

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)

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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)

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## Barbie campaign gets message to more mates

PCFA is hoping to bring more Australians together than ever before for its Big Aussie Barbie campaign throughout September – so that men, their families and friends can stimulate a wider discussion about prostate cancer, and take decisive action.

IN Adelaide, the Big Aussie Barbie campaign was launched with a giant splash at the Metropolitan Fire Service headquarters in Wakefield St, Adelaide, on Friday, August 30. While the first big barbie of the prostate cancer awareness season was sizzling out the front of the fire station, an outside broadcast of 891 ABC Adelaide's Mornings with Ian Henschke also entertained a large crowd gathered in the MFS forecourt.

The broadcast featured interviews about prostate cancer from doctors and prostate cancer survivors, including Barossa winemaker Grant Burge and former SACA curator Les Burdett. We thank the participating organisations: major sponsor Commonwealth Bank, Metropolitan Fire Service, United Firefighters Union of SA and 891 ABC Adelaide.

Last year, more than 500 barbies were held across Australia for the PCFA campaign during September, raising more than \$800,000 for prostate cancer research, awareness and support programs. This year, we are aiming even higher, hoping to collect \$1 million – and your help is needed to achieve this magical milestone.

Now in its fifth year, the Big Aussie Barbie is a chance for everyone to do something positive for men's health, by doing what Australians do best – hosting a fundraising barbie during September. It's a great way to catch up with friends and family, enjoy some lovely food and celebrate the men in our lives.

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,” says Dr Lowe, applauding the effort

of the Test cricket legend to get involved. You can get involved by registering your own event at [www.bigaussiebarbie.com.au](http://www.bigaussiebarbie.com.au) or follow the links on the PCFA website at [www.prostate.org.au](http://www.prostate.org.au)

• 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)

## Prostate Cancer Action Group

# Rotary support gives our education events a boost

Rotary clubs in Adelaide have yet again stepped in to provide valuable support for presenting the prostate cancer awareness and education message, as David Merry from the Prostate Cancer Action Group reports.

**F**OLLOWING the success of the Henley Beach/Fulham Awareness Evening presented by the Action Group in August (see story on Page 3 for a full report), a second important Prostate Cancer Awareness event for Adelaide's western suburbs is booked to be held at Semaphore on Tuesday October 8.

This meeting will be held at the Salvation Army Centre, Exmouth Rd Glanville (off Swan Tce).

Associate Professor Nick Brook, a consultant urologist and Director of Urological Cancer: Department of Urology at Royal Adelaide Hospital, will be the lead speaker at the event (for more details about Professor Brook, visit his website [www.nickbrookurology.com](http://www.nickbrookurology.com)).

There will also be talks from prostate cancer survivors, and physiotherapist Judith Lowe of Life Care Active will speak about the effects of regular exercise on prostate cancer.

We look forward to another successful event of education and information with the expectation of swelling numbers of interested people for the creation of a new western suburbs support group.

The Port Adelaide and Largs Bay Rotary Club members have been helpful in the planning of this event and will be supporting the evening.

## VOLUNTEERS PROVIDED

### WELCOME BARBIE ASSISTANCE

ATTENDING the barbecue stall at the Bunnings Modbury store for both days of the Father's Day weekend stretched

## COMING EVENTS

### SEPTEMBER 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, September 10. Entry is via the rear stairway.**

- **PLEASE NOTE: The Action Group's October meeting will NOT be on the usual second Tuesday, as this will coincide with the Semaphore meeting (mentioned in the story on this page), but instead the monthly Action Group meeting will be conducted on Tuesday October 15.**

- **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 make contact by phoning David Merry on 8270 2227, or email [djmerry@adam.com.au](mailto:djmerry@adam.com.au)**

the resources of the Action Group members, and we were especially grateful for the help of volunteers organised by Janie from the state office.

### MORE HELP NEEDED TO MAKE FIELD DAYS A SUCCESS

ACTION Group attendance at the Yorke Peninsular Field Days (on September 24 to 26) has been organised by Jeff Roberts. Any offers of assistance from support group members living in Port Pirie, Clare or on the Yorke Peninsular to cover the three days will prove a bonus.

This event always receives great support from the field day organisers, and this year, Vater Agricultural Manufacturers from Kadina has also offered us support.

### COUNTRY SHOW SUPPORT

PREPARING information stalls for country shows is the Action Group's next challenge, with the Murray Bridge Show on September 28-29, then Strathalbyn and Jamestown shows both on October 7. Murray Bridge support group members will be busy at both Murray Bridge and Strathalbyn, while the Action Group will be in Jamestown.

Prostate Cancer Awareness Events

# Awareness leads to more participation

Staging more prostate cancer awareness evenings is helping to boost the number of prostate cancer support groups.

As reported in the August news, the Henley/Fulham Awareness Evening was most successful with 60 attending. This prompted a follow-up evening on Thursday August 29 at the Henley Uniting Church, which saw robust discussion about inaugurating a new support group for Adelaide's western suburbs.

The Awareness evenings have proved to be a vital stimulus in creating new support groups – this time no doubt helped by strong presentations at the initial July 25 event by urologist Dr Kym Horsell, prostate cancer survivors Ian Fisk and Ray Power, and physiotherapist Sue Tulloch.

This meeting was supported by members of the Rotary Club of Charles Sturt/Grange with extensive promotion and advertising.

The Awareness Evening is an important opportunity for men and their partners to learn about prostate cancer – and many are very surprised that it affects one in every seven men up to the age of 75. PCFA policy is that men should talk to their doctor about checks from age 50, or 40 if they have

a family history of prostate cancer.

The evening provides education and resources with accurate information about prostate cancer, and provides a chance to ask all speakers any questions of concern. Feedback from the evenings is always positive and most rewarding for those of us who organise the event.

Cancer Australia has been mapping the incidence of prostate cancer in South Australia over recent years, which has shown western suburbs figures to be marginally higher than other regions – hence PCFA's desire to start a new support group.



ABOVE: Dr Kym Horsell addresses a large crowd of interested people during an Awareness Evening at Fulham Gardens on July 25. Also speaking at the event was Ray Power (left) and Sue Tulloch (below left).

BOTTOM: Inside the Fulham Gardens meeting hall.

Photos: Ian Fisk.



## VOLUNTEER ASSISTANCE IS NEEDED

# Big numbers needed to make the most of ABC opportunity

**Karyn Foster is calling for a large number of participants to help at the ABC Gardeners Market on October 12 – so get your family and friends involved!**

**T**HE ABC Gardeners' Market on October 12 – one of the twice-yearly community markets promoted by radio station 891 ABC Adelaide – has chosen PCFA as its charity of choice, but now we need maximum volunteer input to make sure we benefit most from this one-off promotional opportunity.

PCFA state manager Karyn Foster needs 40 people to help at the ABC Studios, Main North East Rd, Collinswood, working in shifts from 6am to 1pm.

It's the largest number of helpers Karyn has ever asked for - so please spread the net wider to get your family and friends involved.

Please register your interest in helping by contacting Janie Green



**A highlight of the ABC Gardeners' Market are live broadcasts from 891 ABC Adelaide announcers including David Bevan, Ashley Walsh and Matthew Abraham.**

at PCFA's SA/NT office in Adelaide (email [janie.green@pcfa.org.au](mailto:janie.green@pcfa.org.au))

The hugely popular ABC Gardeners' Market – which includes a live broadcast by 891 ABC Adelaide Weekends with Ashley

Walsh – attracts thousands of people to visit hundreds of market stalls in the ABC carpark at Collinswood, featuring leading gardening groups, societies and specialised growers from across the state.

Significantly, the market has raised more than \$200,000 for South Australian charities since its inception more than 20 years ago.

The event and PCFA'S involvement will receive extensive promotion across the station, and PCFA will be on the ABC website, Facebook and Twitter feeds for six months – exposure that many other SA charities have also been lobbying hard to get.

In securing this arrangement, Karyn Foster would like to thank Derek Robertson, Janie Green, and the whole team at 891 ABC Adelaide who have welcomed both Karyn as a presenter over 25 years and now David Baker as a PCFA representative.

## Barossa Prostate Cancer Support Group

### COMING EVENTS - SEPTEMBER MEETING

- 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. While the Barossa group has been a bit quiet in the past month, the group members still got together to enjoy a social barbecue a short while ago. The group also has a few of its members not travelling too well at present, so we wish them a speedy recovery.
- Guest speaker at the group's next meeting on Tuesday September 17 will be Kevin O'Shaugnessy, giving a presentation about his Prostate Cancer Research Program.
- For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359 or email [don@dppcs.com.au](mailto:don@dppcs.com.au)

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## Prostate Cancer Support and Awareness: ADELAIDE GROUP

# Making us mindful of many ways to focus and relax

The concept of Mindfulness was introduced as a method to help ease anxiety, as Adelaide Prostate Cancer Support Group's Ian Fisk reports.

**A**T the July meeting of the Adelaide Prostate Cancer Support Group, our special guest speaker was Ian Richards, the Support Group and Outreach Coordinator for PCFA in South Australia and Northern Territory.

Ian started by telling our group about himself and how he came to become part of PCFA – much of it featured in an article on Ian in the June 2013 Prostate Supporter (Volume 6: Number 5).

There was a lot of discussion about various topics including the upcoming Ambassador training in Adelaide on September 24 and 25.

Ian also spoke to us in his counselling capacity about Mindfulness. Mindfulness is explained by online resource Wikipedia as “referring to a psychological quality that involves bringing one’s complete attention to the present experience on a moment-to-moment basis. It involves paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.

“It can involve a kind of non-elaborative, non-judgmental, present-centered awareness in which each thought, feeling, or sensation that arises in the field of attention is acknowledged and accepted as it is.”



**Ian Richards at the Adelaide group's July meeting.**

Ian gave us a detailed PowerPoint presentation on the subject and many words. He explained that Mindfulness can be useful to help to relax, reduce anxiety, depression, stress, worries, reduce pain and reduce negative thoughts by focusing on the here and now.

We were also run through some exercises to help illustrate the Mindfulness concepts. We were told to focus on our breathing, we studied a photo of a morning glory flower and commented on details shown – and were given a sultana to feel, touch and taste – as examples of our ability to notice and explore by focusing and concentrating on detail.

In September, the Adelaide support group will join the Mitcham support group for its monthly meeting at the Colonel Light Gardens RSL Club, for a presentation by Dr Nick Brook, a consultant urologist and Director of Urological Cancer: Department of Urology at Royal Adelaide Hospital. See a link on our support group website ([www.psaadelaide.org](http://www.psaadelaide.org)) or [www.nickbrookurology.com](http://www.nickbrookurology.com) for further information on Dr Brook.

The Adelaide group's October 21 meeting will feature Dr Luke Selth speaking on the latest developments in prostate cancer research. In 2011, Dr Selth received a PCFA Young Investigator award.

## COMING EVENTS

• **SEPTEMBER MEETING:** The Adelaide Prostate Cancer Support Group will change its regular meeting schedule for September. It will be held in conjunction with the Mitcham support group, at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens at 7pm on Thursday, September 26.

The guest speaker for this special joint-group meeting will **Dr Nick Brook, a consultant urologist and Director of Urological Cancer: Department of Urology at Royal Adelaide Hospital.**

• *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)*

## Port Pirie Prostate Cancer Support Group

# There's more to continence issues than you may suspect

An informative presentation about continence proved enlightening for Port Pirie Prostate Cancer Support Group members, as Richard Kruger reports.

**M**ANY prostate cancer support groups have heard guest speakers talk about continence problems following prostate surgery – but because the Port Pirie group has a lot of new members who have not heard it all before, we asked Jenni Edwards, registered nurse of Port Pirie, to be our guest speaker. Interestingly, she told us quite a few things that we didn't know.

The basic advice for all men was to drink and eat well, get plenty of exercise, practice good toilet habits, and to try holding on longer before urinating to increase bladder capacity.

While the use of physical aids from pads, sheaths and catheters may only be required on a short term basis to help solve incontinence, long-term help devices – such as the



Port Pirie support group member Graham Williams talks with nurse and continence advisor Jenni Edwards.

ultimate accessory, the inflatable cuff (which can also be used by females) – were explained.

While the continuing cost of using some of these products can be quite significant, eligible patients may be able to access the Continence Payment Scheme.

Jenni told the group about the benefits of strengthening the pelvic floor muscle and presented a really good 3D concept of where the pelvic floor is located and what it does.

She also explained to us why a fit pelvic floor muscle can help so much with continence.

## 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.

## 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. Currently, the Gawler group is finding it hard to attract members to its meetings. This seems to be a common problem throughout the past year, but at least the main aim of having a local contact from the support group to telephone in times of need is still in place. Despite the difficulties, we urge the Gawler group to keep going.

• **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 **SEPTEMBER 3**. 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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or visit the website [www.prostate.org.au](http://www.prostate.org.au)

Port Pirie Prostate Cancer Support Group

# Funding triumph brings vital cancer machinery to Port Pirie

Crucial lobbying work by members of the Port Pirie Prostate Cancer Support Group has resulted in an important new ultrasound machine being introduced to Port Pirie, as Richard Kruger reports.

**T**HE Port Pirie Prostate Cancer Support Group was recently told by its convener Allan Manfield that funding has been found for a Mindray Ultrasound Machine, to be located at the Port Pirie Hospital. This wonderful development is due to the initiative of support group member John Rowe, who is also a member of Rotary, and with the support of local Rotary President Mario Valente, also a member of the support group.

The Mindray Ultrasound Machine is used in a procedure for ultrasound-guided prostate biopsies that are used to diagnose prostate cancer. The machine costs approximately \$12,000.

A prostate biopsy may be recommended by a doctor to check for cancer if other tests show there is a raised level of prostate-specific antigen (PSA) in the blood. This can be a sign of prostate cancer or other conditions, including inflammation of the prostate or an enlarged prostate gland. The procedure is known as a TRUS biopsy (transrectal ultrasound biopsy) of the prostate.

The procedure is routinely done in hospital as a day-stay (it means the patient can have this small procedure and go home the same day). It is performed under local anaesthetic, or local and some



Port Pirie's new Mindray Ultrasound Machine.

sedation. The procedure usually takes less than 15 minutes.

The advantage of the Port Pirie hospital acquiring the new machine is that local patients – who had previously been put on a waiting list in Adelaide of several

months – can now have the procedure performed much sooner, without the delaying of a diagnosis. It is wonderful that this can now be done in Port Pirie, saving the time and trouble of travelling to Adelaide.

## 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.

## 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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## Limestone Coast Prostate Cancer Support Group

# Braveheart dinghy crew get key helper onboard

Putting out a call for help in the Prostate Supporter newsletter has provided an unexpected win for the Murray Meander fundraising crew, as Graham Hinze reports.

**T**HE trio of Limestone Coast support group members who are participating in the Murray Meander fundraising event in February 2014 – Doug Redman, Des Hinton and Graham Hinze – are delighted that their call for additional participants has been heard.

Joining them on this major national project – which has raised significant funds for both prostate cancer research and breast cancer since 2006 – is none other than PCFA CEO Dr

Anthony Lowe. Together they will travel more than 800km by dinghy along the Murray River, from Mildura on Friday February 21 to Victor Harbor on Saturday March 1. A local boat and leisure company will give them use of a dinghy and accessories for the trip.

If you are interested in being part of this team, called BRAVE HEART, please phone Graham Hinze on 08 8737 2779, or 0408 803 793, or email [hinzepen@yahoo.com.au](mailto:hinzepen@yahoo.com.au)

### COMING EVENTS

#### SEPTEMBER MEETING:

The next meeting of the Limestone Coast Prostate Cancer Support Group will be at the District Council of Grant offices, 324 Commercial Street West, Mount Gambier, at 7.30pm on September 5. Urologist Dr Michael Chong will speak on new treatments for prostate cancer.

- For more information about the Limestone Coast support group, phone coordinator Richard Harry on 08 8724 9057 or 0427 978 898, or email [richardharry@bigpond.com](mailto:richardharry@bigpond.com)

## Murray Bridge Prostate Cancer Support Group

- The Murray Bridge Prostate Cancer Support Group will conduct its next monthly meeting at 7.30pm on **WEDNESDAY, SEPTEMBER 18** at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge.
- The group is busy with many promotional activities, from its Fathers Day weekend barbecues at Bunnings Murray Bridge on August 31 and Bunnings Mount Barker on September 1, then returning to the Murray Bridge store for another barbecue on December 6. The group will also present information stalls at the Murray Bridge Agricultural Show on September 28 and 29, followed by the Strathalbyn Show on Monday October 7.
- For more information about the group, phone Murray Bridge support group president Ron Nance on 08 8532 2873, or group secretary Max Klenke on 08 8532 1936.

## Alice Springs Prostate Cancer Support Group

### COMING EVENT SEPTEMBER MEETING:

The Alice Springs Prostate Cancer Support Group will conduct its next meeting at Medicare Local NT, 5 Skinner Street, Alice Springs on Thursday September 12, running from 6pm to 7.30pm. Please note the **NEW MEETING TIME**. The group's August meeting was an informal gathering of members, and a proposed mid-year dinner was cancelled due to PCFA's Ian Richard not being able to attend. This has been re-scheduled for December.

- For more information about the Alice Springs support group, please phone group convenor Ian Wagner on 0409 534 950, or group secretary Grant Butler on 0417 736 195.

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## Mitcham Prostate Cancer Support Group

# Support groups combine to hear Dr Brook speak

Pooling resources is a good way for support groups to ensure their members get the maximum benefits from monthly meetings – especially when it comes to presenting a high quality guest speaker, as Mitcham support group's chairman Roland Harris reports.

THE Mitcham support group's special guest for its September meeting will be urologist Dr Nick Brook.

Dr Brook – BSc, MSc, MD, MBBS, FRCS [Urol], FRACS [Urol] – is Consultant Urologist and Director of Urological Cancer at the Royal Adelaide Hospital.

For the meeting, he will deliver a detailed presentation about Surgical Management of Incontinence and Erectile Dysfunction after Prostate Cancer.

We will also be welcoming the Adelaide support group and all other interested group members to join the Mitcham group for this special presentation – a way of ensuring that the maximum number of people benefit from hearing such a highly qualified and informative guest speaker.

Dr Brook has been trained in all aspects of adult urology practice, and has a special interest in urological cancers. He has subspecialist experience in kidney, bladder and testicular cancer, including minimally invasive surgical treatment for kidney cancer, and an interest in modern treatment of prostate cancer with brachytherapy.

Dr Brook's clinical and basic science research interests



Dr Nick Brook pictured inside the cancer ward at the Royal Adelaide Hospital.

### COMING EVENTS – SEPTEMBER MEETING

- The Mitcham Group's September 26 meeting, featuring Dr Nick Brook, will be at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm. Tea, coffee and cake are provided for those attending the meeting. Car parking is now available within the RSL grounds.
- Please note that the October meeting will feature our annual Open Discussion Evening on October 24.
- 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.

encompass novel treatments for advanced prostate cancer, and he is the lead urologist on a number of clinical trials based at the Royal Adelaide Hospital.

He has published extensively in peer-reviewed journals and presented at international meetings.

Many recent improvements at the Department of Urology

in the Royal Adelaide Hospital have been overseen by Dr Brook, including bringing in specialist nursing support for prostate cancer patients and their families.

**Riverland Prostate Cancer Support Group**

# Plans to promote developing group at local shopping plazas

**With a rise in membership numbers, the Riverland group is now reaching out to the community, as convenor Allan Dand reports.**

**T**HE Riverland support group seems to be steadily improving in both size and stature, with more members attending its regular meetings.

Encouraged by this response, several group members have decided to get out and spread the word even further in the local community.

They are declaring that help is close at hand within the local support group and will soon be making arrangements

to set up information stations in shopping plazas in each town through the Riverland.

The group members are confident this will promote greater prostate cancer awareness and hopefully get men to have medical check-ups regularly.

As an ambassador, Allan Dand will also be speaking to local Men's Shed Groups, the Vietnam Veterans Association and various service clubs in due course.

**COMING EVENT****SEPTEMBER MEETING:**

The Riverland Prostate Cancer Support Group will conduct its next meeting at the Combined Services Club Rooms, Kealy St, Berri, from 7pm on Tuesday September 17. In 2013, the group meets on the second Tuesday of alternate months, with its remaining meeting in November.

• For more information about the Riverland support group, please phone group convenor Allan Dand on 08 8582 1651 or 0488 994 803, or email [alglen@iprimus.net.au](mailto:alglen@iprimus.net.au)

Group convenor Allan will be going overseas from the beginning of August until the middle of September, which would have clashed with the

support group's next scheduled meeting – so the meeting has now been transferred to Tuesday September 17. Make a note in your diary.

## McLaren Districts Prostate Cancer Support Group

• The McLaren Districts Prostate Cancer Support Group now conducts its meetings on a quarterly basis. 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.

## PCFA: A REMINDER ON PROSTATE CANCER TESTING

**PCFA Policy on Testing Asymptomatic Men for Prostate Cancer.**

• Emerging evidence on the benefits and potential harms of testing and subsequent treatment of asymptomatic men for prostate cancer has led many interested parties around the world to revise their guidance on testing using the PSA, or blood test, and Digital Rectal Examination (DRE).

Prostate Cancer Foundation of Australia (PCFA) is currently working in partnership with Cancer Council Australia to develop national clinical guidelines on PSA testing and early management of test-detected prostate cancer. The guidelines are being developed using the National Health and Medical Research Council's externally developed guidelines, standards and procedures. It is expected that the guidelines will be published in late 2014.

In the meantime, PCFA retains its current advice, which is that men over the age of 50 – or 40 if they have a family history of prostate cancer – should talk to their doctor about testing for prostate cancer, using the PSA test and DRE as part of their annual health check up. Men should make an individual informed decision about testing based on the latest available evidence on the benefits and potential harms of testing and subsequent treatment for prostate cancer.

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

## City of Onkaparinga Prostate Cancer Support Group

# Understanding the trials of other people's cancer journey

Having friends within a support group to offer care and consolation can significantly help people on their prostate cancer journey, as City of Onkaparinga support group chairman John Shields reports.

WHILE small numbers, the City of Onkaparinga Prostate Cancer Support Group meetings continue to be very enjoyable gatherings, with everyone happy to share details of their prostate cancer journeys and talk about their general health.

Peter and Sybil shared their current prostate cancer experiences with us in detail, and it was good to hear Malcolm and Beverley give to them the understanding and caring responses that are needed at such times.

We also watched a DVD, *So How Do You Choose?* This is one of many excellent educational DVDs that Associate Professor Phillip Stricker has produced as a resource for men's health.

This DVD presents several patient stories from men who have experienced one of the many treatment options that are available these days.

There are some critical factors to take into consideration: tumours, prostate, local, personal and institutional factors, and such aspects as where you live, family history,

a friend's experience, complications, finances, the cost of treatment, and how much time off work each person can take for their particular treatment.

Several case studies were also highlighted. This is all very important information for anyone faced with the sometimes daunting task of choosing a treatment option that is best for them. Having a copy of this DVD can provide significant help.

## NEW TEST IN ADDITION TO THE PSA TEST

FOR those who did not read it in *The Advertiser* on Wednesday August 7, News Ltd's National Health Reporter Sue Dunlevy wrote this story, under the heading *Cost Hits Prostate Test*.

"A new Prostate Cancer test that is 36 per cent better at picking which men are at risk of Cancer is now available, but is not funded by Medicare.

"The Prostate Health Index test combines three measures of prostate cancer risk and has an accuracy rate of 75 per cent, compared with 55 per cent accuracy of the PSA test alone.

"However, few doctors use the new test because it

costs \$90, while the PSA test is free. United States urologist Dr Stacey Loebe, who took part in trials of the new PHI test, says it combines measurements of total PSA, free PSA (a form that circulates in the bloodstream) and a subcategory of free PSA called pro-PSA.

"She says research suggests that pro-PSA is more closely tied to prostate cancer than total or free PSA.

"The test was discussed at a Prostate Cancer world conference in Melbourne during early August.

"Melbourne University's Associate Professor Ken Sikaris who also works for Sonic Health Care, one of Australia's largest pathology companies, told the conference that too many men are being unnecessarily worried about prostate cancer because no clear testing schedule exists.

"Professor Sikaris says that men with a low PSA test result should be reassured and only retested every four years.

"Those with a PSA reading over 10 should see a urologist but also be retested in case the high reading is caused by an

## COMING EVENT

### SEPT 4 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 September 4 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.**

infection or benign growth.

"Those with a PSA result of between 4 and 10 should be monitored every two years.

"If you retest every two years you won't miss out on any interim cancers," Professor Sikaris said."

# Award-winning winery adds sparkle to events

**A**DELAIDE Winemakers has emerged as a valuable new supporter of PCFA, providing wine sponsorship for the PCFA National Support Group leaders' training conference in Melbourne during May with its Blackbilly sparkling wine.

Adelaide Winemakers is owned by Nick Haselgrove, David Watkins and Warren Randall, having taken shape after a series of wine brand amalgamations. The group now includes a raft of wine brands, including The Old Faithful, Quorum, Blackbilly, James Haselgrove, The Old Gentlemen, Clarence Hill, Ace High and Martins Road. Adelaide Winemakers also works with John Larchet's World Wine Headquarters to produce the Wishing Tree, Hill of Content and Tir na Nog brands.

Importantly, the proprietors have been longstanding supporters of charities, including Variety SA for the past decade. They have now graciously decided to include PCFA as another recipient of their support.

Adelaide Winemakers has more than 400ha of vines across Adelaide Hills (5ha), McLaren Vale (27ha), Langhorne Creek (216ha) and Currency Creek (170ha), enabling large export volumes to the UK, the US and other major markets.



# BLACKBILLY



**Pictured left: Two of the Adelaide Winemakers proprietors, Nick Haselgrove (left) and Warren Randall, responsible for Blackbilly wines.**

The key to the brand is quality fruit being turned into impressive wines, together with Nick Haselgrove's strong record for making iconic red wine. His 1992 Futures Shiraz was judged the best of the 1993 McLaren Vale Wine Show and earned him the mantle of Bushing King.

His winning streak continues. The Old Faithful 2005 Café Block Shiraz – the first wine made by Haselgrove under that label

– made an immediate and profound impact, selected as the best shiraz from a Winestate Magazine line-up of 600 shiraz.

The source material for The Old Faithful's award-winning wine – from 1950s shiraz vines in McLaren Vale – was previously sold to major companies and has been used in Penfolds' Grange, Rosemount's Balmoral and for three consecutive years in Hardys' iconic Eileen Hardy Shiraz. Haselgrove knows

this area intimately, being just over the hill from his family's former winery.

The winery received another major boost when Nick won the Winestate Magazine James Busby Trophy as the 2010 Australian Winemaker of the Year.

Winestate Magazine tasted and rated over 10,000 wines during 2010 and Nick's wines from across Adelaide Winemakers brands were all highly rated to claim the prestigious title.

"This award was fantastic for our wines as it shows our commitment to quality across our ranges," Nick said.