

Central Australia Chapter



PROSTATE SUPPORTER

Newsletter of the Prostate Cancer Support Groups
of South Australia and Northern Territory

JULY 2013

www.prostate.org.au

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



Dr Carole Pinnock AM (centre) receives her PCFA Award from PCFA National Chairman David Sandoe OAM, in the company of the Central Australia Chapter Committee at the presentation ceremony in Adelaide's PCFA office.

Honouring Dr Pinnock

Dr Carole Pinnock AM has been formally recognised by PCFA for her work in prostate cancer awareness and research. This was the citation read by PCFA National Chairman David Sandoe OAM at the presentation of her PCFA award in May.

DOCTOR Carole Pinnock held the position of principal research scientist in the urology unit at Daw Park Repatriation General Hospital for almost 20 years before her retirement at the end of 2012.

Her involvement over a

wide range of prostate cancer issues, including a great contribution to research, has been outstanding.

Dr Pinnock's background is in epidemiology and she obtained a PhD at the University of Adelaide in 1987. In 2009, she was made a member

of the Order of Australia for service to medicine, particularly urological research, and to men's health

through the development of support programs for people with prostate cancer. (Continued on Page 3)

• **CONTRIBUTIONS** from all Support Group members to the monthly Prostate Supporter newsletters are most welcome; please email items and images to Karyn Foster: karyn.foster@pcfa.org.au

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

Prostate Cancer Action Group

Fantastic response to the Trevor Hunt scholarships

COMING EVENTS

JULY 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, July 9. 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

The Action Group is delighted to have been involved in granting the first two memorial scholarships for prostate cancer nursing care, as David Merry reports.

ADVERTISING for the Trevor Hunt Memorial Scholarships to attend the La Trobe University School of Nursing's Prostate Cancer Nursing Care Course was successfully circulated Australia-wide through the Australian and New Zealand Urological Nurses Association.

The response to these scholarships was impressive and indicated a high level of interest from both female and male nurses in furthering specialist prostate cancer care.

The Action Group and Central Australia Chapter Council was involved in selecting two scholarship recipients from among the high quality applications, and it would have been wonderful if we could have supported more than just two scholarships.

The initial Trevor Hunt Memorial Scholarships were awarded to Frances Watkins, of the Adelaide Hills Community Health Service based at Mount Barker, and Tanya Webber, of the Riverland Community Health Service, Renmark Campus.

We wish to congratulate both nurses for their

excellent submissions, their detailed plans for implementing knowledge gained from the course and their enthusiasm for the challenge of the semester-long course that begins on July 29.

Both Frances and Tanya will be present at an afternoon tea in PCFA's office, South Tce, Adelaide, on Friday June 21, with Coralie Hunt, Dr Catherine Hall of the UniSA School of Nursing, Ian Richards and David Merry.

BIG LIST OF EVENTS TO PUT IN THE DIARY

AT THE June 11 meeting of the Action Group, PCFA representative Ian Richards attended and supplemented our plans with exciting news of interest in founding more support groups across South Australia. We look forward to supporting Ian in the challenges he is presenting.

Currently, the Action Group is focused on two Awareness Nights that will be presented during July and August in the Western Suburbs.

The Rotary Clubs of Charles Sturt Grange, Port Adelaide and Largs Bay

have all offered support with the staging of these two meetings.

Prostate Cancer Information stalls at South Australian rural shows have been booked for Jamestown on October 7, with the Murray Bridge Support Group for the Murray Bridge Show on September 28 and 29, and the Strathalbyn Show on October 7.

Bookings have also been confirmed for the Yorke Peninsular Field Days at Paskeville from September 24 to 26, and volunteer help to cover the three days will be required.

It is also planned to have our regular Father's Day weekend barbecue at Bunnings Kent Town.

Our Ambassadors have also been busy in the community. On Friday June 14, Ian Fisk gave an Ambassador talk to the Mount Compass Antique Farm Machinery group, and David Merry spoke on Thursday June 13 at the Cota Men's Health Expo.

With the amount of activity PCFA-SA's Support Group and Outreach Officer Ian Richards is generating, there will be even more to report by next month.

Thanking our local prostate cancer supporters

A Team helps us look good

PCFA has already made a great impression on the local community for its new SA office on South Tce, Adelaide, especially for one of its most striking features of the new office at South Terrace – although it must be noted that the atrium was not included in the capital works contributed by the property owners. This space was left as a dark, dank and thoroughly inhospitable space.

Fortunately, and with great generosity, the Atrium A Team was born, driven by Simon Malpas, Derek Robertson and Jason Steele.

Initially, Derek and Simon came in to tear down a massive and very dirty old grape vine. It was quite a clean-up job, taking the best part of a day. Simon then laboured for several days cleaning back old timber and plaster work to paint walls, windows, doors and the floor. Several days later the space was looking airy, light and inviting – and very empty.

Then Derek and PCFA's SA/NT state manager Karyn Foster went begging to some of Adelaide's premier plant



Prostate Cancer Foundation of Australia Atrium A Team

Derek Robertson
Peter Engel
Wholesale Plants & Products
Northcote Pottery
Jason Steele
Simon Malpas

The PCFA Atrium A Team (left to right): Simon Malpas, Derek Robertson and Jason Steele.

and pottery wholesalers and suppliers. After much negotiation, they were able to obtain plants and pots for the atrium – and also for the front verandah, side and rear entrances.

Derek and Jason then went into overdrive, installing an irrigation system and planting everything in time for the official opening by Governor Scarce on May 9.

More than \$4000 in mature

plants and magnificent pots have added a marvellous dimension to the office space and surrounds.

The Atrium A Team is now acknowledged on a plaque and the sincere thanks of PCFA-SA/NT goes to our volunteer labourers, Simon, Derek and Jason, and also to Peter Engel, Craig Norman from Wholesale Plants and Products and the crew at Northcote Pottery.

Karyn and her volunteers look forward to working with the same suppliers for the coming ABC Gardeners' Market in October, where PCFA-SA/NT will have two stalls.

Derek is already potting produce for this event, but is looking for contributions of cactus, succulents and other hardy plant varieties. Anyone who can assist should ring the office (8231 6339) or email Karyn to arrange collection.

HONOURING DR CAROLE PINNOCK (continued)

• From Page 1

Dr Pinnock has also been involved in many projects such as evaluating treatment outcomes for prostate cancer, and timelines of care for men with elevated PSA readings.

She has published articles on a variety of topics including bladder and prostate diseases.

Before her retirement, she held the position of

executive officer, SA Prostate Cancer Clinical Outcomes Collaborative, relating to Australia's largest prostate cancer patient data base.

She is also a member of the steering committee Movember National Prostate Cancer Data Base Initiative.

She is an affiliate member of the American Urological Association and associate member of the Urological

Society of Australia and New Zealand.

Dr Pinnock played a pivotal role in many initiatives that proved to be of great benefit to prostate cancer patients and their families. These include:

- Lions Australian Prostate Cancer website – a highly regarded Australian medical information website at www.prostatehealth.org.au

- The Mr PHIP series of brochures.

- Localised and Advanced Prostate Cancer booklets.

- A Guide to Men and Their Families.

Dr Pinnock has been actively involved in prostate cancer awareness and research for many years, and is a very worthy recipient of a PCFA Award.

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

McLaren Districts Prostate Cancer Support Group

Updates on nursing and PCFA conference activity

The new arrangement of having quarterly support group meetings now means that there is plenty of interesting things to discuss among the McLaren Districts Prostate Cancer Support Group, as group member Colin Griffen reports.

AT THE most recent quarterly meeting of the McLaren Districts Prostate Cancer Support Group, held on May 31, president Bryan Hearn outlined some of his recent PCFA activities. The most important of these was Bryan's and his wife Kay's attendance at a PCFA National Support Group leaders' training conference, held in Melbourne between May 12 and 14. This conference provided information and ideas on leading a successful support group. Kay also attended in her capacity as a councillor for the Central Australia Chapter Council.

Bryan invited those present at the meeting to discuss any health problems they may have had, or are currently experiencing. Thanks to good treatment now available, matters seemed to be under control. One member however recently had radical surgery, and he would have appreciated more



Kay and Bryan Hearn at the PCFA National Support Group leaders conference in Melbourne during May.

advice on incontinence. This could have been provided by a specialist nurse, or a physiotherapist, practising in this area, and he felt that this would have been more helpful to him.

Bryan then introduced Ian Richards, who has been appointed by the PCFA as the Central Australia Chapter Cancer Support Group and Outreach Project Co-ordinator. The very long title of his job is itself a description of the function,

but Ian was brief in his response.

Guest speaker for the night was Lauren Wood, the specialist prostate cancer nurse from the Royal Adelaide Hospital. She is the only prostate specialist nurse in South Australia (one of only 13 in Australia), and her position is a trial for three years only.

The work of these nurses is under constant review, examining their value in helping patients through

their cancer experiences. Lauren is a point of contact for RAH patients, and her nursing experience and knowledge in this area means that she is able to advise those men about to begin treatment, and how to cope after treatment, both physically and mentally.

Her work involves consultations with surgeons and other experts providing the treatment. She prefers to spend one-on-one time with patients, many who need help with incontinence and erectile dysfunction.

Lauren, a very trim looking person, surprised the audience by declaring that she was intending to do gym work to reduce her weight. We should all exercise regularly, she says, and tiredness is no reason to refrain.

Lauren impressed us as a very competent person who loves her work as a nurse, and appears as a very valuable ally in anyone's fight against prostate cancer.

COMING EVENTS – AUGUST MEETING

- The McLaren Districts Prostate Cancer Support Group now conducts its meetings on a quarterly basis, with the next meeting scheduled for August.
- 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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or visit the website www.prostate.org.au

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Members digest feedback from leadership conference

Workshops at the PCFA leadership conference provided a trigger for discussion, as Adelaide Prostate Cancer Support Group's Ian Fisk and Peter Fairbrother report.

WITH both of the Adelaide Prostate Cancer Support Group co-convenors unavailable to attend the group meeting in June, Peter Fairbrother volunteered to convene the meeting – and our thanks go to Peter for stepping in.

Both Peter (with his wife Kay) and Ian Fisk attended the PCFA National Support Group Leader Training Conference, held in Melbourne in mid-May.

Peter gave the group a quick summary of the four workshops that he attended during the conference.

These workshops covered group promotion, what to say to potential new members, formulating group purpose statements and agreements, and developing stronger health professional and media engagement.

The workshops were informative, interesting and created much discussion. One issue that was raised was the amount of publicity that breast cancer gets compared with prostate cancer.

Most of the Adelaide group meeting in May involved general



ABOVE: Peter and Kay Fairbrother at the PCFA training conference in Melbourne during May. Photo: Ian Fisk.

discussion among the members. Hormone therapy and its side-effects were discussed at length. The array of side-effects varied and included mood swings, tiredness, irritability, dizziness, hot flushes, broken sleep patterns and reduced or lack of libido.

One outcome of hormone therapy can apparently be lack of muscle tone and the importance of regular exercise patterns was raised. One member proudly

declared that he regularly attends a gymnasium and finds it most beneficial.

Please note that the group's July meeting will feature a presentation by Ian Richards the PCFA Support Group and Outreach Coordinator. Previously he had been scheduled to present at the August meeting. We would also like to acknowledge the generous cheque donation made by Murray to the group.

COMING EVENTS

JULY 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 meeting on July 15 will feature Ian Richards, Support Group and Outreach Coordinator for the PCFA Central Australia Chapter, who will speak about his role.

• 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

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.

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or visit the website www.prostate.org.au

Murray Bridge Prostate Cancer Support Group

Group members add spark of variety to discussion time

Inviting support group members to speak on any topic brought forward a few interesting subjects, as Murray Bridge support group secretary Max Klenke reports.

THE Murray Bridge support group had 19 members (with seven apologies from absentees) at its May meeting. From the tabled minutes of the group's April meeting, a report prepared on Dr Graham Lyons' presentation noted that Dr Lyons believes alternative medicines – including green tea – may have a lot to offer us. Adding to this subject, Claire Nance said that putting a green tea bag with your usual tea bag is a good way for the unfamiliar to start using green tea.

The bulk of the May meeting involved an interesting open discussion, for which people were invited to speak on any subject they wished for three minutes each. From the 11

participants, subjects ranged across wide interests – from prostate cancer treatments and health problems with fibromyalgia (a nerve ending problem causing lots of pain and prohibiting easy movement), to showing off a spectacular Thunderegg found at a quarry site.

Significantly, one speaker announced that they do not have prostate problems, but like to offer help to the support group and to learn more about cancer.

Treasurer Richard Parsons presented a monthly financial report, showing a bank balance of \$1328.52.

The prostate cancer information book suggested by Dr Lyons during his recent talk – *So You Have Prostate*

Cancer Too?, by Dr Brian J Meade – has been purchased, and a \$15 donation to the group has also been received.

Doris Klenke and Trevor Muirhead reported to the group about the opening of the PCFA office at 144 South Tce, Adelaide.

The official opening was performed by the Governor of South Australia, Rear Admiral Scarce AC CSC RANR, who spent an hour with his wife at the ceremony talking with PCFA staff and support group members, while enjoying food and drinks.

All those who attended – including Malcolm and Bev Piggot, Ron Nance, Max Klenke and Pat Muirhead – considered the new rooms to represent a big step forward.

COMING EVENT

• The Murray Bridge Prostate Cancer Support Group will conduct its next monthly meeting at 7.30pm on **WEDNESDAY, JULY 17** at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge.

• 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.

Alice Springs Prostate Cancer Support Group

COMING EVENT **JULY MEETING:** The Alice Springs Prostate Cancer Support Group will hold a dinner meeting for its next monthly gathering on Thursday July 11, from 6.30pm at the Alice Springs Golf Club. For more information about the Alice Springs support group, phone chairman Tony O'Brien on 0438 530 366, convenor Ian Wagner on 0409 534 950, or deputy convenor Murray Neck on 8952 3550.

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 **JULY 2**. More information about the Gawler support group can be obtained from Lynton Carle (phone 8524 4086) or Kylie Fotheringham (phone 8521 2080).

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

Port Pirie Prostate Cancer Support Group

Members encouraged to join exercise research program

The man at the helm of an important diet and exercise research program targeting the behaviour of cancer survivors made a plea for Port Pirie Prostate Cancer Support Group members to join as participants, as Richard Kruger reports.

THE Port Pirie Prostate Cancer Support Group was recently addressed by Professor Jim Dollman, who spoke about the diet and exercise program run by Stride Rural at the University of South Australia. This program targets cancer survivors in metropolitan and rural areas of South Australia, encouraging them to take part in an online lifestyle program designed to increase their physical activity and improve their diet.

Volunteers who join the University of South Australia's Stride study will take part in a 12-week program and wear a pedometer to monitor their walking habits, as they are encouraged to reach weekly step goals. The study will be tailored to the individual needs of participants, taking into consideration any physical impairments or restrictions they may have, as well as their own perceptions of exertion.

Their individual step goals will be recorded on a website which will have interactive features, such as an online forum to help connect all participants, information on healthy eating, and a community notice board where local organisations can post upcoming events.

Lauren Frensham, PhD candidate of the Exercise



At the June meeting of the Port Pirie support group, Gordon Walters (left) engages in an animated discussion with guest speaker Professor Jim Dollman.

for Health and Human Performance Research Group, says the growth of online technology means the Stride study will provide an innovative method for delivering health promotion services.

"Cancer survivorship care is a neglected phase of cancer care and many cancer survivors are not sufficiently active," says Lauren.

"Increasing physical activity can reduce the impact of cancer-related functional impairment and fatigue, by improving cardiovascular fitness, muscle strength and endurance. This can help individuals to return to work, to be able to perform daily-living tasks and improve their

overall quality of life.

"We conducted a pilot study of this project last year and had some very positive outcomes. All of our participants increased their walking during the program, and participants reported feeling better and more confident about themselves and their health."

One of the participants of the pilot program, Richard Kruger (a member of the Port Pirie Prostate Cancer Support Group), highlighted the advantages of the program for rural participants.

"Joining walking groups can be difficult if you live away from cities, in more isolated areas," says Richard. "It's a bit easier for me as I look after sheep on a farm and so I am

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.
- 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.

used to taking a lot of steps, each day.

"Being able to see what you have walked and having a graph which tracks your progress means you have a better picture of what you have achieved and what you still need to do each day, so anytime I was short, I could just do a few laps around the house to make up the amount of steps."

Limestone Coast Prostate Cancer Support Group

Big cheques give a big boost to local ventures

Wow! A month of great results and rewards for the Limestone Coast support group will help to improve several local cancer support projects, as Richard Harry reports.

THE Limestone Coast Prostate Cancer Support Group has had a very eventful month, with the highlight being a presentation from WIN Television Mount Gambier of a \$15,000 cheque. This money came from part-proceeds of the Coopers Win Television Biggest Golf Day (also sponsored by Bendigo Bank: Mt Gambier and District Community Bank), held on October 26 last year.

During the cheque presentation, Mount Gambier station manager of WIN Television Jim Kirkup invited the Limestone Coast support group to be part of the charity golf event that will be held later this year.

Once again, the event will promote prostate cancer awareness in front of not only the players participating on the day, but to the wider community through extensive media coverage.

Nominations for this year's event have already been filled. It is envisaged that these funds will be used in the upgrade of the cancer ward at the Mount Gambier hospital, which will be of great benefit to all cancer patients.

BARBECUE BENEFITS

ON MAY 25, the Limestone Coast support group conducted a barbecue at



(FROM LEFT): Dylon Walker from WIN Television presents Limestone Coast support group chairman Garth Wootton and vice-chair Richard Harry with a cheque from the October 2012 charity golf tournament.

Bunnings that had been arranged in January. This was when it was decided that if a new support group was established in Naracoorte, the funds raised from this barbecue (which amounted to \$490) would be used to help establish this new group.

At the support group's June meeting, two new members were welcomed, both who are facing treatment in the near future. We wish them both well on their journey.

Our speaker for the evening was Eloise Zaroni, a physiotherapist who specialises in the areas of continence and pelvic floor strength.

Eloise spoke of the importance of pelvic floor exercise, not only before surgery but also prior to

radiation treatment. It was noted that this is not always possible, but Eloise said that it is never too late to start.

The advantages of pelvic floor exercises are that they are non-invasive, easy to do and cost nothing.

Eloise suggested that if incontinence has been a problem as the result of prostate treatment, it is feasible to expect that pelvic floor exercises need to be done on a daily basis for the rest of the person's life.

She also spoke on the sudden urgent need to go to the toilet, what can cause these signals and possible ways to overcome them. It was a very interesting presentation, with new information and ideas coming forward.

COMING EVENTS

JULY MEETING:

The next meeting of the Limestone Coast Prostate Cancer Support Group will be a social luncheon at the Western Tavern (178 Jubilee Highway West, Mount Gambier, 08 8723 1300) on July 4, starting at noon.

• 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

Barossa Prostate Cancer Support Group

Forum for cancer survivors to provide their feedback

A workshop aimed at cancer patients wanting to provide help in valuable cancer research offers an opportunity to have direct response with researchers on diverse cancer issues, as Barossa group co-ordinator Don Piro reports.

THE Barossa Prostate Cancer Support group has been busy in the community, staging its own sausage sizzle. Although it is a fundraiser for our group, we do it more as an awareness raising exercise, as many people chat with us about their family experiences. It was especially great having our ladies help us serve the community. We know how much we need them to support us in our work.

I recently attended an Introductory Workshop for Consumers Interested in Cancer Research. I have been very interested in this area since attending recent Survivorship and PCFA conferences, where the need for further research was discussed, particularly in the “social/emotional or psychosocial” aspects of cancer survivors and their families.

The workshop was put on by the Primary Collaborative Cancer Clinical Trials Group (PC4) and Psycho-oncology Co-operative Research Group



ABOVE (from left): Jasmin Piro, Peter Kent, Adrian Turner, Robert Reimann, Trevor Miller, Barry Searle and customer Margaret Miller.

(PoCoG, funded by Cancer Australia).

I registered an expression of interest after seeing a national advertisement and was invited to this workshop, to see if I wanted to apply to be part of the Joint Community Advisory Group (JCAG).

The workshop explained the groups and how they operate, where funding comes from, what trials they are involved in and how the input of consumers is really valued and part of the research process.

PCFA member Max Shub

(from Melbourne) is part of the JCAG consumer group and it was great catching up with him to hear how much the JCAG members enjoy this voluntary work they do.

The organisers value our “personal life experience” and try to get people of all ages, gender and life experiences to contribute to the debate.

Consumers do not have to have knowledge in research formulation or statistical analysis, but do respond to proposals from their experience and give

COMING EVENTS

• 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 July 18.

• For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359 or email don@dppcs.com.au

feedback to researchers in how we experience clinical trials. If you would like more information about these groups, go to; www.pocog.org.au and www.pc4tg.com.au

Darwin Prostate Cancer Support Group

• The Prosper Darwin prostate cancer 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. All guests and visitors are invited to attend – especially prostate cancer support group members who are visiting Darwin from other parts of Australia.

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



Empowering health Inspiring people

**A day of information and support
Saturday 17th August 2013**

17 August 2013
From 9.00am to 4.00pm
Burnside City
Uniting Church
384 Portrush Road
Tusmore SA 5065



**Registration and
payment due**
5 August 2013

\$85 (Full)
\$75 (Concessional –
Health Card /
Pension Card /
Students)

Early Bird Discount
Registration & Payment
by 19 July 2013

\$70 (Full)
\$60 (Concessional –
Health Card /
Pension Card /
Students)

Key Note Speaker

Meg Hegarty
Senior Lecturer,
Palliative and Support
Services – Flinders
University

Guest Speakers

**Associate Professor
Sharon Lawn**
Flinders University
Dr Grant Buchanan
Basil Hetzel Institute
for Translational Health
Research

Mr Gerard McCabe
Inspirational Speaker

Sarah Trangmar
Therapist –
Cancer Care Centre

To register
Telephone (08) 8373 1470 or email
admin@cancercarecentre.org.au

Riverland Prostate Cancer Support Group

COMING EVENTS – JULY MEETING

- The Riverland support group's next meeting will be held at the Combined Services Club Rooms, Kealy St, Berri, from 7pm on July 9. For 2013, the group will continue to meet on the second Tuesday of alternate months, with future meetings in September and November.
- For further information, phone Allan Dand on 8582 1651 or 0488 994 803, or email algen@iprimus.net.au

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City of Onkaparinga Prostate Cancer Support Group

Ensuring that facilities are in place to help support groups

Something as simple as easy carparking solutions may be an obstacle that can hinder local support groups, as City of Onkaparinga support group chairman John Shields reports.

IN LIEU of its June meeting, the City of Onkaparinga Prostate Cancer Support Group held an enjoyable informal lunch in the Hospital Dining Room. Even though only seven of us attended, we still had an enjoyable get together and two hours of good fellowship just seemed to disappear too quickly.

I have been asked whether the cost of parking is stopping people from attending our support group meetings at Noarlunga Community Hospital, and whether we should consider meeting in one of the local halls.

While considering these queries, I note that three couples at the June luncheon were able to park free of charge in the disabled car park at the hospital, which would also apply most of the time when we have our regular meetings.

However this does nothing to encourage our members or new members and visitors to attend our meetings or entice them to come back if they have to pay for parking, or alternatively look for somewhere to park on the street (especially if it is raining).

I mentioned this situation at the recent Central Australia Chapter Council meeting, and PCFA National Board

Chairman David Sandoe suggested that I should check with hospital management to see if we can get a refund of the parking fee, especially since we meet in the early evening when a lot of people are at home having their evening meal, and a large portion of the car park is empty.

I have asked Jules to approach hospital management on our behalf, and will have some feedback for our July meeting, so that further discussion can continue.

ANNOUNCEMENT ON NEW RESEARCH PLAN

SOME important information about a new plan to tackle prostate cancer was recently reported by Clifford Fram, AAP National Medical Writer, announcing that PCFA and the Movember Foundation are teaming up to fund a game-changing approach to prostate cancer research.

The report stated that the new approach will help stimulate the search for a new way to beat prostate cancer, which is now the second most common cause of cancer-related deaths among Australian men.

PCFA and the Movember Foundation aim to fund two multidisciplinary teams of scientists, and the teams will each receive \$5.25 million over three years.

“The whole team, working

as one, must be greater than the sum of the parts,” says Movember’s Paul Villanti.

“This award seeks to transform the clinical management of prostate cancer by supporting scientific and clinical teams across institutions that are committed to this approach.”

PCFA chief executive Dr Anthony Lowe says the two awards take into account the feedback and views of scientists, men’s health organisations and other interested parties.

“Thanks to the generosity of Movember, we have been able to invest over \$30 million into two research projects over the past five years,” says Dr Lowe.

“Now, we are thrilled to be getting another award program off the ground.”

PCFA has also announced a five-year research strategy. It will focus on funding, national and international collaboration and supporting innovative projects, including work related to living with cancer as well as scientific research, says Dr Lowe.

“There is a whole journey that men and their families go through with a diagnosis of prostate cancer,” he says.

The Foundation is also contributing to national

COMING EVENT

JULY MEETING:

The Onkaparinga support group will conduct its next monthly meeting in the boardroom of the Noarlunga Community Hospital (Alexander Kelly Drive, Noarlunga) on Wednesday July 3 at 6.30pm.

• For more information about the group and its activities, visit the City of Onkaparinga Support Group’s website at www.pcsog.org, or phone John Shields on 8382 6671, or Malcolm Ellis on 8326 5588.

• Special thanks go to our support group’s generous sponsors: **Southern Primary Health Morphett Vale, Port Noarlunga-Christies Beach RSL Sub Branch, The Original Open Market and The City of Onkaparinga Council.**

guidelines on PSA testing for prostate cancer. Dr Lowe acknowledges that men are being confused by conflicting advice at present and hopes that PCFA involvement will help to clarify the situation for men facing prostate cancer issues or want to take greater control of monitoring their current state of health.

PROMOTING PROSTATE CANCER AWARENESS IN THE COMMUNITY

Car enthusiasts help rev up prostate awareness

THE Gawler Apex Club held its annual Petrol Head Shed Night on March 16, with full proceeds from the night being donated to PCFA. The night was a resounding success with more cars exhibited, as locals brought out their pride and joy for this special night.

“We had about 50 to 60 local cars come out for the night and the event keeps getting bigger and better,” says Gawler Apex Club president Mario Romano.

With the event only in its third year, Mario is keen for the show to keep getting bigger so that it can provide more support for local charities.

Mario is delighted that this year’s event raised \$3000 for prostate cancer research and



The gleaming classic vehicles of SA car restoration enthusiasts provided some welcome funds for PCFA via the Petrol Head Shed Night held by Gawler Apex Club.

support. Entertainment for the Petrol Head Shed Night was provided by Dr Stunts, who wowed the crowd with

amazing stunts and tricks in speciality cars that lit up a few legal burnouts. “It is just a nice simple event, about nice cars and a great cause,” says Mario,

who added that donating the proceeds to PCFA rates as one of the highlights of his local Apex Club presidency.

Mitcham Prostate Cancer Support Group

Understanding how MRI works

THE Mitcham support group’s May 23 meeting enjoyed a lively presentation by Dr Frank Voyvodic, who arrived with his own Powerpoint equipment. Dr Voyvodic explained how Magnetic Resonance Imaging (MRI) of the prostate gland helps to detect “darker” cancer cells which may be missed when biopsy samples are taken.

The MRI process is most suitable for high-grade

tumours and bone disease, where cancer shows up as dark spots on the images, although Dr Voyvodic explained the presence of arthritis may give a false reading.

We were also pleased to welcome PCFA-SA Support Group and Outreach Officer Ian Richards and his son Joshua to our May meeting.

The support group’s speaker

on June 27 was Dr Nathan Harken, speaking on the benefits of exercise. A report on his talk will feature in the next Prostate Supporter newsletter.

COMING EVENTS – JULY MEETING

- The Mitcham Group’s July 25 meeting will be 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 support group activities, visit the Mitcham Group’s website at www.psamitcham.org or phone Roland Harris on 8277 2138.

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