

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)

AUGUST 2012

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## Start planning all your Big Aussie Barbies for September

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

Support groups have a fantastic opportunity to connect with the public by hosting Big Aussie Barbies during September – and encouraging others to also join in the big national PCFA awareness and fundraising campaign.



PROSTATE cancer's big barbecuing season is almost upon us again – and time is of the essence for support groups to finalise preparations to stage Fathers' Day barbecues with Bunnings stores during September.

The partnership with Bunnings stores across Australia has proved most beneficial in recent years, with individual support groups taking over the regular barbecue stalls to promote prostate cancer awareness.

These have proved a very effective way of raising awareness in the wider community about the disease and generating valuable funds through donations.

Beyond the robust efforts of support groups, public awareness of prostate cancer will be further bolstered through promotion of the PCFA campaign: My Best Ever Big Aussie Barbie 2012.

The aim of this project is to encourage all Australians to participate in and financially support barbecue events that acknowledge prostate cancer support – and the target is to raise \$800,000 around Australia.

Interested people can register their private, community or workplace barbecues now via the special PCFA website at [bigaussiebarbie.com.au](http://bigaussiebarbie.com.au)

As a centrepiece for this busy barbecuing season,

PCFA SA's Karyn Foster needs volunteers to operate 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 even more volunteers to make this additional idea a success.

Anyone who wants to offer their services as volunteers can phone Karyn on 8231 6339, or email [karyn.foster@pcfa.org.au](mailto:karyn.foster@pcfa.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: [karyn.foster@pcfa.org.au](mailto: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](http://www.prostate.org.au)

# New group emerges after big Port Lincoln meeting

A successful prostate cancer awareness event in Port Lincoln has quickly spawned a new support group, as David Merry from the Action Group reports.

**F**OLLOWING the success of the Action Group's Awareness Presentation in Port Lincoln on June 25, an inaugural meeting to establish a Prostate Cancer Support Group for Port Lincoln and surrounding areas will be held on Monday August 27 at 2pm in Port Lincoln's Ravendale Sports Centre.

This event will be actively publicised with help from the Rotary Club of Port Lincoln, the Port Lincoln Times newspaper (which has once again offered editorial coverage of the meeting) and local Eyre Peninsula radio stations.

There was a very positive response from those people who attended the original prostate cancer information and awareness meeting, and with more interest generated within the community, we feel confident of the future for an active support group in this region.

Jeff Roberts from the Action Group with David Merry from the Central Australia Chapter Council will attend the first Port Lincoln group meeting to help establish proceedings.

## EASY RIDERS

THE Torrens Valley Chapter of the Ulysses Motorcycle Club invited David Merry to speak at the club's monthly meeting on July 17. This club



**ABOVE: Jeff Roberts gave a strong presentation at the recent Port Lincoln prostate cancer awareness night, and will return for the new support group's inaugural meeting on August 27.** Photograph: Ian Fisk

for senior motorcycle riders had a great roll-up of about 150 members and David enjoyed the experience. He did note, however, that it requires having a decent bike to join the Ulysses Club, which automatically eliminates David from membership.

## BARBECUE CONFIRMED

BUNNINGS Kent Town has again agreed to the Action Group manning a barbecue outside the store for the Fathers' Day weekend. In the past, staff have been exceptionally helpful at this event, rostering themselves to do the cooking and providing a prize for the raffle.

This will be the perfect occasion to erect a PCFA-badged tent – and once we can obtain the artwork from the Sydney office, a tent will

be ordered. Considering this, perhaps we will have to wait for our presence in 2013 to be better displayed.

## PLANNING ACTIVITIES

FOR the next Action Group event, members will travel to Barmera for the two-day Riverland Field Days, being held on Wednesday September 19 and Thursday September 20. The Action Group is anticipating assistance from the Riverland Support Group members to present a prostate cancer information stand. It is expected that vigorous promotion at this big event about the recently formed Riverland support group that is based in Berri will result in more local people becoming aware of this group and encourage additional members to join the group.

## COMING EVENTS

**AUGUST 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, August 14.

- 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](http://www.pcagsa.org.au) or phone David Merry on 8270 2227.

We plan to host an Awareness evening in Clare on Monday November 5, and another Awareness presentation is scheduled for Yorketown on Monday November 19.

McLaren Districts Prostate Cancer Support Group

# Organising pressure forces changes to support group

The continuation of active support groups depends on leadership succession plans and willing volunteers to take important roles – although this is often not easy to achieve, as McLaren Districts support group president Bryan Hearn reports.

THE July meeting of the McLaren Districts Prostate Cancer Support Group consisted of an open forum meeting in which all members present became very engaged – because the major topic of discussion was the challenges facing the continuation of this group.

In my role as support group convener, I have been responsible for arranging the various speakers who have attended and given presentations to the group for the past five years. I have also completed the reports of these presentations for publication in the Prostate Supporter newsletter.

However, as a result of my increasing commitments in other areas of my community involvement, I now find my time for group responsibilities to be very limited.

Basically, I am looking for one or two volunteers to take over the role of arranging group speakers, so that this very valuable aspect of support group meetings can continue.

After some lengthy discussion at the July meeting, group member Colin Griffin has



The success of the McLaren Districts support group meetings has been strongly linked to the interesting guest speakers that have been organised to give presentations – although now a new meeting organiser is needed to continue the tradition.

## COMING EVENT

### QUARTERLY SUPPORT GROUP MEETING

- The McLaren Districts Prostate Cancer Support Group will now conduct its meetings on a quarterly basis, with the next meeting scheduled for **OCTOBER**.
- 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.

volunteered to take over the task of preparing and submitting support group reports for publication, and Bryan Hearn will continue to arrange speakers.

However, in an effort to reduce the workload, it has been agreed that the

McLaren Districts support group will now only meet quarterly.

Given that no other group member was prepared to undertake the role of arranging speakers on a monthly basis, it came down to either closing down

the group or only holding meetings every three months.

The remainder of the July meeting involved members relating some of their early prostate cancer testing experiences. These ranged widely between different speakers, with some very interesting stories being told.

What was most encouraging was that one member informed the group that prior to attending the support group meetings, he knew little or nothing about prostate cancer.

As a result of attending, listening and learning from both the group discussions and guest speakers giving presentations at the meetings, he now felt more comfortable discussing the disease and has undertaken a regular testing regime.

In the meantime, if a member of the McLaren Districts group does come forward and agrees to arrange for guest speakers to attend as they had previously, then the support group meetings will revert back to a monthly format.

While this is an unfortunate situation, it is at least pleasing that this support group will continue.

## Port Pirie Prostate Cancer Support Group

# Introducing Adelaide's new prostate specialist nurse

The Port Pirie support group was delighted to hear about the work of SA's first prostate cancer specialist nurse, as group member Richard Kruger reports.

**T**HE Port Pirie Prostate Cancer Support Group was fortunate to have Prostate Cancer Specialist Nursing Service nurse Lauren Wood attending its July meeting as guest speaker.

Lauren is attached to the Royal Adelaide Hospital and explained that this service is part of a three-year funded program to test a number of Prostate Cancer Specialist Nurses in a variety of Australian health care contexts, in partnership with health service providers.

This program was officially launched on May 3 at the Melbourne Convention & Exhibition Centre.

Nurses employed as part of this program met for their initial training and then returned to their respective hospitals to continue their great work.

The Movember Foundation has generously provided \$3.6 million in funds to support the first part of this program.

Additional funds are still needed, and PCFA is now calling on the Australian community and corporate



**ABOVE, FROM LEFT: At the recent Port Pirie Prostate Cancer Support Group meeting, Bev Groves and Wayne Groves meet Prostate Cancer Specialist Nurse Lauren Wood.**

## 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.

Australia to provide support so the program can grow and secure more nurses across Australia.

Lauren's goals are to coordinate care for prostate cancer patients, streamline processes at the RAH, to be a point of contact while

supporting men throughout their treatment and to provide supportive care and education, which is especially important at diagnosis and during the planning stages of treatment.

She is prepared to sit in with patients during consultations with specialists, to ensure

that patients understand what is going on by assisting them to make treatment decisions, providing information and assessments on psycho-social situations.

Lauren claims that she is not an expert on erectile dysfunction, incontinence or any other particular discipline, but is serving more as a facilitator, steering clients to areas where they can get the results that they require.

She has been running her own post radical prostatectomy survivor and PSA surveillance clinic in conjunction with the local urologists, and she participates in the uro-oncology clinic supporting men with advanced prostate cancer.

She is also happy to serve as a roadmap to direct patients around the RAH, as it is easy to get lost in the maze of buildings and floors.

Because the RAH is so big and so busy, she can only help patients attending that institution, but I am sure that very many prostate cancer patients will be very glad to see her as she provides this magnificent service.

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

• Not everyone working in the law has a sharp mind, as this court transcript clearly illustrates. ATTORNEY: "This myasthenia gravis, does it affect your memory at all?" WITNESS: "Yes." ATTORNEY: "And in what ways does it affect your memory?" WITNESS: "Urm, I forget.." ATTORNEY: "You forget? Can you give us an example of something you forgot?" WITNESS: "Your honour, can I please have a new attorney?"

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## Prostate Cancer Support and Awareness: ADELAIDE GROUP

# The power of adding more voices for cancer support

The function and goals of energetic advocacy group Cancer Voices SA were explained at a group meeting, as the Adelaide Prostate Cancer Support Group's Ian Fisk reports.

**C**ANCER Voices SA Executive Team member Julie Marker spoke to the Adelaide Prostate Cancer Support Group at its July meeting.

Cancer Voices SA is an independent, volunteer, not-for-profit organization that raises a voice for people affected by cancer, through advocacy, involvement, awareness and information.

It wants a greater public focus placed on wellness and survivorship, and not just on illness. It wants to ensure an effective voice is active in all aspects of cancer prevention, detection, treatment, all stages of care and follow-up, system design, information, planning and research.

Julie explained that while support groups help individuals at a local level, Cancer Voices works at the State and national level by trying to effect change for the benefit of the broader community of people affected by cancer. It represents people with all stages and types of cancer, across all ages, geographical location, cultural and socio-economic backgrounds.

Julie presented photos and a short video showing many examples of Cancer Voices activities, including:

- Giving talks to oncology staff, radiotherapy students,



**Guest speaker Julie Marker of Cancer Voices SA.**

researchers and in the community. Group members draw on their experiences by representing cancer consumers perspectives on various state and national committees, such as SA Statewide Cancer Clinical Network: Steering Committee and developing Cancer Care Pathways, cancer research advisory groups and a Cancer Data Monitoring Advisory Group.

- Actively promoting the benefits of exercise. Fitness initiatives include the Cancer Voices cycling group that rides every Sunday morning, and a soccer team.
- Using TV media for raising awareness of cancer issues. See the short video "Cancer survival lifts, treatment changes" on ABC TV's 7.30 Report (May 14, 2012).
- Breaking the stigma and silence around cancer

by yarning in Aboriginal communities – a unique way to hear of the real issues that require action.

- Sharing useful, good quality information resources via our website. Saving others the leg-work to chase things we've already searched for and finally found.

- Encouraging patients and carers to participate in cancer research, events and other opportunities. For event details, regularly visit the Cancer Community NoticeBoard at <http://www.cancervoicessa.org.au/awareness/community-noticeboard.html>

- Taking action on issues such as the current Senate inquiry into palliative care in Australia. Action on the radiotherapy under-dosing incident resulted in substantial changes.

Cancer Voices SA is free to join and members receive information and updates by email or online. See the website at [www.cancervoicessa.org.au](http://www.cancervoicessa.org.au) or cycling team details at [www.cvsacyclingteam.org.au](http://www.cvsacyclingteam.org.au). Phone: 0403 925 599.

## VALE BILLY

ONE of our group members, Billy, passed away during July. His prostate cancer had spread to his bones and into his spine, leaving him a paraplegic for his final three months. We offer our condolences to his family.

## COMING EVENTS

**AUGUST 20 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 August meeting will feature a presentation by Associate Professor Eva Bezak, Chief Physicist, Royal Adelaide Hospital, on Radiotherapy - Facts and Future. She will also bring an oncologist with her. Professor Eva spoke at Cancer Voices' July meeting and was so interesting that Ian asked her to speak to our group too!**

- 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)

## Murray Bridge Prostate Cancer Support Group

# Linking good health to the production of good foods

The Murray Bridge support group's continuing discussion about the quality of healthy food and its nutritional value gained traction as a local issue thanks to the perspective presented on local farming production, as support group secretary Max Klenke reports.

**M**URRAY Bridge support group president Trevor Muirhead asked Malcolm Piggott, one of our regular attending members, to address us for the July meeting – and Malcolm gave a very interesting overview of farming developments in the local region over the past 60 years.

This included the screening of slides that showed very productive pastures and very healthy livestock from the 1950s, and winning exhibits of Dorset Horn sheep at the Royal Adelaide Show.

Malcolm also gave an assessment of applied superphosphate in the Murray Bridge region from the 1960s.

He explained that within 10 years of its introduction, the local pastures had deteriorated, and numerous animal health problems had developed, including infertility, mastitis and many deformities.

He explained that Dr Adrian Egan from Waite Institute in Adelaide provided great help. He spent two years assessing pasture plots and conducting sheep trials to prove that too much

superphosphate had been applied throughout the district and was having very harmful effects.

Problems from great imbalances in the soil also began to affect humans as well.

The members at the meeting expressed great concern that not enough monitoring is being done on changes in the mineral content of our food as a consequence of using sulphate fertilisers.

These introduced chemicals can suppress selenium content in foods, while phosphorous in soils can suppress zinc content.

Many of the agricultural sprays being used can reduce the zinc and manganese content, while soil acidity leeches calcium and magnesium – and all these aspects have an adverse effect on human health.

Malcolm believes that the Australian government soil analysis scheme has been calculated on false figures and should instead be based on about half of the original recommendations to have truly healthy soils.

He voiced concern that millions of dollars are spent on research for drugs

that can be patented for profit, and yet no funds are allocated for balancing the mineral and vitamin content of our food that would improve the human immune system.

He also lamented that the current rural economy is based on farmers being paid according to the volume and appearance of their food, and not by its nutritional value.

This strong presentation continues a theme about the health of our food and produce that is being explored and discussed with vigor by the Murray Bridge support group.

Max Klenke thanked Malcolm for his terrific presentation, as he put a lot of time and research into his subject.

## MEALS AND BARBECUES

MURRAY Bridge support group chairman Trevor Muirhead also reported to members at the July meeting that he and the group secretary Max Klenke attended a meeting at the Cancer Council building on Greenhill Road, Adelaide, which was conducted by Cancer Voices. Trevor explained that the meeting was both interesting and very informative.

## 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, AUGUST 15.

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

Once again, to replace the regular November meeting, the Murray Bridge group is going to have a social dinner evening (informal, with finger food) at a cost of \$6 a person.

The forthcoming barbecue to be staffed at Bunnings Murray Bridge on September 1 was discussed.

The meeting also aired some discussion about a possible barbecue at the Mannum Community Club some time in the future.

Alice Springs Prostate Cancer Support Group

# Making our presence felt throughout the community

There's a range of benefits in going on the road to spread the prostate cancer awareness message, as Alice Springs support group convenor Ian Wagner reports.

The Alice Springs support group attended the Tennant Creek and District annual show on July 13 and presented a prostate cancer information and awareness stand. The group's new branded marquee shade was given its first outing, and very favourable comments were made about its striking appearance.

The members who attended were Ian Wagner, Bill Pechey and his wife Jenny, who is the continence nurse advisor at Community Health in Alice Springs. While the response to our presence was good – most enquiries were from interstate tourists – we also obtained excellent help from allied health people and networking with them was invaluable, particularly regarding indigenous people.

Warren Snowdon, Federal Member for Lingiari (also Minister for Indigenous Health and the Minister responsible for Male Health) showed interest in our display and especially the new Convenience advertising campaign.

We extend our congratulations to show president Greg Marlow and his team for an excellent, well organised event.



Support group members enjoying their mid-year social barbecue at the Alice Springs Desert Park, with Mount Gillen in the background.



As previously reported in Prostate Supporter, the Alice Springs Group received part proceeds of a "come and try day" at Arunga Park, the home of Go-Karting in Alice Springs. On July 1, the patron of the club, Adam Giles MLA, presented Prostate Cancer Support Group Convenor Ian Wagner with a cheque for \$1284.

### ENJOYING A SOCIAL BARBECUE EVENT

BECAUSE the Alice Springs group did not have a general meeting in July, a social barbecue function was held in lieu at the picturesque Alice Springs Desert Park on the outskirts of the town. This function, held on July 15, was well

attended by a dedicated group of members, partners and supporters. This event was a first for the group and will become an annual fixture on our calendar. It was pleasing to be able to welcome long-distance members Neil Stewart and Margaret, who travelled from Kintore for the

### COMING EVENTS

**AUGUST MEETING:**  
The Alice Springs Prostate Cancer Support Group will meet on Thursday August 9, from 6.30pm to 8pm at NT Medicare Local, 5 Skinner St, Alice Springs. Local historian Geoff Purdie will present an audio visual history of Alice Springs from the 1930s. Geoff has acquired a large quantity of old 8mm silent film and converted it to digital format with sound.

• 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.

function. Kintore is an Aboriginal Community about 500km west of Alice Springs, and 400km of this road is unsealed. Some members have agreed to visit Neil and Margaret at Kintore soon.

## Limestone Coast Prostate Cancer Support Group

# Voices raised in unison to deliver cancer message

Linking with other support groups helps to magnify the prostate cancer awareness message within the local community, as Graham Hinze reports.

**D**URING the final week of June, several members of Cancer Council SA were in Mount Gambier and held a very successful public awareness evening entitled After Cancer Treatment.

The representatives of Cancer Council SA – Dr Micah Peters, Jo White and Tina Gibson – were supported by several local speakers, including Limestone Coast Prostate Cancer Support Group member Garth Wootton. Garth gave a very inspiring address about his life after treatment and how he, his wife Sharron and family have managed their lives.

Our group had a good supply of information available to people attending the meeting, including a DVD produced by the Peter MacCullum Cancer Centre in Melbourne that contains many interesting stories.

As a result of this information evening, we hope to gain a few new members for the Limestone Coast support group. Through very encouraging discussions with other cancer support groups present, it is also hoped that better links will be formed between groups in Mount



**ABOVE (FROM LEFT):** Shirley Stacpoole, Graham Hinze, Des Hinton and David Stacpoole, photographed at the successful After Cancer Treatment information evening in Mount Gambier.

Gambier and throughout the Limestone coast – especially if there is the possibility of sharing a good guest speaker, a fundraiser or perhaps just a social event.

Some time before this event, I had contact from Kate Gunn, who was working with Uni SA and the Cancer Council to produce a new website for assisting country cancer patients.

The completed site – [www.countrycancersupport.com.au](http://www.countrycancersupport.com.au) – will provide a lot of information and contact details for country people, with individual sections for cancer patients, carers and families, and health workers.

The Limestone Coast support group meeting in July was down in numbers, with some people away on holidays and others suffering from the winter blues, but those present enjoyed a chat and cuppa at the Blue Lake Golf Club.

Plans are underway to arrange for Dr Bob Such to attend a future meeting, and members are gearing themselves up in preparation for the round of September barbecues.

An invitation has also come for our group to participate in planning a sexual health expo, to be held early next year.

A recent telephone call from Anne Collins has alerted me

## COMING EVENTS

**SEPTEMBER 7 MEETING:** The next meeting of the Limestone Coast Prostate Cancer Support Group will be held at The Grant District Council Office, in Commercial St West, Mount Gambier, at 7.30pm on Tuesday on September 7.

• For further information about the Limestone Coast Prostate Cancer Support Group, please phone Graham Hinze on 8737 2779 or 0408 803 793.

that she is arranging a wine tour to the Limestone coast in late September through the Wine Appreciation Society, and is hoping to meet some of our supporters.

Following the death of her husband 12 years ago, Anne set up the Barry Collins Foundation 10 years ago in Sydney, specifically designed to assist and support prostate cancer nurses.

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

**SEEN IN UK PAPERS:** Commenting on a complaint from a Mr Arthur Purdey about a large gas bill, a spokesman for North West Gas said, "We agree it was rather high for the time of year. It's possible Mr. Purdey has been charged for the gas used up during the explosion that destroyed his house." (*The Daily Telegraph*)

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## Prosper Darwin Prostate Cancer Support Group

# Successive speakers to shed light on physio confusion

Their jobs are highlighted in the media, but to explain the differences between what a physiotherapist and a physiologist does, Prosper Darwin facilitator Keith Williams has organised for both professions to address support group meetings.

**A**N interesting chain of events has resulted in the Prosper Darwin support group having a very strong focus over the next few months on the benefits of exercise for cancer patients.

We had had an exercise physiologist lined up for our July meeting, but a string of unavoidable apologies on the day of the meeting made it seem as though the group would be reduced to extremely low numbers, so we re-arranged the speaker's presentation for the September meeting.

However, at meeting time we had an unexpected new attendee, and several members

we hadn't seen for almost four years. We had an informal but interesting discussion about all sorts of things, with the main topic being concern about support groups.

Because we already had a top physiotherapist (my personal guru) lined up to speak at the group's August meeting, it seemed like a good idea to have our members thoroughly informed on what the two different disciplines could do for people in our situation.

There seems to be quite a bit of confusion in the public mind as to the differences between physiologists and physiotherapists, so our guest

speakers over the next two months will enable our group members to have a much better understanding.

Coincidentally, the Australian Consumer's Association recently published an excellent three-page article in its Choice magazine on the benefits of exercise and offered an explanation of the roles of exercise physiologists and physiotherapists.

I will email this article out to our members before the meeting on August 13, and if anyone else is interested in obtaining a copy, please get in touch with me and I'll happily pass it on.

## MEETINGS

- 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 on the group, please phone Keith Williams on 08 8981 4506.

## Barossa Prostate Cancer Support Group

- 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.

For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359.

**T**HE Barossa Valley Prostate Cancer Support Group is planning some special events with guest speakers that people from other support groups may wish to also attend.

We would love it if you could come along and also invite any other interested people to join us. Coming events for your diaries include:

- **A Morning with Bob Such**, featuring an address by State politician and prostate cancer survivor Bob Such. This will be held at St Petri Meeting Hall, Second Street,

Nuriootpa, from 10am to noon on Saturday August 25. Light refreshments will be served, in return for a gold coin donation. RSVP to Don Piro (phone 8562 3359) or Robert Reimann (phone 8562 8354) by Friday August 17 if you want to attend.

- **Denby Steele, Urologist: Brachytherapy Questions Answered.** An interactive evening event at St Petri Meeting Hall, Second St, Nuriootpa, from 6pm-9pm on Friday, September 28. A light tea will be provided. RSVP to Don Piro (phone 8562 3359) or Alan Hall (phone 8564 2015)

by Friday September 21, and please provide any questions you would like answered.

- **Barossa Valley Prostate Cancer Support Group Barbecue** will be held at Mitre 10 Nuriootpa, from 10am to 3pm on Saturday November 3. Come along and help us cook, have fun and raise some funds for the support group.

- The next Barossa support group meeting will be at Trevor Miller's home, 7 Kallingal Ave, Nuriootpa, from 2pm to 4pm on August 21. Please contact Don Piro on 8562 3359 for further information.

## Whyalla Prostate Cancer Support Group

# New banner promotes the pride of the Whyalla group

Being active and visible in the community has seen the Whyalla Prostate Cancer Support Group consulted in the development phase of important new regional health initiatives, as Whyalla support group coordinator Terry O'Brien reports.

**T**HE Whyalla Prostate Cancer Support Group unveiled a new banner at its most recent meeting. The banner will be used to increase public awareness of prostate cancer in activities such as the very successful Male-Out Day, held recently in the grounds of UniSA that attracted 3000 people.

Unfortunately, the banner did not arrive until a few days after the Male-Out event, although it may get its first public airing at the Eyre Peninsula field days in August.

In addition to planning and participating in these activities, the Whyalla support group has been involved in discussions about the management of a new cancer centre being built at Whyalla Hospital. As a regional hub, this centre will serve not only Whyalla but



**Barry Williams (left) and Dalton Hoskin show the new banner to members of the Whyalla support group.**

also the north-west (Ceduna, Cleve) and northern (Coober Pedy) areas of South Australia.

Also under discussion is the operation of an accompanying Wellness centre, chemotherapy unit and accommodation block. The new accommodation facility will comprise 11 units – two for visiting specialists, and nine for out-

of-town patients and their families.

So far, support group members have attended four workshops with hospital staff and Country Health SA representatives, and have been able to provide input as consumers for all three of these projects.

A further three discussion sessions are planned for the remainder of this year.

### 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.

## Mitcham Prostate Cancer Support Group

### COMING EVENTS – AUGUST MEETING

The Mitcham support group will meet on Thursday, August 27, featuring renowned guest speaker Dr. Don Hoppgood AO who will speak on "Woodrow Wilson and the peace that was lost". In July, the group enjoyed a talk from registered nurse Lee Lennan on "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](http://www.psamitcham.org) or phone Terry Harbour (8271 0513) or Roland Harris (8277 2138).

## City of Onkaparinga Prostate Cancer Support Group

# Advice and support comes from many different angles

Some guest speakers make a lasting impression on support groups – as do an expanding array of help programs for cancer sufferers, as Onkaparinga group chairman John Shields reports.

**T**HE City of Onkaparinga Prostate Cancer Support Group had a very strong meeting at the Noarlunga Community Hospital in July. The guest speakers were local registered nurse Janette Allen, who is also studying Life Coaching, and John Allan, an author, counsellor and Life Coach.

Both speakers were very well received and responded to the many questions they were asked – with several support group members expressing a wish to speak further with both of them about self-improvement issues.

If anyone would like to speak with either Janette or John their contact details are: janette.r.allen@gmail.com or phone 0421 996 865, or John A. Allan by phoning 0429 625 211 or visit the website www.mylivingsolutions.com.au

## LOCAL CANCER SUFFERERS HAVE A NEW HELP PROGRAM

A NEW free community program called Staying Healthy After Cancer is being offered to people in the southern suburbs.

This program is specifically designed for people who have recently completed treatment for cancer, whether their cancer is considered stable, in remission, or a chronic form of cancer.

This free program will assist people with nutrition and exercise, relaxation techniques, managing fatigue and difficult emotions, problem solving and goal setting.

The program is being held at Noarlunga GP+ Super Clinic, Alexander Kelly Drive, Noarlunga Centre on Tuesdays until August 28, between 10am and 12.30pm. To register, please call the Cancer Council Helpline 13 11 20 or visit the website www.cancersa.org.au

## FLEURIEU CANCER NETWORK PROGRESS

NOMINATIONS for the management committee of the Fleurieu Cancer Network are currently being accepted. Meetings for this group are held on the third Thursday of each month for one hour at the Christie Downs Community Centre.

Interested participants in this very valuable group can now nominate themselves for the following positions: Chair, secretary, minute taker, treasurer, promotions officer or general committee member.

Please let Jules know of your nomination as soon as possible, or if you would like more information about this group, please phone 8186 0048 or email info@fcn.org.au

## PROSTATE CANCER: POST-OPERATIVE ISSUES

ADDRESSING the problem of erectile dysfunction after prostate cancer surgery, we offer this excerpt from the general information page of Us TOO International:

“Couples facing prostate cancer often feel the need to be more connected than ever, yet confusion, embarrassment and fear caused by erectile dysfunction and impotence can cause both parties to feel alone and disconnected.

“The key to solving this unpleasant situation is a more open exchange of information paired with open and frank discussion and a willingness to explore options, ultimately meaning that couples facing erectile dysfunction issues can find satisfactory solutions.

“The nerves which allow for an erection lie within millimeters of the prostate. These nerves may be injured by being cut or separated from the prostate during surgery. This may cause temporary or permanent impotence, although sexual desire and the ability to achieve orgasm should remain.

“Erectile dysfunction is defined as the inability to achieve or maintain an erection that is sufficient for satisfactory sexual activity – although a majority of men

## COMING EVENT

### SEPTEMBER MEETING:

The Onkaparinga Support Group will conduct its regular monthly meeting in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga, on Wednesday September 5 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](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.**

can overcome this problem.” For more information about this subject please check the website [www.UsTOO.org](http://www.UsTOO.org)

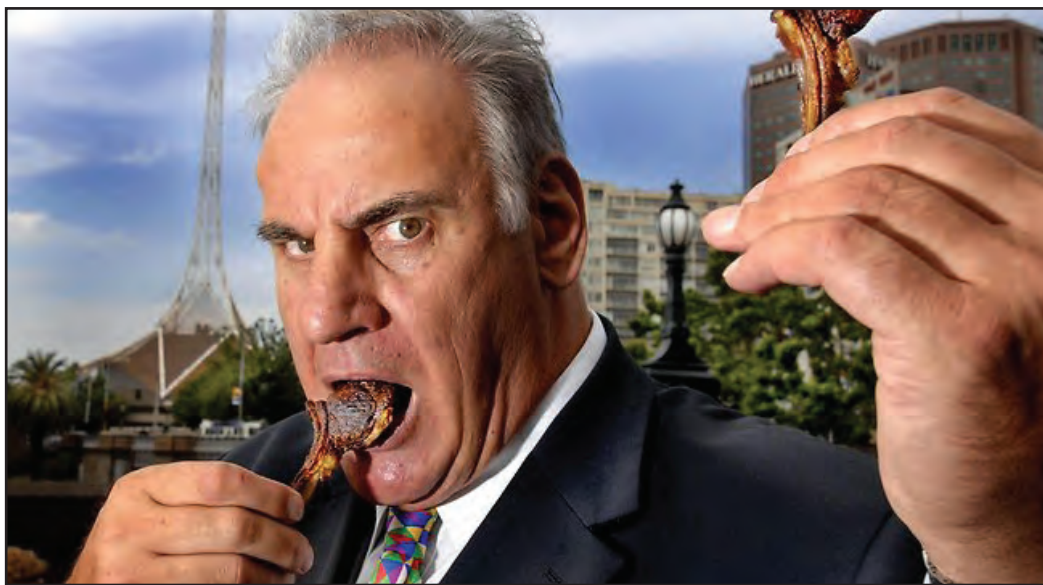
# Big Sam aims to tackle the meat of the matter

**Big Sam Kekovich is never afraid of stirring up a bit of controversy – and in coming months he'll be having a big rant that helps publicise prostate cancer.**

**O**UTSPOKEN and often outrageous sports commentator Sam Kekovich will soon be coming to South Australia for two PCFA fundraising events being held in Port Lincoln and Murray Bridge.

Presenting another of his customary humorous speeches, titled Sam the Ram and Ewe, Kekovich will be flying into Port Lincoln for a lunch engagement at the Port Lincoln Hotel on Friday November 23 – and then flies back to Adelaide and continues on to Murray Bridge for a dinner event that same night!

PCFA SA representative Karyn Foster is currently working with enthusiastic



**Sam Kekovich has won attention for being an outspoken ambassador of Australian lamb – and now he's preparing to air a few strong words about prostate cancer.**

committees of interested volunteers in both towns and with the media to secure sponsors and a list of auction and raffle items that will help bolster fundraising initiatives for both nights.

Kekovich, a former Australian Rules football player, is well known for his controversial behaviour, both on and off the field, and most recently for his series

of satirical advertisements as spokesman for Meat and Livestock Australia.

Kekovich started his senior football career with North Melbourne in 1968 and played 124 games for the Kangaroos until 1976, and was included in the North Melbourne Team of the Century.

He has carried on his flamboyant style into the

media sector, being most notable for his rants on the ABC-TV show *The Fat*, a breakfast show on Melbourne radio station 3AK, offering pre-match AFL coverage on Triple M, and TV presenting on ESPN.

PCFA SA's event featuring Sam Newman earlier this year was a runaway success and the Sam Kekovich functions are poised to do the same.

## 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](http://www.prostate.org.au)**