

Central Australia Chapter



# PROSTATE SUPPORTER

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

[www.prostate.org.au](http://www.prostate.org.au)

**AUGUST  
2013**

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

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## Set to sizzle in September

PCFA is ready to make a big noise about its Big Aussie Barbie campaign throughout September – aiming to bring more men together with their families and friends to talk about prostate cancer, and raise funds for prostate cancer awareness and support.

IN Adelaide, the Big Aussie Barbie campaign will be launched at the Metropolitan Fire Service headquarters in Wakefield St, Adelaide, on Friday, August 30. The highlight of the day will be an outside broadcast of 891 ABC Adelaide's Morning Program with Ian Henschke from the MFS forecourt!

Watching a radio program go to air is a fascinating experience and PCFA support group members are encouraged to come along with as many friends and relatives as they can muster. Lots of seating will be provided and the barbecue will be fired up from 8.30am.

The radio broadcast runs from 9am until 11am and will feature interviews about prostate cancer from doctors and prostate cancer survivors. These will include such high-profile South Australians as legendary former SACA curator Les Burdett.

Support groups are also invited to stay for speeches at 11.15am, then engage in fun



Ian Henschke



891 ABC  
Adelaide



CommonwealthBank



unfortunately understands first hand the overwhelming affect a prostate cancer diagnosis can have on families and entire communities," says Dr Lowe.

"This campaign is our chance to get people talking about the disease and take our research and support services to the next level."

Ian Narev, Commonwealth Bank Chief Executive, is proud to once again support the Big Aussie Barbie during September.

"Commonwealth Bank has a strong history of involvement with PCFA, and we remain dedicated to playing a role in supporting those impacted by this disease," says Mr Narev. "We encourage all Australians to get behind the Big Aussie Barbie."

To get involved, visit the website [www.bigaussiebarbie.com.au](http://www.bigaussiebarbie.com.au) and sign up to host your own fundraising barbie.

activities coordinated by the MFS and some local celebrities. See the Jaws of Life in action, check out the Bronto and a firefighters hose cart race.

Show your appreciation and be on hand to support those organisations promoting and assisting our cause – 891 ABC Adelaide, Commonwealth Bank, the Metropolitan Fire Service and the United

Firefighters Union of SA.

Dr Anthony Lowe, Chief Executive Officer of PCFA, says the Big Aussie Barbie campaign is all about encouraging Australians to openly discuss prostate cancer, so that men are more aware of the health risks they face.

"We are incredibly lucky to have Matthew Hayden as our campaign ambassador, who

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

## Prostate Cancer Action Group

# Scholarship winners told of Trevor Hunt's legacy

## COMING EVENTS

**AUGUST 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, August 13. 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)

It was a poignant moment as Coralie Hunt – widow of the late Trevor Hunt – met the recipients of nursing scholarships presented in Trevor's memory, as David Merry reports.

FOLLOWING the selection of the two awardees of the inaugural Trevor Hunt Memorial Scholarships, for study at the La Trobe University School of Nursing course in Prostate Cancer Nursing Care, the selection panel and Mrs Coralie Hunt were delighted to meet Tanya Webber from Renmark at an afternoon tea held on June 21 at the PCFA office in Adelaide.

Unfortunately, the other scholarship recipient Frances Watkins from Mount Barker was suffering from flu and was unable to attend.

Coralie Hunt presented a card to Tanya, including a photograph of Trevor – a Max Gardiner Award recipient – and said it was four years to the day since his passing. A card was also sent on to Frances.

It was a significant occasion and a great opportunity for wishing both recipients well in their studies over the next semester. The Group intends to meet again after the course concludes.

## AWARENESS EVENTS IN THE WESTERN SUBURBS

A SUCCESSFUL Prostate Cancer Awareness Evening was held at the Henley/Fulham Uniting Church Hall



**ABOVE:** The men's health seminar on What's New & What's Taboo, held on June 26 at the Masonic Hall, Noarlunga Downs, featured urological surgeon Dr Kim Pese speaking about prostate cancer, treatment options and side effects, and restoring quality of life with effective treatment for erectile dysfunction and male urinary incontinence.

on July 25, with urologist Dr Kym Horsell as the lead speaker, talking about "Current Views on PSA Testing: Have the Experts Got It Right?"

Prostate cancer survivors Ian Fisk and Ray Power also spoke about their treatment, and physiotherapist Sue Tulloch presented a talk on "Prostate Cancer and Exercise".

The meeting was supported by members of the Rotary Club of Charles Sturt/Grange, who greatly assisted with promotion and advertising.

A second Awareness Evening for the western suburbs will be presented on Wednesday September 4 in the Port Adelaide/Largs Bay/Semaphore area. The

venue is yet to be confirmed. Associate Professor Nicholas Brook from the Royal Adelaide Hospital will be the lead speaker.

## NEW BARBECUE SITE

THE Action Group has been offered the Bunnings Modbury store for a sausage sizzle site during the Father's Day weekend (Saturday August 31 and Sunday September 1), because our previous spot at the Kent Town store is unavailable.

This is a great opportunity for fundraising and spreading the message but, we need extra help to sizzle sausages, sell raffle tickets and talk to clients. Please phone David Merry on 8270 2227 if you could assist for a part of either day.

## Community support for prostate cancer awareness

# Outback ride had blue hue

Horse riders come from all over Australia to participate in an epic 10-day Outback ride – and they never fail to wear blue to support prostate cancer awareness.

**I**N South Australia's Flinders Ranges, more than 100 horse riders gathered recently from Victoria, New South Wales and South Australia to stage a special 10-day outback trek on horseback – and as part of the event, the riders celebrated a Blue Day to signify their support for prostate cancer awareness.

Tracey Wostikow, of the Travellin' Ten Trail Ride organising group, says that all of the participating horses and riders were dressed in

prostate blue, taking gold coin donations from everyone they encountered on the day, and it presented a marvelous sight in the heart of the Australian bush.

Beyond the valuable exposure for prostate cancer awareness in the community, the organisers of the Travellin' Ten Trail Ride also forwarded a cheque to PCFA for \$250.

This event has now become a firm fixture and its ongoing support of prostate cancer awareness and research is greatly appreciated.



**ABOVE and LEFT:** The northern Flinders Ranges in South Australia became dotted with blue-clad horses and riders in support of prostate cancer awareness during the 2013 Travellin' Ten Trail Ride.

## Mitcham Prostate Cancer Support Group

# Fitness facts: use it or lose it

**T**HE Mitcham support group's June 27 meeting featured a visit from Dr Nathan Harten, a director of iNform Health & Fitness Solutions, which is one of Adelaide's largest exercise and physiology clinics, at Kensington Rd, Norwood.

Dr Harten showed us how resistance training improves muscle mass, strength and endurance, leading to better quality of life and well-being. As we age, it is tempting to display reluctance to exercise,

but Dr Harten can tailor a program suitable for our personal variables such as age, medical history and existing fitness level. For more details, phone 8431 2111.

We thanked Dr Harten with a bottle of fine shiraz to assist

with bicep-building curls. The group's speaker on July 25 was Trudi Bizilis, relating some of her experiences as a theatre nurse. A report on this talk will feature in next month's Prostate Supporter newsletter.

For the coming meetings of the Mitcham group, guest speakers will be physiotherapist Vicki Rutter on August 22, urologist Dr Nicholas Brook on September 26 and an open discussion evening on October 24.

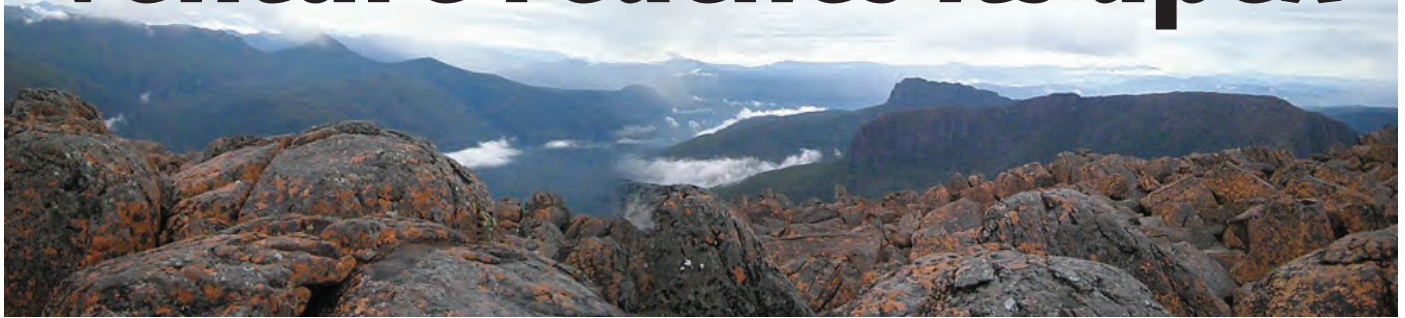
### COMING EVENTS – AUGUST MEETING

- The Mitcham Group's August 22 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](http://www.psamitcham.org) or phone Roland Harris on 8277 2138.

Supporting Prostate Cancer Fundraising and Awareness

# Epic father and son climb venture reaches its apex



The view from the top of Australia was especially satisfying for father-and-son climbing team John and Simon Bignold, as their epic State 8 venture to help raise prostate cancer awareness and funds reached its conclusion at the end of June.

IT TOOK 12 months of careful planning, but John and Simon Bignold say their State 8 Adventure to raise funds for PCFA and Ovarian Cancer Australia has been a great success – both personally and as a public awareness activity to pull focus on cancer.

The Bignolds hiked to the summit of the highest peak in each State and Territory of Australia between September 2012 and June 2013, a feat they called the State 8.

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

In December, they climbed Mount Bogong in Victoria, Mount Kosciuszko in NSW



and Mount Bimberri in the ACT. In 2013, they climbed Mount Ossa in Tasmania, Mount Zeil in the Northern Territory, Mount Woodroffe in SA's north-western Musgrave Ranges, and Mount Bartle Frere, in Queensland, was completed on June 21.

Simon is now in the process of chasing up the many pledges from sponsors who supported the State 8 trek, and will be keeping his special fundraising website ([https://](https://state8adventure.gofundraise.com.au)

[state8adventure.gofundraise.com.au](https://state8adventure.gofundraise.com.au)) open until the end of August

“It was all very successful, except that it was very hard – but still great fun and a great way for dad and me to see a very beautiful part of the world.”

If you want to support this worthy venture, Simon Bignold can be contacted by phone on 0423 024 615 or email [simon.bignold@chemmart.com.au](mailto:simon.bignold@chemmart.com.au)



John and Simon Bignold reached the summit of Mount Bartle Frere in Queensland during June (above left), ascended Mount Woodroffe in South Australia in May (above) and braved the elements on Mount Ossa in Tasmania during April (below).



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Prostate Cancer Support and Awareness: ADELAIDE GROUP

# Reliving the conference program in many pictures

A pictorial essay gave audiences a new perspective to the recent PCFA leadership conference, as Adelaide Prostate Cancer Support Group's Ian Fisk reports.

At the June meeting of the Adelaide Prostate Cancer Support Group, Ian Fisk briefly summarised the PCFA National Support Group Leader Training Conference that was held in Melbourne during May. To illustrate Ian's key points, a series of photos were shown – starting from the greeting of participants at Melbourne Airport to a final group photo comprising most of the Central Australia Chapter delegates.

The new Support Group Handbook was also shown and briefly talked about.

As Peter Fairbrother had already said a few words to the support group about the workshops during the May meeting, not much additional discussion was raised by Ian's presentation.

Still, if it's true that pictures are supposed to be worth a thousand words, then an awful lot of information was given to the audience! There is an album of 192 photos from this event that has been posted



ABOVE: Most of the Central Australia Chapter delegates at the PCFA training conference in Melbourne during May.

online. It is not a public album, but if you are interested, please contact Ian Fisk for a link to it.

Speaker for the August meeting will be an organ donation coordinator from DonateLife SA. Ian recently attended a Royal Adelaide Hospital Toolbox meeting on "All About Organ Donation" and learned that being treated for prostate cancer does not rule out donating organs.

## COMING EVENTS

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 August 19 will feature a talk from an organ donation coordinator from DonateLife SA.

• 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)

## 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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## Murray Bridge Prostate Cancer Support Group

# New cancer patient study calls for more participants

A call for participants in a new study project struck a chord with members of the Murray Bridge support group, as group secretary Max Klenke reports.

**L**AUREN Frensham, a PhD Candidate from Uni SA, spoke to the Murray Bridge support group at its June meeting about her studies into the effects of exercise and diets on cancer patients.

Under the subject of Stride Walking Cancer, Lauren and a partner are undertaking a research study on the results of cancer patients (not only prostate cancer) who are participating in a project measuring the results of regular exercise patterns and healthy diets.

This project is an initiative being undertaken through the Cancer Australia Grants, funded by the Australian Government. Its aim is to support people with cancer

(although skin cancer is excluded from this study).

Lauren is seeking a range of participants from throughout South Australia – from Victor Harbor to the Riverland, to Port Pirie and the Mid North and the Adelaide metropolitan area.

These participants will be required to attend two initial workshops, take part in a 12-week lifestyle program, have body measurements taken, undertake a six-minute walking test, and complete questionnaires about their lifestyle and habits.

At the end of this series of tasks, participants could receive a \$60 gift voucher once the study is completed, in appreciation of their time

and effort invested in this important study.

Lauren explained this subject in great detail and answered many questions from the interested audience.

She is also available to speak with anyone else who is interested in her study or wanting to participate in her project. Further information about the research study can be obtained from Lauren or Dot by phoning 8302 2680, or through the Murray Bridge support group on 8532 1936.

Max Klenke thanked Lauren on behalf of the support group by presenting her with a certificate and a bottle of wine.

### COMING EVENT

- The Murray Bridge Prostate Cancer Support Group will conduct its next monthly meeting at 7.30pm on WEDNESDAY, AUGUST 21 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.

## 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 AUGUST 6. More information about the Gawler support group can be obtained from Lynton Carle (phone 8524 4086) or Kylie Fotheringham (phone 8521 2080).

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

Port Pirie Prostate Cancer Support Group

# New nurse provides patients with a necessary service link

The introduction of a new Link Nurse in Port Pirie – to help local prostate cancer patients with their treatment and travel details – has been of great benefit for Port Pirie Prostate Cancer Support Group members, as Richard Kruger reports.

**M**ARK Wright, a Link Nurse employed in Port Pirie, was the special guest speaker at a recent meeting of the Port Pirie Prostate Cancer Support Group.

Mark helps local prostate cancer patients connect with services provided in Adelaide by Lauren Wood, the specialist prostate cancer nurse at the Royal Adelaide Hospital.

Apart from attending his registered nursing course at Whyalla and a couple of years in the UK, Mark has spent most of his 25 years in nursing at Port Pirie, where he has been stationed in community health and accident and emergency sections.

Mark comes from a family of seven; his father is English and his mother born at Booleroo Centre.

In May 2012, Port Pirie Hospital had applied for the first posting of a specialist prostate cancer nurse, although Lauren Wood was appointed in this role at the Royal Adelaide Hospital.

However, specialists visiting Port Pirie, who noted the size of the local prostate cancer support group, soon realised a great



At the July meeting of the Port Pirie support group, audience members David Finlay and Darryl Martin meet with guest speaker Mark Wright after his presentation.

need for better assistance to link Port Pirie patients into Adelaide services.

As a result, a Link Nurse position was created at Port Pirie, and Mark was appointed.

Mark sat in with Lauren Wood for several days and went to the clinic in Adelaide where patients meet a doctor and then visit Lauren, who explains details of prostate cancer and treatment options.

Mark also was present in surgery when several robotic prostatectomies were performed. He viewed the 3D monitor and was amazed at the technology, especially how easily the instruments can be moved

around inside the abdominal cavity.

As a Port Pirie resident, Mark is very aware of the difficulties that patients from the Port Pirie district have attending appointments in Adelaide. The combination of distance, finding accommodation, meeting the financial burden, traffic and unfamiliarity with Adelaide streets amounts to a lot of added difficulty for patients.

Mark is dedicated to streamlining visits to Adelaide, especially by making all necessary appointments (where possible) on the same day.

Mark and Lauren have both made the point that

## 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.

the services they provide are available mainly to public health patients, and do not generally translate to private health fund members – although Mark does sometimes help private patients.

Mark finished his talk by reinforcing that he is readily available, and that if his help is needed, please phone him on 08 8638 4536.

## 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.**

**T**HE Murray Meander is a major fundraising/social event happening in February 2014 that deserves the full attention of everyone interested in supporting prostate cancer awareness.

This trip down the Murray River from Mildura to Goolwa in a flotilla of “tinnies” is a major national project that has raised significant funds for both prostate cancer research and breast cancer since 2006.

Doug Redman, Des Hinton and Graham Hinze from the Limestone Coast Prostate Cancer Support Group have nominated to take part in next year’s event, and are now looking for support to make it a successful venture.

The trip commences in Mildura on Friday February 21 and concludes at Victor Harbor on

Saturday March 1, and the collection of about 30 team’s dinghies will travel more than 800km in eight days on the river.

The Limestone Coast trio has been very fortunate that a local boat and leisure company will give them use of a dinghy and accessories for the trip.

All the trio requires now is a few more participants to join in and support the trip.

To come aboard as part of the tinnie team, you will be required to contribute \$1000, which will assist in the team expenses and assist in some fundraising.

It is the expectation that each team will seek sponsorships and raise funds in the months leading up to the event, as well as during the river journey.

Full details of the journey and further information about the

Murray Meander’s charity support work are available on the website [www.murraymeander.com.au](http://www.murraymeander.com.au)

If you are interested in being part of the Limestone Coast’s BRAVE HEART team, please contact Graham Hinze for further information: phone 08 8737 2779, or 0408 803 793, or email [hinzepen@yahoo.com.au](mailto:hinzepen@yahoo.com.au)

Beyond joining the BRAVE HEART crew aboard the tinnie, any support will be welcome at any destination along the Murray during the event.

If any prostate cancer support groups wish to be involved in events when the Murray Meander flotilla comes past their local stretch of the river, please contact Graham on the numbers mentioned above, or the event organising group through the Murray Meander website.

### COMING EVENTS

#### AUGUST MEETING:

The next meeting of the Limestone Coast Prostate Cancer Support Group will be a casual morning tea at the home of Garth and Sharon Wooton on Thursday August 1, starting at 10am. For further details or to express your interest in attending, phone Garth on 8725 2816.

• For more information about the Limestone Coast support group, send an email to [richardharry@bigpond.com](mailto:richardharry@bigpond.com) – but be aware that coordinator Richard Harry is currently away on vacation.

## McLaren Districts Prostate Cancer Support Group

### 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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Barossa Prostate Cancer Support Group

# Lehmann leaves a legacy of caring about cancer

Karyn Foster, PCFA State Manager SA/NT, offers this reflection on the late Peter Lehmann, who passed away recently. He was one of the great characters of the Barossa Valley and a robust supporter of prostate cancer awareness.

**L** E G E N D A R Y Barossa winemaker Peter Lehmann and his wife Margaret have been marvellous supporters of PCFA- SA/NT for several years. The Lehmanns and I enjoyed a relationship for over 30 years. During these years, Peter and Margaret contributed to numerous charities. Most recently Peter Lehmann Wines contributed to the prostate cancer cause locally whenever entreated.

Not only have the crew from Peter Lehmann Wines participated in Movember for the past four years and raised more than \$47,482, but PL and Margaret took a personal interest in the development of PCFA's SA/NT operations, donating thousands of dollars of wine to help local campaigns and cater for the opening of the new Adelaide office.

Peter and Margaret Lehmann's interest in prostate cancer was more than passing. Peter was diagnosed with prostate cancer and was successfully treated. However, one of his sons, Bruce, was also diagnosed with prostate cancer and sadly passed away recently.

David and Pam Sandoe and I had the privilege of



**Vale Peter Lehmann: Born August 18, 1930. Died June 28, 2013. A great friend and supporter of PCFA.**

meeting with Peter and Margaret recently during the Wine for Wickets weekend that raised significant funds for PCFA. A cup of tea in the Lehmanns' kitchen in Tanunda was almost as enjoyable as a glass of Peter Lehmann red!

Peter was terrifically interested in what we were doing to ease the burden of

prostate cancer on men and their families. His calmness, humility and searching questions will long be remembered. It was also a treat to experience firsthand the love that Margaret and Peter had for each other as he battled his health challenges.

Peter was a great winemaker; however, he was an even better teacher

**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 August 20.
- For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359 or email don@dppcs.com.au

– of life. He taught all of those who knew him to:

- listen – always
- learn – from everything and everyone
- lean – on those around you, when necessary
- laugh – with the world
- live life – to the fullest.

Vale Peter – a legend, now sadly lost.

## Alice Springs Prostate Cancer Support Group

# Despite health issues and hardships, the show goes on

With two previous convenors of the Alice Springs support group stepping down through commitments and health reasons, members are sharing convenor duties, as Murray Neck reports.

**R**USSELL North, the very valuable hands-on man of the Alice Springs support group, is also now our new chairman, in the wake of a hectic and unsettling few months. Grant Butler is our new secretary and Louise Patel our assistant secretary. Other members have volunteered to assist where needed to assure the Alice Springs Support Group remains active.

With 70 members on our mailing list, 20 of whom are regular attendees, this support group's major target – to increase community awareness of prostate cancer – will continue to be pursued with vigor and enthusiasm.

## SPECIAL VOTE OF THANKS TO PIONEERS

GROUP members passed a vote of thanks to the three inaugural members who established the Alice Springs Prostate Cancer Support Group five and a half years ago. They are Tony O'Brien (as Chairman), Fred Miegel (as Vice Chairman) and



Pictured above (from left) are Bruce Clough, Fred Miegel (seated), Paul Absalom, former group chairman Tony O'Brien, guest speaker Dr Deb Mitchell and Peter Murray at the Alice Springs group's June meeting.

Murray Neck (as Convenor). These three members have now retired as executives of the group, but remain active in a support capacity.

## MEN'S HEALTH STATS EXPLAINED

DOCTOR Deb Mitchell, the practice principal of the Alice Springs Family Medical Centre, was the first local GP to appear as a guest speaker at

our meetings, and she spoke about men's health, noting that young Aussie men need to be sent a stronger message about being responsible for their own health.

The life expectancy of a boy born in 2010 is 78 years, but males suffer more accidents and illnesses than females, whose life expectancy is 82.3 years.

## COMING EVENT

**AUGUST MEETING:** The Alice Springs Prostate Cancer Support Group may have a change of venue and meeting date. Members will be advised through a local newsletter. For more information about the Alice Springs support group, phone Murray Neck on 8952 3550.

Some of the leading causes of deaths in men are heart disease (16.9%), stroke (6.4%), lung cancer (6.8%), prostate cancer (4.1%), suicide (2.3%), skin cancer (1.7%), transport accidents and liver diseases (1.4% each). She spoke of the growing epidemic of obesity and diabetes that is primarily the result of changing lifestyle, and is of great concern.

It was surprising to learn that about 1 in 10 men over 60 suffer from low testosterone levels – similar health problems to those caused by side effects from a hormone implant such as zoladex.

## Riverland Prostate Cancer Support Group

### COMING EVENTS – SEPTEMBER MEETING

- The Riverland support group's next meeting will be held at the Combined Services Club Rooms, Kealy St, Berri, from 7pm on September 10. For 2013, the group will continue to meet on the second Tuesday of alternate months, with its remaining meetings in September and November.
- For further information, phone Allan Dand on 8582 1651 or 0488 994 803, or email alglan@iprimus.net.au

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## City of Onkaparinga Prostate Cancer Support Group

# The wisdom of experience is a star feature of helpful DVDs

The benefits of learning from cancer survivor experiences is as close-at-hand as the DVD player in your lounge room, as City of Onkaparinga support group chairman John Shields reports.

FOR its July meeting, the City of Onkaparinga Prostate Cancer Support Group watched the informative DVD *Just Take It Day To Day: A Guide To Surviving Life After Cancer*.

This DVD explores what it's like to finish cancer treatment, with several people who have been through cancer telling their stories about recovering and finding a new "normal" in their lives.

They explain how they coped with the unexpected emotions, physical changes, side effects and how to handle them, while also worrying about the future and the reactions of families and friends.

They also talk about follow-up planning plus their fear of recurrence, dealing with sexuality and relationship problems. The DVD includes information from health professionals, who comment about emotional and physical changes in patients after cancer treatment.

Even though I had treatment for prostate cancer nearly 10 years ago, I still found this DVD very interesting.

If you would like to borrow the DVD, please talk with the Onkaparinga support group librarian Ian Curtis,

who will have some copies available for loan at the August meeting.

This presentation served as a great start to a very beneficial and enjoyable meeting – and although we were few in number, everyone present was happy to share aspects of their prostate cancer journey and talk about their general health.

## BUNNINGS BARBECUE IS ON AUGUST 25

THE Onkaparinga support group's awareness barbecue is confirmed for Sunday August 25 at Bunnings' Noarlunga store, with John Shields having given Milena (Bunnings' Activities Organiser) the required Insurance Certificate of Currency, and also applied for the Council Temporary Food Permit.

Just a friendly reminder to all our supporters that we will need all hands on deck to help set up early on the Sunday morning.

We will try to compile a list of our members who are happy to help by collecting items that we need from a local supermarket, such as ice and drinks.

We will try to have adequate supplies, however this is usually a very busy day and we will possibly need to go out during the event

to replenish our supplies. Therefore, with so much work to do, the more help we receive, the better and more smoothly everything will proceed.

## GOOD NEWS ON MORE NURSING SUPPORT

IT IS very heartening to learn of the Federal Health Minister's recent announcement that \$7.2 million of funding will be allocated to Prostate Cancer Specialist Nurses. This is indeed tremendous news for the Prostate Cancer Specialist Nursing Program and, most importantly, for men diagnosed with prostate cancer and their families.

While full details are yet to be disclosed, it is believed the funding will support 13 additional specialist nurses. PCFA will work closely with the Federal Government to place these nurses and will administer the funds.

While the locations for these new nurses has not yet been determined, the Minister has indicated that the government will work closely with PCFA to determine the areas of need and best possible locations for the 13 nurses.

This will build onto the existing three-year funded program to pilot a number of Prostate Cancer Specialist

## COMING EVENT AUGUST 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 August 7 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](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.**

Nurses in a variety of Australian health care contexts in partnership with health service providers.

The initial trial has been made possible thanks to the generous funding of the Movember Foundation, and delivered through PCFA.

# Federal Government helps secure future of prostate cancer nurses

**F**OLLOWING the recent national announcement that cancer funding is a priority for the 2013-2014 Federal Budget, Prostate Cancer Foundation of Australia is delighted that \$7 million is being allocated to the Prostate Cancer Specialist Nursing Program.

Federal Minister for Health Tanya Plibersek announced the additional funding in a ceremony at the Kinghorn Cancer Centre in Sydney, which will ultimately help to expand the specialist nursing program in the coming years.

PCFA, with the generous support of The Movember Foundation, launched the specialist service in May 2012 to address the needs of people living in metropolitan and regional Australia who have been affected by prostate cancer.

The Movember Foundation generously contributed \$3.6 million to secure the program and recruit its first nurses.

The program has now placed 12 nurses in major metropolitan and regional hospitals in Queensland, New South Wales, ACT, Victoria, South Australia, Tasmania, Western Australia and the Northern Territory.

Dr Anthony Lowe, Chief Executive of PCFA,



**Lauren Wood, stationed at the Royal Adelaide Hospital, is the first of the Prostate Cancer Specialist Nurses to be posted in South Australia.**

commended Minister Plibersek for recognising the needs of prostate cancer survivors and delivering additional resources for Australia's only prostate cancer specialist nursing program.

"This is a significant day for the Prostate Cancer Specialist Nursing Program. PCFA is enormously grateful to The Movember Foundation for having the vision to support the pilot program which has enabled us to lay the foundations for the service," says Dr Lowe.

"We applaud the Federal Government for its tremendous efforts to help sustain such an important program.

"This will allow the

recruitment of more nurses to help meet the needs of prostate cancer patients."

According to Julie Sykes, PCFA's Director of Health & Education Programs, the specialist nursing program has already shown promising results in its first year of operation, with many families benefiting significantly from the free service.

"A diagnosis of prostate cancer causes significant anxiety for men and their families," says Mrs Sykes.

"Men not only face the prospect of treatment, but also may have to live with long-term side effects, and face prolonged surveillance programs requiring ongoing hospital visits, sometimes involving multiple specialists.

"The Prostate Cancer Specialist Nurses are a central point of contact to help men navigate this process.

"We are very excited about having these much-needed additional resources to take the program to the next level. The need for expert advice and ongoing support for those affected by a cancer diagnosis is well-recognised in all types of cancer."

Jason Hincks, Movember's Chief Operations Officer, has also expressed his excitement over the Federal Government's contribution.

"Movember is proud to be a catalytic funder of initiatives that improve the lives of men, such as the Prostate Cancer Specialist Nurses Program," says Mr Hincks.

"We are delighted that the Federal Government has taken the decision to invest in the program, thereby dramatically increasing the number of men with access to such a vital service. This is a proud day for the Movember movement and reinforces the power of the humble Mo."

• **For further information about the Prostate Cancer Specialist Nursing program or to see which hospitals are already hosting specialist nurses, visit [www.prostate.org.au](http://www.prostate.org.au) or call 1800 22 00 99.**