

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)

MARCH 2013

Volume 6: Number 2

## Millions of reasons to smile

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

**T**HE Good Guys' Local Giving Program has reached \$5 million, with the national electrical retail chain donating these funds to more than 150 local community organisations around Australia, supporting essential programs, services and projects at a grassroots level – including prostate cancer awareness.

All of The Good Guys' South Australian stores celebrated the donation milestone by hosting a Big Five for Five Day on February 23, a celebration providing more vital contributions for local community organisations.

All funds obtained on the day will be divided between the stores' respective cause partners, including PCFA, Jamie Oliver's Ministry of Food, Bedford, Elizabeth Blue Light, Alzheimer's Australia, Cara and Leukaemia Foundation.

Some of The Good Guys' funds have already been allocated by PCFA to provide patient education packs, given to men recently diagnosed with prostate cancer so they can learn about treatment options and support groups.



**ABOVE: PCFA national chair David Sandoe met with The Good Guys at Mile End on his recent trip to Adelaide and gratefully acknowledged the store's donations to PCFA.**

So far, The Good Guys' South Australian stores have donated more than \$12,000 to PCFA – the result of the first six months of the company's fundraising pledge to PCFA.

Near the checkout counter in each of The Good Guys stores, bins are provided to collect tokens for each of the store's nominated charities.

When a customer makes a purchase, they are given a

token to put in the Perspex bin of their choice, and the number of tokens collected in each section dictates how much is donated by The Good Guys to each charity.

Because The Good Guys are supporting PCFA in such a

strong way, all support group members should make an effort to support them. If you want electrical items at a great price, buy from The Good Guys and direct your tokens to the PCFA bins, which ultimately benefits our cause.

• **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)

# Cancer survivors focus on



**Barossa Prostate Cancer Support Group Coordinator Don Piro helped to organise and attended the inaugural Australian Survivorship Conference held in Adelaide at the Stamford Grand Hotel, Glenelg, in early February. He offers this report of the significant developments and outcomes from the conference.**

**T**HE INAUGURAL Australian Survivorship Conference had a fantastic program that addressed a wide range of survivorship issues relevant for medical professionals, academics, researchers, clinicians and consumers.

I was part of the conference organising committee, initiated by the Flinders Centre for Innovation in Cancer ([www.fcic.org.au](http://www.fcic.org.au)) and its funding body Flinders Medical Centre Foundation.

During the past year, my role involved discussions with SA Health's Cancer Clinical Network.

As a cancer survivor and therefore a representative of the "consumer" group within this conference committee, I was able to chair a couple of sessions, introducing speakers and topics.

Even more significantly, I was involved in developing the Flinders Charter of Survivorship – the first Australian model of direction of Cancer Care. For full details about this innovative charter, please visit the website <http://www.fcic.org.au/survivorship/charter/default.aspx>

Being involved at the core of this conference's proceedings was a fantastic experience. I



**ABOVE: Don Piro presenting at the Australian Survivorship Conference with Jeff Dunn.**

met so many people who are doing so much good work in cancer research through developing new programs and providing services around Australia and internationally.

There were representatives at the conference from the Livestrong foundation, Cancer Voices, universities, many sectors of the medical profession, health industry and consumers.

The program defined what survivorship is, what matters to us as survivors, identifying the gaps in existing services and programs, and the challenges that lie ahead of us all.

It was heartening to hear of what can be done and what is being done in areas of rehabilitation, the effects that treatments have on us and our families, the importance of conversations with each other, support groups, exercise, meditation, diet, complimentary care and the

needs of caregivers.

The importance of cancer survivors taking an active role as medical consumers was highlighted, noting that we can inform medical specialists and program providers about what it is we need, and being involved in research that can guide better treatment and programs.

A few moments stood out for me as highlights of the conference. Professor Patricia Gantz from UCLA in the United States gave a presentation called "Cancer Survivors: We can no longer ignore you". It featured a lovely 20-minute YouTube presentation featuring vignettes from cancer survivors saying how they felt about their diagnosis, treatment and how it affected their lives.

I would recommend everyone to have a look at this video, as it very clearly describes

many important issues about survivorship. View it online at <http://vimeo.com/57004184>

Professor Gantz described the number of cancer survivors increasing across the world and noted that treatments must therefore be approached and considered differently. Cancer is no longer a death sentence; there is more early intervention, drugs, treatment and prevention.

However, what occurs as a consequence of such intervention is more long-term effects. There is now more discussion that cancer fits the description of a chronic disease, but is significantly different than diabetes or other chronic conditions because of cancer's greater complexity.

What was suggested at the conference was better communication across the whole spectrum of cancer treatment, the development of Survivorship Care Plans, better co-ordination between services, and better patient records that can be accessed, which would save patients and medical staff valuable time by having all the facts in front of them.

The conference also addressed the need to have more understanding about the emotional and psychosocial impact on cancer survivors and their families.

Focus on Cancer Survivors

# their survival instincts



Delegates who attended the first Australian Survivorship Conference at Glenelg in January.

## What is the Flinders Charter of Cancer Survivorship?

The Flinders Charter of Cancer Survivorship was developed as a tangible outcome of the first Australian Survivorship Conference, affirming the importance and value of collaboration between survivors, clinicians and researchers in advancing the field of cancer survivorship.

Inspired by the spirit of goodwill and collaboration to advance the experience of cancer survivorship, people signing onto the charter commit to:

**1: Focussing on wellness and not just illness; on survival and maximising quality of life for those affected by cancer.**

**2: Fostering partnerships between clinicians across all healthcare settings, community supports, researchers,**

**and people affected by cancer in our common pursuit of effective planning of care and research affecting survivors.**

**3: Building a greater understanding of the broad physical, practical and psychosocial needs of cancer survivors, in order to drive practice improvement and research.**

**4: Helping to eliminate stigmas, inequalities in care and access to care.**

**5: Building patient self-care capacity and ensuring survivors know what to expect and where to access care, follow-up, information and advice when required.**

• To sign the pledge, visit the website <http://www.fcic.org.au/survivorship/charter/default.aspx>

This was especially important to me in my work as a health professional specialising in counselling.

It was clear that while the medical system focuses on medical intervention, the detailed understanding of what is happening to people on their cancer journey falls way behind and many doctors have scant knowledge of how

people are travelling through their journey.

What works very well for cancer survivors is the network of support groups. These certainly got a big tick from the conference delegates for their capacity to help people, especially for enabling people on their cancer journey to talk over a long period of time about what is happening

to them, and subsequently connecting with others who can share and understand their story.

The conference also pulled focus on the importance of lifestyle choices – to stop smoking and start exercising (just one hour a day can have a huge effect), focusing on meditation and nutrition. All of these things do not cost

anything but can help to stop cancer and reduce tumour size.

I encourage you to follow the links mentioned in this story, to obtain more information about these issues raised at the conference. It was certainly a conference that had a big impact on me and a few other familiar faces from the PCFA Central Australia Chapter.

## Prostate Cancer Action Group

# Offering resources to help your group put on a show

## COMING EVENTS

### MARCH 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 next meeting starts at 5.30pm on Tuesday, March 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](http://www.pcagsa.org.au) or contact by phoning David Merry on 8270 2227 or email [djmerry@adam.com.au](mailto:djmerry@adam.com.au)

**O**N February 12, the first meeting of the Action Group for 2013 welcomed Peter Fairbrother and his wife Kay from the Adelaide Support Group, and we hope that a flow of new members attending Action Group meetings will continue.

It is exciting that the planning of many activities for the coming year have already commenced.

In 2012, the Action Group held four Awareness Evenings in regional and country areas throughout South Australia, but for 2013 our focus will be pulled onto the Adelaide metropolitan area, with negotiations already happening to conduct two presentations in the western suburbs.

An Action Group contingent will be also attending two country shows and proudly displaying our new PCFA-badged tent.

On Saturday March 16, the tent will be at the 150th annual Mount Pleasant Show, one of the best-attended regional shows in the State, and on October 7 the group will be present at the Jamestown Show.

Members of other regional support groups may also plan to present prostate cancer information stalls at their local shows, as these certainly present great opportunities for publicising their activities and also recruiting new members.

The Action Group tent and banners are available to all support groups for

such events. The Yorke Peninsular Field Days at Paskeville attract 50,000 people and because the Action Group has always received a cordial reception there, it will be attending again in September.

Meetings in Clare on February 27 and in Minlaton on Monday March 18 have been advertised to further the founding of prostate cancer support groups in both these regional centres. Additional events for later in the year are now being discussed.

To conform with new PCFA National Office considerations, a cost review of Action Group activities has been completed by Jeff Roberts and treasurer Rob Kitto.

## Barossa Prostate Cancer Support Group

# Visiting pledge made for 2013

**A** FEW members of the Barossa Valley Prostate Cancer Support Group got together in January and had a planning session. It proved especially fruitful, reflective and reaffirmed the core function of the support group, because we came up with a "Visiting Theme" for the support group to pursue during 2013.

The meeting recognised that several of their fellow support

group members are not travelling so well with their health, and we all understand how important it is to stay in touch and visit each other during such difficult times, to provide valuable support and friendship.

Therefore, the group has made a commitment to ensure more visits to the homes of ailing local support group members throughout the coming year.

It has also planned to support the Riverland and Paskeville Farm fairs, and maybe visit other support groups during the course of the year.

The meeting also discussed guest speakers, community activities that will raise awareness of the support group and the PCFA Leadership Program that a few group members will be attending in Melbourne during May.

## COMING EVENTS

• The Barossa Prostate Cancer Support Group has scheduled its 2013 meetings for the third Tuesday of each month, from 2pm-4pm at various support group members' homes.

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

## Prostate Cancer Support and Awareness: ADELAIDE GROUP

# A variety of great speakers make the meetings sparkle

Making the effort to source interesting guest speakers provides great benefit to support group meetings, as Adelaide Prostate Cancer Support Group's Ian Fisk reports.

**T**HE Adelaide Prostate Cancer Support Group is in a state of flux – and changed deadlines to Prostate Supporter mean that the group has just had its Annual General Meeting and may well have new officers. All details will be revealed in the April edition.

Guest speaker at the February meeting was Bradley Williams from Australian Health Practitioner Regulation Agency, and details of his presentation will also appear in the April edition of Prostate Supporter.

On reflection, 2012 was not a bad year for the support group. The new meeting room that we hired was large enough for the numbers attending, although it was a bit crowded for some meetings.

We had quite a variety of speakers including SA parliamentarian Bob Such, Rex Symons from Craniofacial Australia, Dr Nathan Harten from iNform Health & Fitness Solutions, Julie Marker from Cancer Voices, Associate Professor Eva Bezak from the Royal Adelaide Hospital, Lauren Wood (Royal Adelaide Hospital Prostate Cancer Nurse), Jennefer from the Independent Living Centre and Professor Ross McKinnon from the Flinders Centre for Innovations in Cancer.

We would like to extend a special thanks to Pat and Julian



ABOVE: Dr Lee Jones, keynote speaker at the inaugural Australian Survivorship Conference.

**I**AN Fisk attended the 2013 Australian Survivorship Conference earlier this month and enjoyed many interesting sessions on items facing cancer survivors, the priorities for survivorship care and research. Keynote speaker Dr Lee Jones was especially good, talking about the benefits of exercise at all stages in the cancer journey. It was very disappointing that there was not one specific prostate cancer research presentation, although prostate cancer did get mentioned in several presentations.

for their efforts in providing suppers at the conclusion of all these meetings and talks.

Ideas for future speakers are welcomed – and it is especially pleasing to note that the Adelaide group's April 15

meeting will explore a very different theme.

David Cronin will show us how Fun, Laughter, Humour and Play have helped many cancer patients and how to increase our level of enjoyment

## COMING EVENTS

**MARCH 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 March 18 meeting will feature guest speaker Dr Richard Wells, urologist with South Terrace Urology. We have not had a urologist address the support group for a while, so have your questions ready!

• 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)

in life with some simple tools and models.

David has been a professional performer for 25 years and classifies himself as a joyologist and health trainer. Check out his website [www.laughline.org](http://www.laughline.org)

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or visit the website [www.prostate.org.au](http://www.prostate.org.au)

## Events Promoting Prostate Cancer Awareness

# Generosity shows even more support for prostate cancer

Results from major charity events held in late 2012 to support PCFA have turned in even better results and larger donations than event organisers had anticipated.

**T**HE inaugural Saverglass Wickets for Wine tournament and gala dinner held at Chateau Tanunda in November raised \$16,738 for PCFA.

The Chateau Tanunda turf pitch provided a perfect setting for the six-a-side cricket tournament featuring teams from Barossa wineries. Izway Wines won the tournament, beating Saltram in the final match.

Former Australian Test cricketer Stuart MacGill was a guest speaker at the gala dinner, along with SA football identities Nathan Bassett and Stephen Rowe. The celebrity match also featured Port Adelaide Power captain Dominic Cassisi. All celebrities donated their time free of charge.

“Our goal was to raise \$15,000 for Prostate Cancer,” said Luke Tyler from the Wickets for Wine



**LEFT: Craig Phillips from Rusden Wines presents PCFA national chair David Sandoe with a cheque for the proceeds from Wickets for Wine at Adelaide's premier wine boutique East End Cellars. RIGHT: Former Australian Test cricketer Stuart MacGill dons the baggy blue PCFA hat before going out to bat.**



organising committee. “To exceed that amount is a real thrill and a testament to the generosity of the Barossa community and Australian wine industry.”

The competing wineries in this fun tournament were: St Hallett, Rusden, Langmeil, Saltram, Yalumba, Chateau Tanunda, Jacobs Creek, Izway and Kellermeister, along with a team from

local engineering company Ahrens.

Saverglass was the event's Platinum sponsor with gold sponsors including Amorim, Ahrens, Collotype Labels and Hypac.

Generous support was also supplied by Chateau Tanunda, Fuller, Bryn Richards from Staging Connections, Coopers, Novotel Barossa Valley

and Barossa Grape and Wine.

“We will be looking to make the event bigger and better next year in an effort to raise even more money.” Luke said.

“It's a stunning oval and venue and we are very grateful to John Geber and the team at Chateau Tanunda for hosting the event.”

## Murray Bridge Prostate Cancer Support Group

- The Murray Bridge support group conducts 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, MARCH 20 – 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.

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## Prosper Darwin Prostate Cancer Support Group

# More effort needed to give support to new patients

Prostate cancer nurses and support groups continue to face difficulties in getting some recently diagnosed patients to face the realities of their condition and future, as Prosper Darwin support group facilitator Keith Williams reports.

THE February meeting of the Prosper Darwin support group featured Lachlan Circuit, the Northern Territory's specialist prostate cancer nurse based at the Royal Darwin Hospital, and a good friend of ours.

Lachlan gave a very interesting update on his activities, and we also took advantage of the opportunity to discuss a difficulty that the support group has recently encountered several times with men reluctant to gain support group assistance (one account was detailed in last month's Prostate Supporter newsletter).

The root of the problem is that despite the best efforts of health professionals such as Lachlan, many men either don't register everything they're been told or given which explains prostate cancer, or they consider themselves too macho to try a support group.

Discussion at our meeting was lively and far ranging, and eventually two things were decided as actions to be

## 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.

implemented. The first is for Lachlan to produce a pocket-sized card, with his details on one side and our group's contact details on the reverse. While this won't overcome the macho barrier, it may be an effective pointer to our services.

The second initiative is that, where appropriate and with a patient's consent, Lachlan will contact a support group member and arrange either an immediate meeting, or as soon as possible.

During the month, I received another enquiry about the Darwin support group via a roundabout route – even though this man had seen Lachlan, and also had one of our group's brochures.

His case was little short of

tragic, as he will probably pay a very heavy price for a misguided belief that his body could cure any challenge that came along.

He ignored the symptoms of increasing pain until it became unbearable. The urologist gave his diagnosis in four words: "Prostate cancer is rampant".

The one concession is that he will receive among the best palliative treatment in Australia.

## VALUABLE NEW BOOKLET ISSUED TO GROUPS

I DON'T know if all support groups have received copies of a booklet on incontinence produced by support groups in the Dubbo area, but our group has looked at them –

and it was interesting that most of the wives considered them to be very useful. The men's comments were much more muted.

## CHALLENGES AHEAD

THE Katherine support group continues to struggle to survive. Wearing my Territorian Liaison Officer's hat, I have been able to arrange a meeting with Katherine's local member in the hope that some positive outcome can be arranged.

Both the Alice Springs and Darwin groups have been invited to attend the 17th Annual Conference of the Chronic Diseases Network, to be held in Darwin in September.

As it is impracticable for the Alice Springs group to participate, it has offered to help in any way it can.

We have been invited to make a presentation on support groups, their purpose and how they work – and hopefully we can make this happen, with assistance from PCFA.

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

At the end of the working day, a policeman parked his van in front of the station. As he was gathering his equipment, his dog started barking from the back of the van. The policeman looked around to see a puzzled looking little boy behind him. "I've heard that you police are very strict," asked the anxious boy. "Is that a dog you have back there?" Yes, said the policeman. The boy looked even more deeply worried. "Wow. What'd he do wrong?"

## Limestone Coast Prostate Cancer Support Group

# Telling others about our prostate cancer journey

The Limestone Coast support group is making efforts to spread the prostate cancer message throughout the community, as group co-ordinator Richard Harry reports.

**T**HE first meeting in 2013 for the Limestone Coast Prostate Cancer Support Group was held on Tuesday, February 7 – a new meeting night that attracted four new members who were welcomed warmly by our chairman Garth Wootton.

Special guest for the evening was a local doctor, Richard Try – the first GP to speak before our group. Doctor Try admitted that while no one wants a rectal exam (also known as a DRE) it is an important part of screening together with the Prostate Specific Antigen (PSA) blood test. When done in unison, these give a more accurate test for the patient.

Doctor Try spoke about Hormone Therapy in Prostate Disease, explaining that some drugs could be used separately but were not on the PBS scheme and were very expensive.

When combined with a second drug, a far greater benefit is obtained in relation to treating the disease and with the combined drug being on the PBS scheme making them very affordable.

Doctor Try mentioned the side effects that many of these drugs can produce – and several group members could vouch to that.

Following Doctor Try's presentation, questions flowed thick and fast from those



**ABOVE:** Garth Wootton (left) and Gerry Remlein (right) with the PCFA presentation stall at Sexpo.

**BELOW:** Richard Harry (left) Dr Richard Try (middle) and Garth Wootton (right) at the February meeting.



members who are on hormone therapy, as well as those who are not. We all know it is possible for prostate cancer to return after initial treatment and hormone therapy may be a possible secondary treatment.

## MEMBERS GET OUT TO SPREAD THE MESSAGE

GARTH Wootton spoke at a Sexual Health Expo in Mount Gambier on February 14 about his prostate cancer journey. He focussed on how he and his wife dealt with

erectile dysfunction, about the physical journey using tablets, penile injections to having penile prosthesis surgery. More importantly, he gave the audience insight into the emotional, mental and spiritual journey that accompanies a couple as they deal with ED. He also highlighted that he found a couple's group that he belonged to had been a great support – as were his work colleagues.

Group members Graham Hinze and Doug Redman

## COMING EVENTS

**MARCH 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 March 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.

recently went to a meeting of the Cancer Council's Naracoorte branch. Graham told about his cancer journey and how both he and Doug have benefitted from the support group. A discussion then took place about forming a group in Naracoorte, but unfortunately numbers were down and it was decided not to proceed at this stage. However, a coffee morning in Naracoorte Hotel at 10am on February 27 was organised for all men with cancer.

If there is enough interest down the track, a PC support group may get going, but in smaller communities it is not always wise to have several groups trying to do the same thing.



## Alice Springs Prostate Cancer Support Group

# A patient's perspective on different drug treatment

An introduction to a new drug fighting prostate cancer, Abiraterone, was brought into sharp focus by the experiences of a local patient recently given the drug, as Alice Springs Prostate Cancer Support Group deputy convenor Murray Neck reports.

**P**HARMACISTS play an important role within the health care circuit – beyond dispensing medication and advising customers how they work, to also inform on the side effects and how to take medications, and they often are asked to review treatments.

Alice Springs Hospital pharmacist Sophie Higgins spoke to the Alice Springs support group in February about a prostate cancer staging system used when diagnosing the size, aggressiveness and spread of the cancer, which helps guide the treatment and predict the chances of curing the cancer.

Stages 1 and 2 involve treating localised prostate cancer where the cancer is contained within the prostate. This can be treated by: active surveillance, also called “watch and wait”; radiotherapy by external beam, brachytherapy or androgen deprivation therapy; or surgery to remove the prostate, referred to as radical prostatectomy.

Stage 3 or “locally advanced” prostate cancer indicates that some cancer cells have escaped the prostate to areas such

## MY EXPERIENCE WITH ABIRATERONE by Alice Springs member MORGAN FLINT

• I have prostate cancer, with secondary cancer traces in my hip, ribs and spine. In January 2012, I began a chemo program of three-weekly infusions of docetaxel, and initial results were encouraging, as my PSA dropped significantly. However, by late September its effectiveness had reduced and there was little to be gained by continuing the treatment.

In early January 2013, I was fortunate to be put into the Access Programme for Abiraterone. Results over the following six weeks have been nothing short of remarkable; my PSA has gone from 960 to 420 – to 83!

Docetaxel side effects included loss of hair, especially on the face and head, a croaky voice, persistent cough and loss of taste for week between sessions. Also, my usual effervescence and energy almost completely deserted me, while additional fattiness on the face had people I'd known for 30 years walk past me in the street without recognising me!

On Abiraterone, I am having hair cuts, shave once a week, the cough and croakiness have disappeared. The most valuable change has been the return of my old stamina and strength. I'm constantly being told how good I look. I sincerely hope that others on Abiraterone are having the same success – although I have been warned that unfortunately, like docetaxel, its effectiveness does not last forever. I'm informed that by August, I'll have to look elsewhere. Feel free to comment; my email address is [morganfli@gmail.com](mailto:morganfli@gmail.com)

as the seminal vesicles. The usual treatment is a prostatectomy followed by radiation therapy combined with ADT. Stage 4 is advanced “metastatic” prostate cancer, which has escaped from the prostate to organs, bones and lymph glands.

Androgen deprivation therapy can involve several medicines which slow or halt the growth of cancer but usually has limited effectiveness, so then another ADT medicine is used which may be more responsive.

Within this type of

## COMING EVENTS

**MARCH MEETING:** The Alice Springs Prostate Cancer Support Group will meet for its next monthly gathering on Thursday March 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 – phone group chairman Tony O'Brien on 0438 530 366, convenor Ian Wagner on 0409 534 950, or deputy convenor Murray Neck on 8952 3550.

treatment, a new drug, Abiraterone, blocks the production of androgens by prostate cancer cells as well as in the testes and adrenal glands. It has shown to improve survival by patients who have had progressive disease after chemotherapy.

Progress in treating cancer requires that better treatments be identified through clinical trials conducted globally.

## Port Pirie Prostate Cancer Support Group

- The Port Pirie Prostate Cancer Support Group conducts monthly meetings (from February to November) at 7.30pm on the first Tuesday of the month at the BHAS Bowling Club, Halley St, Port Pirie. There is usually an excellent guest speaker, and late supper is provided for the 20-to-30 ladies and gentlemen attending each meeting.
- For further details, phone group coordinator Allan Manfield on 08 8632 1324.



- The new home for Prostate Cancer Foundation of Australia activities in South Australia is located at 144 South Tce, Adelaide. Karyn Foster will soon be joined in this office by a new Support Group Outreach Officer. The first official business conducted in the new office was the Central Australia Chapter Council meeting in February.

## Mitcham Prostate Cancer Support Group

**NEXT MEETING,  
THURSDAY MARCH 28**

**T**HE Mitcham support group's Annual General Meeting was held on February 28, and details of the new office-bearers for 2013, along with other outcomes from the meeting, will be reported in the April edition of Prostate Supporter.

- The Mitcham group's March 28 meeting will feature guest speaker Lauren Wood, who is the Prostate Care Nurse at the Royal Adelaide Hospital.
- The Mitcham group's April 18 meeting will feature guest speaker Bronwyn Chant from Craniofacial Australia. This April meeting is

being held one week earlier than usual 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](http://www.psamitcham.org) or phone Roland Harris on 8277 2138.

## 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).

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## City of Onkaparinga Prostate Cancer Support Group

# Strengthening the bindings between patients and nurses

**Nursing staff play an important role in a prostate cancer patient's road to recovery and their specific training is to be encouraged, according to Onkaparinga support group chairman John Shields.**

**T**HE first meeting of the City of Onkaparinga Prostate Cancer Support Group in 2013 welcomed Mal and Ann, Paul Fred and Lynne to the small gathering, which proved yet again to be a very enjoyable meeting.

Regular group members and visitors talked about where they are presently on their prostate cancer journey, and some good information was exchanged during the discussions.

Our guest speaker for the February meeting, Martin Timmins, delivered a very important talk about "Breaking down the Barriers".

Martin spoke about his experience with bowel cancer and emphasised the need for people with cancer to open up their emotional side and establish a strong rapport with the medical professionals who are treating them – and for every aspect of their medical treatment.

Martin is a volunteer with

the Cancer Council South Australia and is available to speak with other support groups.

As the Onkaparinga group already can testify, others will surely find Martin's presentation both serious and entertaining.

## **RDNS AND PROSTATE CANCER CONNECTION**

CAROL Tasker is one of the RDNS nurses attending John's wife Phyllis after her recent appendix operation, and has expressed interest in attending the next Onkaparinga support group meeting. As an added bonus, Carol will also be guest speaker at the group meeting in April.

Her enthusiasm for helping prostate cancer patients is obviously catching. Carol recently had trainee nurse Amanda working with her – and now Amanda is also interested in learning more about prostate cancer.

John has given both of the nurses two informative books

– *Localised Prostate Cancer* and *Advanced Prostate Cancer* – and they have reported that they are both impressed with what they have already read.

It certainly is encouraging to witness the genuine interest that they have shown, and John suggests that Carol would be an exceptionally good nurse to do further training in prostate cancer assistance, with an emphasis on advanced prostate cancer.

Such training could be financed from the Trevor Hunt Fund, and John has placed this on the agenda for the next Central Australia Chapter Council meeting, to be held in the new PCFA SA office at South Tce, Adelaide.

It is also good that Carol will be attending the next support group meeting when Lauren Wood, the Prostate Cancer Nurse at the Royal Adelaide Hospital, will be speaking with us. John feels sure that a good rapport will develop between them on the night.

## **COMING EVENT**

### **MARCH MEETING:**

The Onkaparinga Support Group's next meeting will be held in the Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga, on Wednesday March 6 at 6.30pm. Guest speaker will be prostate cancer nurse Lauren Wood.

• 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.**

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

# Celebrities help to build FruChocs campaign success

The recent visit to Adelaide by PCFA national chair David Sandoe was crowned by a series of donation cheques being presented by generous supporters – including Robern Menz confectioners.

**I**CONIC South Australian confectioner Robern Menz has been very successful in its efforts to shine a light on the issue of Prostate Cancer. Through the sales of packets of Menz Original and GIANT FruChocs – each packet covered with a Prostate Cancer blue ribbon containing details about the disease and links to PCFA contacts – the family-owned company has been able to raise more than \$10,000.

This is the second year that Robern Menz has presented this highly visible and engaging prostate cancer awareness campaign in South Australia, and Robern Menz CEO Phil Sims is delighted with the results.

“We see our consumers as our extended family and this is our way to give back and make a difference – not only financially but by raising awareness around the issue of prostate cancer,” says Mr Sims.

Robern Menz donated 30 cents from the sale of



**PCFA national chair David Sandoe receiving a cheque from Robern Menz CEO Phil Sims for more than \$10,000, the result of branded Giant FruChocs sales.**

each specially marked pack of FruChocs sold during November at cinemas, petrol stations and supermarkets – and a cheque for funds raised through this campaign was presented to PCFA national chair David Sandoe during his visit to Adelaide in February.

Channel 9 and radio station Triple M supported Robern Menz in this endeavour by uniting their celebrities to raise awareness by running an advertising campaign over the promotional period.

Notable participants in these television ads included:

- Brenton Ragless (Channel 9 News)
- Kym Dillon (Channel 9 News)
- Tom Rehn (Channel 9 News)

- Will McDonald (Channel 9 News)
- Ali Carle (Triple M Hot Breakfast)
- Warren Tredrea (Triple M Hot Breakfast)
- Dale Lewis (Triple M Hot Breakfast)
- John Blake (Triple M Hot Breakfast)

Current sports stars lending their support to the campaign included:

- Dario Vidosic (Socceroos and Adelaide United)
- Mitch Creek (Adelaide 36ers)

There was also a long list of generous supporters who threw their energy into ensuring the success of this campaign, hailing from

Adelaide’s sporting, arts and business communities. They included former test cricketer Wayne Phillips, tennis greats Mark Woodforde and Roger Rasheed, former Olympian and Adelaide 36er Brett Maher; Adelaide fashion industry identities the Trims, Joff & Razak and Liza Emanuele; dance impresario Leigh Warren; Mark Thomson of the Institute of Backyard Studies; Lord Mayor of Adelaide Stephen Yarwood; Douglas Gautier from the Adelaide Festival Centre; South Australian MP Bob Such; car racer Craig Dontas; winemakers Peter Lehmann, Grant Burge and Geoff Merrill; and the entire crew of previous Sydney to Hobart yacht race winner Secret Men’s Business.