

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)

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



Big crowds gathered in the ABC carpark at Collinswood for the ABC Gardeners' Market in April, to buy plants and hear broadcasts from 891 ABC Adelaide announcers including David Bevan, Ashley Walsh and Matthew Abraham.

## PCFA will enjoy growing support from ABC radio

PCFA is the charity of choice for the ABC Gardeners' Market in October – the twice-yearly community market promoted by radio station 891 ABC Adelaide with a live broadcast by 891 ABC Adelaide Weekends with Ashley Walsh.

This hugely popular event that attracts thousands of people to visit hundreds of stalls in the ABC carpark at Collinswood, featuring leading gardening groups, societies and specialised

grower in the state, has raised more than \$200,000 for South Australian charities since its inception over 20 years ago.

The event and PCFA'S involvement will receive extensive promotion across the station, whose line-up boasts on-air celebrities Matt & Dave (now the highest rating breakfast show in SA), Ian Henschke, Sonia Feldhoff, Michael Smyth, Peter Goers (top rating night show), Ashley Walsh and Jon Lamb.

On top of all this, PCFA will be on the ABC website, Facebook and Twitter feeds for six months – and have leap-frogged over SA charities that have been lobbying 891 ABC Adelaide for the opportunity to benefit from ABC Gardeners' Market support.

In securing this arrangement, Karyn Foster (PCFA SA state manager) thanked Derek Robertson, Janie Green, David Nevin, and 891 ABC Adelaide producers who have welcomed Karyn as a presenter over 25 years and now David Baker as a PCFA representative.

• 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)

## PORT PIRIE SUPPORT GROUP MILESTONE

# Determination develops decade of group growth

From little things, big things grow. The Port Pirie Prostate Cancer Support Group recently celebrated its first decade of activity and has good reason to celebrate this milestone, as Richard Kruger explains in this historical report of the group.

A PUBLIC men's health evening held at the Pirie Sporting and Community Club early in 2003 sparked the impetus to create a new prostate cancer support group – the first such group in South Australia's mid-north.

Guest speakers were Adelaide urologist Dr Landers talking about prostate cancer, a nurse and a prostate cancer survivor who spoke about his prostate cancer journey. But more importantly, local cancer/palliative care nurse Nicola Champion addressed the audience and asked who would be interested in forming a prostate cancer support group in Port Pirie.

Colin Lang, who had just finished treatment for prostate cancer, spoke to Nicola that night and made arrangements to meet later and plot the creation of a support group. A venue was required for meetings, so Colin Lang (then secretary of the BHAS Bowling Club) obtained permission from the committee to use the clubrooms free of charge on Tuesdays. Every support group meeting has been held at the BHAS Bowling Club over the past 10 years.

Another prostate cancer sufferer, Barry Scarman, agreed to be convener of the



Port Pirie support group founding members Barry Scarman, Nicola Champion and Colin Lang.

new support group and, with Nicola Champion, set a date and advertised the first meeting in the local newspaper. A grant of \$250 was received from Cancer Council SA to help establish the group, and the first meeting on March 3, 2003, at the BHAS Bowling Club, attracted 12 people, along with three visiting Adelaide Prostate Support Group members to lend support.

The Port Pirie group was the fourth prostate cancer support group established in South Australia, and the 50th support group formed in Australia.

When the group began, only three members had prostate cancer; another five men and four women joined as supporters. There was initially little information available

about prostate cancer to pass on to newly diagnosed men, and scant financial assistance.

However, over the next few years the group grew to have 20 members regularly attending meetings – with the Christmas dinner at the Lang's home being a landmark event.

During this time, Barry Scarman did a great job (without much support from the few remaining members to share the workload), and often travelled to Adelaide for meetings at his own expense – but in July 2008, he indicated that he wished to stand down as convener. By this time, the loss of several group members to prostate cancer and others feeling they didn't need the support of the group anymore saw membership decline. It looked as if the Port Pirie

group could fold.

Colin Lang approached Allan Manfield to be the new convener – and he has held this role since August 2008. Soon after this, Colin and Lorraine Lang with Allan and Joan Manfield travelled to Adelaide for a meeting to form the Central Australian Chapter, to co-ordinate support groups in South Australia and Northern Territory, and supply current information and resources.

Once the Central Australia Chapter was formed, it was decided that Chapter Councillors should visit support group meetings where possible and to invite local members to attend a Chapter Council meeting the following day. The Council first visited Port Pirie in October 2009.

Since the formation of the Central Australia Chapter, and with assistance from PCFA, the Port Pirie group has been provided with a lot more information about prostate cancer, financial assistance and equipment, which has greatly helped our support group to operate successfully.

Over 10 years, our support group has operated as a very casual outfit – without a secretary, treasurer, committee or taking minutes – but remains successful and now has many people helping.

## PORT PIRIE SUPPORT GROUP MILESTONE



Present at the support group celebrations were (back row, from left) Allan Manfield (convener), Colin Lang (founding member), Richard Harry (Vice-chair Central Australia Chapter), Brenton Vanstone (Mayor, Port Pirie Regional Council); Front Row; Geoff Brock (MP for Frome), Barry Scarman (founding member), Nicola Champion (Founding member) and David Sandoe OAM (National Chairman of PCFA).

The support group has, however, kept meeting attendance records, averaging 18 in 2009, 22 in 2010, 29 in 2011 and 35 in 2012. Increasing membership has seen the annual Christmas dinner move to a larger venue, and now even Santa visits with a small gift for everyone.

The group has organised many prostate cancer awareness stalls, assisted at awareness stalls in other towns (including the launch of the Be A Man campaign in Adelaide's Rundle Mall), enjoyed several different social events and have had guest speakers enlighten us on many different topics at our meetings. We have also had members speak about their prostate cancer journeys and we have viewed DVDs on varying health issues.

Men diagnosed with prostate cancer and with prostate problems can use our resource library, which contains many books, pamphlets, fact sheets and DVDs relating to prostate cancer and its side effects.

### COMING EVENTS

- **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.**

Nicola Champion has contributed immensely to the support group during the past decade, initially through Port Pirie Regional Health Service to facilitate the group and also as a concerned community member, having nursed her father Charlie, who died from prostate cancer in 2009.

Since the beginning, Nicola has obtained guest speakers for group meetings, attended various awareness events and was our first correspondent for the Prostate Supporter magazine.

The support group has been approached to comment on issues or provide information

about prostate cancer for local television, radio, newspapers and has also participated in research surveys. Our group also helped the local health service with a letter of support when they applied to have a prostate cancer specialist nurse appointed in Port Pirie. However, this was unsuccessful and the nurse was instead appointed to the Royal Adelaide Hospital.

In July 2009, a 200cm x 90cm banner emblazoned with Port Pirie Prostate Cancer Support Group was purchased for use at awareness stalls and other events. By October 2010, the Port Pirie group's own information brochure

was updated and placed at the Port Pirie Hospital and every waiting room at the three local doctors' clinics.

Urologist Dr Richard Wells from Adelaide, who consulted in Port Pirie for many years, was an avid supporter of the group, recommending it to his patients. Dr Wells was guest speaker at the support group meetings once a year until he ceased visiting Port Pirie.

The group had its first member, Joan Manfield, appointed for a three-year period to the Central Australia Chapter Council from January 1, 2013.

Sadly, during the first 10 years of our support group, nine of our members have passed away.

Without the foresight and driving force of Nicola Champion, Colin Lang and Barry Scarman, Port Pirie may not have had a prostate cancer support group – and its enduring benefits stand as a great testament to these people's effort and vision.

## Prostate Cancer Action Group

# Making our presence felt with information stalls

## COMING EVENTS

**JUNE 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, June 11. 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)

The Action Group's efforts to promote prostate cancer awareness at public events continues with great help from local support group volunteers, as David Merry reports.

THE Prostate Cancer Action Group's presence at the 150th Mount Pleasant Show on March 16 was impressively supported by members of the Murray Bridge Support Group.

The willingness of these volunteers makes a significant difference – not only ensuring the workload is shared among a greater group, but also bringing great energy and enthusiasm to our endeavour.

As a result of this, the Action Group's information stall was very well received by the large crowd at the Mount Pleasant Show – and our profile was enhanced by the new badged gazebo tent having its inaugural showing.



Set up and ready to do business with an information stall at the Mount Pleasant Show are willing PCFA volunteers Max Klenke, Bob Wood and Doris Klenke.

We greatly appreciate this donation, supported by the Rotary Club of Coromandel Valley (a banner acknowledging their contribution hangs proudly inside the tent) – and we certainly appreciated the cover when a few rain showers passed through.

## Adelaide prostate workshop for gay/bi men

THE AIDS Council of SA will be holding a workshop to help establish a local gay/bi Men's Prostate Cancer Support Program.

The workshop – at 2 Eton Road, Keswick, from 9.30am to 4.30pm on Saturday, May 4 – is a new program that delivers improved support and educational resources to the gay community.

It is funded by PCFA and supported by ACON, Cancer Council NSW, Cancer Council Victoria, Victorian Aids Council, La Trobe University, Urological Society of Australia and New Zealand and Male Care USA.

Gay and bi men diagnosed with, being treated for or survivors of prostate cancer and their partners are welcome to attend this one-day workshop to discuss their needs and help to eventually create an

ongoing support group in Adelaide.

Greg Millan, a Men's Health Consultant, will be facilitating this workshop, which is free and includes an information pack for participants, all refreshments and lunch. Registration is essential.

To find out more and to register for the day, contact Greg Millan by email at [greg@menshealthservices.com.au](mailto:greg@menshealthservices.com.au) or phone 0417 772 390.

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## Prostate Cancer Action Group

# More action needed now to secure abiraterone approval

An urgent letter writing campaign needs the input of everyone within the prostate cancer community, as Action Group president David Merry reports.

**T**HE Prostate Cancer Action Group article in the April edition of *Prostate Supporter* referred to action needed in approaching the Federal Minister of Health to have the new drug – abiraterone (Zytiga) – listed on the national Pharmaceutical Benefits Scheme.

Word from Margaret Bennett, Manager for Awareness and Education in PCFA's national office, indicates that much more action on this extremely important issue is required.

The NSW Cancer Council estimates that the 22,000 men living with advanced prostate cancer in Australia can expect, in time, that the disease will become resistant to androgen deprivation therapy.

It is also estimated that 1200 to 1500 new cases of resistant metastatic prostate cancer will present each year in this country.

Men with metastatic prostate cancer that is resistant to androgen deprivation and who have failed docetaxel chemotherapy have a reduced life expectancy. For these men and their families, the benefit of abiraterone is that it can be taken orally, has low toxicity and it provides improved quality of life, especially in the later stages of the disease.

Currently there are very few reimbursed treatment options for men with resistant metastatic prostate cancer. About 50 per cent of men are not suitable for the second line of chemotherapy with cabazitaxel.

Abiraterone acetate currently represents the only alternative to best practice palliative care. It is the first of a new class of therapies which target the androgen-receptor signalling

pathway, the major driver of prostate cancer growth. These therapies offer the prospect of substantially improved survival and quality of life for men with advanced prostate cancer. In time, it is expected these new therapies will be proven effective in a pre-chemotherapy setting, and will fundamentally alter and improve the treatment of advanced and metastatic disease.

In November 2012, abiraterone received a recommendation for listing on the PBS by the Pharmaceutical Benefits Advisory Committee. This means the Federal Government has the ability to make abiraterone available to men with advanced prostate cancer, who have exhausted all other treatment options.

Recently, the listing of new therapies has been delayed by the Federal Government for many months. While abiraterone remains unlisted, its cost of \$3000 per month is prohibitive for many men and their families.

To generate change in this situation, the prostate cancer community has been requested to :

- Identify men and their families living with advanced prostate cancer.
- Request them to write to the Hon Tanya Plibersek and their own Federal Member of Parliament about their experience.
- Encourage them to ask their families to write similar letters.

The focus of these letters is to inform the Federal Minister of Health about their experience of living with advanced prostate

cancer and having no treatment available to them at all – and, crucially, what this new treatment could do for them.

It is worth noting that some men may have already started taking abiraterone and they will need to mention the high cost in these letters, and why the PBS listing is so important to them and their family.

The success of this letter writing campaign depends on your support and the support of affected men and their families to tell their story to the Federal Minister of Health, and their own Federal Member.

## HOW YOU CAN GET INVOLVED

There is a suggested pro-forma letter to the Minister available. Also, PCFA National Office can offer details which could assist with any local media you may be interested in exploiting.

It is recommended that you contact Margaret Bennett for details, then forward a copy of your letter to her (Margaret.Bennett@pcfa.org.au).

To access the relevant drug information, MP format letter details, and the letter Dr Anthony Lowe co-signed with Mr John Stubbs of CanSpeak (the voice of the cancer community) which has been forwarded to Minister Plibersek, please email Margaret Bennett or the Action Group president David Merry (djerry@adam.com.au).

This is a major issue for all of the prostate cancer community. Please consider taking up the challenge on behalf of the 22,000 men with advanced disease.

## DARWIN PROSTATE CANCER SUPPORT GROUP

- The Prosper Darwin support group meets on the second Monday of each month, at the Harbour Room, Christ Church Cathedral, cnr Smith St and the Esplanade, Darwin, at 7.30pm. For further information on the group, please phone Keith Williams on 08 8981 4506.

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## Murray Bridge Prostate Cancer Support Group

# Strong numbers greet new chairman at first meeting

A large contingent of members listening to an informative guest speaker shows a revival of group meeting interest, as Murray Bridge support group secretary Max Klenke reports.

**T**HE new chairman of the Murray Bridge Prostate Cancer Support Group, Ron Nance, opened the March meeting to a fantastic attendance of 24 members – and with apologies from a further 13 members.

Trevor Muirhead introduced our guest speaker, Dr Graeme McIntosh, from the Flinders Centre for Innovation in Cancer. He spoke about Prostate Cancer Preventative Strategies, and using a PowerPoint presentation enabled the audience to follow his talk very easily.

Dr McIntosh explained that 2012 statistics show prostate cancer to be the most prominent form of cancer, ahead of bowel, breast, melanoma and lung.

Deaths from prostate cancer (7.4 per cent) have this form of cancer ranked in third place, behind lung

cancer (19.1 per cent) and bowel cancer (10 per cent).

Australia sits fourth for incidences of prostate cancer, behind the US, Canada and Sweden – although it was notable that China and Japan are quite low by comparison, ranked 10 and 9 respectively.

Diet and lifestyle can offer some protection. Asians use green tea in their diets, and we are well advised to reduce processed red meats and alcohol, increase Vitamin D, fruits, vegetables (especially tomatoes, broccoli, cauliflower), exercise regularly, have optimal body weight and reduce drug intake.

Selenium was spoken about for some time. As a supplement it may be useful to help prevent prostate cancer, but it is also toxic so should be used with care. Excessive amounts of selenium (which is found in fish,

octopus and Brazil nuts) could promote cancer.

Max Klenke moved a vote of thanks after this impressive talk and presented Dr McIntosh with our usual certificate and gift bottle of red wine.

In other business addressed at the meeting after the usual reports, a vote of thanks was moved and received to acknowledge the work carried out by Doris and Max Klenke, a report was read explaining a good day experienced by support group volunteers presenting an information stand at the 150th Mt Pleasant Show, and arrangements were made to present another stand at Karoonda Farm Fair in April.

Also, because no vice-chairman for the group was appointed at the AGM in March, Malcolm Piggott was elected to this position.

## COMING EVENT

- The Murray Bridge Prostate Cancer Support Group conducts its monthly meetings at 7.30pm on the third Wednesday of each month.
- For the immediate future, meetings will continue to be held at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge.
- The group's next meeting will be held on WEDNESDAY, MAY 15.
- 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.

## 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 MAY 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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## Prostate Cancer Support and Awareness: ADELAIDE GROUP

# Urologist uses statistics to paint clear prostate picture

Having the expert input of an urologist gave a chance for pressing questions to be answered, as Adelaide Prostate Cancer Support Group's Ian Fisk reports.

**T**HE March meeting of the Adelaide Prostate Cancer Support Group featured a fantastic presentation from Dr Richard Wells of South Terrace Urology, Adelaide. The title of his PowerPoint presentation was Therapy for Localised Prostate Cancer in South Australia.

Before Dr Wells got started on his presentation, he was questioned by the group about the future of the Royal Adelaide Hospital's da Vinci robot – a first generation model of the machine that will not have replacement parts available after September.

Parts are currently being stockpiled, and theoretically this machine may be able to be used until the end of 2013. Negotiations are continuing regarding a replacement machine. Dr Wells says he is confident that robotic surgery will still be available in Adelaide in 2014.

At the heart of Dr Wells' presentation, a number of interesting statistics were given. Within South Australia, more than 1200 men are diagnosed with prostate cancer each year (about one in eight men tested) and about 240 SA men die.

Prostate Cancer incidence in Australia and New Zealand is the highest in the world (the lowest incidence being in Middle East/Asia/Eastern Europe) – and this is despite mortality rates decreasing since 1996 and



Guest speaker Dr Richard Wells, at the Adelaide Support Group's March meeting.

decreasing numbers diagnosed with metastatic disease. Dr Wells explained that 50 per cent of men aged less than 50 have had PSA testing, while the UK has only 8 per cent.

Risk factors were discussed, and also possible preventative measures – such as diet, supplements and lifestyle choices.

The impact of PSA testing in the US since 1994 (a few years after initiation of PSA blood test) showed that mortality rates for prostate cancer have decreased by 4 per cent every year (the most rapid decrease for any cancer).

Five large studies have looked at the benefit of screening for prostate cancer, and so far three suggest that screening is worthwhile, although two

studies suggest no benefit. To obtain a clearer picture, a 10- to 20-year follow up is required, although it will be difficult to have the same tests/treatment / follow-up in large numbers.

Still, through this testing work, a relationship between early detection and higher cure rates has been shown.

Dr Wells also emphasised that the digital rectal examination is an important part of screening.

Diagnosis and treatments were also discussed in detail, especially the robotic laparoscopic prostatectomy.

These days, there is much less rushing into treatment for men with low-grade cancers, especially for men aged over 70. More are having their cancer closely watched with regular blood tests. There has not been

## COMING EVENTS

### MAY 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.

Peter Fairbrother has volunteered to convene the meeting on May 20. It will be a general discussion.

• 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)

any article declaring that if we treat men over the age of 70 or 75, we necessarily prolong their life. They may die of something else. The important age group of men to be considered for treatment is between the ages of 40 and 70.

The Adelaide support group had not had an urologist speak for a while, so it was wonderful to have Dr Wells do a presentation and be available for questions.

## Limestone Coast Prostate Cancer Support Group

# Needing to know more about national events

More widespread information about prostate cancer awareness events that touch many cities and towns will help increase participation numbers, as Graham Hinze reports.

**T**HERE was only a small attendance at the previous Limestone Coast support group meeting in March, as quite a few lucky ones were on holidays and several other less fortunate members on the sick list.

Allison Aston, a diabetics councillor at Community Health, addressed the meeting and explained the difference between type one and type two diabetes.

She then went on to explain just how important it is to watch our diet and spelled out the advantages of good exercise.

Those present at the meeting with diabetes then asked many and varied questions of Allison, and gained valuable second opinions about some of their pressing queries.

The one common factor raised during the night –

and, of course, we all know this – is the importance of diet, no matter what the health issue is.

A lot of information provided on the night was so similar to last month's report from the Alice Springs support group meeting that is not worth repeating here – but well worth another read on Page 9 of the April edition of Prostate Supporter.

I have unfortunately had some medical time in Adelaide recently, but it was a pleasure to be present at the Adelaide Town Hall to see those taking part in the Male Bag Ride leave Adelaide – a great sight to see 26 bikes supporting prostate cancer head off towards Melbourne.

One issue that I feel can be improved is the greater spread of information about this trip and its direction of travel.

I know there were people in Naracoorte and Penola (and possibly other parts of SA) who would have met the group to say thank you for what they were doing, but I am unaware of our local support group knowing anything about the fundraising event in Mount Gambier, apart from an advertisement in the local paper a day before.

The upcoming Murray Meander is another example of an event that some people I know are wishing to support but little information is available for them. Let's hope we can hear more about this event in the future.

**EDITOR'S NOTE:** The latest news and fundraising events such as the Male Bag ride and Murray Meander are advertised on PCFA's website and Facebook page, so remember to check regularly for updates.

### COMING EVENTS

#### MAY 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 May 2 at 7.30pm.

• 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, or send an email to [richardharry@bigpond.com](mailto:richardharry@bigpond.com)

## McLaren Districts Prostate Cancer Support Group

### COMING EVENTS – MAY MEETING

- The McLaren Districts Prostate Cancer Support Group now conducts its meetings on a quarterly basis, with the next meeting scheduled for 7pm on Thursday **MAY 30**. Guest speaker for the meeting will be Lauren Wood, prostate cancer nurse from the Royal Adelaide Hospital.
- For further information, phone support group president Bryan Hearn on 8323 7924. 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.

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## Alice Springs Prostate Cancer Support Group

# Healthy results from planned weight loss

The Alice Springs Prostate Cancer Support Group learned during its most recent meeting that weight loss programs need to be carefully planned and executed if they are going to have healthy outcomes, as group chairman Tony O'Brien reports.

**S**PECIALIST dietician Natasha Murray from the Alice Springs Hospital provided some important advice about healthy eating to the Alice Springs Prostate Cancer Support Group during its April meeting.

Her talk posed the curious question: Why is the kitchen cupboard as important as the Medicine Chest?

During this presentation, Natasha talked about the healing power of food and gave some timely advice for us all to re-check some good dietary habits and to learn about special foods that help protect against, or to aid in the healing of prostate cancer.

Natasha stressed that our overall health and well being is the most important issue and that weight is just one factor that can impact on this issue.

She explained that healthy weight loss takes time, so it is important to give yourself

ample time when aiming for weight loss targets. Fast weight loss is not healthy and is often the result of unsustainable changes.

To effectively change your weight, it is important to identify changes that you can make to improve your eating patterns and increase your physical activity levels.

It's about making diet changes that suit you – not what suits someone else. Changes need to be made for the long term, in both your eating patterns and physical activity.

The old rule of eating two fruits and three vegetables daily is an excellent guide to good eating habits, although the main issue relates to the intake of excess sugar. Fruits can contain very high sugar volumes, so it is equally important to not include too much sweet fruit (such as pears) into your diet. Tomatoes are very good and are classed

as a fruit; cooked tomatoes are especially good for you.

Both red and white meats are also important as they provide the body with iron. (There is some concern over burnt meat from the barbecue plate, but research is still being carried out on this issue.) Fish, with its high omega-3 fatty acid content, is also excellent.

While you can try to read all the ingredients on food packaging, the amount of value provided by each particular ingredient is printed sequentially and usually as a percentage of the total content. The greatest concentration will therefore be printed first and then decrease thereafter.

Exercise, of course, is still a high priority and bone strength through resistance training is high on the list.

The meeting was extremely informative and will be followed up with pamphlets and booklets made available to group members.

## COMING EVENTS

**MAY MEETING:**  
The Alice Springs Prostate Cancer Support Group will meet for its next monthly gathering on Thursday May 9, from 6.30pm to 8pm at NT Medicare Local, 5 Skinner St, Alice Springs. At this stage, there is no guest speaker organised for this meeting.

• 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.

## Barossa Prostate Cancer Support Group

• The Barossa Prostate Cancer Support Group has scheduled its 2013 meetings for the third Tuesday of each month, from 2pm to 4pm at various support group members' homes. The next meeting is being held on Tuesday May 21. For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359 or email don@dppcs.com.au

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## Riverland Prostate Cancer Support Group

# New members come to a group by many means

It's surprising to learn just how new participants come to attend meetings of a fledgling prostate cancer support group, as Riverland convenor Allan Dand reports.

**W**HILE the fledgling Riverland support group is still struggling to get more people to attend our meetings – we had seven members on March 12, including two new faces – it is confident that with further advertising, numbers will improve.

It was interesting to note how the March audience found out about the group meeting; one said he heard me being interviewed on ABC radio, and the other was referred by Dr James Aspinall.

I started the meeting by giving the two new members the opportunity to describe their journey with prostate cancer. They both told interesting stories, especially

### MAY MEETING

- The Riverland support group's next meeting will be held at the Combined Services Club Rooms, Kealy St, Berri, from 7pm on May 14. For 2013, the group will continue to meet on the second Tuesday of alternate months, with future meetings in July, September and November.
- For further information, phone Allan Dand on 8582 1651 or 0488 994 803, or email [alglen@primus.net.au](mailto:alglen@primus.net.au)

one detailing a difficult post operative experience.

Now that I have become a Central Australia Chapter Council member, I hope that I will be able to gather more information that could help the support group get its message out to get men to have regular prostate checks.

I also recently applied to become an ambassador, so that I can go on speaking

tours. It involved an excellent two-day program and was professionally run. Each of the 24 members taking part had to speak to the group, then each person gave an anonymous written appraisal of your talk.

Upon completion of the course, we were presented with certificates for attending and given an ambassador's tool kit – a USB with everything we will need to

present ourselves when on a prostate cancer speaking engagement. Armed with a PCFA laptop and projector, I am very well kitted out to go and confident of what I can do as an ambassador.

The Riverland support group would like to thank Officeworks at Trinity Gardens for the donation of a display banner that advertises our support group. This 2m x 800mm banner comes in a carry case and is very light.

These banners retail for \$139, including artwork, and look very professional when you need to display your group. If you are interested, ring Trinity Gardens Officeworks manager Mark Dand (yes, he is my son) on 0410 058 864.

## Mitcham Prostate Cancer Support Group

### NEXT MEETING, THURSDAY MAY 23

**T**HE Mitcham support group's March meeting – held just before the Easter long weekend – attracted 28 people and enjoyed a presentation by prostate cancer specialist nurse Lauren Wood. Please refer to Ian Fisk's article (Page 5 of the October 2012 newsletter) for details of Lauren's involvement at the RAH.

The great spirit of the evening demonstrated what a support group is all about.

One item of special interest to members in treasurer Graeme's March report was the \$832 received from the Bunnings barbecue held last September. Thanks to all who assisted on that occasion.

The Mitcham Group's April meeting featured Bronwyn Chant from

Craniofacial Australia, speaking on "Changing the face of the future". A full report will feature in the June newsletter.

Our May 23 meeting will host Dr Frank Voyvodic from Benson Radiology.

Our June 27 meeting features Dr Nathan Harten, director and physiologist from Inform Health and Fitness Solutions.

The Mitcham support

group meets at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm. Car parking is now within the RSL grounds.

• For more information on events and support group activities, visit the Mitcham Group's dedicated website at [www.psamitcham.org](http://www.psamitcham.org) or phone Roland Harris on 8277 2138.

## City of Onkaparinga Prostate Cancer Support Group

# Getting to know our new support group supporter

Meeting the new addition to PCFA's official staff in SA added a spark to the most recent support group meeting, as Onkaparinga support group chairman John Shields reports.

IT was a pleasure to welcome Ian Richards as a visitor to the April meeting of the City of Onkaparinga Prostate Cancer Support Group.

Ian is the new Support Group & Outreach Project Coordinator, who will be based in SA's new PCFA office at 144 South Tce, Adelaide, on Tuesdays, Wednesdays and Thursdays. He can be contacted by phone on 0402 125 806 or email: [ian.richards@pcfa.org.au](mailto:ian.richards@pcfa.org.au)

Ian is well credentialled and I feel sure that he will be an asset to our Support Groups.

Guest Speaker at the April meeting was Carol Tasker, a registered nurse who lives locally and works for the Royal District Nursing Service.

Carol gave the group a very easy-to-follow PowerPoint presentation that addressed every aspect of prostate cancer. Her talk was very much appreciated and Carol said she is happy to talk

another time about other problems that men experience relating to the prostate gland, such as incontinence issues.

We look forward to hearing another down-to-earth talk from her about this particular problem area.

### A MOST IMPRESSIVE AMBASSADOR PRESENTATION

I HAD the pleasure of attending a recent PowerPoint presentation given by Malcolm Ellis to a Men's Group at the Hackham Sports Centre. Malcolm held the men's attention throughout the presentation and answered many questions from a very interested group of men.

While Malcolm explained that he could not give medical advice, he answered the questions appropriately – and it was good to see the rapport that quickly developed as many of the men related to what Malcolm was talking about.

Ambassador presentations such as this are a definite step

forward towards the goal of spreading the word further about prostate cancer.

### HOAX PROSTATE INFO EMAIL ALERT

I RECEIVED a lengthy email recently about prostate cancer, chemotherapy and also mentioning a plastic wrap. The heading says "Cancer Update from Johns Hopkins" and I was asked to forward the email to my friends.

However, I checked the Johns Hopkins website and it states quite emphatically that the email was not sent by the organisation, and does not appear to come from any reputable source.

The hoax email has been posted on its website – [hopkinsmedicine.org](http://hopkinsmedicine.org) – if you would like to read it for yourself.

I have sent this information back to the sender to make sure that misleading information is not forwarded without first checking its authenticity.

## COMING EVENT

### JUNE MEETING:

In lieu of its June meeting the Onkaparinga support group will have a get together in the Noarlunga Community Hospital dining room (located next to the hospital shop, Alexander Kelly Drive, Noarlunga) on Sunday June 2 at 11am. Bring your own main meal and the group will provide sweets.

• 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 the new temporary location at 6 Zeven Street, Whyalla – until we find a new home.
- 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)

# Bike adventure with a difference turns heads

**T**HE SA chapter of PCFA welcomed the 2013 Male Bag Ride Event to Adelaide on April 10, a 4500km adventure undertaken by 26 enthusiastic men hoping to raise greater awareness of prostate cancer. These riders set off from Perth on Honda 110cc ex-Postie Bikes, bound for the MCG in Melbourne.

The journey – proudly supported by Australia Post – took 11 days and the men averaged about 500km a day. More importantly, they have raised more than their intended target of \$400,000.

AFL legend David Parkin OAM, patron and also a participant for the Male Bag Ride, says this event is part of an ongoing campaign to help break down the barriers men have when discussing their health.

“I have learnt from personal experience, and through the experience of others, that men need to be aware of the importance of taking responsibility for their health and have regular check-ups,” says David.

“Together we can break down the barriers of embarrassment that men have when discussing male cancer, so that diseases such as prostate cancer are caught much earlier. We all have a shared goal – and that is to spread the word about prostate cancer in the hope



**Former star AFL coach and player David Parkin shakes hands with Adelaide Deputy Lord Mayor Michael Llewellyn-Smith before the assembled troupe of 26 Male Bag Riders depart from outside Adelaide Town Hall, headed for their final destination of the Melbourne Cricket Ground.**

that we can save more men from this insidious disease. “

Karyn Foster, PCFA’s SA State Manager, says the Male Bag Ride will ensure that the prostate cancer message continues to reach the Australian community.

“Our objective is simple; we want the community to get behind this amazing journey and PCFA to help raise awareness and funds to help fight a disease that takes the lives of one man in Australia every three hours,” says Karyn.

“This is almost double the national road toll. Most people don’t realise that more men die of prostate cancer

every year than women die of breast cancer.

“Prostate cancer might be a male-only disease, but the impact of a diagnosis is widespread, affecting not only Australian men, but their partners, families and the wider community. We are committed to working in the community to reach the ultimate goal, reducing the impact of prostate cancer on the Australian community.”

Australia Post provided support and advice around general motorcycle safety for the event. Andrea Pearman, Australia Post General Manager Community and Partnerships, said Australia

Post was proud to support the Male Bag Ride adventure.

“Australia Post employs over 33,000 Australians and this is a great opportunity to raise awareness through staff and their families and friends, as well as make a contribution to funding for prostate cancer research,” says Andrea.

“With thousands of posties out on the roads every day, it’s important for us to be able to share our advice with the Male Bag Ride participants to help them stay safe on the roads.”

To find out more about The Male Bag Ride, visit the website [www.malebagride.org.au](http://www.malebagride.org.au)