

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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New SA office for the New Year

WE saw 2012 close with a flurry of positive activity for PCFA in South Australia – especially with the establishment of an Adelaide office confirmed at 144 South Tce. The new year was spent with workmen, painters, carpet layers and Karyn Foster seeking quotes on a fit-out with the aim of having this office open for business in late January.

The location for this office is ideal, with South Tce being the locale of choice for many urologists and medical services. Also, the new PCFA office is only a close walk to the tram and a free city circle bus route, and also has plenty of parking.

In December, the Urban Development Institute and the Adelaide Beer and Beef Club presented cheques as a result of PCFA raffles. Thanks go to Grant Burge Wines and Henry Bucks for their generous contribution of prizes, and also to the clubs, which provided an opportunity to raise funds but also to spread the prostate cancer awareness and support message through distributing PCFA collateral



ABOVE: The 2012 fundraising total amassed by the Peter Lehmann MoBros stands at a whopping \$14,963 – and this means that Peter Lehmann Wines Movember teams have raised a mo-vellous \$47,482 over the past four years.

at events and for Karyn to address members and guests.

Functions came thick and fast through the later part of 2012. The Coopers WIN TV Golf day in Mount Gambier may have been soggy but it was also an amazingly successful day, culminating in a great lunch and auction.

Soon after, David and Pam Sandoe joined Karyn in the Barossa for Wickets for Wine – two days of frenetic fun cricket featuring teams from local wineries and hilarious appearances by Stuart MacGill at dinner and on the pitch.

During December, packs of the iconic FruChocs confectionary carried a blue strip with the PCFA message,

thanks to manufacturers Robern Menz and supported by Triple M, Channel 9, GEM and GO! The PCFA message to get tested was seen in supermarkets, petrol stations, convenience stores and cinemas. The whole campaign was supported by Triple M and Channel 9 celebrities, sports stars and PCFA ambassadors.

The NO BALLS campaign launched by Lord Mayor, Stephen Yarwood at Adelaide Town Hall has been rolled into 2013. This has attracted major support from companies

in SA, WA and Victoria, as well as many prominent individuals in the business community. Thanks go to the Adelaide City Council, Peter Lehmann Wines and Subway for their enthusiastic support.

The Good Guys finished off 2012 with yet another cheque and has continued its marvelous support of PCFA as one of the charities of choice for 2012/13.

The new year was rung in on a very high note, with Channel 9's Telethon announcing PCFA-SA as one of its charities for 2013!

• 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

Preparing to take action in the western suburbs

A new year has commenced and new challenges await the Action Group in its bid to spread awareness of prostate cancer through the community, as David Merry reports.

FOLLOWING the Action Group's busiest year on record, we anticipate another year of activities and challenges – but with a difference!. This is because we anticipate a 0.6-time Support Group Outreach Officer to be appointed by PCFA in the first half of this year, and for this person to be very much involved in our activities.

The Action Group plans to consolidate the success of the regional Awareness Nights held during 2012 by holding more this year in the metropolitan area.

The initial focus of this activity will concentrate on the Western suburbs, as the Cancer Australia prostate cancer incidence maps released in 2012 showed a higher cluster of cases in this region than elsewhere in South Australia.

So far, we have experienced difficulties in relating to a Service Club in this area to act as sponsor for our proposed Awareness Nights. If you have a contact that could provide help, please let us know.

An information stall at Mount Pleasant's 150th Annual Agricultural Show on Saturday March 16th has been booked, following the success that the Action Group and support group



ABOVE: Strong numbers that attended the recent Clare prostate cancer awareness night, being addressed by guest speaker John Monten.

Photograph: Ian Fisk

helpers enjoyed there last year.

This is a great regional agricultural show – probably the next best to the Royal Adelaide Show – and this year will be an even greater event due to its landmark anniversary. Be sure to come into the Adelaide Hills and visit our stall.

We are counting on the excellent support given last year by the Murray Bridge Support Group to be repeated in 2013. It is hoped our new portable gazebo, kindly donated by the Coromandel Valley Rotary Club, will be badged and ready for the event.

Following the Clare Awareness Night that was

held last year on November 5, and the Yorketown Awareness Night on November 19, preliminary meetings are being held in both areas in the next few weeks to hopefully establish support groups in both centres.

Keen interest in forming groups has been shown by people attending both of these meetings. Staff from the Lower North and Yorke Peninsula Health units are assisting the Action Group with this.

As we mentioned often during 2012, the Action Group welcomes new members, especially as this year we enter a new era with involvement from the

COMING EVENTS

FEBRUARY MEETING:

The Prostate Cancer Action Group SA holds its monthly meetings in the upstairs meeting room at the Cancer Council SA building, 202 Greenhill Rd, Eastwood. The first meeting for 2013 commences at 5.30pm on Tuesday, February 12. Entry is via the rear stairway.

• For more information, visit the Action Group's dedicated website, with detailed archives containing newsletters, at www.pcagsa.org.au or contact by phoning David Merry on 8270 2227 or email djmerry@adam.com.au

soon-to-be-appointed South Australian outreach officer.

At present, the Action Group continues to meet on the second Tuesday at 5.30pm at the Cancer Council, Greenhill Rd, Parkside, but we expect to move across to 144 South Tce, Adelaide, once the new PCFA office opens there.

Meet the people at the forefront of PCFA activity

Team effort to fight cancer

The dedicated efforts of PCFA national chair David Sandoe and his wife Pam to spread greater information about prostate cancer and offer support to men and their families suffering with the disease serves as an inspiration to all support groups.

SINCE 1996, Sydney husband and wife team David and Pam Sandoe have been on a mission to spread the word about testing and early diagnosis for prostate cancer. It was nearly 17 years ago that David, then aged 51, was found to have the disease after a routine medical check. He elected to have a radical prostatectomy and the cancer has not been detected since in his yearly PSA tests. Now about to turn 68, David realises he is one of the lucky ones. "That test saved my life," he says.

David and Pam have each been awarded the Medal of the Order of Australia for their volunteer work, particularly with prostate cancer, which developed from local involvement running a support group and telephone counselling for men and their partners, to David becoming PCFA National Chair last year.

The couple have jointly led the Sydney Adventist Hospital Prostate Cancer Support Network since 2000, a job which they love. Pam makes sure this support group is regularly addressed by the best medical professionals, on subjects such as treatment options and possible side effects. These presentations are made available to all support groups across Australia on DVD. "That's just one way, as a group based at a top hospital in a major city, that we can spread useful information to rural and remote locations," says Pam. The presentations are also a regular feature of the SAH PCSN monthly newsletter that Pam puts together and the couple jointly edit. The newsletter reaches more than 800 people across Australia and overseas.

Topics planned for 2013 include sessions from experts on bowel continence after surgery, bladder rehabilitation, palliative care, erectile dysfunction, with updates from the coming American Urological Society



Pam and David Sandoe enjoying a walk at Bobbin Head, their favourite northern Sydney location, in the company of their two grandchildren.

meeting and the latest news on robotic-assisted radical prostatectomy, radiation oncology and new drugs being trialled.

Also on the calendar for the Sandoes this year are trips to various locations around Australia to encourage and offer their expertise to support group leaders. David relishes the opportunity to better assist affiliated groups with new initiatives being put in place at PCFA. "Support group network colleagues are the salt of the earth and a major part of PCFA's work and focus," David says.

The Sandoes continue to be champions of support and advocacy for men with prostate cancer and their families across Australia. Internationally, they help uphold the reputation of Australian cancer research and expertise as some of the best in the world, representing PCFA

at cancer conferences across the country and overseas. This also helps the couple stay abreast of developments.

Pam says that every new diagnosis reinforces their philosophy of helping and educating men and their families about prostate cancer. "I think back to where we were all those years ago, when there wasn't much information for patients about treatment options or rehabilitation. I can see just how far we've all come," she explains.

2012 holds fond memories for David and Pam in South Australia. They were invited to the Limestone Coast, Barossa Valley and Adelaide to attend fundraising/awareness functions and visit support groups, and they have pencilled in return dates for 2013. "South Australians are famous for their hospitality," says David. "We are looking forward to experiencing it again in the coming 12 months."

Outside their voluntary work, life for David and Pam has recently undergone a huge change with David retiring from his day job after more than 40 years in the financial services and insurance industries. Still, they are especially busy spending more time with their three adult children and two grandchildren, with another two on the way.

In their spare time David and Pam like to explore bush tracks and local cityscapes as members of a monthly walking group. David continues to sit on several boards and Pam enjoys researching family history.

David attributes their achievements and life experiences to his good fortune at being diagnosed early. "Getting that diagnosis allowed me to get on with treatment," he says. "I wouldn't have the quality of life I do now, let alone be around today, without it."

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Barossa Prostate Cancer Support Group

Activities stir teamwork within the support group

A busy close to 2012 for the Barossa support group has shown the need to remain bold and active through the new year, as support group co-ordinator Don Piro reports.

BAROSSA Valley Prostate Cancer Support Group finished 2012 with a bit of a bang by being involved in quite a few notable activities. The group held its first public barbecue at Mitre 10 Nuriootpa and raised funds to support the group's activities during the coming year.

The Barossa group would especially like to thank the Kapunda Men's Shed for making and donating a sandwich board sign that advertises the Barossa group.

WINE FOR WICKETS

IN November, several Barossa wineries hosted Wine for Wickets fundraiser at Chateau Tanunda, and PCFA had a notable presence thanks to Karyn Foster arranging for PCFA national chair David Sandoe and his wife Pam to attend the event.

Karyn also helped organise a fundraising auction, obtain prizes and meet local sponsors. Cricket was played over two days and a few members of the Barossa support group came to watch the match and meet David and Pam.

It was great to hear the national president discuss PCFA activities and the importance of support groups. Pam and David shared their experiences of how they run their Sydney



ABOVE: Pam Sandoe and PCFA national president David Sandoe at the Chateau Tanunda Wine for Wickets fundraiser with Barossa group members Robert Reimann, Trevor Miller, Don Piro and Peter Kent.



ABOVE (from left): Alan Hall, Max Hupfeld, Martin Fraser, Barry Searles and Trevor Miller at the Barossa support group's barbecue, Mitre 10 Nuriootpa.

support group, meeting twice a month, keeping it informal, focussing on support and not doing too much business, with guest speakers organised once a month.

FAREWELL AND FEAST

THE Barossa group combined its AGM with a Christmas function in John

and Judy Hill's home, where they prepared Asian food for 30 people who attended. It is always great when we get so many men (past and new members) & their partners come along to celebrate, catch up, and enjoy our time together.

We had David Searle as a guest speaker and he shared

COMING EVENTS

- The Barossa Prostate Cancer Support Group has scheduled its meetings for the third Tuesday of each month.
- The first meeting for 2013 will be on Tuesday February 19 from 2pm-4pm at Don Piro's home, 28 Kindler Ave, Nuriootpa.
- For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359.

his experiences as a soldier in the Australian army serving in Iraq. The food, the company and the guest speaker were all fantastic – and we offer a great thank you to Judy and John for opening up their home for us to do this event.

This event also marked a time for the group members to say farewell to Alan Hall, the man who established this support group. Alan has decided to retire from active involvement in the group, but I am sure we will continue to see Alan at various functions, as he has indicated that he will come along to enjoy Barossa group activities.

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Learning about the cohesive fight against cancer at FCIC

Exciting integrated treatment developments are unfolding at the Flinders Centre for Innovation in Cancer, as Adelaide Prostate Cancer Support Group's Ian Fisk reports.

THE Adelaide Prostate Cancer Support Group was privileged to have Professor Ross McKinnon speak about the Flinders Centre for Innovation in Cancer at our November 19th meeting. He is the centre's director, and early in his presentation he quoted Howard McLeod: "We have now matured the idea that only an integrated view of laboratory and clinical research can foster the progress to fight cancer."

Professor McKinnon reiterated that translational research – scientific research that facilitates the translation of findings from basic science to practical applications that enhance human health and wellbeing – is now simply a necessity.

The centre's website (www.fcic.org.au) explains that the Flinders Centre for Innovation in Cancer, incorporating the LIVESTRONG Cancer Research Centre and ACRF Cancer Prevention Unit, is an integrated cancer centre focused on innovative prevention and early intervention strategies, translational research and holistic patient care.

Building on the Flinders Medical Centre's reputation as a leader in compassionate cancer care and Flinders University's world-class medical research, the FCIC provides an integrated approach to tackling cancer.



Professor Ross McKinnon, director of Flinders Centre for Innovation in Cancer, spoke to the Adelaide support group in November.

With researchers focussing primarily on cancer prevention and early intervention research, the FCIC is working to develop vital tools to help people beat cancer before it takes hold.

It is a place where survivorship is not just an ideal but an everyday achievable goal, a place of support and care for all from the point of diagnosis, through treatment and as they continue in life.

The Flinders Centre for Innovation in Cancer (FCIC) is a joint venture between the Flinders Medical Centre Foundation, Flinders University and Flinders Medical Centre. Co-located with the hospital and university, the FCIC is a hub of research excellence and compassionate care for all affected by cancer.

Treating the majority of cancer patients in the southern regions of South Australia as well as parts of the Northern Territory, Flinders Medical Centre practitioners are well-established professionals known in Australia and overseas for their cutting-edge work.

Co-located with the Flinders Medical Centre, the FCIC is a one-stop environment where patients are linked with specialist services and the Centre's resources, which include: Flinders Cancer Clinic, Flinders Infusion Centre, Flinders Cancer Survivorship Program, Clinical Trials, Cancer Care Coordinators, Lecture Theatre and Information Café (more details on FCIC website).

This talk was recorded and is available on request.

COMING EVENTS

FEBRUARY 18 MEETING:

The Adelaide Prostate Cancer Support Group meets on the third Monday of each month in the Community Room of the Fullarton Park Centre, 411 Fullarton Rd, Fullarton, starting at 7pm.

The February 18 meeting – the first for 2012 – will also be the Adelaide group's Annual General Meeting, with an election of officers, and all positions need to be filled. Please consider volunteering! No speaker has yet been confirmed (please check the website) – and recommendations for this year's speakers are welcomed.

• 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

A poignant message aimed at partners on the journey

The prostate cancer journey is filled with fears and uncertainties for partners as well as patients – but positive attitude helps, as Port Pirie support group's Richard Kruger reports.

MARGARET'S testimony was shared recently with the Port Pirie Prostate Cancer Support Group because she wanted to give other partners an insight into how she felt and supported her husband Lennie through his diagnosis and treatment of prostate cancer. Her aim was to reassure other women that they are not alone with their feelings and anxieties through such times.

"A friend of ours was diagnosed with prostate cancer two years ago," explained Margaret. "He had an operation and is now okay. Then my brother Bob was also diagnosed, had an operation and is now fine. So, soon afterwards when my husband Lennie had an appointment with our doctor, I suggested that he have a PSA test, as he had not had one before.

"Lennie had no previous symptoms but the test results came back a little high. He had another PSA test three months later with similar results. So, in June 2010 he had a biopsy that showed low-grade prostate cancer. In July, he had an MRI scan. We were both feeling a bit numb about it – it is the unknown that is scary.



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.

LEFT: Guest speaker Margaret.

"During this time I said to him that I needed to know how he felt, and to know that he was okay with what he was going through. I said that we would cope with everything together, no matter what the outcome.

"I had to be strong for him, because he had only been in hospital once and I wasn't sure how he would handle such a change in his life. I felt that the main thing was to stay positive and be understanding.

"The results of the scan meant another appointment with the urologist was necessary to decide the best treatment option. We talked it through and Lennie decided on robotic surgery. This part of the journey was the worst for me, waiting to see what the outcome of the surgery would be.

"Before the operation,

Allan and Joan from the Port Pirie Prostate Cancer Support Group came to see us with information on all aspects of prostate cancer. This was so important and comforting to know that we had support. It enabled me to help Lennie understand what prostate cancer meant and what was to come, with the possibility of incontinence, depression and so on. It was a learning process for both of us.

"Lennie had the operation and all went well, although the surgeon found more cancer cells during the procedure. He said that Lennie made the right decision to have the operation.

"My thoughts then were that even though he initially had no symptoms, I was so glad that he had the PSA test. After the operation it was quite an

experience managing his catheter, making sure that it was running properly and emptying the bag in time. I went to the toilet with him to help him empty his bag, which was attached to his calf. Once, when finished, he just stood there. "What's wrong?" I asked. He said "I need a hug!" That's the first time that's happened to us in the toilet.

"I have always tried to be positive with medical problems in my own life and have found it equally important with Lennie's prostate cancer. He has come through it all well and talks openly with other men travelling the same road.

"I have been concerned and a little frightened along the way, but found that taking one step at a time and not thinking too far ahead works fine."

Prosper Darwin Prostate Cancer Support Group

Using the national network of contacts to help patients

Prostate cancer patients often get overwhelmed when facing treatment dilemmas by themselves – which is where the national network of support group contacts can provide help, as Prosper Darwin support group facilitator Keith Williams reports.

As is the tradition of the Prosper Darwin support group, our December meeting was a purely social event. Because of inclement weather, we again repaired to The Raging Bull (and no, it's not named after this support group's convener).

We had a very pleasant evening, with guests Gerry Woods MLA (a most generous supporter of the support group, and free flowing raconteur) and Dr Trent Farebrother, our resident urologist and good friend, who offered to come along to our February meeting and talk about stones (and not the galling type).

Our January meeting was scheduled to be a working bee for folding and stamping brochures, and it was a total success.

We also welcomed a new member to the support group, whose means of coming to us demonstrates the value of

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.**

PCFA support groups as a national network.

This man's best mate lives in Perth, and when he learned the news of his Darwin pal's prostate cancer situation, he contacted the WA state office and obtained my contact details.

His story underlines the value of a patient being accompanied by someone close to attend appointments.

It transpires that this patient was seen by Darwin's specialist prostate cancer nurse and given lots of helpful printed matter – including our support group's brochure.

However, he was sufficiently

overwhelmed by everything at that moment that he didn't read all the papers (including the brochure) and wasn't travelling too well until he was contacted by his mate in Perth.

While the Darwin patient was happy with his initial contact with the prostate cancer nurse, it turned out that the nurse was away when he tried to get back in touch.

He took his Perth mate's advice and attended our January meeting – and he fitted in very well. He was very happy with the non-medical advice and support that group members were able to extend to him.

The only downside is that he lives across the harbour, and has to catch a ferry across in the early evening and then catch the 9pm ferry home, or have to wait until 11pm. Members of the group happily provide transport necessary to get him from the wharf to our meeting and return.

In yet another example of the value provided by our network, another new group member was in the process of working out treatment options with oncology unit staff; Zolacos was looking to be the most likely option.

He was somewhat concerned with possible side effects, and contacted me. I was able to go to a very good friend and retired radiation oncologist who lives in Queensland.

He was able to give me some very helpful information, which I was happy to pass on – a good outcome, showing the positive results from using our strong contact network.

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

- A motorcycle mechanic was removing a cylinder head from the motor of a Harley-Davidson when he spotted a well-known cardiac surgeon in his shop. The surgeon was waiting for the service manager to look at his bike when the mechanic shouted, "Hey Doc, want to take a look at this?" The cardiac surgeon, a bit surprised, walked over to where the mechanic was working on a motorcycle. The mechanic said, "Doc, look at this engine. I opened its heart, took the valves out, repaired the damage, and then put them back in, and when I finished, it works just like new. So how come I make \$40,000 a year and you make \$1,500,000, when you and I are doing basically the same work?" The cardiac surgeon leaned over and whispered to the mechanic: "Try doing it with the engine running".

Limestone Coast Prostate Cancer Support Group

Diverse activities define a successful support group

The Limestone Coast support group closed 2012 with a very rewarding and diverse array of events that engaged with the community, as 2013 co-ordinator Richard Harry reports.

Many things have happened for the Limestone Coast Prostate Cancer Support Group over summer. Our group was involved with Win-TV Mount Gambier's Big Golf Day in December, and it proved especially valuable for promoting prostate cancer awareness and procuring significant funds.

The support group had its AGM on November 6, and while a committee was elected, the position of Chairman was not initially filled. By the middle of the month, the new committee had met and Garth Wootton was elected Meeting Chairman, and Richard Harry as support group co-ordinator.

Following an article featured in the local paper about prostate cancer, the RSL Poker League contacted us and advised they wished to present our group with a donation of \$200. It is so heartening that from out of the blue a community group feels they would like to assist a fellow community group.

Also, the Port MacDonnell Offshore Angling Club requested that the LCPCSG be involved with the Movember fundraiser and on November 30, four of our support group members attended a barbecue at the angling clubrooms. Presentations were also delivered by John O'Brien, who spoke about his journey through depression, and



ABOVE: Vonnie and Doug Redman with Garth Wootton at the support group's Christmas breakup barbecue.

BELOW: Members of the RSL Poker League present a \$200 cheque to the Limestone Coast support group's Angelo Landa and John O'Brien.



Richard Harry, who spoke about his prostate cancer journey. This was followed by a "mo-off" competition, together with a lot of laughter and good fun. At the end of the night, Movember had been given a donation of more than \$5000.

December saw the support group's Christmas break-up – and what a great afternoon was had in the park at Umpherston Cave, a spectacular sinkhole in Mount Gambier. A barbecue was cooked by one group

member's family, with cakes and sweets supplied by local catering firm Finn's Fine Food at no cost to our group.

Although there was no support group meeting in January, the group is involved in an Ambrose Golf Day on January 20 at the Blue Lake Golf Links. Teams are asked to dress in their Holden or Ford team colours, and first prize for the winning team of three is four-day passes to see V8 Supercars race at the Clipsal 500 and five nights

COMING EVENTS

FEBRUARY MEETING: The next meeting of the Limestone Coast Prostate Cancer Support Group will be at the District Council of Grant offices, Mount Gambier, on Thursday February 7, from 11.30am to 3pm.

• For further information about the Limestone Coast Prostate Cancer Support Group, please phone coordinator Richard Harry on 8724 9057 or mobile number 0427 978 898.

accommodation in Adelaide. Proceeds from the day will be presented to our support group.

At our AGM it was decided to change our regular meeting night to the first Thursday of the month (previously it was the first Tuesday) but these will still to be held at the District Council of Grant offices at 7.30pm. Our first meeting for 2013 is on Thursday February 7, when local GP Dr Richard Try will speak on hormone treatment in relation to prostate cancer. Men from the support group also have an informal coffee morning at the Blue Lake Golf Links on the third Tuesday of the month at 10am.

Alice Springs Prostate Cancer Support Group

Patients explain problems attached to Outback aid

The tyranny of distance delays urgent specialist medical attention and proves expensive, as Alice Springs Prostate Cancer Support Group convenor Ian Wagner reports.

TWO relatively new members of the Alice Springs Group, Shane and Robert discussed their experiences during the last few meetings of 2012 – and had the audience enthralled by what they had to say.

Shane, aged in his mid-50s, has lived most of his life in Alice Springs. After a visiting urologist examined Shane's medical results during a consultation at the Alice Springs Hospital, he advised Shane to have a biopsy as a matter of urgency. This could not be done in Alice Springs; he was wait-listed in Adelaide. Instead, he flew to Cairns, where he was able to get immediate attention. The results showed cancer in the prostate and urgent surgery was recommended. Again, Shane was wait listed, for surgery at Alice Springs Hospital sometime in 2013.

He felt every day was critical, so he secured a prostatectomy appointment

with an Adelaide urologist, flew to Adelaide in December and had the surgery. The total cost for this treatment was considerable and was paid by Shane.

Robert was raised on the island of Mauritius, immigrated to Perth with his family and has made Alice Springs his home. He also is in his mid-50s and after feeling out of sorts he decided on a complete medical check with his local GP. This showed an above normal PSA, and when Robert said that two of his brothers had undergone prostate surgery, he was advised to have a biopsy. This was not available in Alice Springs, so while visiting his family in Perth, Robert had a biopsy there. His Gleason score was 7 and he was told to wait and watch. He returned to Alice Springs and carried on with quarterly PSA tests, which showed rising levels.

Robert's GP advised consulting a specialist about

a possible prostatectomy. The wait list in Alice Springs was many months, so he decided to return to Perth and consult a urologist. Surgery resulted in the removal of a larger than normal prostate – but also triggered a continence problem. Following the recommended exercises did not ease the problem, although the fitting of a leg bag allowed a lot more freedom – despite being a short-term solution. Robert returned to Perth in December to explore other continence aids.

Currently, Shane reports having had a horrific experience with his surgery in Adelaide, including contracting golden staph. His discussion with other patients from the country echoed delays and costs similar to his own.

Robert advises from Perth that he is undergoing tests but is very frustrated by slow progress.

These two men share problems with any man

COMING EVENTS

FEBRUARY MEETING:
The Alice Springs Prostate Cancer Support Group will meet for its next monthly gathering on Thursday February 14, 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.

living away from big cities. This is a national problem and the subject will remain high on our agenda this year.

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

Gawler Prostate Cancer Support Group

Members inspired by a thought provoking talk

The input of a professional counsellor challenged the Gawler support group to consider how to best approach their senior years, as group facilitator Lynton Carle reports.

THE Gawler support group formally closed 2012 with a meeting on November 6, when members enjoyed a thought provoking address by Don Piro, who is a cancer survivor, a professional counsellor and chair of the Barossa Prostate Cancer Support Group.

Don's topic was "Maintaining Confidence in our Senior Years" and he certainly provided a number of useful strategies that people can use so they can adjust to the inevitable changes and challenges in our lives as we get older.

After this successful meeting, the

Gawler group's end-of-year breakup took place at Lynton and Leslee Carle's home on December 1, when 10 members enjoyed a very pleasant social barbecue lunch.

After this enjoyable conclusion to 2012, the Gawler group's monthly meetings will resume on the first Tuesday in February 2013. All interested parties are welcome to attend.

For more information about the Gawler group and its activities, please phone support group facilitator Lynton Carle on 8524 4086 or 0421 421 793, or email: leslyncarle@chariot.net.au

- **ANYONE** is welcome to attend the Gawler Prostate Cancer Support Group meetings, which are held in the conference room at the Gawler Health Service facility at 21 Hutchinson Rd, Gawler East (phone 8521 2000).

- Meetings are conducted at 7pm on the first Tuesday of each month. The next meeting is on February 5. More information about the Gawler support group can be obtained from Lynton Carle (phone 8524 4086) or Kylie Fotheringham (phone 8521 2080).

Mitcham Prostate Cancer Support Group

COMING EVENTS: ANNUAL GENERAL MEETING, THURSDAY FEBRUARY 28

The Mitcham support group will get together on February 28, for the first time since the successful end-of-year dinner held at Racquets Bistro, where 32 people attended on November 22. This February event will be the group's Annual General Meeting, to appoint office-bearers for 2013 and probably to consider an alternative Thursday for our meetings from May onwards.

The Central Australia Chapter Council decided in November 2012 to change the deadline for articles in the Prostate Supporter newsletter from end-of-month to 15th of month. In this scenario, our Coming Events will be past events by the time you read the newsletter – a situation which has been a problem for some groups which meet in the first half of each month. We will be seeking our members' opinion regards a possible meeting date change to the first or second Thursday from May onwards, or to retain the fourth Thursday. Please consider and give us your preference during discussion of this vital issue on February 28.

DIARY NOTE: Our first three meetings for 2013 are already confirmed as February 28, March 28 and April 18. This April meeting will be held one week earlier due to RSL Anzac Day commitments.

The Mitcham support group meets at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm. Please note that car parking is now transferred to within the RSL grounds, where the bowling greens previously existed.

- For more information on events and group activities, visit the Mitcham Group's dedicated website at www.psamitcham.org or phone Roland Harris on 8277 2138.

City of Onkaparinga Prostate Cancer Support Group

A need to get our ladies more actively involved in groups

The importance of women in the crucial role of prostate cancer support needs to be more vigorously developed, according to Onkaparinga support group chairman John Shields.

THE City of Onkaparinga Prostate Cancer Support Group welcomed Keith to our final meeting for 2012 in November, and we watched the DVD *Sexuality & Mid-Life changes/Ageing* – a 70-minute feature that provides enough information on the subject to keep viewers interested.

If you would like to borrow this DVD, please check with our group librarian Ian, who will also show you the many books and DVD titles in our library.

Unfortunately, the group's pre-Christmas get together had to be cancelled at the last minute due to the sudden hospitalisation of Phyllis Shields. We apologise to any who could not be contacted and hope to catch up with you all in the new year. We also wish Phyllis a speedy recovery to good health.

S.A. IS THE LEADER

I have been asked why South Australia leads the nation in the number of reported cases of prostate cancer. I do not have an answer but I do know that South Australia has some of the country's leading prostate cancer specialists. Professor Willis Marshall immediately comes to mind and we have recently been told that he is retiring. Thank you Professor Marshall for all that you have done to bring

a better understanding of prostate cancer to the wider community.

CHAPTER CONTACT NEEDED FOR LADIES

EACH Chapter needs at least one active female contact person who has personal experience as the wife/partner of a prostate cancer patient, preferably to the advanced stage, and who is happy to talk with other women seeking support and information relating to their own experiences, especially if they are having difficulty coping with the situation. I'm hopeful that the numbers grow and become very effective throughout Australia.

Many years ago, I tried to start a support group for ladies who were members of the City of Onkaparinga Prostate Cancer Support Group, and even produced a starter kit for them. However there was not enough interest at the time for this group, as the ladies were happy to be part of the larger support group.

I have read the reports *Women Living with Prostate Cancer* and *Prostate Cancer – The Woman's Perspective*, and agree wholeheartedly with both articles.

We need to concentrate our efforts on acknowledging the very real needs of our wives and partners. A conference

on this subject would be great, but I also believe that, just like the Support Group Leadership Manual, the best place to start is within the four walls of our own support group meeting rooms. I therefore appeal to the ladies to become active and help reduce the impact that prostate cancer has on their lives. Ladies, do not be afraid to speak up and be heard.

The first thing I do at every support group meeting is to welcome the ladies. They are a very real part of the support group meeting, and a very important part of our lives.

I encourage members of the Central Australia Chapter to demonstrate leadership and show that we have ladies who are willing to be an active part of the solution to this dilemma.

USEFUL WEBSITE

JUSTIN Ifould, community development officer from the City of Onkaparinga has introduced us to www.seniorservicesguide.com.au which is a new community service website that makes it easy to find aged care services.

To help older Australians remain happy and healthy in their own homes, this Senior Services Guide provides an online directory of local free, subsidised and commercial services in the following categories: activities, bathing, cleaning, gardening,

COMING EVENT FEBRUARY MEETING:

The Onkaparinga Support Group's first meeting for 2013 will be held in the Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga, on Wednesday February 6 at 6.30pm. Guest speaker will be cancer survivor Martin Timmins.

• 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.

handyman, laundry, home library, meals, personal alarms, shopping, social support and transport.

Jessica North has explained that the motivation to create this guide came after she found it difficult to locate services to help her own elderly parents.

ACKNOWLEDGING A CAREER IN FIGHTING PROSTATE CANCER

Recognising the superb work of a prostate expert

The recent retirement of Dr Carole Pinnock was marked by a certificate of appreciation from PCFA support groups. Jeff Roberts offers this tribute to a mighty supporter of prostate cancer patients.

I HAVE been asked to provide some comments on the retirement of Dr Carole Pinnock AM, PhD from her role as principal research scientist in the Urology Unit at Daws Road Repatriation General Hospital.

This is a task I feel rather inadequate to perform, as Carole's involvement across such a wide range of prostate cancer issues has been phenomenal. Her contribution to research has been outstanding.

Carole has always been



Dr Carole Pinnock receiving her presentation certificate on November 21, 2012, from Terry Harbour, Jeff Roberts and Ian Fisk.

willing to assist support groups in a variety of ways, including many speaking engagements. She played a pivotal role in many initiatives that proved to be of great benefit to prostate cancer patients and families.

The following are examples:

- Lions web site – a highly regarded Australian web site.
- Mr PHIP series of information brochures.
- Locally & Advanced Prostate Cancer booklets.

- A prostate cancer guide for men and their families.

To say that Carole will be missed by everyone involved in fighting prostate cancer is a massive understatement.

We wish her a long and enjoyable retirement.

Murray Bridge Prostate Cancer Support Group

- The Murray Bridge support group concluded last year with a meeting which was well attended by more than 30 people, and was addressed by charming young nurse Karen Gunn, who spoke of her work with prostate cancer patients.

Throughout 2013, the support group will conduct its monthly meetings at 7.30pm on the third Wednesday of each month. However, the site for meetings is currently undecided, as the previous location – Our Wellbeing Place – has new owners and their suggested fee for meetings is beyond what the group is prepared to spend. Therefore, the location for the next meeting – on WEDNESDAY, FEBRUARY 20, which will include our Annual General Meeting – will be passed on to group members soon by the group leaders.

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