the recent Mount Osmond Golf Club tournament, which raised money and created awareness for PCFA. “It was a great day and provided the catalyst for all the South Australian stores to support PCFA,” added Vince.

Next time you go shopping at any of The Good Guys stores in South Australia, make sure you put a token in the box for PCFA. By encouraging everyone you know to also do this, together we can provide support and raise awareness on behalf of PCFA.

• **CONTRIBUTIONS from all Support Group members to the monthly Prostate Supporter newsletters are most welcome; please email items and images to Karyn Foster: karyn.foster@pcfa.org.au**

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

Using the media to help boost event awareness

Strong media coverage ensured that the Port Lincoln awareness event grabbed the attention of the whole community, as Jeff Roberts from the Action Group reports.

THE Port Lincoln Awareness Evening held on Monday June 25 proved to be another very successful event for the Action Group, with Ian Fisk, Ray Power and Jeff Roberts representing the group.

About 100 people attended the event at the Ravensdale Community Sports Centre in Port Lincoln. This proved to be an excellent facility and we appreciated the generous arrangements provided. The event was co-sponsored by Rotary Club of Port Lincoln with assistance from Port Lincoln Health Services – strong local support that is vital to the success of this type of presentation.

Rotary chairman Noel Jenkins introduced the evening before key speaker Dr Darren Foreman gave an excellent overview of prostate cancer with very clear details and slides. He answered a number of questions following his presentation, before Ian Fisk and Ray Power both spoke as prostate cancer survivors and were well received by the audience.

Sharon Westerman, manager of community health at Port Lincoln Health Services, provided informative details of available community services.

Jeff Roberts completed the evening with a segment on



ABOVE: A very big crowd attended the recent Port Lincoln awareness night, which featured Dr Darren Foreman (left) as key speaker.

Photographs: Ian Fisk

are going to that event” and subsequently drove 700km to Port Lincoln, went to the event and drove home the next day – and they were very grateful for all the information they received.

An excellent number of evaluation forms were completed and returned at the close of the night, with a significant number of people expressing interest in a local support group, and we are now very hopeful of a group being formed in the near future.

AMBASSADORS IN ACTION

ACTION Group members who are also Ambassador Speakers continue to be active in presentations to community groups. Dean Wall has given a series of presentations to men at the Mobilong Prison,

COMING EVENTS

JULY 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, July 10.

- 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.

while David Merry has spoken to a Spanish-speaking community group at the Burton Community Centre, and will present to members of the Ulysses Motorcycle Club on July 17.

McLaren Districts Prostate Cancer Support Group

Providing more than meal services to those in need

Meals On Wheels helps not only the elderly but also any invalid people – even on a temporary basis, as McLaren Districts support group president Bryan Hearn reports.

ONCE again, bad weather had a big effect on the number of members who attended the McLaren Districts Prostate Cancer Support Group meeting on June 28. This was a great pity because our guest speaker, Rick Coronica – State Operations Manager for Meals on Wheels in SA – was very interesting and most informative.

Meals on Wheels' origins can be traced to England in 1938, when a member of the Women's Voluntary Service developed a meal delivery service for needy people. In Australia, a South Melbourne lady embraced this concept, delivering meals by tricycle. The scheme was further developed in SA by Doris Taylor, who delivered meals using a wheelchair and then a ute with help from the Red Cross.

Meals on Wheels is a not-for-profit organisation instead of a charity and operates on a user-pays basis. The organisation not only supplies meals to people but also provides them with help through welfare assistance. This helps to keep people at home longer, reducing the impact on the public hospital system.

A client is charged \$7 for a three-course meal and the organisation receives a subsidy from the State



About 10,000 volunteers are the backbone of Meals on Wheels in South Australia – and more are needed.

COMING EVENT

MONTHLY GROUP MEETING: JULY 26

- The McLaren Districts Prostate Cancer Support Group will conduct its next meeting on **Thursday July 26**.
- 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.

Government of \$2.80 per meal. Funding is provided by the Federal Government to the States, which then pays the subsidy to the organisation. In SA, more than 4000 meals are prepared and delivered each day by about 10,000 volunteers. About 30 staff are employed to co-ordinate all this activity. Around Australia, about 14.5 million meals are delivered each year to 53,000 recipients.

The majority of these meals are prepared and delivered from country hospitals, such

as the McLaren Vale hospital. A usual delivery round for a volunteer comprises 18 to 25 clients, to be completed within two hours. If it takes longer, consideration is given to breaking the task into two rounds.

The organisation's motto is "More than a Meal" – emphasising that regular visits also provide friendship and some assistance if required. Trained volunteers learn how to deal with some unpleasant circumstances they might encounter, and counselling

services exist where required. Attention is also given to providing a mix of meals to meet the different cultural needs of clients.

The average age of volunteers is 74 years; the average client age is 82 (not too much difference there), although the youngest is aged 10 years and the oldest is 104 years.

Anybody who can't cook or shop for themselves is eligible to be a client, and should contact Meals On Wheels to make the necessary arrangements. Anybody requesting assistance will have their needs assessed. Clients can even be helped on a temporary basis, if they have an injury that confines them to bed or a wheelchair for a short period.

As with all service groups, Meals On Wheels is experiencing difficulties attracting volunteers. Anybody interested should make contact with the organisation, which will then conduct certain checks such as a police clearance.

Operating costs in SA are about \$13 million, with income around the same level. Donations are always welcome and many are received on a regular basis that help maintain the high quality of service provided by this organisation and its volunteers on an ongoing basis.

Port Pirie Prostate Cancer Support Group

Taking a peek at proposed Port Pirie health care centre

A new facility signals the chance for health services in SA's mid-north to be more integrated and efficient – as Port Pirie support group member Richard Kruger reports.

THE Port Pirie Prostate Cancer Support Group was recently advised of a new GP+ Health Care Centre that has been approved for Port Pirie. The good news was delivered to the support group by Bill Slattery, Service Development Manager of Country Health SA's Local Health Network, located at the Port Pirie Regional Health Service.

Planning for the development of this important new health centre to service South Australia's Mid North has been completed and was endorsed through State Cabinet on May 21. Building works should commence in the coming months and the project is expected to be completed in late 2013.

The GP+ Health Care Centre in Port Pirie will provide excellence in integrated health care through delivering a broad range of coordinated primary health care services, with a focus on health and wellbeing, chronic disease management, early intervention and out-of-hospital assistance strategies.

The facility will provide a centre for service delivery, improving the recruitment and retention of local health staff and delivering culturally appropriate services for Aboriginal people to the communities of Port Pirie and the Mid North health cluster.

There is a clear focus on



ABOVE LEFT: An artist's impression of the new Port Pirie GP+ Health Centre. ABOVE RIGHT: (from left) Ken Bliescke with Bill Slattery and Karin Goodwin.



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.

integration of services for community members that will result in:

- One booking system and reception desk.
- One set of case notes (electronic).
- Joint planning and research to address public health issues.
- Services are client journey focussed, not centred around the clinicians needs.
- A consistent approach to prevention and management of chronic disease.
- One integrated health service.

Priority will be given to new and complimentary services that focus on the

promotion of health and wellbeing, including the prevention and management of chronic disease; the prevention of hospital admissions and unnecessary accident and emergency presentations; addressing identified gaps for services in the community; teaching, learning and research. Service improvements identified and being developed for the future include:

- Open seven days a week.
- Open until 10pm on week nights.
- After-hours clinics and services.
- Limited services on weekends

(4 hours on Saturdays and Sundays).

- Capacity for medical and specialist services, especially an after-hours GP clinic.
- Private and Public Allied Health partnerships.
- Capacity for large student models to assist in "growing our own" local service staff.
- Video conferencing in every clinic room.
- Large group rooms and conference facilities.
- Capacity for the development of a youth clinic.
- A health information bay and internet kiosk.

The sum of all these parts is that the new facility will be promoted as an icon of health and wellbeing, and recognised as a centre that people in the mid-north can feel comfortable and confident about dropping in to and using at any time.

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Exercise regime proves that resistance is most beneficial

When prostate cancer patients begin to feel the side effects of Androgen Deprivation Therapy, a resistance training regime can produce significant benefits, as the Adelaide Prostate Cancer Support Group's Ian Fisk reports.

THE June 18 meeting of the Adelaide Prostate Cancer Support Group featured a presentation by Dr Nathan Harten, an exercise physiologist from iNform Health & Fitness Solutions. He spoke about how exercise can reduce some of the side effects associated with Androgen Deprivation Therapy (ADT).

Men with prostate cancer going through ADT typically increase their body fat by 10 per cent and decrease their muscle mass by 3 per cent each year, however research indicates that these side effects along with an increased loss in bone mineral density can be greatly reduced through performing resistance training.

Dr Harten informed the group that some drug companies are sponsoring group-based resistance training programs to help reduce the side effects of drugs used during ADT.

Some other topics covered in his presentation included an explanation of what is exercise physiology, and how to find an exercise physiologist (they are listed on the website www.essa.org.au). These people specialise in the delivery of exercise, lifestyle and behavioural modifications.

Dr Harten explained



Dr Nathan Harten

resistance training (basically a form of weights training) as meeting the need to work on all the major muscle groups, through at least eight different exercises.

These need to be performed with optimal repetitions (10 to 15 in each set) and in multiple sets to help increase the body's muscle mass, strength and endurance.

Research has shown that is more effective to exercise in a group rather than alone.

Some studies show that exercise can increase the body's productivity up to 20 per cent. Exercise can also reduce the chance of diabetes and high blood pressure, especially for men on ADT or men experiencing prostate cancer.

A case study was examined of a man undergoing ADT

with a body mass index of 35, high waist measurement and high blood pressure who participated in a structured exercise plan.

After eight to 10 weeks, his leg strength increased by 20 per cent and overall strength improved, his 400m walk test time improved by 5 per cent, his blood pressure reduced and his waist measurement decreased by 9cm.

He had lost 3kg in weight and his body fat was reduced by 1.2kg (usually under ADT, body fat amounts will increase).

ABC-TV's Catalyst program: Episode 11, broadcast on May 30, featured segments on exercise, including specific exercises for prostate cancer patients. The transcript and video of this segment can be downloaded from the ABC website.

YOUTUBE LINKS

PCFA has uploaded 17 great videos to youtube that cover a range of practical advice. See them online at <http://www.youtube.com/user/pcfaweb> and the topics covered include: Hormone Therapy, Hormone Refractory Prostate Cancer, Healthy Eating & Prostate Cancer, Life after Diagnosis, Treatment Options and Radical Prostatectomy.

COMING EVENTS

JULY 16 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 July meeting will feature Julie Marker from Cancer Voices SA. Julie, who is on the executive team, is a three-times metastatic colon cancer survivor and has been very active with Cancer Voices SA from the start.

- In September, our guest speaker will be Lauren Wood, Royal Adelaide Hospital Prostate Cancer Nurse.

- 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

Murray Bridge Prostate Cancer Support Group

History lesson reveals more about the local community

Through inviting a resident to share his tales of the region, the Murray Bridge support group learned some fascinating local history, as secretary Max Klenke reports.

THE Murray Bridge support group's June 20 meeting at Our Wellbeing Place had 21 people present, with apologies received from nine members.

Group president Trevor Muirhead introduced John Rabone, who spoke about his life in Murray Bridge, which was very interesting and entertaining.

John obviously has great knowledge and has researched a great amount about Murray Bridge.

He detailed the history of the road bridge, explaining that in 1864 a bridge was investigated, decided upon and had the required

materials imported, however it was not until about 1879 that work was eventually started. Indeed, the bridge's steel structures lay at Dry Creek for about 15 years.

The bridge cost about £20,000 and finally opened to road traffic in 1883, then for railway use in 1886.

The area was originally called Edwards Crossing, then later called Mobilong, and was changed to Murray Bridge in 1924.

John's grandfather had been a baker in the region, and had converted a milkboat into a live-in houseboat named Bullfrog that was moored just west of the road bridge and sailing club. He recalled

that during the 1956 flood, they were marooned on the boat for several weeks as it was difficult to land.

In other business at the group meeting, treasurer Richard Parsons presented a financial report before other brief reports from the chairman, secretary and also Doris Klenke about PCFA Central Chapter business.

The group also resolved to forward its recent information study to Cancer Voices, about possible cancer prevention through better quality in foods.

The group meeting closed at 8.40pm and everyone enjoyed a chat over the usual cuppa and biscuits.

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, JULY 18.

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

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, cnr Smith St and the Esplanade, Darwin, at 7.30pm. For further information, phone Keith Williams on 08 8981 4506.

Learning to present at more events

RECENTLY, Darwin support group had the chief of a newly created Men's Health Strategic Planning section in the Department of Health as a guest speaker. In addition to providing a general outline, Frank Wallner spoke at some length about the very popular and effective Pitstop program. He was especially seeking volunteers to be trained and act as helpers at about four activities per year – including the recent Darwin leg of the

Super V8s, and the Big Boy's Toys Expo.

I was the only person from our group who could be involved and found that the V8s activity was at the bottom of a very steep learning curve, although I still spoke to about 100 men on the first day, most who were retired tourists.

For the Big Boy's Toys event, we changed to each mechanic covering a designated set of topics. Because I was most interested in cancers, my two

shifts covered testicular cancer (which I haven't had), prostate and skin cancer (both of which I've had to deal with), and was able to shock several people with the spectacular mess that Efudex skin cancer treatment was making of my body.

Many men expressed their gratitude for the wake-up call they had received through this information – and among them was Doug, a visiting member of the Limestone Coast support group. **From Keith Williams.**

Alice Springs Prostate Cancer Support Group

Lung health helps us breathe a little easier

Taking greater care of our lungs is an important part of the total men's health awareness initiative, as Alice Springs support group convenor Ian Wagner reports.

VISITING Limestone Coast support group members Richard and Heather Harry joined a smaller than usual number of Alice Springs members at the support group's June meeting. They heard an enlightening talk from CNC Respiratory Educator Erik Tikoft about the function of the human lungs.

Erik has had many years treating patients with lung disease in Central Australia, and he supported his talk by displaying graphic posters showing the lung chambers, their structure and function.

The most common lung disease is Chronic Obstructive Pulmonary Disease, which is related to three conditions – chronic bronchitis, chronic asthma and emphysema.

In each condition, there is a chronic obstruction of the flow of air through the airways and out of the lungs. The obstruction is generally permanent and may progress over time.

Erik also spoke of HTLV-1, which is a human T cell lymphotropic virus type 1, the first human retrovirus discovered.

HTLV-1 is endemic in many countries and in Australia the virus occurs



From left: Palliative Care Manager Fred Miegel and Respiratory Educator Erik Tikoft from Alice Springs Hospital with Limestone Coast guests Heather and Richard Harry at the Alice Springs group meeting.

problems that smokers have, highlighting they are more likely to have lung disease than non-smokers. Appropriately, the current QUIT advertising program was displayed at the group meeting.

A VERY BENEFICIAL JOINT-VENTURE FOR THE SUPPORT GROUP

ON SUNDAY June 3, Alice Springs Prostate Cancer Support Group members ran an information and education display tent at a combined fundraising event for the Junior Go-Kart club and the support group.

This event was a “come and try day” for people interested in this motor sport. Although the weather was fine, it was a very cold day – yet a large crowd attended and enjoyed the activities.

Support group member Paul Little arranged for the Alice Springs group to be involved and we are grateful for his recommendation.

As well as our display, members operated the barbecue, and the Go-Kart Club will soon present the group with a cheque for about \$1500.

It is now hoped that this collaborative event will be held annually.

COMING EVENTS

JULY MEETING: Instead of the regular monthly support group meeting, a special event will 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 all support group members, families and friends.

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 Alice Springs support group – which usually meets on the second Thursday of each month at NT Medicare Local, 5 Skinner St, Alice Springs – phone group chairman Tony O'Brien on 0438 530 366, or convenor Ian Wagner on 0409 534 950.

in many Aboriginal populations, although it is less common among non-Aboriginal Australians.

Pneumonia is also prevalent in indigenous

males and the average life span of those who suffer pneumonia is likely to be 40 per cent less than among caucasian males.

Erik also emphasised the

Limestone Coast Prostate Cancer Support Group

A generous gift from the winemaking community

It was fitting that PCFA National Chairman David Sandoe was visiting Coonawarra to receive a very generous donation from local winemakers, as Graham Hinze reports.

THE highlight of the past month was a visit by PCFA National Chairman David Sandoe and his wife Pam to the Limestone Coast. They spent the weekend at Coonawarra, with Doug and Vonnie Redman and Graham Hinze joining them for dinner on the Saturday night at the Bushman's Inn Restaurant in Penola – which is operated by Jenny Hinze and business partner Darren Powell.

On a cold and wet Monday morning, 18 members of Limestone Coast support group met with the Sandoes at the Coonawarra Hall for the group's monthly meeting. The first 30 minutes was spent listening to David being interviewed by local ABC radio host Stan Thompson, discussing a variety of PCFA issues.

The next hour had David and Pam leading the group in discussion, answering many questions and giving the group an insight into PCFA and the role that everyone plays in heightening the awareness of prostate cancer.

Lunch was served by Jenny and Darren from the Bushman's Inn, with nine members of the Coonawarra Vignerons Association joining



ABOVE: A large crowd enjoying the gala winery dinner before bidding started at the 2011 Coonawarra Cabernet Festival Barrel Auction.

BELOW: Coonawarra winemaker Sue Hodder of Wynns Coonawarra addressing the Barrel Auction crowd.



the meal – including 94-year-old Eric Brand from Brands Laura Wines.

After lunch, CVA chair Sandrine Gimon presented David with a cheque for

\$10,000, which represented proceeds from the Coonawarra Cabernet Festival barrel auction held last year.

Each year the CVA auctions a barrel of the best Coonawarra

COMING EVENTS

The next meeting of the Limestone Coast Prostate Cancer Support Group will be held on Tuesday August 7 – although the time and place have not yet been decided. Support group members will be informed once these details are definite.

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

cabernet sauvignon (the equivalent of 20 dozen bottles) and there may be up to 10 barrels offered for sale by leading Coonawarra wineries. This is the second year in a row that PCFA have received this donation from the auction proceeds, and David thanked the CVA for its generosity to PCFA, vowing that the funds will be put to good use.

David also assured everyone that he and Pam would be back in the Limestone Coast before long to enjoy more of the great hospitality provided to them.

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

After hitting his ball into yet another bunker, an exasperated golfer, desperate to blame someone for his woes on the course, declares loudly, "You've got to be the worst caddy in the world". His bemused caddy arches an eyebrow and dryly replies "I don't think so. That would be too much of a coincidence."

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

Barossa Prostate Cancer Support Group

Barossa group shares its resources with community

As a means of promoting greater awareness about prostate cancer among the local community, the Barossa support group has struck upon an innovative way of sharing its information resources. Barossa support group facilitator Don Piro reports.

THE Barossa Valley Prostate Cancer Support Group, working in conjunction with PCFA, donated a significant amount of books and DVD resources to the Nuriootpa Library as part of a joint project to establish cancer book resources for the whole Barossa Valley community to use and appreciate.

The Barossa Fundraiser For Cancer Group (BAFFC Inc) initiated a project by donating \$3000 so that the library could begin developing a Cancer Resource Centre within its facility to help those travelling with cancer.

The members of the Barossa support group considered the advantage of sharing its resources in a way that benefits the whole community, and this was supported by PCFA, which provided copies of DVDs and books in addition to the resources we still have within the group.



Pictured from left: Robyn Hart, Robin Jeffries, Don and Jasmin Piro cut the cake to launch the resource centre in Nuriootpa library.

A few group members also attended the New Grief morning workshop conducted at the Cancer Council in Adelaide.

About 30 people attended this event to hear a speaker explain how grief works. While the material was very good, it was quite theoretical and some of us felt that it did not always translate the actual grief and stress of patients on their prostate cancer journey.

The Cancer Council gave participants DVDs: *Just Take It Day By Day – A Guide To Surviving Life After Cancer*, by Peter MacCullum Cancer Centre in Melbourne. We

were also able to obtain a few copies for the Barossa support group to share around.

I think this is a really good resource and all support groups should have a copy. It is an easy-to-follow 50-minute DVD with several stories about what happens at different stages for people travelling with cancer, and discussing ways of surviving life after cancer.

Chapters on the DVD include; coping, long term effects, impact on family and friends, relationship problems and returning to normal.

The Cancer Council

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 Tony Edwards' home, 10/18 Rodda Dr, Penrice, on **TUESDAY JULY 17, from 2-4pm. For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359.**

has also developed and recently started advertising a new website – www.countrycancersupport.com.au – that is specially designed as an information resource for those who live in the country.

Gawler Prostate Cancer Support Group

- **THE Gawler Prostate Cancer Support and Awareness Group** has been recently formed to support men in the Gawler area 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 August 7. More information about the Gawler support group can be obtained from Lynton Carle (phone 8524 4086) or Kylie Fotheringham (phone 8521 2080).

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

Mitcham Prostate Cancer Support Group

Shedding light on men's needs in their retirement

The Men's Shed movement has become extremely popular, with more than 400 sheds hosting about 30,000 men in Australia. It claims to be our largest men's support organisation, as Mitcham support group's joint-chairman Roland Harris reports.

THE Mitcham Prostate Cancer Support Group welcomed Luke Bain as the guest speaker at its June meeting. Luke has been a keen promoter of Men's Sheds in rural South Australia, as part of his role with Man Alive, the Men's Health Expo.

A recent funding cut affected his position within this organisation, but Luke still kindly travelled from Henley Beach to meet his obligation to be with us.

He impressed our group with his clear voice and presentation on the topic of Men's Sheds in rural SA, which evoked a positive response from our men, in particular about the widespread locations of local sheds.

The shed concept helps men to ease the transition from full-time employment into embracing other activities in their retirement, and provides a place for men to engage in social interaction, thereby helping to maintain



The Men's Shed movement in Australia has been a powerful means of bringing men together and elevating their sense of purpose after they have retired.

good health and wellbeing.

As Luke explained, the continuing success of a local men's shed depends on maintaining resources and a culture of inclusion. It can prove to be a life-saver for men facing retirement, who may feel a loss of purpose and plunge into depression.

If you are looking for a shed to become involved with, visit the website www.mensshed.org and enter your suburb or postcode into the search box.

I found 50 sheds listed on this website, presented by the Australian Men's Shed Association. This group can also be contacted by phone (1300 550 009) or by email to amsa@mensshed.net

This was a well received talk from an inspiring young man, who in spite of his recent unemployment still considers the welfare of men in the life-after-work phase to be a priority. We thanked Luke with a customary bottle of shiraz and our best wishes.

COMING EVENT JULY MEETING

The Mitcham support group's sixth meeting for 2012 will be on Thursday, July 26, featuring guest speaker Lee Lennan, who is a registered nurse. Her topic will be Missing Links in the Health Chain.

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 or phone Terry Harbour (8271 0513) or Roland Harris (8277 2138).

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

Understanding more assistance from life coaching to hypnosis

Twin guest speakers offered double the information at a group meeting, as Onkaparinga group chairman John Shields reports.

THE City of Onkaparinga Prostate Cancer Support Group had a very enjoyable mid-year get together, held in the dining area of the Noarlunga Hospital shop.

The selection of this alternative location also proved that group members Peter and Christine were wise in deciding not to have an outdoor barbecue at their home, because we were able to look out the window and watch the rain tumbling down as we enjoyed a comfortable lunch. We extend our thanks to Jules for arranging our use of the hospital dining area.

The support group also benefitted from having two guest speakers at its July 4 meeting. Janette Allen is a registered nurse who has been nursing for 30 years and is studying life coaching, which is a field of study aligned closely with counselling. Janette helps people who want to change areas of their life by helping them to find the road blocks and the reason for their procrastination, and her presentation to the group covered the topic of mindset and how what we think about affects how we feel.

The other speaker was John Allan (no relation to Janette), who is an author, a counsellor and life coach, and has been involved in assisting people with cancer and serious illness

for about 15 years. He is also experienced in clinical hypnosis, a technique for reducing stress and seeking wellness. John is in private practice on South Australia's south coast, and his talk about his work proved very interesting.

ADVANCED PROSTATE CANCER DRUG HAS BEEN APPROVED LOCALLY

AUSTRALIAN Associated Press recently reported on the approval for use in Australia of a new drug which could extend the life of men with advanced prostate cancer, who have exhausted all other options.

Zytiga is the first of a new generation of drugs to be approved by the Therapeutic Goods Administration in Australia for men who have become resistant to prostate cancer hormone treatments.

Professor of Medical Oncology at the University of Western Sydney, Paul De Souza told AAP that for the past five years, chemotherapy had been the only option for men with this type of prostate cancer, apart from those in clinical trials.

He said there had been intense drug trials for the past three to four years testing the new treatments.

"This drug, Zytiga, is the first cab off the rank," Professor De Souza said. "It's a pill, it's

extremely well tolerated and it prolongs survival in men who have failed hormone treatment and chemotherapy, but it also works in men before starting chemotherapy."

PCFA Chief Executive Dr Anthony Lowe said the drug's potential to extend the life of prostate cancer sufferers was a significant breakthrough.

"This is a group of men for whom, until 12 months ago, there was really nothing available to them. This is a very important development," Dr Lowe told AAP.

Zytiga works by targeting prostate cancer cell growth, and by stopping male hormone production at all sources – the testes, adrenal glands and the tumour itself.

University of Queensland Associate Professor of Medicine Dr Paul Mainwaring told AAP that prostate cancer growth was fuelled by androgens naturally produced in men.

"By inhibiting androgen production at all sources, this new therapy removes the fuel from the fire, reducing the cancer's ability to grow and spread," Dr Mainwaring said.

Side effects associated with Zytiga may include fluid retention, low blood potassium, high blood pressure, fatigue, adrenal gland problems and bone fractures. However, Professor

COMING EVENT

AUGUST MEETING:

The Onkaparinga Support Group will conduct its regular monthly meeting in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga, on Wednesday August 1 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.**

De Souza said these side effects were manageable.

The drug manufacturer Janssen is working with the federal government to add the Zytiga therapy to the Pharmaceutical Benefits Scheme (PBS) so it can be subsidised in Australia.

Who's got the Power? We have - on August 19

It's a great opportunity to raise prostate cancer awareness at a big AFL clash – but we need your help to make it successful.

LAST YEAR, the AFL allowed PCFA volunteers to collect funds and sell Prostate Cancer Blue Pins to the crowd entering AAMI Stadium before one of the big games, and it proved to be such a successful venture that it's about to happen again.

Karyn Foster is needing a team of volunteers to rattle the PCFA donation tins outside



Join the excitement of AFL action at AAMI Stadium on August 19 when Port Adelaide play West Coast.

the admission gates before Port Power play a home match against the West Coast Eagles at AAMI stadium, West Lakes, on Sunday August 19.

The match starts at 12.40pm but helpers will be needed on PCFA collection tins for a few hours before the umpires bounce the ball.

The best part is that everyone who volunteers their time will be rewarded with free entry tickets to see the game.

The AFL crowd is seen as a key demographic for furthering the awareness and positive action against prostate cancer – and this type of very public showing of PCFA involvement in the wider community is an important way of making everyone more familiar with the prostate cancer cause.

Anyone who wants to offer their services as volunteers on August 19 can phone Karyn on 8231 6339, or write to her new email address **karyn.foster@pcfa.org.au**

Tongs at the ready – because we need barbecue volunteers

PROSTATE cancer's big barbecuing season is almost upon us again – a very effective way of raising awareness in the wider community about the disease and a means of generating valuable funds through donations. Public awareness will be bolstered with promotion of the slogan My Best Ever Big Aussie Barbie 2012.

As a centrepiece for this busy barbecuing season, PCFA South Australia's Karyn Foster needs volunteers to man a prostate cancer fundraising and awareness stand in the

atrium of Bunnings Mile End store from August 22 to September 2.

Karyn will be able to provide tins for passive fundraising and source prizes for a raffle, and Merlene from Bunnings has also suggested we could run a cake stand to attract additional funds – so Karyn is seeking out even more volunteers to cook their little hearts out and make this additional idea a success.

Anyone who wants to declare their services as volunteers can phone Karyn on 8231 6339, or write to her new email address **karyn.foster@pcfa.org.au**

