

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

OCTOBER 2012

Volume 5: Number 9

New type of corporate support idea launched

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

WILL Taylor of Finlaysons legal firm and a board member of PCFA SA, launched the new NO BALLS fundraising campaign on September 18 – aimed at corporate South Australia and asking the city's high flyers to do something really important, without doing much at all.

On behalf of the South Australian Board of PCFA, the South Australian Business and Advisory Development Group, Lord Mayor Stephen Yarwood and the Adelaide City Council (with some valuable help from Peter Lehmann Wines), this campaign has been devised by Karyn Foster for PCFA SA with an aim to raise several hundred thousand dollars to help fight prostate cancer.

Its hook is that the corporate elite are specifically being asked not to support a typical charity fundraising

event. On the contrary, this fundraiser, will allow them to do exactly what they love to do on a Friday or Saturday night – take some time off and relax, without asking them to attend yet another black tie ball.

Hence this new campaign carries the name of NO BALLS: No black tie balls, no raffle tickets, no auctions, no silent bidding, no sponsorships, no breakfasts, no lunches, no cocktail parties, yet still raising significant funds in the process.

PCFA is instead asking the fraternity of corporate supporters in Adelaide to donate the money they would have spent on attending a black tie ball to directly help the fight against prostate cancer – which could amount to up to \$2000 a couple.

It's a novel way to reach out to a whole new sphere of potential prostate cancer



ABOVE: Lord Mayor Stephen Yarwood and PCFA SA board members Michael Brock, Stephen Trigg and Kim Baker ham it up with Karyn Foster to help promote the launch of the NO BALLS fundraising campaign.

supporters from the big end of town – and Karyn Foster has already received a very positive response from many who attended the launch event, hosted by the Lord Mayor and Adelaide City Council.

Contact Karyn on 8231 6339 or email karyn.foster@pcfa.org.au if you know anyone who would be interested in participating in this campaign, either through their business or

networking through their corporate contacts.

To get the ball rolling, every member of the SA Board of PCFA has committed to make a donation to this campaign.

Men have been deliberately targeted for this campaign, and they are being asked to also get in touch with 10 other men and urge them to also support the NO BALLS initiative with a generous donation.

• **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

Prostate Cancer Action Group

All action in the Riverland

THE Action Group made its presence felt at the Riverland Field Days, held in Barmera on September 19 and 20. They helped to present a very effective prostate cancer information stand – working in conjunction with Alan Dand and helpers from the new Riverland support group.

Pictured in action during the first day of the event on

September 19 are (from left) Ray Power, David Merry, Allan Dand and Rod George. It proved to be an enjoyable day for the helpers – but they certainly need more people to volunteer for future events.

If you want to join any of our planned Action Group activities, please speak with David Merry (8270 2227) or Jeff Roberts (8278 3424) to obtain more information.

**Free**Government of South Australia
SA Health

Prostate Cancer Awareness Evening

Monday November 5th 2012**Key speaker - Urologist
Dr Kim Pese****Topic: An Overview of Prostate Cancer****Yorke & Lower North Health Services
An Overview of Community Services****Prostate cancer survivors speak about
their own experiences****Carer of Prostate Cancer survivor****Time: 7.00p.m. - 9.30 p.m.****Where: Clare Town Hall, Main Nth Rd, Clare****Contact: Register at Y&LNH Reception at 88426500
All are welcome to attend**

The evening is sponsored by Prostate Cancer Foundation of Australia Central Australia Chapter with assistance from Yorke & Lower North Health Services & conducted by Prostate Cancer Action Group (S.A.) Inc. www.pcagsa.org.au



COMING EVENTS

OCTOBER 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, October 9. Entry is via the rear stairway.

- Spread the word to ensure that the Action Group's awareness evening in Clare with urologist Dr Kim Pese is successful on Monday November 5.
- 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 www.pcagsa.org.au or phone David Merry on 8270 2227.

Barossa Prostate Cancer Support Group

Planting a seed of knowledge about brachytherapy in SA

The Barossa support group's public presentation by a leading Adelaide urologist – coupled with a light tea provided by the group members – had a very strong reaction from the local community, as support group co-ordinator Don Piro reports.

BRACHYTHERAPY - The New Treatment was the title of a talk given by Dr Denby Steele in Nuriootpa on September 28. Dr Steele, recognised as one of Adelaide's leading urologists, was invited by the Barossa Valley Prostate Cancer Support Group to talk to about 40 community members about his brachytherapy treatment.

Inaugural support group member Alan Hall introduced Dr Steele, noting that while brachytherapy has been around for about 20 years, it's relatively new in SA, only available from 2004.

Dr. Steele has been an enthusiastic advocate and practitioner of brachytherapy in SA and his presentation included data and research from around the world.

He discussed the dilemmas of government funding and how there is an arbitrary "line in the sand" of when a man has a PSA score of 10.1 that he is not eligible for medicare services as the cut off limit is 10. That patient then has to pay for his own surgery at a significant financial cost.

Besides costs there were other challenges by the government regarding over-treating some men and under-treating others, with



Dr Denby Steele (left) being introduced by Alan Hall.

pressure placed on urologists to concentrate on men with high risk disease, ahead of low risk patients.

There are ongoing debates about what treatment is best: radical prostatectomy, external beam radiation or brachytherapy, depending on what stage the patient's cancer is at and what is most likely to achieve a cure.

Debate has been more rigorous as men become more informed, obtain second opinions and have more consultations. Sometimes it can lead to confusion and Dr Steele says he assists patients through the process.

Dr Steele described brachytherapy, which he uses, as a low dose of radioactive iodine seeds, placed in and around the prostate as close

as possible to the tumour. He gave a very technical description and visual presentation of what occurs with brachytherapy and how the medical staff plan and process the treatment for patients.

Dr Steele gave Medicare statistics from 2010 of 745 brachytherapy procedures compared to 6200 radical prostatectomies.

Records measuring the success rate are still being developed but indicate that after three years, brachytherapy treatment is having as high as a 90 per cent success rate, especially if a patient's PSA reading is less than .07 before treatment.

The challenge for the future is to increase government awareness, for us to

COMING EVENTS

- The next Barossa Prostate Cancer Support Group meeting will be on Tuesday October 16, from 2pm-4pm at Robert Reimann's home, 29 George St. Greenock. Please phone Robert on 8562 8354 for more information. The group's Christmas function will be on Saturday November 24, from 6pm, with guest speaker David Searles, a soldier sharing his Iraq experiences.

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

advocate lifting their current restrictions and to provide more financial assistance to a wider range of patients.

Technology continues to develop in surgical machinery and better imaging with MRI, smaller radioactive isotopes, together with more efficient treatments – all of which offer greater hope of recovery success for men with prostate cancer.

Port Pirie Prostate Cancer Support Group

Crucial research work is already delivering results

The Port Pirie support group learned about important progress being made with vital prostate cancer support research, as group member Richard Kruger reports.

THE Port Pirie support group was recently visited by UniSA researcher Kevin O'Shaughnessy, who spoke about his research that includes the release of some findings from a new prostate cancer survey being conducted by the University of South Australia.

According to Professor Adrian Esterman, Chair of Biostatistics at the Sansom Institute of Health Service Research and School of Nursing and Midwifery at the University of South Australia, the survey is commanding significant interest and support.

"The survey is unique in that it asks the men about topics such as love, hope, fear and regret, subjects rarely discussed with these men," says Prof Esterman.

"It also asks about their supportive care needs at different stages in their cancer journey. It explores topics such as physical activity and watchful waiting. Finally, it has a section for the partner of the man to complete."

This survey has the support of Prostate Cancer Foundation of Australia and has been promoted by cancer support groups in several countries – in particular, Professors



At a recent meeting, Port Pirie support group members Lin Joyce (left) and Darryl Martin (right) share a conversation with guest speaker and prostate cancer support researcher Kevin O'Shaughnessy (centre).

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.

Judd Moul and Stephen Freedland from Duke University in the United States, who are two of the world's leading prostate cancer researchers.

They have also encouraged prostate cancer support groups in America to distribute links to this survey.

As project leader, Kevin

O'Shaughnessy reiterated the importance of the survey to the Port Pirie group. "We are simply asking prostate cancer support groups throughout the English-speaking world to let their members know about the survey," Kevin explained.

"We have so far contacted prostate cancer support groups in Australia, New Zealand, the UK, Ireland,

the USA, Canada and South Africa." Kevin told the meeting that preliminary results from the survey have given new insights into the role that wives and partners play in the supportive care of men with cancer. The findings suggest that:

- Nursing assessments of men's sexual health should be augmented by information gained from their partners.

- Men surviving with prostate cancer without partners may be more at risk of distress, anxiety, depression and have a lowered self-esteem than men with partners.

- If distress for men results in loss of libido, this is likely to also occur for their partners and have implications for health professionals who wish to understand their relationships and provide ongoing support.

If you would like to obtain further information or are interested in participating in this important survey, please contact Kevin O'Shaughnessy at the School of Nursing and Midwifery, in the University of South Australia by phoning 8302 1012, or by mobile on 0412 173 617, or send an email to Kevin.O'Shaughnessy@unisa.edu.au

Prostate Cancer Support and Awareness: ADELAIDE GROUP

The benefits of specialist nurses explained further

The work of prostate cancer specialist nurses continues to be understood and admired, as the Adelaide Prostate Cancer Support Group's Ian Fisk reports.

THE Adelaide support group's September meeting featured a presentation from the Royal Adelaide Hospital Prostate Cancer Specialist Nurse Lauren Wood. The August edition of the Prostate Supporter newsletter featured Lauren's talk to the Port Pirie Support Group, which was very well summarized, so please refer to that issue for a good summary of her work.

In addition to what was detailed in that issue, Lauren showed the Adelaide support group a YouTube video on Prostate Cancer Nurses produced by The Movember Foundation. Go to YouTube and search for Prostate Cancer Nurses to find it. Please also note there is a link provided at our own group website www.psaadelaide.org to that video.

Lauren spoke of her experience as a registered nurse, which includes surgical nursing at the RAH, the Peter MacCallum Centre in Melbourne and at the Queen Elizabeth Hospital. She obtained one of the 13 new Prostate Cancer Specialist Nurse positions in April 2011. These positions are part of a national program being delivered through PCFA with major funding provided from The Movember Foundation.

Lauren reported that at the RAH in 2011, 493 new



Prostate cancer specialist nurse Lauren Wood.

diagnoses of prostate cancer were made and more than 700 men were treated with surgery, radiotherapy and chemotherapy. One of Lauren's functions is to coordinate care for patients attending Royal Adelaide Hospital. This use of combined treatment for prostate cancer often means patients have to see more than one specialist during the course of their cancer journey and Lauren provides a point of contact and support to men and their families throughout this time. Lauren has already had more than 200 patient contacts since commencing her post earlier this year.

Lauren provides essential information about diagnosis and treatment, and helps those who are affected by side-effects from treatment, better manages these issues and gets further specialist help if needed. Lauren also

works alongside other experts in nursing and cancer care to improve the delivery of cancer services at the local level.

Lauren advises her key points of contact are around treatment decision and support for men affected by all stages of cancer. Lauren's services are only available to patients of the Royal Adelaide Hospital

BARBECUING BENEFITS

SEVERAL of our group attended a Bunnings barbecue on August 31, and we extend our thanks to Pat and Julian Delpin and Jeff Roberts for their help. Thanks also go to Bunnings, especially to Merlene Burdon and Tyson, as the ongoing support from Bunnings has ensured that the Adelaide group has become financially independent – not requiring any funds from PCFA over the past few years!

COMING EVENTS

OCTOBER 15 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 October 15 meeting will feature a representative from the Independent Living Centre, providing information about products and services to help people remain independent and improve their quality of life.

Professor Ross McKinnon, Director of Flinders Centre for Innovation in Cancer, will speak at the group's November 19 meeting.

• 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

A good message broadcast about new hearing services

Wider concerns for men's health includes greater resources for identifying and acting on hearing loss, as Murray Bridge support group secretary Max Klenke reports.

MURRAY Bridge support group was pleased to have Carolyn Kilpatrick from Hearing Services as guest speaker at the group's September meeting.

Hearing Services, which was formerly called Hearing Solutions, commenced in 1996 and is funded by the SA Government to assist people with hearing loss and their families to maintain their independence in their home, workplace and community.

Each year, Hearing Services – through Guide Dogs SA.NT – works with more than 650 clients with a hearing loss, their families and allied professionals, providing services to clients for free. In addition, the service receives more than 1000 requests for information via telephone and electronic media.

Individual consultations are provided so that clients can understand their hearing loss, investigate solutions to hearing difficulties and

provide an opportunity to trial assistive listening devices. The Hearing Resource Centre contains equipment such as TV devices, telephones, alarm clocks, door bells, personal communicators and smoke alarms.

Guide Dogs Hearing Services regularly conduct training courses, providing people with information and skills to enable them to gain confidence and assertiveness to better manage their hearing loss. Other courses specifically focus on skills for the workplace.

Guide Dogs SA.NT Hearing Services is conducting a trial of a new free Hearing Clinic. The aim of the Hearing Clinic is to provide comprehensive information on hearing loss and devices, specific to the individual. This will assist people to confidently make informed choices when accessing services in the hearing industry. We do not fit hearing aids.

Volunteers are needed to participate in the Hearing Clinic trial at 251 Morphett Street, Adelaide until the end of 2013. There is no cost, and anyone who suspects they have a hearing loss is welcome, but participants need to commit to:

- Attend a 45-minute hearing assessment test with a qualified clinician, with results explained and how hearing loss affects the perception of sounds.
- Attend a two-hour Information Session that covers such topics as the hearing system, implications of hearing loss, strategies and tactics for dealing with hearing loss, hearing aids, services that are available and where to access them.
- Complete and return the evaluation form.

People can make a booking to participate in this trial by contacting Guide Dogs Hearing Services on the toll free number 1800 383 444.

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, OCTOBER 19**.
- For more information about the group, phone group president Trevor Muirhead on 8569 1342, or group secretary Max Klenke on 8532 1936.

Hearing Services also facilitates support groups throughout metropolitan and rural areas, as well as delivering presentations to community groups and comprehensive training sessions on hearing loss for workers in the aged and disability sector.

McLaren Districts Prostate Cancer Support Group

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 27**. The meetings start at 7pm and are conducted 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.

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

Prosper Darwin Prostate Cancer Support Group

Exercise session stretches support group appreciation

The presentation of a different type of exercise regime from an exercise physiologist had support group members engaging in some very beneficial stretching activities, as Prosper Darwin support group facilitator Keith Williams reports.

THE Prosper Darwin Support Group's guest speaker for the September meeting was an exercise physiologist – a relatively new discipline that has only become widely known in the past 20 years.

Rowena gave a very interesting presentation, and then involved us in a number of gentle exercises, using rubber tubing to provide resistance. I never knew that it was such a versatile medium.

On the basis of our experience, I would thoroughly recommend other support groups inviting an exercise physiologist as a guest speaker. They have a very positive message to broadcast.

I'd be happy to give details of the organisation

COMING EVENTS

- 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.

that Rowena works for, as it has a very good national reputation – and my experience in another field suggests that not all exercise physiologist organisations are of a similar standing. It is still a developing discipline.

THE NEED FOR EVEN MORE BROCHURES

THE Darwin support group's involvements with Bunnings concluded with the Red Shirt Sausage Sizzle late in September, and a very satisfying amount of money was raised.

We had members working at the stall to hand out prostate cancer information brochures and chat to people, but left all the hot barbecue work to Bunnings volunteers.

We handed out more than 600 brochures – a mix of national materials and our own group productions.

Through this, we have potentially armed many families with information that could be critically important further down the track.

Such feedback means we will be asking for a greater

supply of materials from PCFA's national office next year.

A GOOD PRESENTATION LEADS TO ANOTHER

WE EXPECT to make a presentation to the Qantas staff in Darwin about prostate cancer awareness in the near future.

The Alice Springs support group made a similar presentation in its hometown a while back.

It was so successful that a follow-up is being planned, and in the course of discussion, the opportunity to also do the same thing in Darwin was raised, and the process set in train.

The Alice Springs support group's experience in this initiative has provided valuable insights, and we're really looking forward to getting into action.

Gawler Prostate Cancer Support Group

- THE Gawler Prostate Cancer Support and Awareness Group has been 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 is on November 6. 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

Limestone Coast Prostate Cancer Support Group

Future plans to consider before support group AGM

Spring is in the air and there is plenty happening with prostate cancer support group activity in the Limestone Coast, as Graham Hinze reports.

THE Limestone Coast Prostate Cancer Support Group kicked off spring with the Bunnings barbecue on September 2 and had a great day. With Bunnings Mount Gambier donating the sausages and bread, we raised \$770 and many thanks go to the Bunnings crew for this donation.

The Men's Shed in Penola also held a successful barbecue at Penola IGA and raised \$222 from the day. Special thanks go to Shane and Kerry McPherson for their contribution.

A venture with a difference was held at the Bushman's Inn in Penola, which saw food orders taken and delivered to workplaces throughout the region. Many thanks go to Darren Powell and Jenny Hinze for their help and contributions towards raising \$288 from this undertaking, and big thanks are also extended to Bidvest Food Service for donating the meat.

At all of these fundraising venues, prostate cancer support group information was handed out and, as a result, one man recently diagnosed with prostate cancer came along seeking further information.

Unfortunately, Pirtek in Mount Gambier was unable to hold its fundraising barbecue this year but the support group hopes to be back working with



ABOVE: The Limestone Coast support group was out in force to enjoy the Bunnings barbecue, with (from left): M Clark, J O'Brien, D Hinton, A Landa, R Harry, a happy customer in the red shirt and D Stacpoole.

this business again next year.

Several group members also assisted the Commonwealth Bank with its barbecue on September 22 at the Coles store in Mount Gambier, and the event served to help promote the awareness of prostate cancer.

As mentioned on the front page of the September edition of the Prostate Supporter newsletter, the Win Golf Day being held in Mount Gambier on October 26 seems to be well in hand. Karyn Foster, Richard Harry and Jim Kirkup from Win TV are arranging the day, with little input required from the support group.

It is with interest that in the wake of several articles

appearing in previous Prostate Supporter newsletters that the Central Australia Chapter Council asked for a "Health Report" from each group.

Although numbers are steady in the Limestone Coast there is some concern as to the future direction of the group. At a recent committee meeting, it was decided to conduct a survey among the members to see what they want as a group and where things may be improved. Hopefully these can be resolved at our AGM on November 6.

Unfortunately I will not be able to continue as Chairman, due to family issues and other commitments. These include some early talks with the Cancer Council

COMING EVENTS

NOVEMBER 6 MEETING: The next meeting of the Limestone Coast Prostate Cancer Support Group will be the Annual General Meeting at 7.30pm on November 6 at the Grant District Council Office, Commercial St West, Mount Gambier.

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

about the formation of some sort of support group in the Naracoorte area. However, I will still be willing to help out wherever possible.

It will be interesting to learn about some of the issues facing other support groups and how they intend to overcome them.

At Penola in late October, the local doctor is arranging a men's health night at which I will be speaking about prostate cancer. These are important events that help promote men's health in general – even if we do finish up the night enjoying good food, good wine and a beer or two.

Supporting Prostate Cancer Awareness Initiatives

Riders get on their bikes to keep the message travelling

Yet more motorcycle riders have decided that prostate cancer is a cause worth supporting, making valuable – and very visible – recent contributions to PCFA.

THE call to help raise prostate cancer awareness in South Australia has been embraced by the Sabres motorcycle riders' group, which conducted the PCFA River Ramble Ride For Cure on September 16 as one of its major events for 2012.

The Sabres group was set up with no political alliance to any other group or organisation and welcomes all riders, pillions, family and friends to join them on social rides or events.

Fred Horvath of the Sabres group reports that about 25 participants had a great ride on the River Ramble – a little cool but free of mishaps and almost rain free through the 360km journey.

Along the trek, the group collected donations and then bulked up the proceeds with a few cards of lucky squares draws among the Sabres members to raise \$375 for prostate cancer



ABOVE: Members of the Sabres riding group in formation on the open road during their PCFA River Ramble Ride For Cure on September 16.



LEFT: Proving that he's a rebel with a cause, PCFA CEO Anthony Lowe gets aboard a big bike for the launch of the Big Aussie Barbie promotion in Sydney at the start of September.

research, which has now been donated to PCFA.

It seems that the prostate cancer message has become a favourite cause of motorcycle riders – especially in the wake of last month's big charity

fundraising ride to Alice Springs. This was emphasised even further at the start of September, when PCFA CEO Anthony Lowe sat astride a huge bike at the launch of International Prostate Cancer Awareness Month. Ride on!

ALICE SPRINGS PROSTATE CANCER SUPPORT GROUP COMING EVENTS

OCTOBER MEETING: The Alice Springs Prostate Cancer Support Group will meet for its next monthly gathering on Thursday October 11, from 6.30pm to 8pm at NT Medicare Local, 5 Skinner St, Alice Springs.

- 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.

Whyalla Prostate Cancer Support Group

- **THE Whyalla Prostate Cancer 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

Prostate Cancer fundraising initiatives

Climbing every mountain to help raise PCFA profile

The range of personal endeavours being undertaken to raise awareness and collect funds for prostate cancer research never fails to surprise and amaze – including this mighty trek up all of Australia's main mountain peaks by a determined father-and-son team.

AFTER 12 months of planning, father-and-son team John and Simon Bignold have commenced their State 8 Adventure in a bid to raise funds for two very worthy causes – Ovarian Cancer Australia and Prostate Cancer Foundation of Australia

Their plan is to hike to the summit of the highest peak in each State and Territory of Australia between September 2012 and June 2013, a feat they are therefore calling the State 8.

This bold venture started on September 22 at Mount Meharry, the highest mountain in Western Australia with an elevation of 1,249 metres. It is located in the Hamersley Range



John (left) and Simon Bignold set off from the first departure point on their around-Australia mountain trek.

within the southeastern part of Karijini National Park in the Pilbara region and is approximately 160kms North West of Newman.

In December, they plan to

ascend Mount Bogong in Victoria, Mount Kosciuszko in NSW and Mount Bimberli in the ACT, followed next year by Mount Ossa in Tasmania, Mount Zeil in the Northern Territory, Mount



Woodroffe in SA's north-western Musgrave Ranges, and Mount Bartle Frere, Queensland.

If time permits, they are also planning a 60km hike to the summit of the 12 highest peaks in Australia all located within the Kosciuszko National Park – a task tentatively planned for March 2013.

Mitcham Prostate Cancer Support Group

COMING EVENTS – OCTOBER MEETING

The Mitcham support group will meet on Thursday, October 25, featuring a special opportunity for members to discuss and raise questions on prostate cancer issues.

At the group's September meeting, the group enjoyed a talk by Dr Lloyd Evans OAM about the Royal Flying Doctor Service, from its inception in 1928 to the present day. The audience learned how the fusion of two fledgling technologies – flight and radio – helped to expand the service from a rented Qantas DH50 biplane in 1928 to the current fleet of 68 modern, specially equipped aircraft. For more information about this "mantle of safety" for regional and outback Australia, please refer to RFDS on the Wikipedia website.

- The Mitcham support 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).

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or visit the website www.prostate.org.au

City of Onkaparinga Prostate Cancer Support Group

Key information to be found in your support group library

You may be surprised by the diversity and detail of prostate cancer information contained within the local support group libraries, as Onkaparinga support group chairman John Shields reports.

THE City of Onkaparinga Prostate Cancer Support Group enjoyed a strong monthly meeting in September, as it welcomed Alan, Jane and Matthew. Importantly, Alan gave the assembled group a report on his current situation after having been diagnosed with prostate cancer.

The group then enjoyed watching a pair of relevant DVDs – *Healthy Eating and Prostate Cancer* by Cathy Chapman, plus *Improving Quality of Life through Exercise* by Michael Russo. (This DVD is now in the support group's library if you would like to borrow it).

Cathy, who is a Dietician with The Cancer Council NSW, talks on the DVD about healthy eating and then answers questions from a studio audience.

While the presentation was interesting, it was frustrating that much of the detail was difficult to capture.

However, two PCFA books that are contained in the support group library – *Localised Prostate Cancer* and *Advanced Prostate Cancer*

– confirm what Cathy and Michael are talking about, so I will just give a precis of what is recorded there.

Localised Prostate Cancer (page 64), talks about dietary approaches and weight. Diet is an important element of fighting prostate cancer, as studies show much lower rates of the disease in Asian and Mediterranean countries – places with significantly different basic diets to Australia.

While there is some evidence of association between the disease and diet, no single nutrient has yet been shown to prevent prostate cancer or improve survival from it.

Some dietary approaches promoted as therapeutic can actually do harm (an example is large doses of vitamin D, which can be toxic).

Recently, we have also learned that once men have prostate cancer, being overweight can affect how well they do to recover.

Very overweight men are more likely to have more advanced cancer and the disease is more likely to

progress after treatment.

Chapter 6 of *Advanced Prostate Cancer* goes into much more detail about complementary care and lifestyle tips, and includes advice about appropriate exercise.

We can read about recommended forms of physical activity, including resistance exercise for muscle mass and strength, aerobic exercise for cardio-vascular fitness, a beneficial diet high in vegetables and fruits but low in animal fats.

There are tips on how to maintain a healthy body weight, including the intake of dietary supplements, vitamin D, tomatoes & lycopene, phyto-oestrogens, selenium and multivitamin supplements.

The range and detail of information provided in books within our support group libraries is both enlightening and highly educational.

It's worth delving a little deeper and researching a little more to keep learning about prostate cancer, its effects and the continuing types of treatment developments.

COMING EVENT

NOVEMBER MEETING:

The Onkaparinga Support Group will conduct its regular monthly meeting in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga, on Wednesday November 7 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.

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

After being married for 50 years, a wife asked her husband to describe her. "You're ABCDEFGHIJK." She was puzzled. "What does that mean?" He said, "Adorable, Beautiful, Cute, Delightful, Elegant, Foxy, Gorgeous, Hot." She smiled and said, "That's so lovely. What about IJK?" He said, "I'm Just Kidding." His eye is still swollen, but it will get better.

PROMOTIONAL EVENTS THAT BUILD PROSTATE CANCER AWARENESS

Big Aussie Barbie ignites big community support

A BIG gang of supporters helped PCFA ignite its Big Aussie Barbie campaign on September 6 at the Adelaide Central Market. Lord Mayor of Adelaide Stephen Yarwood was a conspicuous participant at the barbecue among a strong collection of PCFA supporters who both raised funds and elevated public awareness of prostate cancer.

Special thanks go to the Adelaide Central Market, Barossa Fine Foods, Bakers Delight, Australian Mushroom Growers, Schweppes, Rosella and the Commonwealth Bank for their generosity and help in staging this very effective public event. It helped to shine a bright light on PCFA's national Big Aussie Barbie campaign, which involved a large number of prostate cancer support groups working



ABOVE: Lord Mayor of Adelaide Stephen Yarwood (centre) puts his blue tongs into action for the PCFA Big Aussie Barbie at the Adelaide Central Market.

on barbecues at Bunnings stores – and we thank all the volunteers who helped with barbecues across SA and the Northern Territory.



ABOVE: Bunnings Mile End hosted the Adelaide support group on August 31. Pictured are (from left) Pat and Julian Delpin, Merlene Burdon and Tyson.



LEFT: On September 1, Prostate Cancer Action Group had a barbecue at Bunnings Mile End, attended by (from left) Pete, Stewart, Paula, Lareina, Geoff Roberts, Ray Power and David Merry.

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